

what you thought you knew...



and what you ought to **know**

The purpose of The HAK Series document (hereafter referred to as 'The Document') is to create awareness/disseminate/educate and share with the general public on health matters/concerns of sexually transmitted infections/diseases. The prepared content in The Document is the normal generic medical advisory for awareness on infections and diseases which may resemble various published journals/articles/news/sites/reports that are circulated/uploaded on the worldwide web. We are certain it will be useful and will guide you on sex related issues. We encourage all persons to read and further research on related matters of interest.

### The HAK Series

**The world's first-of-its-kind** public campaign to address issues of human sexuality, infections and diseases that are associated with it.

HAK focusses on the core of an individuals **"right to information"**.

It dispels popular notions/beliefs and cultural myths which depict sex as an acceptable **"free 4 or with all"**.

The culture of "one can have as many partners as one wishes" might not be the **safest or desired route**.

We embrace and acknowledge that the liberty of sexual pleasures/acts/conduct/choices/partners are fundamental rights of an individual.

The question that **one needs to address is**

**Are individuals aware of the repercussions?**

Do they fully comprehend the **risks** of their choices?

**At ESPCare**, we are of the opinion that sex and any individual's choice is "fair game".

Our exercise is to guide and share critical information/data to assist in making fully informed decisions on matters relating to the magical powers of sexual pleasure and its vital health aspects.

We hope each and every one of you will find the following information useful and wish all of you a **"pleasurable" lifestyle**.

**HAK = human rights**

### **What are sexually transmitted infections?**

Sexually transmitted infections (STIs) are infectious diseases that spread through intimate contact.

It affects people of all ages and backgrounds who are sexually active. STIs can be caused by viruses or bacteria including hepatitis, herpes, HIV, human papilloma virus, chlamydia, gonorrhoea and syphilis.

### **Am I at risk?**

If you have ever had sex, you may be at risk of having an STI. The risk is higher if you have had multiple sex partners, someone who has had many partners or have had sex without using condoms.

Here are some common symptoms:

- Itching around the vagina and/or discharge from the vagina for women
- Discharge from the penis for men
- Pain during sex or when urinating
- Pain in the pelvic area
- Sore throats in people who have oral sex
- Pain in or around the anus for people who have anal sex
- Chancre sores (painless red sores) on the genital area, anus, tongue and/or throat
- A scaly rash on the palms of your hands and the soles of your feet
- Dark urine, loose, light-coloured stools, and yellow eyes and skin
- Small blisters that turn into scabs on the genital area
- Swollen glands, fever and body aches
- Unusual infections, unexplained fatigue, night sweats and weight loss
- Soft, flesh-coloured warts around the genital area

Consult your doctor if you are at risk or if you have any of the symptoms listed above.

### **How is it diagnosed?**

It is diagnosed via an examination by your doctor, a culture of the secretions from your vagina or penis, or through a blood test.

### **Can it be prevented?**

The only sure way of prevention is through abstinence. If you have sex, you can lower your risk by only having sex with someone who is not infected and does not have multiple partners.

**Always use condoms when having sex, including oral and anal sex.**

## Can condoms prevent STI?

Male latex condoms can reduce your risk of getting an STI if used correctly. Female condoms aren't as effective as male condoms, but should be used when a man won't use a male condom.

Condoms are not 100% safe and cannot protect you from coming in contact with sores that occur with herpes or warts which can be caused by an HPV infection.

## How else do I prevent it?

Limit your number of sex partners. Ask your partner if he or she has or had an STI. You and your partner should also be tested.

Look for signs of STI in your sex partner. Do not have sex if you or your partner is undergoing any treatment.

Wash your genitals with soap and water and urinate after you have sex. This may help clean some germs before it infects you.

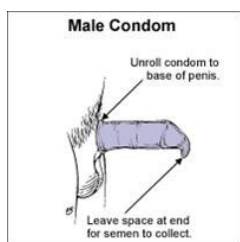
## Should I use spermicide to help prevent STIs?

No. It was once thought that spermicides with nonoxynol-9 could help prevent STIs by damaging the organisms that cause the diseases. However, new research shows that nonoxynol-9 can irritate a woman's vagina and cervix thus increasing the risk of infection.

Check the ingredients of sex-related products you own such as lubricants and condoms.

Some brands contain nonoxynol-9 and if unsure, consult your doctor before application.

### How to use a male condom



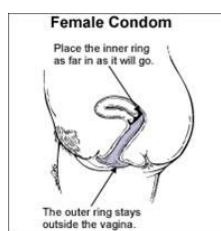
Put the condom on before contact.

Unroll the condom over an erect penis to the base of the penis. Uncircumcised men should pull back their foreskin before unrolling.

The unrolled ring should be on the outside. Leave 1/2 inch of space in the tip for semen to collect. Squeeze tip to get the air out.

Pull out after ejaculating and before the penis gets soft by holding rim of the condom at the base of the penis.

### How to use a female condom



Ensure the inner ring is fully inserted into the vagina with the outer ring placed outside.

Guide the penis into the condom.

After sex, remove the condom before standing up by gently pulling it out.

### What is it?

There are over 100 types of HPV. Some cause genital warts, others do not cause any symptoms.

More aggressive forms of HPV are connected with cancer of the cervix or, less often, cancer of the penis.

You may not know that your cervix is infected with HPV until a Pap test shows abnormal cells. When you have a Pap test, the doctor scrapes cells from the cervix and examines under a microscope.

HPV is transmitted through sexual contact including oral, vaginal or anal sex with an infected person.

It may not exhibit symptoms as it takes years to develop. In women, the warts may be on the cervix and not visible.

### What treatments are available?

There is no cure for HPV. You will need regular Pap tests every 4-6 months and be vigilant for signs of cancer.

In most women, HPV eventually recedes without major health complications.

The doctor takes a swab test from your cervix to determine your HPV type.

If the HPV strain is cancerous, your doctor may want to perform another test called a colposcopy.

A colposcope is a magnifying lens used to view the cervix.

A tissue sample is taken from your cervix and examined for signs of cancer. There is no method to test men for HPV.

" never be bullied into silence.  
never allow yourself to be  
made victim. accept no one's  
definition of your life; define  
yourself.

harvey fierstein "

If you have warts on your penis, talk to your doctor on having them removed and alert your sexual partner that you may have HPV.

### How do I prevent it?

A vaccine exists to prevent 4 different types of HPV. It targets the types of HPV that cause up to 70% of cervical cancer and about 90% of genital warts.

