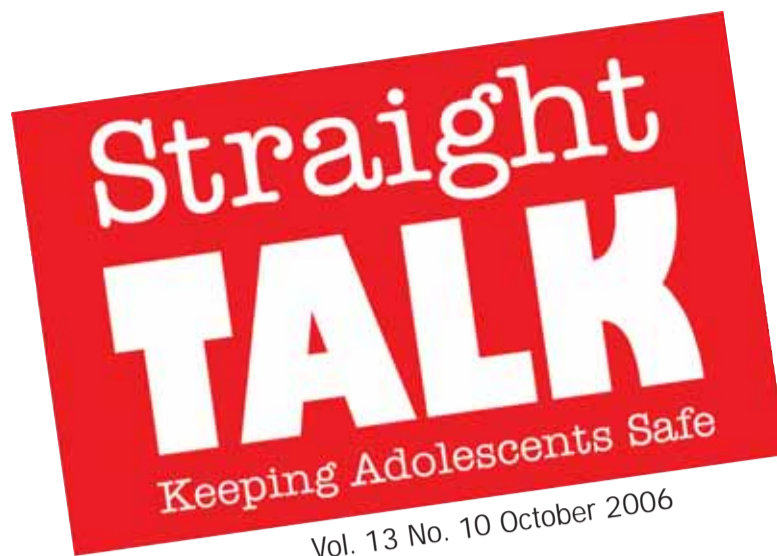


Words of wisdom

But remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it.

1 Corinthians 10:13



Vol. 13 No. 10 October 2006



Carol Napeyok



A radio show by young people for young people

New from Straight Talk: a radio show for Karamoja

Meet **Carol Napeyok** the presenter of the show.

Straight Talk has started airing radio shows in **Nga'karimojong**.

Tune in to Karamoja Radio on Saturdays at 6.00pm and Veritas on Sunday at 6.00pm. Listen to the exciting radio show.

Win Win Straight Talk radio show QUIZ

Write to Straight Talk Radio show about why young people in your homes, schools and communities get married at an early age.

The **best** letters win prizes including bicycles and clocks!

The long holiday is coming. Straight Talkers speak about holiday freedom in the next issue of *Straight Talk*. What does this mean to you? Freedom? Do not miss your copy. Get tips on how to make good use of the abundant freedom that comes with long holidays.

Genital Herpes

A serious STD with no cure

► Student Mutin Daniel wrote to *Straight Talk*, asking: "What is genital herpes really? Tell me something about this disease."

Daniel, here is your answer. According to Dr Edith Nakku of the Mulago STD clinic, genital herpes is a sexually transmitted disease affecting many people including young people like you. It is caused by the herpes simplex virus (HSV).

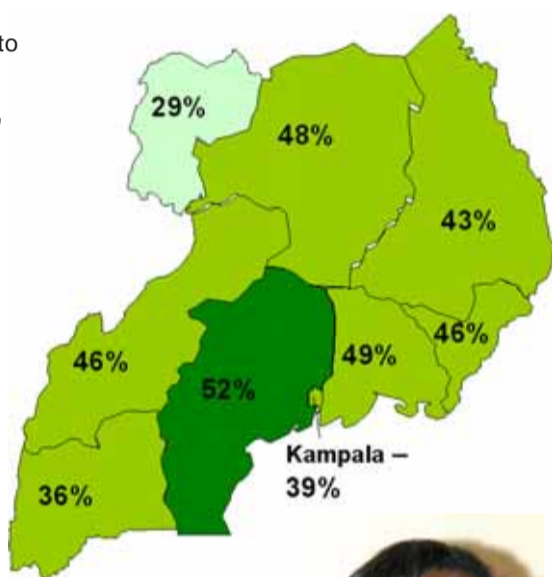
► The Sero survey shows that on average 1 in every 5 young people aged 15 to 19 years has genital herpes.

This is very serious: genital herpes has no cure and creates open door for HIV to enter you.

