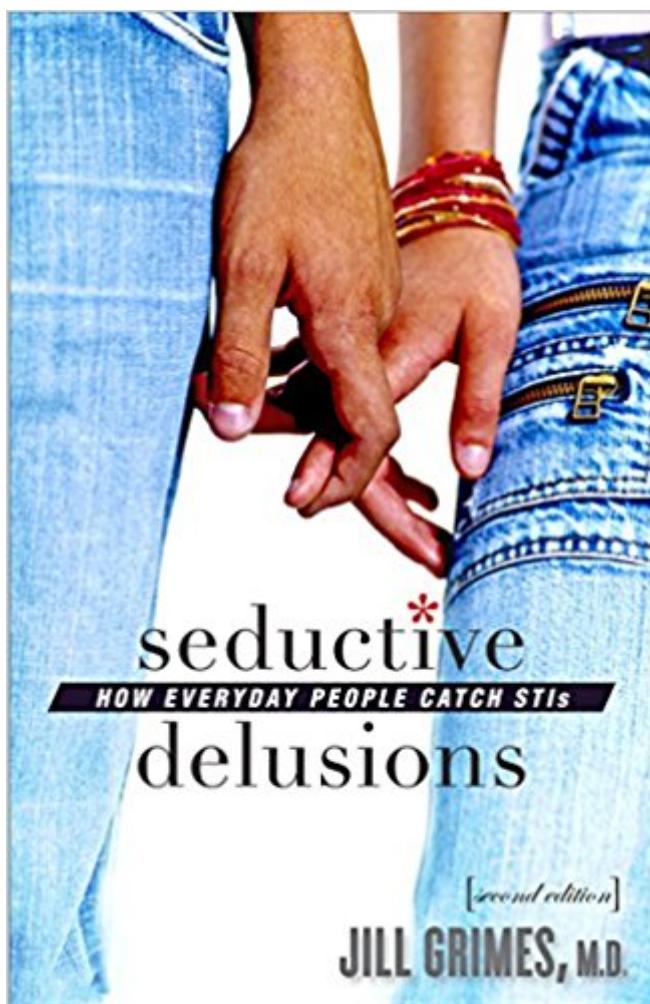


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# Seductive Delusions: How Everyday People Catch STIs



## Synopsis

A 2009 Book of the Year, USA Book News "It can't happen to me." Many high school students and young adults, seduced by their sense of invincibility, are stunned when they are diagnosed with a sexually transmitted infection (STI). But the fact is that anyone can catch an STI: no age group, social class, economic class, culture, religion, gender, or ethnic group is immune. To drive home the risks and realities of unprotected sex, Dr. Jill Grimes shares real-life stories of young people—medical students, college freshmen, teenagers, young parents, talented entrepreneurs—who have gotten an STI. Dr. Grimes narrates the story of Liz, who got syphilis; Sofia, diagnosed with gonorrhea and chlamydia; and Zoe, with pubic lice. She describes how Justin got herpes, Sean got trichomoniasis, and Luke contracted hepatitis C. The accounts of these young men and women and their exam-room conversations with their doctors evoke both the physical symptoms and complicated emotional reactions that often go together with infection. Fact sheets throughout the book explain each sexually transmitted infection and answer frequently asked questions about symptoms, treatment, and prevention. Used in high schools for the past five years, this new edition of *Seductive Delusions* shows how technological advances have speeded doctor-patient communication, including test results and treatment recommendations. It explains simplified STI testing, explores the frighteningly high incidence of date sexual assault, examines dramatic changes in cervical cancer prevention and Pap tests, and clarifies why HPV vaccines are now routinely recommended for all children—boys and girls. Whether reading the book from cover to cover or jumping directly to a specific disease, readers will relate to the dramatic stories while learning medically reliable information. Making emotionally and physically safe decisions about sex is easier when you know how STIs are spread, how to avoid getting one, what their symptoms are, and how they are diagnosed and treated.

## Book Information

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"Grimes debunks the 'seductive delusion' that people cannot catch STDs if they choose the 'right' partner in a readable and well-organized book." -- Library Journal "The unique style of this book is likely to gain the attention and interest of the target audience... Certainly this is a novel approach and I will wholeheartedly recommend this book to patients and students in health professions wishing to get a foundation in STDs." -- Ameeta E Singh, BMBS, MSc, Doody's Review Service "While probably not recreational reading, the book is a good gift for the teen in your life that just might be contemplating getting into a relationship (sexual or not)." -- Sacramento Book Review Highly recommended.--Linda Carlson "PEP Talk" (01/01/2011) The unique style of this book is likely to gain the attention and interest of the target audience... Certainly this is a novel approach and I will wholeheartedly recommend this book to patients and students in health professions wishing to get a foundation in STDs.--Ameeta E Singh, BMBS, MSc "Doody's Review Service" "[Grimes] entralls us with gripping tales of real people facing illness and tragedy. And the kick comes with how she wisely brings the reader to be motivated to avoid the infectious danger that is truly out there. (I'm getting copies for my kids.)... SHOULD be a required textbook for all High School health classes.--Richard P. Holm, MD "National Association of Medical Communicators" "Highly recommended.--Linda Carlson "PEP Talk" "Don't be surprised if you find yourself thinking, 'That sounds like me!' Dr. Grimes gives us the much needed reality check and the necessary information to prevent us from becoming a character in "Seductive Delusions."--Ashley Wietsma, "Orgasmic Chemistry" column, "The Johns Hopkins News-Letter" One of my students asked, 'Is it weird if some of the people in my group are reading this book like it is "The Hunger Games"?' I thought that was a compliment to Dr. Grimes and "Seductive Delusions"!--Schoolteacher Anyone who is sexually active is at risk of contracting an STD. By sharing these very real experiences of people you and I meet every day, Dr. Grimes shows how everyday people can contract one of these preventable diseases. Everyone, including physicians, can learn from the stories in this book.--Robert E. Rakel, M.D., Baylor College of Medicine From Luke to Liz, from Meredith to Mitch, the people in this book could be anyone you know--including you. Because you like them and identify with them, you begin to believe, for real, that you, too, might get an STD and suffer the

