

Chlamydia

- Recommended Regimens
 - Azithromycin 1g in single dose OR
 - Doxycycline 100mg BID x 7 days
- Alternative Regimens
 - Erythromycin base 500mg QID x 7 days OR
 - Erythromycin ethylsuccinate 800mg QID x 7 days OR
 - Ofloxacin 300mg BID x 7 days OR
 - Levofloxacin 500mg QD x 7 days
- Abstain from sexual intercourse for at least 7 days after single-dose regimen or after completion of multiple-dose regimen (all sexual partners within past 60 days should be evaluated and treated)
 - CDC supports giving patients extra antibiotics for partner – if partner won't be seen

MMWR 2010;59(RR-12):1-109.

Chlamydia

- Recommended Regimens in Pregnancy
 - Azithromycin 1 g single dose OR
 - Amoxicillin 500mg TID x 7 days
- Alternative Regimen in Pregnancy
 - Erythromycin base 500mg QID x 7 days OR
 - Erythromycin base 250mg QID x 14 days OR
 - Erythromycin ethylsuccinate 800mg QID x 7 days OR
 - Erythromycin ethylsuccinate 400mg QID x 14 days

MMWR 2010;59(RR-12):1-109.

Chlamydia

- Follow-up
 - Recommended treatment regimens are highly effective
 - In general, repeat testing 3 months after treatment is recommended for all infected men and women
 - Positive post-treatment cultures usually represent non-adherence, failure to treat sexual partners or lab error

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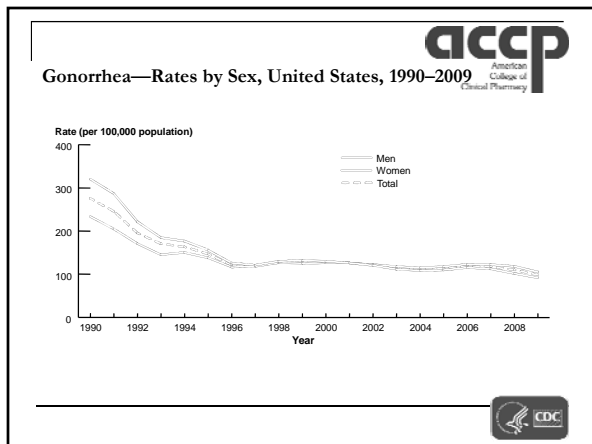
Lymphogranuloma

venereum proctocolitis

- LGV being increasingly recognized especially among HIV-positive MSMs
- Caused by *C. trachomatis*
- In persons with painful perianal ulcers or those detected on anoscopy, presumptive therapy should be initiated
 - Recommended: Doxycycline 100mg PO BID x 21 days
 - Alternative: Erythromycin base 500mg PO QID x 21 days* OR Azithromycin 1 g PO QWK x 3 weeks

*Recommended during pregnancy

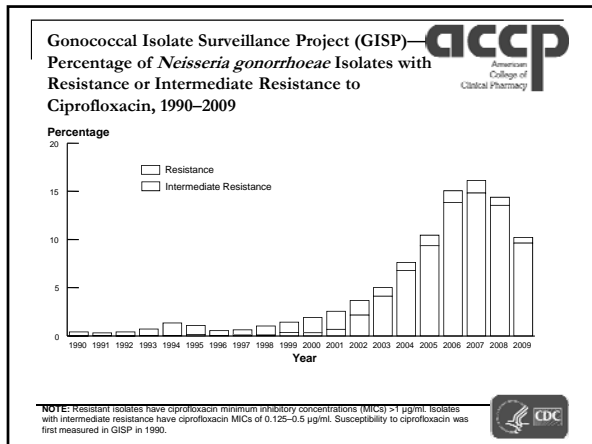
MMWR 2010;59(RR-12):1-109.



