


Thank you to those who completed the survey about condom availability on campus.

Words to wiz by 

The Monthly InSTALLment

UHS Health Promotion Office—University Health Service, Rm. 228—www.rochester.edu/uhs

Words to wiz by 

November 2008

STI's and Sexual Health

CONDOM PROTECTION

Condoms offer excellent protection against STI's that are transmitted through vaginal fluids and semen, such as chlamydia, gonorrhea, and trichomoniasis.

They offer some, but not complete protection against other STI's, such as herpes and HPV because those STI's can be spread by skin contact beyond the region covered by the condom.

Free condoms!

In the UHS waiting room and the UHS Health Promotion Office.

Want More Information?

www.goaskalice.columbia.org

www.plannedparenthood.org

www.rochester.edu/uhs

www.cdc.gov/std/



COMMON STI SYMPTOMS

- ◇ Discharge (with unusual odor & color).
- ◇ Unusual sores.
- ◇ Burning during urination & sex.
- ◇ Bleeding between periods.



Did you know...

Many people who test positive for STIs do not have symptoms. 75% of Chlamydia infections and up to 90% of Herpes & HPV infections are asymptomatic (no symptoms).



What's Curable?

- Gonorrhea, Chlamydia, and Trichomoniasis (bacterial infections) are curable with antibiotics. Take the full dose of antibiotics & get both partners treated, or else there's a good chance of reinfection.
- If left untreated, these STI's can have serious complications, such as infertility.

What's Treatable?

- **Herpes:** Although not curable, there are antiviral medications that can shorten or reduce the frequency of outbreaks. Daily suppressive therapy for symptomatic herpes can reduce transmission to partners.
- **HPV:** Genital warts can be removed by acids or freezing.



STI — STD:

What's the difference?

Medically, an infection is called a disease only when it's causing symptoms, and we know that many STIs have no symptoms. Many experts are using the more accurate term STI: sexually transmitted infection.

Get Tested!

Chlamydia & Gonorrhea: Urine test; swab of infected area.

Herpes: Visual inspection; swab from sore; blood test.

HPV: Visual inspection for genital warts. In women, pap tests detect HPV-related cell abnormalities.

Trichomoniasis: In women, lab test; pelvic exam.

Testing at UHS

CALL 275-2662 for an appointment.

There is a fee for the lab test. Arrangements can be made at UHS if you do not want to submit the bill to your insurance. Talk with your provider.

Testing off-campus

Planned Parenthood: 114 University Ave.

Monroe County STD Clinic:

Bull's Head Plaza
855 West Main St.

The CDC estimates there are roughly **19 million** new cases of STI's every year.

About **half of them** occur among persons 15-24 yrs.

UHS Flu Vaccine Clinics

Nov. 6 (11:30-2 in WC)

Nov. 11 (6:15-7:30pm in UHS)

Nov. 13 (11:30-1 at ESM)

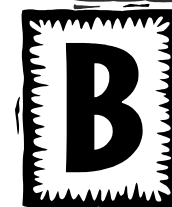
Nov. 20 (11:30-2 in Hutchison)

\$25, no appointment needed, UR student BCBS covers cost.

Reduce Your Risk



Avoid Sex



Be With One (Uninfected) Partner



Use A Condom Every Time

HPV: Human Papillomavirus

HPV is the most common STI in college populations. Over 50% of sexually active people will get HPV at some point in their lifetime. There are over 40 different types. 90% don't carry symptoms, and the body often fights the virus off on its own. HPV can cause genital warts or induce the cell changes that may trigger cancer (≈10% of high-risk HPV cases are at risk for cancer). For women, pap tests help identify abnormal cell changes. The vaccine, Gardasil®, protects against the 4 most common types of the virus.