It is recommended girls between 11-12 years receive the vaccine before becoming sexually active as it does not protect people who have been infected with HPV before vaccination.

The vaccine is given as three injections over a 6-month period and is not a replacement for condoms to protect against other STIs.

Spermicidal foams, creams and jellies have NOT been proven to protect against HPV.

**What is it?**

Genital herpes is caused by the herpes simplex virus (HSV).

There are two types of herpes virus: HSV-1 causes cold sores or fever blisters around the mouth. HSV-2 occurs in the genital area. Most genital herpes are HSV-2 but a person with HSV-1 can transmit the virus through oral sex to another person's genitals.

HSV-2 is transmitted through vaginal, oral or anal sex especially from unprotected sex. The virus does not live outside the body for long and you cannot catch genital herpes from objects such as toilet seats.

**How is it contracted?**

Sexually active persons can get genital herpes through vaginal, oral or anal sex with an infected person. You can also contract it via oral sex with someone with cold sores. You can even be infected if your partner does not have an open sore, signs or symptoms of genital herpes.

Herpes is spread through skin-to-skin contact. It spreads from one part of the body to another, from the genitals to the fingers, to the eyes or other parts of the body. It can spread from a mother to her baby during delivery.

**What are the symptoms?**

In the first outbreak called primary herpes, some people experience flu-like symptoms such as body aches, fever and headache with outbreaks of sores and symptoms from time to time.

// the question is not whether we will die, but how we live!

josh billings //

Herpes sores usually form around the genital area several days after infection.

The sores start as one or more groups of tiny, clear blisters with a red base. When they break, pink or red sores form and will heal within 2-12 days. Other symptoms include:

- Painful sores in the genital area
- Sore lymph nodes in the groin area
- Vaginal discharge in women
- Painful urination and itching

At times, those infected with HSV do not show signs or symptoms after the first outbreak. Yet, they carry the virus and transmit it to other people.

You may experience a range of emotions – embarrassed, guilty. You may feel like your sex life is impaired. But remember that you are one of millions with herpes.

Symptoms get better with time and treatments can help alleviate your condition.

**What treatment can I get?**

There is no cure for genital herpes. Once infected, the virus remains in the body for the rest of your life even if you never experience another outbreak.

*genital herpes continued*

Medication may be given to prevent outbreaks or help outbreaks clear up more quickly.

Doctors may conduct various tests which include:

- Visual examination of the infected area
- Blister culture
- Tissue scraping
- Laboratory examination of early ulcers
- Blood test

Your doctor may want to test you for other sexually transmitted infections.

Though the herpes blisters disappear, the virus is still dormant in the body. Both HSV-1 and HSV-2 can stay hidden until the next outbreak when the virus reactivates and the sores recur.

The reactivated virus causes discomfort and episodes of sores each time. A person has on average 4-5 outbreaks yearly but in some, the number of outbreak lessen over time.

There is no cure for herpes. It remains in the body and can be passed to another person through unprotected sex even if blisters are not present on the genitals. Many cases are transmitted when symptoms are not present.

Genital herpes increases the risk of HIV infection. HIV can enter the body more easily whenever there is a cut or sore during unprotected sexual contact.

Herpes infection in newborns can cause meningitis (an inflammation of the membranes that surround the brain and spinal cord), seizures and brain damage.

**How do I prevent it?**

The only way is abstinence. If you are sexually active you must properly use a latex condom every time.

Women receiving oral sex should have their partners use dental dams as protection, thin sheets of latex which can be purchased online or from pharmacies.

If one partner has an outbreak, avoid sex. Communication is very important in preventing the spread of herpes.

You can maintain certain hygienic practices to relieve your symptoms and reduce the chances of infecting your partner:

- Wear loose clothes
- Keep the genital area clean and dry
- Try not to touch the sores. If you do, wash your hands with warm soap water immediately
- Avoid sex during an outbreak

**What is it?**

Genital warts are located near or in the genital areas. In a female, that means on or near the vulva, vagina, cervix or anus. In a male, that means near or on the penis, scrotum or anus.

Warts appear as bumps or growths and can appear as flat or raised, single or many, small or large. They tend to be whitish or flesh-coloured. They are not always easy to see and many times a person with genital warts does not know that they are there.

Genital warts are caused by a group of viruses called human papilloma virus (HPV). There are more than 100 types of HPV with some the cause of regular warts appearing on hands and feet.

It can be passed from person to person through intimate sexual contact. In some rare cases, warts are transmitted from a mother to her baby during childbirth. You cannot catch it from a towel, doorknob or toilet seat.

HPV commonly exist in teens and young adults with an infection rate of 1 in every 2 persons. The more sexual partners someone has, the higher the risk of infection.

**What are the symptoms?**

Most HPV infections have no signs or symptoms and can be unknowingly passed on to another person. However, some do get visible warts and they usually do not hurt or itch.

Doctors diagnose warts by examining the skin closely (sometimes with a magnifying glass) and/or using a special solution to make them visible.

“ take care of your body. it’s the only place you have to live.  
jim rohn ”

A Pap smear and other tests can help diagnose an HPV infection.

Experts believe that when a wart is present, the virus is active and more likely to be contagious. When it disappears, the virus is dormant and less contagious.

Warts can appear any time from several weeks to several months after exposure, at times longer as the virus can survive in the body for a very long time without visible symptoms.

Many infected with HPV do not exhibit symptoms and it is important for sexually active persons to get regular medical checkups.

If left untreated, warts may grow and multiply. Often, they go away on their own without treatment.

Some types are worrisome for females because HPV can cause problems with the cervix (the opening to the uterus that is located at the top of the vagina) that may lead to cervical cancer.

**Can it be treated?**

Consult your doctor. For women, a Pap test can help detect changes on the cervix cause by warts.

Your doctor can do an examination, make a diagnosis and then provide treatment, if necessary.

*genital warts continued*

Not all bumps on a person's genitals are warts. Some can be pimples; some can be other types of infections or growths.

An examination by a doctor can help determine what a bump is.

**How is it removed?**

There are a number of treatments. Depending on the location, size and number of warts, your doctor can treat them in several ways.

Special chemicals can be used to dissolve warts.

They have to be applied to the area a number of times over a period of several weeks before the treatment is complete.

Do not use off-the-shelf chemicals to remove warts as it can make your genital skin sore.

