



What You Need to Know About

TRICHOMONIASIS (TRICH)

What is Trichomoniasis?

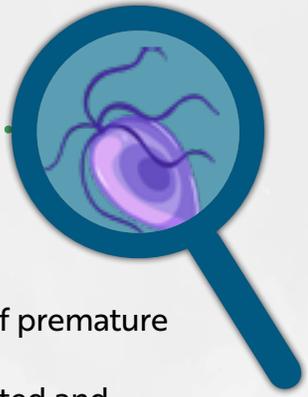
- Trichomoniasis, commonly referred to as “Trich” is a very common Sexually Transmitted Infection (STI) caused by infection with trichomonas vaginalis (a protozoan parasite)²
- Research shows Indigenous women in Canada have some of the highest rates of Trich, prevalence is about 10.1% compared to 3.8% in the general population³
- Rates of Trich can be higher in Indigenous women in Canada due to lasting effects of colonization, barriers to care and systemic inequalities
- **Most people have no symptoms (70% - 85%)³**
- Trichomoniasis is spread through unprotected sex, sharing sex toys and any exchange of bodily fluids¹
- Symptoms (usually appear 5-28 days after exposure):¹
 - ↳ Itching or burning
 - ↳ Swelling or redness
 - ↳ Abnormal discharge (unusual smell, colour or amount)
 - ↳ Pain when peeing
 - ↳ Sex may feel uncomfortable
 - ↳ If you have had lower surgery, symptoms may look different

Complications:

If left untreated, Trich can lead to:

- Risk of getting and passing HIV⁵
- Infertility⁵
- Ongoing genital irritation and discomfort

How to Treat Trichomoniasis:



- To treat Trichomoniasis you must take Antibiotics as prescribed by a healthcare provider¹
- See nurse or doctor for prescription¹
- If you are pregnant, tell your health care provider, Trich can increase the risk of premature birth and low birth rate, so its important to get the right care⁴
- Partner treatment: All sexual partners from the last two months should be tested and treated, even if they don't have symptoms¹
- Health clinics can help notify partners anonymously if needed

NWAC Recommendations / Calls to Action:

We call for:

- More access to harm reduction services in correctional institutions, where infection rates are high
- Increased education and more cultural support
- Better access to testing and treatment in correctional settings where diseases spread and quickly due to the lack of testing, transfers between facilities and systemic barriers
- Trich can have lasting health effects if left untreated, especially for women and increasing the risk of acquiring and transmitting HIV - particularly in carceral settings

Why this impacts Incarcerated Indigenous women:

Systemic racism • Over-incarceration • Barriers to health care • Stigma

Advocacy:

We need:

- More mobile clinics in rural and remote areas
- Culturally safe and judgement free care for Indigenous women and gender diverse people

REFERENCES

1. [cdc.gov/trichomoniasis/about/index.html](https://www.cdc.gov/trichomoniasis/about/index.html)
2. [nccid.ca/wp-content/uploads/sites/2/2021/03/incarceration-and-STBBI_2021_Full_ST-edits.pdf](https://www.nccid.ca/wp-content/uploads/sites/2/2021/03/incarceration-and-STBBI_2021_Full_ST-edits.pdf)
3. [macsphere.mcmaster.ca/bitstream/11375/27165/1/Paliwal_Lshita_2021.pdf](https://www.macsphere.mcmaster.ca/bitstream/11375/27165/1/Paliwal_Lshita_2021.pdf)
4. [healthline.com/health/pregnancy/infections-trichomoniasis](https://www.healthline.com/health/pregnancy/infections-trichomoniasis)
5. [bccdc.ca/health-info/diseases-conditions/trichomoniasis](https://www.bccdc.ca/health-info/diseases-conditions/trichomoniasis)