Gonorrhea

- Characteristics
 - Causative organism is *Neisseria gonorrhoeae*
 - Second most commonly reported bacterial STD in U.S.
 - Several serious sequelae can result in women
 - PID, ectopic pregnancy, infertility
- Screening
 - All sexually active women if at increased risk
 - <25 years old, previous infection, other STDs, new or multiple sex partners, inconsistent condom use, commercial sex work, drug use

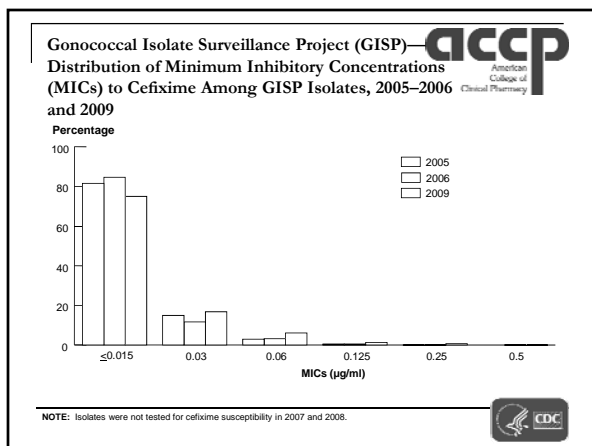
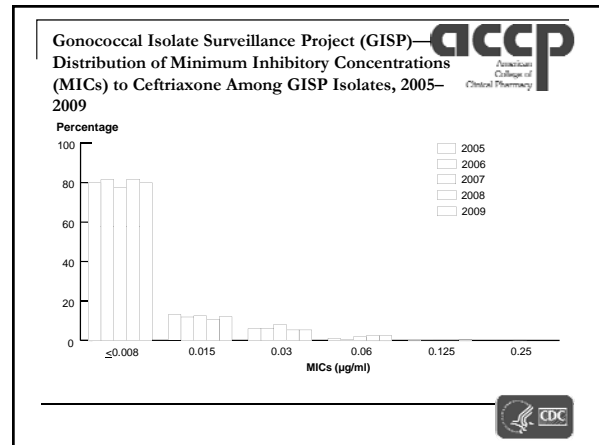
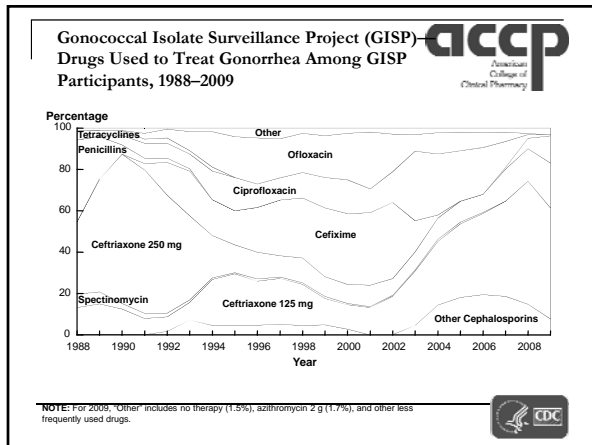
MMWR 2010;59(RR-12):1-109.



Gonorrhea

- **Recommended Regimens**
 - Ceftriaxone 250mg IM x 1 dose
OR, IF NOT AN OPTION
 - Cefixime 400mg PO x 1 dose OR
 - Single-dose injectable cephalosporin PLUS azithromycin 1g PO x 1 dose OR doxycycline 100mg PO BID x 7 days
- **Alternative Regimen**
 - Azithromycin 2g x 1 dose

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Gonorrhea

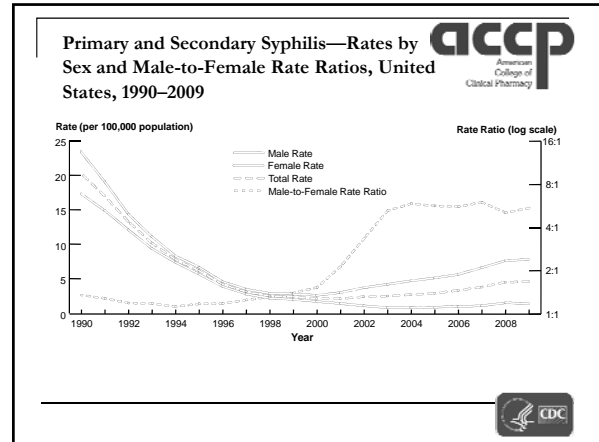
- **Patients should abstain from intercourse until therapy is completed and until they and their sex partners no longer have symptoms (all sexual partners within the past 60 days should be evaluated and treated)**
 - *CDC supports giving patients extra antibiotics for partner – if partner won't be seen*
- **Recommended Regimens in Pregnancy**
 - Ceftriaxone, Cefixime
 - If cannot tolerate/allergy, azithromycin 2g PO x 1 dose