For large warts, cryotherapy is used to "freeze" warts by using a chemical or laser treatment.

Another treatment called the loop electrosurgical excision procedure uses a sharp instrument shaped like a loop which is passed underneath the wart and cut out of the skin.

HPV lives in the skin and warts can recur. You may need to visit the doctor again. Sexual partners should also be checked.

**What if I do not get it treated?**

Genital warts can grow if untreated. You also risk infecting your partner.

Certain HPV strains cause abnormal cells to grow on the cervix. Sometimes, these cells can become cancerous.

Other kinds of HPV can cause cancer of the vulva, vagina, anus or penis.

**How do I prevent it?**

The only way is abstinence or the decision not to have sex. Some protection is gained by properly using a condom.

Condoms reduce the risk of STIs as well as pregnancy but may not give complete protection because the virus can spread from exposed areas of the genitals.

There is also a recently approved vaccine that protects against some HPV strains that cause cervical cancer.

### What is it?

The bacteria *Chlamydia trachomatis* is one of the most common STIs. As symptoms are rare, many people can have Chlamydia and not know it.

The bacteria transfers through sexual intercourse and possibly through oral-genital contact. If someone touches bodily fluids that contain the bacteria and then touches his or her eye, a Chlamydia eye infection is possible.

Chlamydia also can be passed from a mother to her baby during delivery causing pneumonia and conjunctivitis in the newborn.

### What are the symptoms?

- vaginal discharge
- spotting
- pain during sex
- lower stomach aches
- irregular menstrual
- burning feeling when urinating
- discharge or itch from the penis
- swollen testicles
- trouble getting pregnant

Men with Chlamydia may have few or no symptoms.

### How is Chlamydia infection treated?

Your doctor may obtain a lab test to check for infection and prescribe antibiotics while awaiting results.

It is important to inform your partner of this for them to seek treatment.

//

it's not your blue blood, your pedigree, your college degree.

it's what you do with your body that counts.

millard puller //

Inform your doctor of any allergies to medication and if there is any chance you might be pregnant.

Do not have sex until you complete medication.

### How can I prevent another infection?

Know the people you have sex with and limit your number of partners.

Always use a condom.

If you are thinking about using spermicide, be aware that some contain nonoxynol-9 and can cause genital irritation.

Sexually active women up to age 25 should regularly consult their doctor.

### What is it?

Gonorrhoea is caused by the bacteria *Neisseria gonorrhoea*. It is transmitted through sexual intercourse even if the carrier has no visible symptoms. It is also passed from mother to baby during birth.

### What signs should I look for?

Women may not exhibit symptoms until it becomes severe. They should look out for a burning sensation when urinating or for yellow-green vaginal discharge. They may experience bleeding between menstrual cycles and may cause abdominal pain, fever and pain during sexual intercourse. This widespread infection is called pelvic inflammatory disease or PID.

Men with gonorrhoea are much more likely to notice symptoms although he can have unknowingly contracted it. They often feel a burning sensation when they urinate and yellowish-white discharge may ooze out of the urethra at the tip of the penis.

Symptoms appear 2-7 days after exposure to gonorrhoea. In women it may appear later.

### What to expect?

Gonorrhoea can be very dangerous if left untreated even in someone who has mild or no symptoms. In women, the infection can move into the uterus, fallopian tubes and ovaries, causing PID which leads to scarring and infertility.

Infection during pregnancy can cause problems for a newborn baby including meningitis (an inflammation of the membranes around the brain and spinal cord) and an eye infection that can result in blindness if untreated.

“ everything has been figured out except how to live.

jean paul sartre “

In men, gonorrhoea can spread to the epididymis (the structure attached to the testicle that helps transport sperm) causing pain and swelling in the testicular area. This can create scar tissue that might make a man infertile.

When untreated, it can affect other organs and parts of the body - the throat, eyes, heart, brain, skin and joints.

### What treatment is available?

Your doctor will run an exam which may include swabbing the vagina or penis for discharge which will then be analysed. Doctors can diagnose gonorrhoea by testing a person's urine and also may test for other STIs.

Antibiotics will be prescribed to treat the infection. Anyone with whom you've had sex should also be tested and treated immediately. Quick treatment reduces the chance of reinfection. Treatment for gonorrhoea does not make you immune to it.

It is better to prevent gonorrhoea than to treat it and the only way to completely prevent the infection is abstinence.

If you do have sex, use a condom every time. This is the only method that will help prevent gonorrhoea.

### What is it?

Also known as Reiter's syndrome, this occurs when your immune system reacts to a prior infection.

It is an uncommon disease that can make your joints hurt and swell.

It can also cause rash, fever, weight loss, heart problems, red eyes, blurry vision and pain in the joints.

### Who gets it?

It is most common in 20- 40 year old men. It typically occurs several weeks after having food poisoning or after treatment for STIs such as gonorrhoea, Chlamydia or HIV.

People born with the HLA-B27 gene are more susceptible to this.

### What are the symptoms?

Joint aches in the feet, pain or burning sensation during urination, discharge from the penis or vagina are all signs.

You may have redness and burning sensation in the whites of your eyes, pain or blurred vision.

### How is it treated?

No single test is sufficient. Your doctor will collate all information together for diagnosis and you may also need to be tested for other STIs.

Strong medicine for the pain and swelling may be prescribed.

You may also need antibiotics if you have an STI caused by bacteria.

// I have never wished to cater to the crowd; for what I know they do not approve, and what they approve I do not know.

epicurus

//

This will subside in 3-4 months. The joint pains may recur and these people might need a different medicine.

### What can I do to heal?

- Take your medicines
- If you have an STI, have your partner(s) tested
- Have safe sex
- Reduce the risk of food poisoning by cooking meat completely, washing utensils and surfaces well and keeping food cold so it does not spoil.
- Exercise

### What is it?

Hepatitis is inflammation of the liver and can be caused by a bacterial infection, liver injury caused by toxins and even an attack on the liver by the body's own immune system.

The several forms of hepatitis are usually caused by one of three viruses: hepatitis A, B or C virus.

In some cases, hepatitis B or C can destroy the liver.

### Hepatitis A

This virus is transmitted through the faeces of infected individuals usually by eating food or drinking water contaminated with faeces.

It is less destructive than other hepatitis viruses and will clear within several weeks.

Recovery from hepatitis A makes the person immune to future attacks. Vaccination against hepatitis A is also available.