In *Straight Talk* September we explained that HIV/AIDS seems to be increasing again. Genital herpes is a key factor helping HIV to continue to spread.

Here is the true story of a boy, aged 18, who is suffering from genital herpes.

► "After a few weeks of having unprotected sex, I got blisters on my private parts. They later developed into sores."



Genital herpes is exploding in Uganda. This map above shows herpes infection by region in 2004-5. Countrywide 44 out of every 100 people aged 15-49 have genital herpes. In Central Region over 50% of young people and adults are infected.



▲ Dr Edith Nakku

I went to a hospital in Kabwohe and was told it was syphilis. They gave me treatment for syphilis but there was no difference. I later went to Mbarara hospital and got the same treatment for syphilis but still had no change.

They advised me to circumcise that it would help me heal. I did, but the blisters kept coming again and again. Finally, at the health centre, I was told I had genital herpes.

Now blisters come every month. They are normally full of water and itchy. I tried local medicine but it did not help.

When you get this infection, you will live with it for the rest of your life. It is very uncomfortable. Do not be deceived.

Always have protected sex. If you find out that you have it, go for treatment and follow the doctor's instructions well." MM, 18, interviewed at Naguru Teenage Centre, Kampala.

Read page 2 for more about genital herpes.

Young and smart:

You have everything to live for. Love your life and avoid risky behaviour that may expose you to HIV.



Okomi Michael and Okedy E L, Bezza Al-Hijji SS, Adjumani

How is genital herpes spread?

Genital herpes is spread through sex and sometimes from mother to baby.

Most people get genital herpes when they have unprotected



The blisters are back again!

sex with someone who has the genital herpes virus.

A girl from Kisasi, Kampala, says: "I suspect I got the infection around three weeks ago from my partner."

I do not feel sick but I am always itching while passing urine. At the health centre, I was told that I have genital herpes."

MAURICIA IS 17. She went to her doctor complaining of itching in the genital area and eruption of blisters filled with a fluid like water.

Mauricia told the doctor that she had had sex for the first time two months ago. Since then she had sex twice. She said she had never noticed any disease on her boyfriend.

They met secretly and in a hurry at a friend's house. She is now worried.

UMARU, A STUDENT AGED 20, has been having recurrent wounds on his penis and upper thigh for two years. He first noticed them after having sex with his second girlfriend.

Since then he has been getting sores on his penis and thighs once every two months. He has suffered a lot and has been getting treatment.

The health worker put him on syphilis treatment. But blisters still come back.

What happens when you get infected?

STD Clinic, Mulago

A person who gets infected with genital herpes virus for the first time usually gets signs within 2 to 10 days.

The virus will cause blisters or sores filled with fluid in and around the vagina, penis, buttocks or thighs.

These blisters may burst later to form wounds. The person may also have slight itching or discharge in the genital area.



Blisters may appear on penis, vagina, cervix or around the anus

Many people who have genital herpes do not know it. They may not recognize or get any signs.

This means the virus that causes genital herpes is in the body but is inactive (sleeping). This state of having the virus with no signs can go on for many years.

But when someone falls sick with malaria, flu or HIV or their immune system is weakened in anyway, the sores of genital herpes can erupt.

▶ Early signs usually last 2 to 3 weeks

Early signs of active genital herpes may include:

- Itching
- A burning feeling in the genital or anal area.
- Pain in the legs, buttocks or genital area.
- Discharge of fluid from the vagina.
- Groups of fluid-filled swellings appearing near where the virus has entered the body (mouth, penis, or vagina, on the cervix or in the urinary passage or near the anus).

- Small red bumps appear then develop into blisters, and then become painful open sores.

After several days, the sores become crusty and then heal without leaving a scar.

▶ Other signs

Fever, headache, muscle aches, painful or difficult urination, vaginal discharge, and swollen glands in the genital area.