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Gonorrhea

- Follow-up
 - In general, patients should be retested 3 months after treatment
 - Combination gonorrhea/chlamydia therapy rarely results in failure
 - Positive post-treatment cultures usually represent non-adherence, failure to treat sexual partners or lab error
 - Be cognizant of potential for resistance to cephalosporins

MMWR 2010;59(RR-12):1-109.



Syphilis

- Characteristics
 - Causative organism is *Treponema pallidum*
 - Highly contagious disease and if left untreated, can progress to chronic systemic disease
 - Can be acquired by sexual contact with infected mucous membranes/lesions or rarely by accidental inoculation or blood transfusion

MMWR 2010;59(RR-12):1-109.

Syphilis

- Recommended Regimens
 - Primary
 - Benzathine penicillin G 2.4 million units IM in a single dose (if allergic: Doxycycline 100mg BID or Tetracycline 500mg QID x 2 weeks or Ceftriaxone 1 g IM/IV once daily x 8-10 days)
 - Secondary/Early latent
 - Same as above
 - Tertiary/Late latent
 - Benzathine penicillin G 2.4 million units IM qweek x 3 (if allergic: Doxycycline 100mg BID or Tetracycline 500mg QID x 4 weeks)

MMWR 2010;59(RR-12):1-109.

Syphilis

- Recommended Regimens
 - Neurosyphilis
 - Aqueous crystalline penicillin G 18-24 million units IV/day as 3-4 million units IV q4 hours or continuous infusion x 10-14 days (alternative: procaine penicillin 2.4 million units IM QD PLUS probenecid 500mg PO QID x 10-14 days)
 - If allergic, desensitize and give PCN (NEJM 1985;312:1229-32) OR Ceftriaxone 2g IM/IV QD x 10-14 days (cross-reactivity with PCN possible)

MMWR 2010;59(RR-12):1-109.

TABLE 1. Oral desensitization protocol for patients with a positive skin test*

Penicillin V suspension dose†	Amount‡ (units/ml)	ml	Units	Cumulative dose (units)
1	1,000	0.1	100	100
2	1,000	0.2	200	300
3	1,000	0.4	400	700
4	1,000	0.8	800	1,500
5	1,000	1.6	1,600	3,100
6	1,000	3.2	3,200	6,300
7	1,000	6.4	6,400	12,700
8	10,000	1.2	12,000	24,700
9	10,000	2.4	24,000	48,700
10	10,000	4.8	48,000	96,700
11	80,000	1.0	80,000	176,700
12	80,000	2.0	160,000	336,700
13	80,000	4.0	320,000	656,700
14	80,000	8.0	640,000	1,296,700

NOTE: Observation period: 30 minutes before parenteral administration of penicillin.
 * Reprinted with permission from the *New England Journal of Medicine* (Wendol GC, Jr, Stark BJ, Jamison RB, Mellina RD, Sullivan TJ. Penicillin allergy and desensitization in serious infections during pregnancy. *N Engl J Med* 1985;312:1229-32).
 † Interval between doses, 15 minutes; elapsed time, 3 hours and 45 minutes; cumulative dose, 1.3 million units.
 ‡ The specific amount of drug was diluted in approximately 30 mL of water and then administered orally.