### Hepatitis B

A more serious infection, it may lead to a condition called cirrhosis (permanent scarring of the liver) or liver cancer, both of which cause severe illness and possible death.

Hepatitis B is transmitted through blood or other bodily fluids.

Most commonly transmitted through unprotected sex, drug or needle users are also at risk due to unsterilised needles.

There is no effective cure for this.

// not life, but good life is to be chiefly valued!

socrates

//

In most cases, recovery may develop a natural immunity to future infections but some will have the condition forever.

Medication can help to clear the virus.

### Hepatitis C

This can lead to cirrhosis or liver cancer and is transmitted from person to person through blood or other bodily fluids.

Hepatitis C is the most serious type of hepatitis and one of the most common reasons for liver transplants. There is no cure and no vaccine.

Infection is commonly through sharing drug paraphernalia such as needles or through unprotected sex.

In some cases, medications are effective in controlling the disease and require frequent injections.

### How do I detect infections?

Symptoms include weakness and tiredness.

Hepatitis A may not show any symptoms and may remain undetected.

*hepatitis continued*

Hepatitis B or C infection may only show symptoms after a long incubation period and meanwhile can pass the disease on to others.

Symptoms include:

- yellowing of the skin and eyes or jaundice
- fever
- nausea, vomiting, lack of appetite
- abdominal pain on the upper right side
- light-coloured faeces
- dark-coloured urine
- The incubation period for hepatitis varies anywhere from 15 days to 4 months.

**What treatments are available?**

A blood test is required. Doctors do not prescribe medication to treat hepatitis A but recommend rest until all symptoms clear and appetite returns to normal.

It is also important to stay well hydrated by drinking lots of fluids.

Hepatitis B and C can sometimes be treated with medication though some are only approved for adults.

Although treatments for hepatitis B and C are becoming more effective, a cure cannot be guaranteed.

**How do I protect myself?**

There are vaccines available to protect against hepatitis A and hepatitis B.

Recent exposure to hepatitis A or B may require a shot of immune globulin containing antibodies to prevent outbreak.

In addition to vaccinations against hepatitis A and B, there are other steps for protecting yourself:

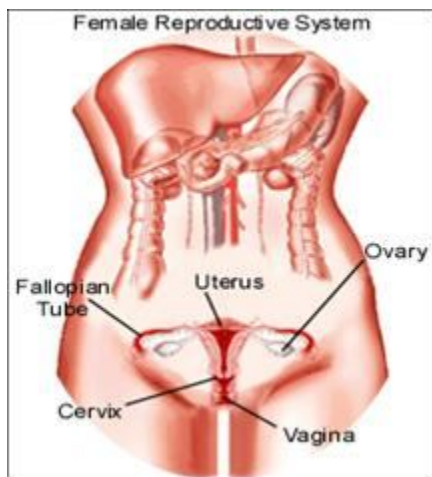
- Avoid unprotected sexual intercourse.
- Avoid intravenous drug use and sharing of drug paraphernalia. Hepatitis is only one of the life-threatening infections you can get by sharing contaminated needles.
- Wash your hands before handling food and after using the bathroom.
- If you are thinking about a tattoo or piercing, be sure the shop sterilises needles.
- Do not share toothbrushes or razors. Hepatitis can be transmitted through sores or cuts.
- Avoid eating raw shellfish. There is risk contracting hepatitis A if the shellfish was harvested in contaminated water.

### What is it?

Pelvic inflammation disease (PID) is a progressive infection of the fallopian tubes, uterus, cervix or ovaries. Most women develop PID as a result of other STIs.

Women with multiple partners and who do not use condoms are most at risk to get STIs.

If untreated, it can lead to internal scarring resulting in chronic pelvic pain, infertility or tubal pregnancy.



### What are the symptoms?

Women may experience:

- pain/tenderness in the lower abdomen
- foul-smelling/coloured discharge
- pain during sexual intercourse
- heavier than normal menstrual flow
- painful periods with excessive cramps
- spotting between periods
- chills, fever and vomiting
- loss of appetite, increased tiredness
- backache and difficulty walking
- painful or frequent urination

// live as if you were to die  
tomorrow, learn as if you were  
to live forever.

mahatma gandhi //

### What Can Happen?

An untreated STI has a greater chance of becoming PID.

PID can continue to spread through a woman's reproductive organ and may lead to long-term complications:

- Scarring in the ovaries, fallopian tubes and uterus may lead to infertility. Females who have had PID three times or more have a 50% chance of being infertile.
- Scarring of the fallopian tubes may cause a fertilised egg to implant in the fallopian tubes rather than in the uterus where the foetus will then develop. This is called an ectopic pregnancy. Left untreated, the fallopian tube could burst, leading to life-threatening bleeding in a pregnant woman.

*PID continued*

- Tubo-ovarian abscess (TOA) is a collection of bacteria, pus and fluid that occurs in the fallopian tube. It more likely occurs in women using intrauterine devices as birth control. Women with TOA often look sick and have a fever and pain that makes it difficult to walk. Abscess will be treated with antibiotics and surgery may be needed.

**What treatment should I seek?**

Consult your gynaecologist soonest. Your doctor will likely do a pelvic exam which may reveal that you have a painful cervix, abnormal bleeding from the cervix or pain over one or both ovaries.

Your doctor will also take swabs of fluid from your cervix and vagina. A pregnancy test also will be done.

At times, blood tests are needed for signs of infection.

Newer tests can diagnose Chlamydia and gonorrhoea from checking your urine.

A TOA or ectopic pregnancy may require an ultrasound or CAT scan of the lower abdomen.

Antibiotics are administered and in more severe cases, women are treated in the hospital for a few days with antibiotics given directly into a vein through a straw-like plastic catheter.

Surgery is occasionally required if the patient does not improve with antibiotics or in the presence of an abscess.

Ectopic pregnancies may require emergency surgery.

It is also important your partner be checked for STIs right away.

An untreated partner is likely to result in re-infection.

**How do I prevent infection?**

The best way is abstinence. For sexually active women, it is important to use protection and to have as few sexual partners as possible.

Using a latex condom effectively and consistently helps protect against most STIs. Schedule regular check-ups with your doctor.

When making choices about sex, be smart - and be safe.

### What is it?

Pubic lice are tiny insects that crawl from the pubic hair of one person to the next during sexual intercourse.

It is also transferred from infested clothing, towels and bedding.

Once they are on a person's body, the insects live by sucking blood from their host.