▶ Recurrence

Even after the symptoms are gone, the virus stays sleeping inside the nerve cells. Later the virus will become active again, causing fresh blisters and sores. In most people, the virus can become active several times a year. This coming and going of sores is called a recurrence.

An infected person may know that a recurrence is about to happen by a tingling feeling or itching in the genital area, pain in the buttocks or down the leg.

Sometimes blisters appear that may be very small and barely noticeable, or they may break into open sores that crust over and then disappear.

"When the recurrence is about to come, I always feel feverish and very weak. I also sometimes get blisters around the anus."
Boy, Bushenyi

Some people have only one or two outbreaks in a lifetime. Others may have several outbreaks a year. Outbreaks are sometimes brought on by another illness, stress or having a menstrual period.

In some cases, outbreaks may be connected to sunlight.

▶ Shedding without signs

Sometimes the virus can be active but not cause sores that can be seen.

Small amounts of the virus may be shed from around the place where infection first took place. So the virus will be plentiful in fluids from the mouth, penis or vagina or from sores that you can barely notice.

Shedding is when particles of something drop off (for example, some trees shed their leaves). You might not be aware of the shedding but are highly likely to infect a sex partner at this time.



Dr Edith Nakku, STD specialist, Mulago.



Joining the Straight Talk club has helped us stay safe. Entebbe Parents SSS, Straight Talk club members

Club activity: Test your gender sensitivity

How gender sensitive are you? Do you think that women deserve to be beaten and that boys should never cry? Such thinking puts you at risk of HIV and a lot of other problems. You need to get with the modern age of respect between males and females. As club members or as a group of friends,

tick agree or disagree for each of the statements. Then discuss: why did your members respond the way they did? Give points for gender-sensitive attitudes. Discuss how your club can encourage people to appreciate and respect each other regardless of sex. Hint: no one deserves to be beaten!

Statement	Agree	Disagree
If my boy/girl friend refused to have sex with me, I would drop her/him.		
Boys cannot control their sexual feelings. So boys should have sex whenever they feel like it.		
In a relationship the girl and boy should decide together if they want to start having sex.		
A boy and girl in a relationship should decide together if they want to have sex		
A boy needs to have more than one girlfriend to show that he is a real man.		
A girl who suggests condoms is loose.		
I would be angry if my partner asked me to use a condom		

If you have genital herpes...

There is no cure. There is only medicine to reduce the pain and cause quicker healing of the sores. This medicine can also reduce how often and how seriously they come back.



- Avoid touching the area during an outbreak of sores. If you touch it, wash your hands before touching other body parts like the eye.
- Do not have sex from the time you first feel any symptoms until the sores are completely healed. Make sure that the scab has fallen off and new skin has formed where the sore was.
- Place lukewarm or cold cloths on the area with the sores to reduce pain.
- Take lukewarm baths. A girl can sit in a basin of water and urinate there. This will stop the urine from burning the area with sores.

Managing the sores

- Keep the area of sores clean and dry to help healing and prevent other infections from developing.
- Wear cotton underwear. Avoid nylon underwear.
- Wear loose fitting clothes.



Genital herpes and HIV often go together

Does a person suffering from herpes have HIV? Nabwire B, Dabani SS, Busia

Not always. Many people have genital herpes but do not have HIV. But genital herpes increases a person's risk of HIV due to the sores.

- A person who **has both HIV and genital herpes** is more likely to pass on HIV to their HIV-negative partner or partners.
- A person who has **genital herpes and does not have HIV** is more likely to get HIV from their HIV-positive partner.

In people with weak immune systems due to HIV, malaria or other health problems, the genital herpes blisters may take longer to heal.

The wounds may be bigger and more widespread. In fact they may not go away at all.

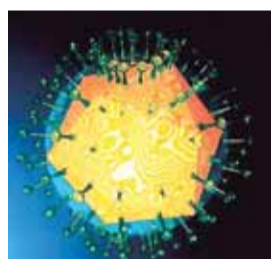
What is the difference between Herpes Zoster (kisipi) and genital herpes? C Isaabo, S2, Molly and Paul SS

- They are caused by different herpes viruses.
- Genital herpes is caused by the herpes simplex virus.
 - Herpes Zoster is caused by the virus that causes chicken pox (*namusuna*).

