

STIs VS STDs

IS THERE A DIFFERENCE BETWEEN SEXUALLY TRANSMITTED INFECTIONS AND SEXUALLY TRANSMITTED DISEASES?

Is there a difference?

There is **NO** difference between sexually transmitted infections and sexually transmitted diseases! Both terms refer to an infection passed from one person to another through sexual contact. The term *infection* has less stigma than the term *disease*. This is why health educators are now saying STI instead of STD!

What is stigma?

Stigma is when someone negatively views another because of a certain characteristic or trait.

The stigma around STIs can cause those suffering from an STI to feel shame, leading to feelings of depression and anxiety. Stigma can also result in affected patients not reaching out for help. By breaking down the stigma, those affected might feel more comfortable seeking treatment!