Pubic lice are sometimes called "crabs".

### What symptoms do I look for?

Pubic lice cause intense itching.

Tiny tan to greyish-white insects, or its eggs called nits, can be seen crawling and/or clinging to hair in the pubic area.

Nits can't be easily removed from the hair with the fingers — "nit combs" made especially to remove the eggs are sold at drugstores and many grocery stores.

Exposure to pubic lice will exhibit symptoms within a week and it can take 2–3 weeks for mature lice to appear.

Lice can also leave bluish-greyish marks on the thighs and pubic area from bites.

### What can happen?

Itching is very uncomfortable and lice is easily transmitted.

The female louse survives an average 25-30 days laying up to 30 eggs. Lice can also live away from the body for 1 to 2 days.

// courage is the first of human qualities because it is the quality that guarantees all others. //  
aristotle

### What treatment is available?

You may be prescribed medication or buy it over the counter to kills the lice and its eggs.

Repeat treatment 7-10 days after the first treatment to kill any remaining lice.

Dry clean or use boiling water and a hot dryer cycle to sterilise your bedding, towels or recently worn clothing. This will effectively kill the lice and their eggs.

Your partner should also be checked.

Although condoms help protect against other STIs, this STI may transfer as the condom does not cover the entire pubic area.

**What is it?**

This is caused by the bacteria *spirochetespirochete* and can be transmitted through direct contact with a syphilis sore during sexual intercourse - vaginal, anal or oral sex.

The infection can also be passed from a mother to her baby during pregnancy.

Early detection makes syphilis treatable. If untreated, it can cause serious problems including death.

**What are the symptoms?**

Syphilis occurs in several different stages:

*Primary Syphilis*

Red, firm and sometimes wet sores appear on the vagina, rectum, penis or mouth. There is often just one sore but there may be several called a chancre.

Chancres appear on the part of the body where the spirochetes moved from one person to another. Early stage syphilis may also have swollen glands.

The chancres disappear after several weeks. If the infection has not been treated, the disease will continue to get worse.

Syphilis is highly contagious during this first stage but are easily missed as the chancres are painless and appear in out-of-sight areas – in the mouth, under the foreskin or on the anus.

*Secondary Syphilis*

Rash on the foot soles, palms and flu-like symptoms such as fever and aches will appear.

“ For to err in opinion,  
though it be not the part of  
wise men, is at least human.

plato ”

Sores may appear on the lips, mouth, throat, vagina and anus. This stage will last 1-2 weeks and heal with or without treatment. If untreated, the disease will progress.

*Latent Syphilis*

If untreated, signs of the disease will disappear but is still present in the physical system. Syphilis can remain latent for many years.

*Tertiary Syphilis*

Tertiary syphilis indicates that it has spread throughout the system and can affect the brain, heart, spinal cord and bones.

There may be difficulty in walking, numbness, gradual blindness and possibly death.

**What is the duration for symptoms?**

A chancre takes 3 weeks on average to appear from exposure. If untreated, the stage two of the disease may occur about 2-10 weeks after the chancre.

In both men and women, the spirochetes can spread throughout the whole body, infecting major organs.

*syphilis continued*

Brain damage and serious health complications can occur, many of which cannot be treated.

An untreated pregnant woman puts her baby in danger as it can cause major birth defects.

**How does my doctor know I have syphilis?**

A blood test is required. Other tests may show how far the syphilis has spread.

For example, your doctor may want to look at your spinal fluid. This will show if the syphilis bacteria has spread to your nervous system.

**How is it contracted?**

Syphilis is commonly contracted through sex. It is also passed from an infected mother to her baby.

It can sometimes be avoided through safer sex practices with the use of condoms and "dental dams" during oral sex.

Syphilis sores have to be covered up with a bandage to keep the infection from spreading.

**What are treatment options?**

Syphilis can be cured with a penicillin shot. For primary-stage syphilis, you only need only one shot.

For secondary-stage syphilis, you will need two.

An advanced case of syphilis may need stronger treatment.

**How will I know my syphilis has been cured?**

After your treatment, your doctor will ask you to come back several times for blood tests. These tests will show if the medicine has killed all the bacteria.

**How do I prevent this?**

Latex condoms are effective against most STIs. It is wise to not have sex until rashes or other skin breaks have healed.

**What is the connection between syphilis and HIV?**

Syphilis increases the risk of HIV infection as the virus can easily enter the body through sores.

### What is it?

This is caused by a parasite contracted from an infected person through sexual intercourse.

The parasite can live for about an hour on damp towels, washcloths and bathing suits and the disease may be passed on that way.

### What are the symptoms?

Women with trichomoniasis can contract vaginitis or inflammation of the vagina.

Women may experience a gray or yellowish green foamy vaginal discharge with a foul odour may detected. The vagina may feel very itchy.

Women with trichomoniasis find it very painful to urinate. It can also cause an achy abdomen and pain during sexual intercourse.

Men can also contract trichomoniasis. In most cases, men will not exhibit symptoms except some temporary irritation inside his penis or a mild burning feeling when he pees.

Symptoms should appear 5-28 days after infection.

### What can happen?

This is not dangerous but does makes you more susceptible to contracting other STIs.

In pregnant women, it can result in early delivery or to be born underweight.

A doctor will also test for other STIs.

// let no man live  
in delusion. without a guru,  
none can cross over to the  
other shore.  
guru nanak //

### What treatment is available?

You doctor will examine and swab the vagina or penis for secretions which will be sent for tests.

Antibiotics are prescribed and sexual partners should be treated at the same time.

Abstain from sex until completing treatment.

People who choose to have sex should use a condom every time. This is the only method to prevent infection.

### What is it?

A bacterial urinary tract infection (UTI) is the most common kind of infection affecting the urinary tract. Urine is fluid that is filtered out of the bloodstream by the kidneys.

Urine contains salts and waste products but it does not normally contain bacteria. When bacteria get into the bladder or kidney and multiply in the urine, a UTI can result.

There are three main types of UTI. Bacteria that infect only the urethra (the short tube that delivers urine from the bladder to the outside of the body) and causes urethritis.

Bacteria can also cause a bladder infection, which is called cystitis.

Another, more serious, UTI is infection of the kidney itself, known as pyelonephritis. With this type of UTI, a person often has back pain, high fever and vomiting.

The most common type of UTI, the bladder infection, causes mostly just discomfort and inconvenience.