They are similar in that both Kisipi and genital herpes are more common and more serious in people with HIV.

Genital herpes is not syphilis

Many people confuse genital herpes and syphilis and get treatment for syphilis when they actually have genital herpes.



Picture of Herpes Simplex Virus

- **Syphilis** is caused by a bacteria,
- **Genital herpes** is caused by a virus
- **Genital herpes** causes many small blisters that turn into painful sores.
- **Syphilis** causes a single sore that is painless.
- **Genital herpes** causes many sores that are recurrent (go and come back).
- **Syphilis** causes a single sore that disappears on its own and does not come back (although the syphilis bacteria is still in your body and will create more and very serious health problems if not treated).



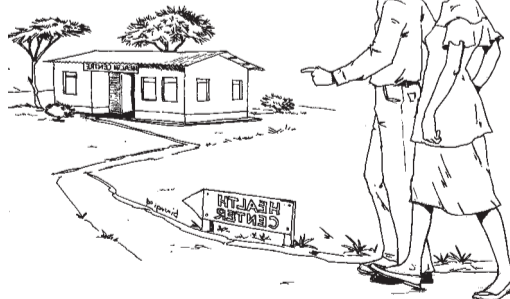
Picture of syphilis bacteria

These are very different diseases which need different care.

Only 3% of young people and adults in Uganda have syphilis but almost 50% have genital herpes. If you have a problem of sores on your private parts, it is probably genital herpes. These sores are open doors for HIV.

Seek help from a health worker. He or she should be able to detect genital herpes from a medical history and a good examination.

A blood test may have to be done. The genital herpes sores may not be visible to the naked eye.



We love Straight Talk: Straight Talk club, St Kagwa Bushenyi High School



Enjoy your youth but remember to stay safe: Straight Talk club, Universal High School, Mbarara

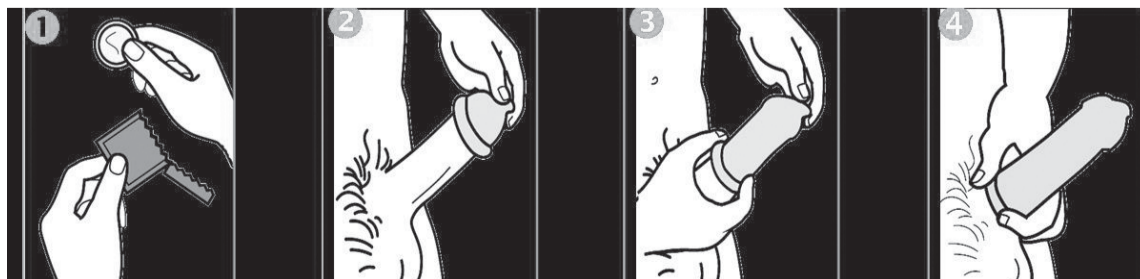


Be content with what you have. Resist sex for money and things. Straight Talk club members, Olomet SS, Kaberamaido



Wait to have sex or always use condoms. Rwenzori Christian Vocational SS, Straight Talk Club, Kasese

Protect yourself from genital herpes by delaying sex. Commit yourself to having one partner, and learn about protected sex, so that you are safer when you start sex. Consistent and correct condom use reduces transmission of genital herpes. Avoid sex completely or be extremely careful about using a condom correctly if you have sores. Be open and tell your partner that you have a problem.



1 Check the expiry date on the pack. Remove condom carefully.

2 Roll the condom on the erect penis.

3 Pinch tip to make space for semen.

4 Roll condom to the base of penis.



ONCE I keep urine in my bladder for a long time, I start feeling pain after urinating. Am I normal?

