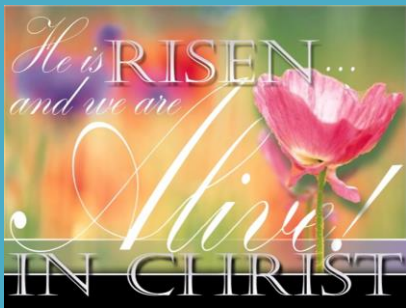




APRIL IS:

- April 1: Easter
- April 2: Autism Awareness Day
- April 7: World Health Day
- April 28: World Day for Safety & Health at Work
- Alcohol Awareness Month
- STD Awareness Month



In His Service,



H-3 Ministry

*"For God so loved the world,
that He gave His only
begotten Son, that whoever
believes in Him shall not
perish, but have eternal life.*

John 3:16 NASB



HAPPY RESURRECTION DAY!!

WORLD AUTISM AWARENESS DAY

World Autism Awareness Day (WAAD), celebrated each year on April 2, was adopted by the United Nations in 2007 to shine a bright light on autism as a growing global health crisis. Autism is one of only three health issues to be recognized with its own day by the United Nations. WAAD activities increase world knowledge of autism and impart information about the importance of early diagnosis and early intervention. Additionally, WAAD celebrates the unique talents and skills of persons with autism around the world.

On World Autism Awareness Day, Autism Speaks celebrates its international Light It Up Blue Campaign. Thousands of iconic landmarks, communities, businesses and homes across the globe unite by shining bright blue lights in honor of the millions of individuals and families around the world affected by autism. To learn more about Autism Speaks, please visit www.autismspeaks.org.



World Health Day is celebrated each year on April 7th globally. The day marks the founding of World Health Organization (WHO) and aims to draw attention to important health issues facing the world each year.

Trinity will host a mini-health forum on Saturday, April 7, 2018, from 11:00 a.m. until 2:00 p.m. and Sunday April 8, 2018, immediately following service.



resources this issue

- Resources: <https://nationaldaycalendar.com/world-autism-day-april-2/>
- <https://www.calendarlabs.com/holidays/international/world-health-day.php>
- <https://medlineplus.gov/sexuallytransmitteddiseases.html>
- <https://www.mayoclinic.org/diseases-conditions/sexually-transmitted-diseases-stds/in-depth/std-symptoms/ART-20047081?p=1>

SEXUALLY TRANSMITTED DISEASES

Also called: Sexually transmitted infections, STDs, Venereal disease

Sexually transmitted diseases (STDs) are infections that are passed from one person to another through sexual contact. The causes of STDs are bacteria, parasites, yeast, and viruses. There are more than 20 types of STDs, including

- Chlamydia
- Genital herpes
- Gonorrhea
- HIV/AIDS
- HPV
- Syphilis
- Trichomoniasis

Most STDs affect both men and women, but in many cases the health problems they cause can be more severe for women. If a pregnant woman has an STD, it can cause serious health problems for the baby.

Antibiotics can treat STDs caused by bacteria, yeast, or parasites. There is no cure for STDs caused by a virus, but medicines can often help with the symptoms and keep the disease under control.

Correct usage of latex condoms greatly reduces, but does not completely eliminate, the risk of catching or spreading STDs. The most reliable way to avoid infection is to not have anal, vaginal, or oral sex.

Common and Possible STD Symptoms

If you have sex — oral, anal or vaginal intercourse and genital touching — you can get an STD, also called a sexually transmitted infection (STI). Straight or gay, married or single, you're vulnerable to STIs and STI symptoms. Thinking or hoping your partner doesn't have an STI is no protection — you need to know for sure. And although condoms, when properly used, are highly effective for reducing transmission of some STDs, no method is foolproof.

STI symptoms aren't always obvious. If you think you have STI symptoms or have been exposed to an STI, see a doctor. Some STIs are easy to treat and cure; others require more-complicated treatment to manage them.

It's essential to be evaluated, and — if diagnosed with an STI — get treated. It's also essential to inform your partner or partners so that they can be evaluated and treated.

If untreated, STIs can increase your risk of acquiring another STI such as HIV. This happens because an STI can stimulate an immune response in the genital area or cause sores, either of which might raise the risk of HIV transmission. Some untreated STIs can also lead to infertility, organ damage, certain types of cancer or death.

Many STIs have no signs or symptoms (asymptomatic). Even with no symptoms, however, you can pass the infection to your sex partners. So it's important to use protection, such as a condom, during sex. And visit your doctor regularly for STI screening, so you can identify and treat an infection before you can pass it on.

Some of the following diseases, such as hepatitis, can also be transmitted without sexual contact, by coming into contact with an infected person's blood. Others, such as gonorrhea, can only be transmitted through sexual contact.

Chlamydia is a bacterial infection of your genital tract. Chlamydia may be difficult to detect because early-stage infections often cause few or no signs and symptoms. When they do occur, they usually start one to three weeks after you've been exposed to chlamydia. Even when signs and symptoms occur, they're often mild and passing, making them easy to overlook.

Signs and symptoms may include:

- Painful urination
- Lower abdominal pain
- Vaginal discharge in women
- Discharge from the penis in men
- Pain during sexual intercourse in women
- Bleeding between periods in women
- Testicular pain in men

Gonorrhea is a bacterial infection of your genital tract. It can also grow in your mouth, throat, eyes and anus. The first gonorrhea symptoms generally appear within 10 days after exposure. However, some people may be infected for months before signs or symptoms occur.