Bladder infections can be quickly and easily treated. It is important to get treatment promptly to avoid the more serious infection that reaches the kidneys.

UTIs are usually caused by the E. coli, bacteria that are normally found in the digestive tract and on the skin around the rectal and vaginal areas.

When the bacteria enter the urethra, they can make their way up into the bladder and cause an infection.

“ it is better to believe than to deny. our minds are naturally affirmative. ”

john burroughs

### Does it affect only women?

Women get UTIs much frequently than men due to differences in the shape and length of the urethra. Women have shorter urethras than men and the opening lies closer to the rectum and vagina where bacteria are likely to be.

Some people seem to get frequent UTIs but they often have other problems that make them more prone to infection, like an abnormality in the urinary tract structures or function.

The most common functional problem of the urinary tract is called vesicoureteral reflux, a condition in which some urine flows backward, or refluxes, from the bladder into the ureters and even up to the kidneys.

There are several ways bacteria gets into the urethra.

During sexual intercourse, the bacteria in the vaginal area may be pushed into the urethra and eventually end up in the bladder, where urine provides a good environment for the bacteria to grow.

This is the reason why females who are sexually active often get UTIs.

*UTI continued*

You cannot catch a urinary tract infection from someone else.

Bacteria may also be introduced into a woman's bladder by wiping from back to front after a bowel movement which can contaminate the urethral opening.

Use of spermicides and diaphragms as contraceptives may increase risk contraction.

STIs may cause UTI-like symptoms such as pain with urination. This is due to the inflammation and irritation of the urethra or vagina that is sometimes associated with Chlamydia and other STIs.

If untreated, STIs may lead to serious long-term problems, including PID and infertility. Unlike UTIs, STIs are contagious.

**What signs should I look out for?**

A number of symptoms associated with bladder infections include:

- frequent urination
- burning or pain during urination
- the feeling of having to pee even though there is little or no urine
- pain in the lower abdomen
- pain above the pubic bone (in women)
- a full feeling in the rectum (in men)
- bloody or foul-smelling urine
- mild fever
- feeling of shakiness and fatigue

A kidney infection involves serious symptoms, including:

- high fever
- chills
- nausea and vomiting
- abdominal pain
- cloudy or bloody urine
- pain in the back, just above the waist

If you have any of the symptoms above, consult your doctor. The sooner you begin treatment, the less uncomfortable it will be.

**How do I treat it?**

Only your doctor can treat urinary tract infections.

The first thing is to confirm that a person has UTI by taking a clean-catch urine specimen.

At the doctor's office, you will be asked to clean your genital area with disposable wipes and then urinate into a sterile cup.

If an infection is suspected when the specimen is examined, the doctor will prescribe antibiotics.

The doctor may send the urine specimen for a urine culture to identify the exact bacteria causing your infection.

It takes 48 hours and a doctor may ask patients to switch antibiotics depending on the results.

Although antibiotics begin fighting the infection right away, they cannot stop all the symptoms immediately.

If experiencing pain from UTI, the doctor may recommend medication. This will turn urine a bright orange colour but it is harmless and will usually make a person comfortable within hours.

In the case of a kidney infection, a doctor may prescribe painkillers.

For some infections, a person may only have to take antibiotics for 3 days but usually people with UTI are medicated for 7-14 days.

*UTI continued*

It is important to complete the course of antibiotics. Many people stop taking medication when they begin to feel better but that does not allow complete cure of the bacteria, increasing the risk of re-infection.

Contact your doctor if symptoms do not subside.

It is important to drink lots of water during and after treatment. Each time you urinate, the bladder cleanses itself. Cranberry juice may also be helpful.

People with UTIs should avoid coffee and spicy foods.

While it is always a good idea to quit smoking, this is especially true for people who are prone UTIs as smoking is linked to bladder problems.

For more serious kidney infections, most people should return to the doctor's to ensure that the infection has responded completely to the medication.

A doctor may tell people with UTIs to avoid sexual intercourse for a week or so, allowing the inflammation to disappear completely.

**How can I prevent it?**

There are several ways people may be able to prevent urinary tract infections. After urination, girls should wipe from front to back with toilet paper.

After bowel movements, be sure to wipe from front to back to avoid spreading bacteria from the rectal area to the urethra.

Avoid holding urine for long periods of time.

Males and females should keep the genital area clean and dry.

Women should change their tampons and sanitary towels regularly during their menstrual.

Frequent bubble baths can cause irritation of the vaginal area, so take showers or plain baths.

Avoid prolonged exposure to moisture in the genital area by not wearing nylon underwear or wet swimsuits.

Wearing underwear with cotton crotches is also helpful.

Women should skip using feminine hygiene sprays or douches as these products can irritate the urethra.

If you are sexually active, go to the bathroom both before and within 15 minutes after intercourse.

After sex, gently wash the genital area to remove any bacteria.

Avoid sexual positions that irritate or hurt the urethra or bladder.

For women who use lubricants during sex, use a water-soluble lubricant.

Remember that although UTIs are uncomfortable and often painful, they are very common and easily treated.

### What is it?

A yeast infection, also known as candidiasis, is the name for a common infection caused by a type of yeast-like fungus called Candida.

VYI usually occurs in warm, moist parts of the body, such as the mouth and moist areas of skin. When they cause an infection in the vagina, it is known as vulvovaginal candidiasis.

### What causes VYI?

Candida can overgrow for many reasons. Stress, pregnancy, and illnesses, certain medication that affect the immune system may allow yeast to multiply.

If you're taking antibiotics, such as for strep throat, the antibiotics can kill "good" bacteria that also live in the body and normally keep the growth of Candida in the vagina in check.

VYI also can flourish if a woman's blood sugar is high. Women with diabetes that isn't controlled are at a higher risk for yeast infections.

Many women find that VYI tends to show up right before they get their periods because of the hormonal changes that come with the menstrual cycle.

Clothing, especially underwear, that is too tight or made of materials like nylon that trap heat and moisture might lead to yeast infections because yeast can thrive in this type of environment.

" all men, by nature,  
desire to know.

aristotle "

Douching and using scented sanitary products can upset the healthy balance of bacteria in the vagina and make yeast infections more likely.

VYI can happen to any woman and is not related to having sex, although they occasionally can be spread from one sexual partner to the other.

This is quite rare and the partner of someone who has VYI does not automatically have to be treated.

If it is not spread through sex, it is not considered an STI.