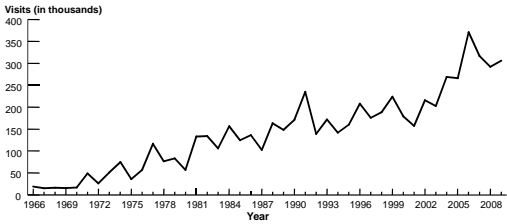
NEJM 1985;312:1229-32

Syphilis


- Management of Sex Partners
 - Persons exposed within the 90 days preceding diagnosis should be treated presumptively
- Follow-up
 - Treatment failures can occur
 - Reexamine clinically and serologically
 - 6 and 12 months: primary and secondary syphilis
 - 6, 12 and 24 months: latent syphilis
 - CSF every 6 months until cell count normal: neurosyphilis

MMWR 2010;59(RR-12):1-109.

Genital Herpes—Initial Visits to Physicians' Offices, United States, 1966–2009



NOTE: The relative standard errors for genital herpes estimates of more than 100,000 range from 18% to 37%.
SOURCE: IMS Health, Integrated Promotional Services™. IMS Health Report, 1969–2009.



Herpes Simplex Virus (HSV)

- Characteristics
 - Diagnosed in at least 50 million people in U.S.
 - Recurrent, incurable viral disease
 - HSV-1/HSV-2
 - Most cases of recurrent genital herpes are caused by HSV-2, although HSV-1 becoming more common, especially anogenital herpetic infections
 - After primary infection, virus is latent in the sacral dorsal root ganglia
 - Treatment can partially control symptoms but it does not affect the risk, frequency, or severity of recurrences after treatment is stopped

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HSV

- Recommended Regimens
 - Initial infection
 - Acyclovir 400mg PO TID x 7-10 days* OR
 - Acyclovir 200mg PO 5x/day x 7-10 days* OR
 - Famciclovir 250mg PO TID x 7-10 days* OR
 - Valacyclovir 1g PO BID x 7-10 days*
*(*Treatment can be extended if healing is incomplete after 10 days of therapy)*
 - Recurrent infection
 - Acyclovir 400mg PO TID x 5 days OR
 - Acyclovir 800mg PO TID x 2 days OR
 - Acyclovir 800mg PO BID x 5 days OR
 - Famciclovir 125mg PO BID x 5 days OR
 - Famciclovir 1 g BID x 1 day OR
 - Famciclovir 500mg once, followed by 250mg BID x 2 days OR
 - Valacyclovir 500mg PO BID x 3 days OR
 - Valacyclovir 1g PO QD x 5 days

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HSV

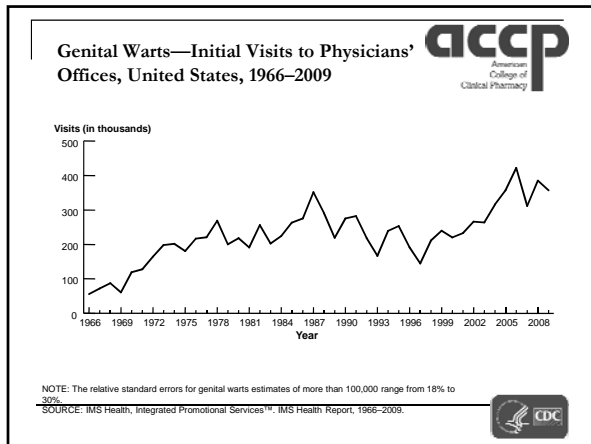
- Recommended Regimens
 - Daily suppressive therapy
 - Acyclovir 400mg PO BID OR
 - Famciclovir 250mg PO BID OR
 - Valacyclovir 500mg PO QD OR
 - Valacyclovir 1g PO QD
*(*Valacyclovir 1g should be utilized in those with frequent recurrences - >=10 episodes per year)*
 - Severe disease
 - Acyclovir 5-10 mg/kg IV q8 hours x 2-7 days or until clinical improvement is observed, followed by oral antiviral therapy to complete at least 10 days total therapy
- Evaluation/counseling of sex partners

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HSV

- Treatment during pregnancy
 - Available data do not indicate an increased risk of major birth defects compared with general population (less data with valacyclovir and famciclovir)
 - If first episode of herpes or for severe recurrent herpes, PO acyclovir (IV to pregnant women with severe HSV infection)
 - Acyclovir treatment late in pregnancy reduces frequency of cesarean sections among women who have recurrent genital herpes
 - No data to support use of antiviral therapy among HSV seropositive women without a history of genital herpes

MMWR 2010;59(RR-12):1-109.