Signs and symptoms of gonorrhea may include:

- Thick, cloudy or bloody discharge from the penis or vagina
- Pain or burning sensation when urinating
- Heavy menstrual bleeding or bleeding between periods
- Painful, swollen testicles
- Painful bowel movements
- Anal itching

Trichomoniasis is a common STI caused by a microscopic, one-celled parasite called *Trichomonas vaginalis*. This organism spreads during sexual intercourse with someone who already has the infection.

The organism usually infects the urinary tract in men, but often causes no symptoms. Trichomoniasis typically infects the vagina in women. When trichomoniasis causes symptoms, they may appear within five to 28 days of exposure and range from mild irritation to severe inflammation.

Signs and symptoms may include:

- Clear, white, greenish or yellowish vaginal discharge
- Discharge from the penis
- Strong vaginal odor
- Vaginal itching or irritation
- Itching or irritation inside the penis
- Pain during sexual intercourse
- Painful urination

HIV is an infection with the human immunodeficiency virus. HIV interferes with your body's ability to fight off viruses, bacteria and fungi that cause illness, and it can lead to AIDS, a chronic, life-threatening disease.

When first infected with HIV, you may have no symptoms. Some people develop a flu-like illness, usually two to six weeks after being infected. Still, the only way you know if you have HIV is to be tested.

Early signs and symptoms

Early HIV signs and symptoms may include:

- Fever
- Swollen lymph glands
- Headache
- Rash
- Sore throat
- Fatigue

These early signs and symptoms usually disappear within a week to a month and are often mistaken for those of another viral infection. During this period, you're highly infectious. More-persistent or -severe symptoms of HIV infection may not appear for 10 years or more after the initial infection.

As the virus continues to multiply and destroy immune cells, you may develop mild infections or chronic signs and symptoms such as:

- Swollen lymph nodes — often one of the first signs of HIV infection
- Diarrhea
- Weight loss
- Fever
- Cough and shortness of breath

Late-stage HIV infection

Signs and symptoms of late-stage HIV infection include:

- Persistent, unexplained fatigue
- Soaking night sweats
- Shaking chills or fever higher than 100.4 F (38 C) for several weeks
- Swelling of lymph nodes for more than three months
- Chronic diarrhea
- Persistent headaches
- Unusual, opportunistic infections

Highly contagious, **genital herpes** is caused by a type of the herpes simplex virus (HSV) that enters your body through small breaks in your skin or mucous membranes. Most people with HSV never know they have it, because they have no signs or symptoms or the signs and symptoms are so mild they go unnoticed.

When signs and symptoms are noticeable, the first episode is generally the worst. Some people never have a second episode. Others, however, can have recurrent episodes for decades.

When present, genital herpes signs and symptoms may include:

- Small red bumps, blisters (vesicles) or open sores (ulcers) in the genital, anal and nearby areas
- Pain or itching around the genital area, buttocks and inner thighs

The initial symptom of genital herpes usually is pain or itching, beginning within a few weeks after exposure to an infected sexual partner. After several days, small red bumps may appear. They then rupture, becoming ulcers that ooze or bleed. Eventually, scabs form and the ulcers heal.

In women, sores can erupt in the vaginal area, external genitals, buttocks, anus or cervix. In men, sores can appear on the penis, scrotum, buttocks, anus or thighs, or inside the tube from the bladder through the penis (urethra).

Ulcers can make urination painful. You may also have pain and tenderness in your genital area until the infection clears. During an initial episode, you may have flu-like signs and symptoms, such as a headache, muscle aches and fever, as well as swollen lymph nodes in your groin.

In some cases, the infection can be active and contagious even when sores aren't present.

HPV infection is one of the most common types of STIs. Some forms put women at high risk of cervical cancer. Other forms cause genital warts. HPV usually has no signs or symptoms. The signs and symptoms of genital warts include:

- Small, flesh-colored or gray swellings in your genital area
- Several warts close together that take on a cauliflower shape
- Itching or discomfort in your genital area
- Bleeding with intercourse

Often, however, **genital warts** cause no symptoms. Genital warts may be as small as 1 millimeter in diameter or may multiply into large clusters.

In women, genital warts can grow on the vulva, the walls of the vagina, the area between the external genitals and the anus, and the cervix. In men, they may occur on the tip or shaft of the penis, the scrotum, or the anus. Genital warts can also develop in the mouth or throat of a person who has had oral sex with an infected person.

Hepatitis A, hepatitis B and hepatitis C are all contagious viral infections that affect your liver. Hepatitis B and C are the most serious of the three, but each can cause your liver to become inflamed.

Some people never develop signs or symptoms. But for those who do, signs and symptoms may occur several weeks after exposure and may include:

- Fatigue
- Nausea and vomiting
- Abdominal pain or discomfort, especially in the area of your liver on your right side beneath your lower ribs
- Loss of appetite
- Fever
- Dark urine
- Muscle or joint pain
- Itching
- Yellowing of your skin and the whites of your eyes (jaundice)

Syphilis is a bacterial infection. The disease affects your genitals, skin and mucous membranes, but it can also involve many other parts of your body, including your brain and your heart.

The signs and symptoms of syphilis may occur in various stages. There's also a condition known as congenital syphilis, which occurs when a pregnant woman with syphilis passes the disease to her unborn infant. Congenital syphilis can be disabling, even life-threatening, so it's important for a pregnant woman with syphilis to be treated.