### What are the symptoms?

These include:

- itching and irritation in the vagina
- redness, swelling, or itching of the vulva (the folds of skin outside the vagina)
- a thick, white discharge and is usually odourless
- pain/burning when urinating or during sex

*VYI continued*

### **Do men get yeast infections?**

Men do not get vaginal yeast infections but balanitis, an infection of the head of the penis, can be caused by the same Candida.

Men who have diabetes are more prone to this infection. Balanitis may not have any symptoms or the tip of the penis may become red and sore or itchy. Some men might have a slight discharge as well.

Men who are not circumcised need to take extra care to clean properly beneath their foreskins. The warm, moist folds of the foreskin are the perfect environment for yeast infections to thrive.

Keeping the area clean and dry may help prevent an infection, but if symptoms do show up, a trip to the doctor will solve the problem.

### **How do I prevent it?**

What you wear — or don't wear — can help you avoid a yeast infection. Yeast grows best in a warm, moist environment: think wet bathing suits, tight jeans, and stretchy exercise gear. Nylon underwear, pantyhose, and other synthetic materials that trap moisture also make yeast infections more likely.

Some react to certain dyes or perfumes in soaps, bath gels or lotions, sanitary products and laundry detergents. When the reaction causes irritation that can set the stage for a yeast infection.

Your best bet is to steer clear of perfumed products and to use mild and fragrance-free products when possible.

To help keep your vaginal area dry, try switching to all-cotton underwear and make sure you carefully dry off after you shower.

If you can, wear cotton underwear to bed or don't wear any and always wash and thoroughly dry your underwear before wearing them.

Don't lounge around in a wet bathing suit and avoid jeans or pantyhose that are too tight.

Don't take leftover antibiotics or someone else's antibiotics if you think you have an infection. Only take antibiotics when and how they're prescribed for you. If you have diabetes, make sure you keep your blood sugar levels under control.

### **Do I consult a doctor?**

Treating a yeast infection is simple but it is important to visit your doctor for the right diagnosis since other infections can cause similar symptoms but require different treatments.

He/she might take a urine sample to rule out a urinary tract infection.

If you do have a yeast infection, your doctor will probably prescribe a pill to swallow, vaginal cream to apply or suppository to insert. Follow all directions carefully.

A suppository will come with an applicator to help you place the medicine inside your vagina.

All these medication can clear up your symptoms in a couple of days and cure the infection within a week.

### What is it?

Acquired Immune Deficiency Syndrome (AIDS) is a disease caused by the Human Immunodeficiency Virus (HIV). It attacks the body's immune system. A healthy immune system is what keeps you from getting sick.

When people have AIDS, their bodies can't fight disease. They get sick easily and have trouble getting well. They usually die of an infection or cancer.

### How does one get HIV?

HIV can only be passed from person to person through body fluids, like blood, semen and vaginal fluid. The most common ways HIV is passed are:

- Unprotected anal, vaginal or oral sex with an infected person.
- Sharing needles and syringes for injecting drugs with an infected person.

You may be at risk if you have any of the risk factors listed. Children born to infected mothers can also become infected during pregnancy.

### Should I be tested?

Yes, if you:

- Have had unprotected sex with many partners
- Have an STI
- Use illegal injected drugs
- Had blood transfusions or received blood products before 1985
- Have a sex partner with any of the above risk factors

" justice... is a kind of compact  
not to harm or be harmed.

epicurus "

### What contact is safe?

HIV cannot live very long outside the body and cannot be contracted through casual contact. You cannot get it from food, mosquitoes or other insects.

### Are there HIV tests I can do at home?

You can buy home HIV test kits at drug stores and pharmacies. Home tests offer the advantage of privacy and anonymity.

### Should I use a home test or see my doctor?

If your lifestyle leads you to believe that you have HIV, you should see your doctor.

He or she will help you decide if you should be tested and will give you the support you need before and after the test.

You do not get this type of support with home tests.

*hiv & aids continued*

However, if you are afraid to talk with your doctor about HIV or be tested even though you may be at risk, then a home test may be a good idea. If the test result is positive, you should see your doctor.

Remember, one negative test is not a guarantee that you don't have HIV or won't get it in the future.

**How can I avoid getting HIV?**

The best ways to protect yourself are to:

- Not have sex with a person who is infected or is having sex with others
- Practice "safer" sex if you do have sex
- Not share needles and syringes

You cannot tell who is infected with HIV by how they look. It takes an average of 8 years for symptoms of AIDS to develop after a person is infected with HIV.

**What is "safer" sex?**

The "safest" sex is no sex. If you are having sex, "safer" sex is sex between two people who do not have HIV infection, only have sex with each other and don't abuse injectable drugs.

Safer sex also means using condoms if you have any doubts about whether your partner is infected or whether he or she is having sex with someone else. Use male latex condoms every time you have sex.

If a man doesn't want to use a male condom, use a female condom. Female condoms may not be as effective as male condoms, but they offer some protection.

Never let someone else's blood, semen, urine, vaginal fluid or feces get into your anus, vagina or mouth.

**What if I share needles?**

The best decision for your health is to get help for your drug abuse. If you do share needles and syringes, clean them twice with bleach and water to help kill HIV. Draw bleach into the syringe and needle, then squirt it out. Do the same with water. Do both steps again.

**What is HIV syndrome?**

HIV syndrome is a name for the early stage of HIV infection. When first infected with HIV, a person may not experience any symptoms. However, often a person will develop flu-like symptoms that last several weeks.

These include:

- Fever
- A tired feeling
- Swollen lymph nodes
- Decreased appetite
- Sore throat
- Joint and muscle aches
- Diarrhoea
- Rash

If you have recently been infected with HIV, you might not realise it. The person you caught HIV from may not look or feel sick.

The signs and symptoms of HIV infection are similar to other illnesses, such as mononucleosis (mono), tonsillitis or the flu.

**How can my doctor tell that I have HIV?**

When HIV enters your body, it moves inside white blood cells called "CD4 lymphocytes".

HIV takes over the CD4 cells and makes billions of copies of itself each day. The new cells spread through your body.

*hiv & aids continued*

Your body tries to defend itself against HIV by making the following:

- Antibodies: these hook on to the virus and keep it from making new virus.
- Special cells called macrophages and natural killer T-cells: These cells help you to get rid of some of the new virus.

If antibodies against HIV show up in your blood, you know your body is trying to protect you from the HIV infection you have picked up.