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This book is an exceptional over view of information on STDs. Dr. Grimes provides a complete synopsis of medical information on the subject. As a family doctor, I am planning to place a copy of this book in my waiting room as a reference to my patients. Not only does Dr. Grimes provide important and accurate information about STDs, she also breaks down barriers by using real stories showing that this can happen to anyone, no matter age or status in life. As a doctor who treats many STDs, this book takes out the embarrassment of seeking treatment. It is a must read for young people and a definite motivator in STD prevention. I especially enjoyed the real life stories that also explore the emotional and not just the medical dynamics that surround having a STD. Additionally, medical students and residents as well as for practicing doctors would benefit from reading this book. As a doctor in practice for more than 15 years, this book was educational for me. I look forward to any other books Dr. Grimes may write in the future. Linda Grgis, MD, FAAFP

This book discusses the major sexually transmitted diseases (STDs) including: herpes simplex virus (HSV), human papillomavirus (HPV), and chlamydia. The main symptoms of STDs are: (1) a burning sensation when urinating due to infection of the urethra, and (2) a possible vaginal, cervical, or urethral discharge. Currently, in the U.S., 22 percent of the population is infected with the relatively benign herpes simplex virus, barring infecting a newborn through vaginal delivery with a condition known as disseminated herpes or herpes encephalitis. The human papillomavirus infects 20 million, and chlamydia infects 3 million. There are one million new cases of chlamydia each year,

and it can cause infertility in young women. Chlamydia can be treated with tetracyclines or erythromycin derivatives. The human papillomavirus, most disconcerting, can cause cervical cancer with six million newly infected annually. Seventy-five percent of the population will be exposed to HPV by age 50. It is visible as genital warts, and it's recommended that women have a Pap smear performed every three years to screen for cervical cancer caused by HPV. In 2006, a vaccine became available that offers protection from infection for HPV genotypes 6, 11, 16, and 18 which causes the most incidence of cervical cancer and genital warts. It is highly recommended that the vaccine be administered prior to HPV infection or before becoming sexually active. The vaccine offers no benefit after being infected. About one-third of adolescence have had sex by age 16. The government wants the vaccine given to boys and girls at age 11 or 12. However, from a survey, more than one-third of doctors (pediatricians and family doctors) don't strongly recommend it for those ages, because they don't believe that their patients are sexually active and that parents would object.

This book is the GO-TO source for up-to-date STI information. *Seductive Delusions* is easy to read for all ages; it engages the reader through compelling personal stories, from both a male and female perspective, and masterfully brings home not only the sobering facts of STI's but also their painful emotional and social repercussions. Critically important in this edition, *Seductive Delusions* addresses the pervasive social plague of date-rape and sexual assault that is particularly rampant on college campuses. Dr. Grimes handily and compassionately gives essential information and advice on prevention as well as what to do if it happens to you or someone you know. A great book for parents, kids, and anyone who works with either! It belongs in every school library and family household.

*Seductive Delusions* is the book that every teen and adult should read. It is a wonderful mix of engaging stories with hard science about a topic that is too often not discussed at home. This book will open the door to conversations that parents and their teens, partners and their significant others, and even casual "hook ups" should be having with each other. Clear, compelling and extremely important.

This book is a must read for all high school and college students. A real wake-up call to show them how just one night, can change their life forever. Dr. Grimes is right on point with facts and fiction to entertain and educate at the same time. I promise that your teen or college student won't put it down

as it's written in a catchy, jaw dropping style that resonates with all ages (adults too!).

This book caught me off guard, I thought it was going to be a book speaking about STDs just from a woman's point of view, but that wasn't the case at all. The way the author spoke about (and went into) each (major) STD was by presenting easy to read, easy to follow, fun (believe it or not), yet insightful stories about how "anyone," regardless of their background, their culture, religion, social status, or sex, could catch an STD, if they do not take "at least" the "minimum" precautions, which is practicing safe sex (the major precautions is abstinence, and if everyone followed this, it would be the end of the human race as we know it, LOL, just saying).

Seductive Delusions: How Everyday People Catch STD's, is a must-read for anyone who is dating or thinking of dating. Whether you are a teenager contemplating a relationship, or re-entering the dating scene, you will find this book informative and helpful. Read it cover-to-cover, or use it as a reference. It is clear, accurate, up-to-date, and thorough. It gives you the information you need without boring statistics or off-putting lectures. The real-life stories draw you in. I have bought this book for relatives in high school and middle school as well as those who are re-entering the dating world. Dr. Grimes tackles the "unmentionables" with grace and tact. I wish each of my patients had this information before they started a new relationship. Julia Schlam Edelman MD, Gynecologist

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