NE, S2, 15, Sserwanga Lwanga Memorial SS, Kalangala

Yes you are normal. But do not keep urine in your bladder for a long time. When you do that, it makes it easy for your bladder to be infected by any bacteria. If you continue feeling pain when you are urinating, please go see a health worker nearest you.

SOME GIRLS intentionally put on mini skirts to attract the boy's attention. Sincerely is it truly justifiable for a boy to be charged of rape if he rapes that girl? **Sunday Godfrey, Wellstar Bright SS, Kampala**

Yes. Any boy who rapes a person for whatever reason should be punished by law. To rape someone means to force them into sex whether they are boys or girls. Even if anyone (man or woman) saw a person naked and then they had sex with them without their consent, then they have raped the person and should be charged with rape.

Do you know that some men have even raped little girls and boys? Do you think these little girls had dressed in mini skirts? What about the men who ambush woman in the dark to rape them even before they have seen them? Rape is abuse or misuse of someone's strength and power. Someone who is stronger takes advantage of someone sexually who is weaker than they are. Rape is disgraceful. No worthwhile man or boy should ever bend low to it. For those who do, they should face the full justice of the law.

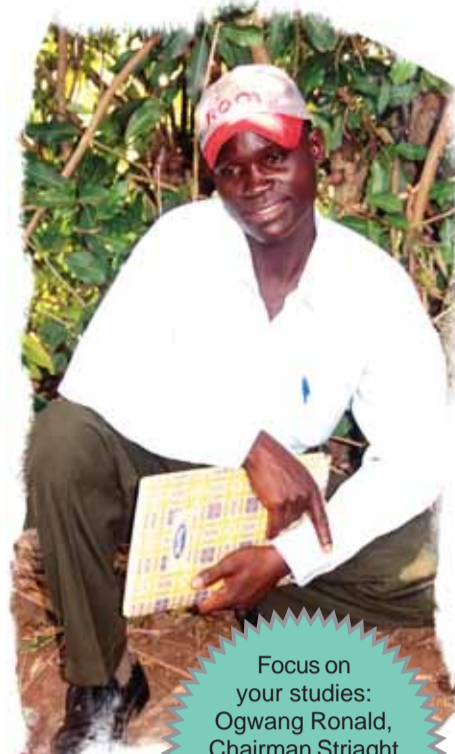
MY PRIVATE PARTS normally get itches before my periods. What causes



Put your life first: Richard Wanyama, Masaba College, Busia



Smart and confident: Nakalyango Agnes, North Road College, Kawempe



Focus on your studies: Ogwang Ronald, Chairman Striaght Talk Club, Dokolo Technical School, Lira

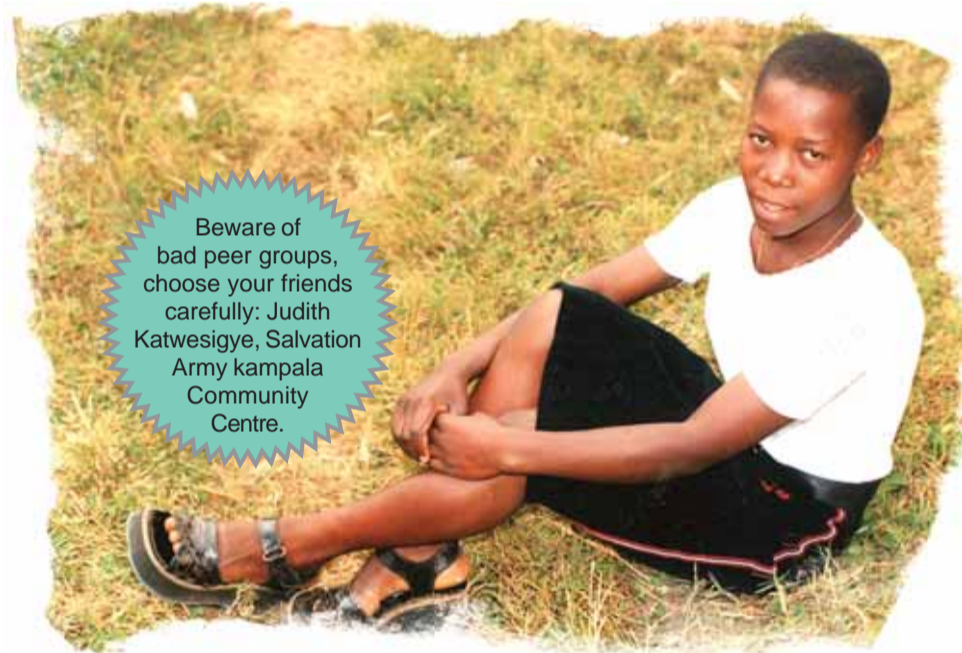
this? **Koboko Resource Centre, 17** You could be having an infection and you need medical help. Visit a nurse or doctor about this problem. Improve your hygiene too in the genital area to rule out any diseases due to hygiene.