However, it is usually several months before your body makes enough antibodies to measure.

At the time you are infected with HIV, you won't have enough HIV antibodies in your blood to measure, so this test cannot give you a diagnosis.

However, when you have HIV syndrome, you do have a high level of HIV RNA in your blood (RNA is the short name for "ribonucleic acid." RNA is made when the virus is active).

A test of your "viral load" can measure this. This test tells your doctor the reason that you're feeling sick is because you have HIV syndrome.

**What happens after a person gets HIV?**

After being infected with HIV, your body works hard to attack the virus. With your body fighting, the virus can't make as many copies of itself.

Even though you still have HIV, you'll begin to look well and feel well again. The usual blood tests will be normal.

However, during this time, the virus is still attacking your lymph nodes. Lymph nodes are the centres of your body's immune system.

The virus may also attack your brain tissue and slowly cause damage there.

Over 10 to 15 years, HIV kills so many CD4 cells that your body can no longer fight off infections.

When your CD4 cell count is 200 or less per ml, you have AIDS (a normal count is 600 to 1000).

Once you have AIDS, you can easily catch many serious infections.

**Does it help to find out I have early stage HIV?**

Yes. Right now, there is no cure for HIV.

Your body can make antibodies and CD4 cells to slow down the progress of HIV, but they can't totally get rid of the virus.

In fact, the very act of attacking the HIV infection may wear out your immune system in a short time.

However, treatment with HIV medicines can hold down the virus and keep your body's immune system strong for a longer time.

Combination drug therapy has changed HIV disease in to a chronic disease that can be controlled for decades.

However, even though you can take HIV medicines and feel okay, you could still transmit the virus to others through unsafe sex or blood exchanges.

*hiv & aids continued*

Medicines do not kill the virus, they just keep your immune system strong enough to prevent AIDS or slow it down.

**I'm scared. How can I cope with my fear?**

One way to fight your fear is to learn as much as you can about the disease. Knowing about HIV and AIDS will help you take the best care of yourself.

Although your friends and family may offer you advice, the best information comes from a doctor, counsellor or from the national, state or local community AIDS resources.

Do not allow your feelings about your past behaviour, lifestyle or the possibility that you gave HIV to others keep you from seeking help and information.

**What can I do to help myself?**

Early treatment is helping many people with this infection live longer, healthier lives. It's normal to feel sadness, anxiety and fear.

However, if you have trouble sleeping, eating or concentrating or if you have thoughts of suicide, talk to your doctor. If you are depressed or feel anxious, treatment can also help you feel better.

Do not let fear keep you from doing all you can to help yourself. Here are some things you can do:

- Get medical check-ups at regular intervals even if you're feeling well
- **Always use a latex condom. Always practice "safer sex"**
- Drink less alcohol and use less tobacco – or give them up entirely. Eat a balanced diet. Get regular exercise. Get enough sleep

- Find out what causes stress in your home or work life and reduce it
- Do not share needles for drugs, steroids, piercing or tattooing
- Get regular dental check-ups – bleeding gums increase risk of transmission
- Volunteer to work for an AIDS organisation. Facing your fears directly can help you cope with your feelings

**Who should know I have HIV?**

You must tell your past and present sexual partners and they should get tested. You must also tell any future sexual partners. If you are in a relationship, you may wish to ask your doctor about how to explain your positive test results to your partner.

Let your doctor and dentist know that you have HIV. Your privacy will be respected.

**What legal issues should I consider?**

Everyone who tests positive for HIV should consider ahead of time which treatment options they would want if they become seriously ill and are unable to tell others what they want.

Advance directives are written guidelines that inform doctors of your wish for kinds of treatment if a time comes when you cannot make those decisions yourself.

Consider getting a medical power-of-attorney, a legal document that names someone to decide for you if you are seriously ill.

A lawyer can draw up the documents for an advance directive and a medical power-of-attorney.

Teens today are growing up faster than ever. They learn about violence and sex through the media and their peers, but they rarely have all the facts. That's why it's so important for you to talk to your child about sex, particularly STIs.

Teens are one of the groups most at risk for contracting STIs. You can help your child stay safe just by talking to him or her and sharing some important information about STIs and prevention. Before you tackle this sensitive subject, however, it is important to make sure you not only know what to say, but how and when to say it.

### Timing Is Everything

It's never too late to talk to your child about STIs. After all, a late talk is better than no talk at all. But the best time to start having these discussions is some time during the preteen or middle school years.

The exact age varies: some children are more aware of sex at age 9 than others are at age 11. You'll need to read your child's cues. When he/she starts asking about sex, it is a good time to talk about STIs.

Questions are a good starting point for a discussion. When kids are curious, they are more open to hearing what their parents have to say.

Another way to initiate a discussion is to use a media cue, like a TV program or an article in the paper, and ask your child what he or she thinks about it.

The surest way to have a healthy dialogue with your child is to establish lines of communication early on. If parents are not open to talking about sex or other personal subjects when their kids are young, they will be a lot less likely talk to their parents when they are older and have questions.

Spend time talking with your child from the beginning and it will be much easier later to broach topics like sex because he or she will feel more comfortable sharing thoughts with you.

### Tips for Talking

Here are some things you can do that might make talking about STIs a little easier:

- Be informed. It will help if you read up on STI transmission and prevention. You don't want to add any misinformation and familiarity with the topic will make you feel more comfortable.
- Ask your child what he or she already knows about STIs and what else your child would like to learn. Your child may already know a lot more than you realise, although much of that information could be incorrect.
- Ask what your child or teen thinks about sexual scenarios on TV and use those fictional situations as a lead into talking about safe sex and risky behaviour.

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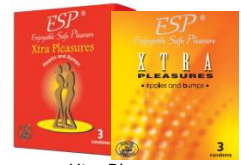
Fun Pleasures  
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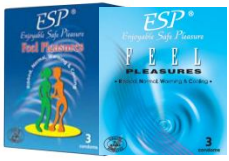
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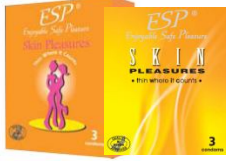
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Appended are ISO/BSI/LNE certifications:

- Medical Devices Directive (MDD) 93/42/EEC for Class 11B Condoms by Dekra CE0124
- NF ISO 4074 & ISO 13485 by the French Regulatory Body LNE for the NF mark
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- ISO 14001 & OHSAS 18001 Environmental Protection & Safety Management System
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