Human Papilloma Virus (HPV)

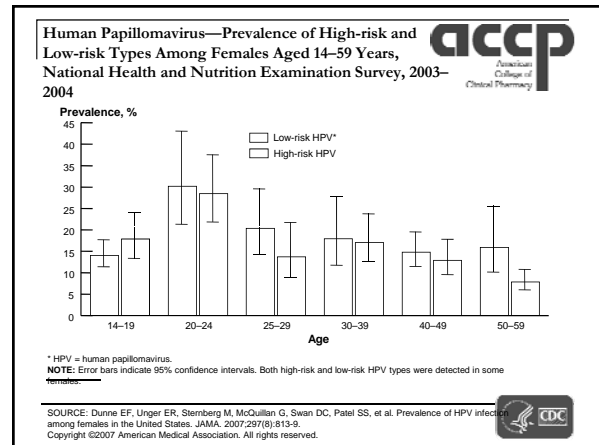
- Characteristics
 - More than 100 different types of HPV
 - Over 40 types infect mucosal surfaces
 - Cervix, vagina, vulva, rectum, urethra, penis, anus
 - Divided into "high-risk" and "low-risk" types
 - Most infections are asymptomatic, subclinical, or unrecognized
 - Treatment possibly reduces, but does not eliminate HPV infection or infectivity
 - If left untreated, visible genital warts might resolve on their own, remain unchanged or increase in size or number

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Types of HPV

High-risk (oncogenic or cancer-associated) types	Low-risk (non-oncogenic) types
Common types: 16, 18, 31, 33, 35, 39, 45, 51, 52, 56, 58, 59, 68, 82	Common types: 6, 11, 40, 42, 43, 44, 54, 61, 72, 73, 81
<ul style="list-style-type: none"> •HPV 16 most common high-risk type, found in ~50% of all cervical cancers •HPV 18 is another common high-risk type, accounting for 10-12% of cervical cancers •HPV types 31, 33, 45, 52, 58 each account for 2-4% of cancers; all rest account for <1% 	<ul style="list-style-type: none"> Can cause benign or low-grade cervical cell changes and genital warts but are rarely, if ever, found in association with invasive cancers •HPV 6 and 11 are the most commonly found in genital warts

www.cdc.gov/std/hpv/



HPV

- Recommended Regimens
 - Patient-applied
 - Podofilox 0.5% solution or gel (apply BID x 3 days, followed by 4 days of no therapy. Repeat for 4 cycles) OR
 - Imiquimod 5% cream (apply QHS TIIW x up to 16 weeks) OR
 - Sinecatechins (Veregen) 15% ointment (apply TID x up to 16 weeks)
 - Provider-administered
 - Podophyllin 10-25% in compound tincture of benzoin*OR
 - Tri(Bi)chloroacetic acid 80-90%* OR
 - Cryotherapy* OR
 - Surgical removal (*can repeat weekly)

NOTE: Should not use imiquimod, sinecatechins, podophyllin, podofilox during pregnancy

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HPV

- Management of Sex Partners
 - Examination of sex partners is not absolutely necessary
 - Role of reinfection is probably minimal and treatment to reduce transmission is not realistic; however, education/counseling may be beneficial
- Follow up
 - After visible warts have cleared, follow-up evaluation not mandatory
 - Patients concerned about recurrences should be offered follow-up evaluation 3 months after treatment

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HPV - Prevention

- Gardasil
 - Quadrivalent human papillomavirus (types 6, 11, 16, 18; some cross-protection against 31) recombinant vaccine; 0.5ml IM; adjuvant aluminum hydroxyphosphate sulfate
- Cervarix
 - Bivalent human papillomavirus (types 16 and 18; cross-protection against other oncogenic types – 31, 33,45) recombinant vaccine 0.5ml IM; adjuvant ASO4
- Dosing
 - First dose: at elected date
 - Second dose: 1-2 months after first dose
 - Third dose: 6 months after first dose
- CDC Advisory Committee recommends routine vaccination of girls 11-12 years of age (as young as 9) and for females aged 13-26 years if did not receive or complete vaccine series previously; Gardasil approved for use in males aged 9-26 years to prevent genital warts and anal cancer