I HAVE RASHES around my penis. When I scratch them, they result into wounds. They are affecting me too much. Yet I'm a virgin. **Isabirye Bakali, Kaliro College**

There are diseases that can affect the genital area like the penis even when someone has not had sex. For example fungal infections and infections of the tiny holes in the skin from which hair grows. Go see a health worker at the local health center or a doctor in the big hospital nearest your home area.

I know you will be fine as soon as you seek out the right treatment. Keep on abstaining from sex. It is very good to hear that there are young men out there like you who are keeping themselves safe.

IS IT TRUE that through circumcision one can get HIV/AIDS? How? **Masaba**



Beware of bad peer groups, choose your friends carefully: Judith Katwesigye, Salvation Army kampala Community Centre.

B, Kinyara SS, Masindi Any skin cutting or piercing instrument that has been exposed to the fluids of someone with HIV can also spread the virus to a person when they are cut with it.

This includes things like razors, safety pins, hair shavers, injections and toothbrushes. Such instruments should therefore not be shared to prevent HIV transmission.

WHAT HAPPENS if a boy and girl put on their respective condoms during sex at the same time? **Abu Kaleka, 19, S4, Kanambatiko SS, Kaliro**

It is not necessary for both to put on condoms at the same time to avoid transmission of STDs and HIV. One is enough. Each putting on their respective condoms can lead to the condom getting off the penis or out of the vagina making you unprotected.

THE TIP of my penis has small glands

around it, which itches sometimes and have lasted one and half weeks now. **Olwa Morrison, 19, S5, Dr Obote College, Boroboro, Lira** Glands are normally found at the bottom of the foreskin of the penis, where the skin joins the head of the penis.

These glands are normal and they do not itch. If you have any itching on the penis tip, please visit a doctor so they can see whether there is something wrong.

I HAD FRIENDS who ran away from me because I didn't involve in love affairs. **Ashanti Zulaika, Bugema Comp SS, Mbale**

Zulaika, those are not friends. You are better off without them. Please look around for people who are more focused to make them your friends. Continue looking after yourself and studying hard. You will be a successful woman. **Dr. Edith Nakku**

I have a small retail shop

Justine got started

I have a small retail shop in the village. I started operating it in 2000 when I was in S4. I started by selling only match boxes and paraffin.

Now I sell salt, soap, sugar, cooking oil, exercise books, pens, pencils, sodas, bingo and sweets. Though I started with 3,000/- that my parents gave me as pocket money, my capital has increased.

Some of the challenges I get is that some customers take things on credit do not pay in time or do not pay at all.

And my time for selling in shop is limited to weekends. But my parents, brothers and sisters help me to sell during school time. Now I get 5200/.

I'm able to buy my schoolbooks now and for my young brothers and sisters who are in primary. I advise fellow youths to start small

businesses that would support and help them instead of sitting idle and playing cards. **Justine Oteu, Ngora, Kumi**



Get started too. Start up a business

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