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HPV - Prevention

- Gardasil and Cervarix
 - Will not eliminate need for annual Pap tests
 - Cervical cancer can be caused by strains not covered by the vaccine
 - Duration of protection unclear
 - Current studies indicate effectiveness for at least 5 years (up to 10 years), with no evidence of waning immunity during that period
 - Cost
 - ~\$120/dose (\$360 total)
 - Federal Vaccines for Children (FVC) will provide free vaccines to those under 19 who are uninsured, Medicaid-eligible

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HPV - Prevention

- Gardasil in Males
 - Pro
 - Further protection for females by preventing transmission from infected males
 - The more patients are vaccinated, lower chance of coming in contact with the virus (indirectly protects even the unimmunized - "herd immunity")
 - Although only indicated for preventing genital warts in males, genital warts are associated with physical/psychological morbidity and place a burden on healthcare system
 - Although has not shown a reduction in cancers in males, HPV 16 and 18 have been associated with anal and oropharyngeal carcinomas; head and neck squamous cancers

HPV - Prevention

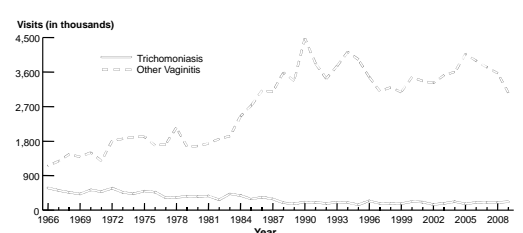
- Gardasil in Males
 - Con
 - Recent cost-benefit analysis concluded that including boys in an HPV vaccination program exceeds conventional thresholds of good value for money (however, they note that as more information becomes available, this conclusion could change)
 - CDC ACIP
 - Recommends against routine use of Gardasil to prevent genital warts in boys and young men
 - Recommends "permissive use" of Gardasil

State By State


- 41 states have introduced legislation to require, fund or educate public about HPV vaccine; 19 states have enacted this legislation
 - Colorado, Indiana, Iowa, Louisiana, Maine, Maryland, Michigan, Minnesota, Nevada, New Mexico, New York, North Carolina, North Dakota, Rhode Island, South Dakota, Texas, Utah, Virginia and Washington

<http://www.ncsl.org/programs/health/HPVvaccine.htm>
 (updated July 2011)

Trichomoniasis and Other Vaginal Infections— Women—Initial Visits to Physicians' Offices, United States, 1966–2009




NOTE: The relative standard errors for trichomoniasis estimates range from 16% to 27% and for other vaginitis estimates range from 8% to 13%.
 SOURCE: IMS Health, Integrated Promotional Services™, IMS Health Report, 1966–2009.

Trichomoniasis 

- Characteristics
 - Caused by *Trichomonas vaginalis*
 - May be associated with adverse pregnancy outcomes
 - Premature rupture of the membranes
 - Preterm delivery

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Trichomoniasis 

- Recommended Regimens
 - Metronidazole 2g PO x 1 dose* OR
 - Tinidazole 2 g PO x 1 dose
- Alternative Regimen
 - Metronidazole 500mg PO BID x 7 days

*Recommended regimen in pregnancy


Patients should be advised to avoid consuming alcohol during treatment with metronidazole or tinidazole. Abstinence from alcohol use should continue for 24 hours after completion of metronidazole or 72 hours after completion of tinidazole

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Trichomoniasis 


- Management of Sex Partners
 - Should be treated. Avoid intercourse until patient and partner have completed therapy.
- Follow-up
 - Unnecessary in patients who become asymptomatic after treatment or who are initially asymptomatic
 - Repeated treatment failures
 - Metronidazole 2g PO QD x 5 days OR
 - Tinidazole 2g PO QD x 5 days

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Bacterial Vaginosis (BV) 

- Characteristics
 - Most common vaginal infection that presents to the primary care physicians office
 - Replacement of normal hydrogen peroxide-producing *Lactobacillus* sp. in the vagina with high concentrations of anaerobic bacteria
 - *Prevotella* sp. and *Mobiluncus* sp., *G. vaginalis*, *Mycoplasma hominus*
 - Cause not fully understood
 - Associated with having multiple sex partners, new sex partner, douching and lack of vaginal lactobacilli

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BV 

- Recommended Regimens
 - Metronidazole 500mg PO BID x 7 days* OR
 - Clindamycin cream 2%, one full applicator (5g) intravaginally QHS x 7 days** OR
 - Metronidazole gel 0.75%, one full applicator (5g) intravaginally QD x 5 days

*Consuming alcohol should be avoided during treatment and for 24 hours thereafter


**Clindamycin cream is oil-based and might weaken latex condoms and diaphragms for 5 days after use

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BV 


- Alternative Regimens
 - Tinidazole 2g PO QD x 2 days OR
 - Tindazole 1 g PO QD x 5 days OR
 - Clindamycin 300mg PO BID x 7 days OR
 - Clindamycin ovules 100mg intravaginally QHS x 3 days

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BV 


- **Pregnancy**
 - Metronidazole 500mg PO BID x 7 days OR
 - Metronidazole 250mg PO TID x 7 days OR
 - Clindamycin 300mg PO BID x 7 days
- **Management of Sex Partners**
 - Routine treatment not recommended
- **Follow-up**
 - Unnecessary if symptoms resolve

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Question #1 


MM is a 19 year old college student who presents to the medical office complaining of vaginal discharge x 2 days. She denies fever, chills, abdominal pain. She is sexually active and recently started a relationship with a new partner. Physical exam reveals mucopurulent cervical exudates and endocervical bleeding induced by gentle swabbing. A diagnosis of gonorrhea and chlamydia is made. Urine pregnancy test is positive. Which one of the following represents the most appropriate treatment plan for this patient?

- 1) Begin doxycycline (vibramycin) 100mg BID x 7 days and ofloxacin 400mg x 1 dose
- 2) Administer 125mg ceftriaxone (rocephin) IM and give metronidazole 500mg BID x 7 days
- 3) Begin erythromycin ethylsuccinate 400mg QID x 14 days and amoxicillin 500mg TID x 7 days
- 4) Administer 250mg ceftriaxone (rocephin) IM and give azithromycin (zithromax) 1 g x 1 dose

Question #2 

The mother of a teenage girl asks you to tell her more about the vaccine Gardasil. Which of the following is an accurate statement?

- 1) Gardasil will eliminate the need for regular Pap tests in women aged 11-26
- 2) Gardasil protects against four types of human papillomavirus and is recommended in girls age 11-12
- 3) Gardasil is not FDA approved for males or recommended in females over the age of 21
- 4) Gardasil protects against the two most common types of human papillomavirus and has cross-protection against other oncogenic types


Questions #3 and #4 

HK is a 26 year old female who complains of vaginal discharge and is subsequently diagnosed with bacterial vaginosis during a prenatal pelvic examination. She is in her 3rd trimester. Which one of the following represents the best treatment plan for this woman?

- 1) Metronidazole (Flagyl) 2 g as a single dose
- 2) No therapy is recommended
- 3) Metronidazole (Flagyl) 500mg BID x 7 days
- 4) Clindamycin (Cleocin) 2% cream intravaginally QHS x 7 days

How should HK's male partner be treated?

- 1) Metronidazole 500mg BID x 7 days
- 2) Tinidazole 2 g as a single dose
- 3) Clindamycin 300mg BID x 7 days
- 4) Treatment is not warranted

Question #5 

YO returns to your clinic 10 months after her initial herpes infection. She is becoming troubled by all of the recurrences she is having (seven to date). She does not currently have lesions. Which one of the following would be the most appropriate recommendation?

- 1) Valacyclovir 500mg BID x 5 days
- 2) Acyclovir 400mg TID x 10 days
- 3) Famciclovir 1g BID
- 4) Valacyclovir 500mg QD

Questions? 