

The Monthly InSTALLment



Need Condoms?
We got 'em!
2nd Floor UHS.

Words to wiz by since 2005!

UHS Health Promotion Office, UHS Building, 2nd Floor, 585-273-5772, www.rochester.edu/uhs

April 2011



The word on the street is that the HIV infections among 18-25 year olds are rapidly rising...GYT!



A Healthy Penis is a Happy Penis!

It is important for all men, whether sexually active or not to receive regular medical care. Sexually active men can contract sexually transmitted infections from their partners and not know it. This makes seeking medical care on a regular basis necessary to protect your health and the health of your partner. Here are some fun and little known facts about the penis. Do you want to know more about this important organ or have questions? Check out....

www.sexetc.org

- Smoking can cause erectile dysfunction because it inhibits blood flow to the penis.
- Doctors can now grow skin for burn victims using the foreskins of circumcised infants. One foreskin can produce 23,000 square meters.
- The average male orgasm lasts 6 seconds.
- Did you know that it is possible to "break" a penis? While there is not a single bone found in a penis, it is possible to cause damage to the tissues that engorge with blood to cause significant pain and potential damage.
- Sexually transmitted infections that are left untreated can cause permanent infertility in men (& women!).

Is it curable? ...its easy to find out!

Most people contract a STI from having unprotected sex with an infected partner. Condoms are the best way to prevent the spread of sexually transmitted infections if you are sexually active, but even condoms aren't 100% effective in preventing STIs. In case you didn't know, getting tested for STIs has never been easier, so in the meantime...here are a few things that you may not know about **curable** STIs...

- **Gonorrhea, Chlamydia, and Trichomoniasis** are all spread by contact with body fluids such as semen and vaginal secretions. The best way to prevent these curable infections is to wear a male or female condom every time you have sex with a partner.
- Signs and symptoms of **syphilis** include a firm, round, small, and painless sore on the genitals, anus, or mouth, or a rash on the body, especially on the palms of the hands or the soles of the feet.
- **Crabs** or better known as pubic lice is highly contagious and spread by contact with an infected partner, not body fluids. If you suspect you have crabs, give the UHS Health Info Line a call at 585.275.1160 for advice on how to relieve the itch.

Questions? Email: mkelley@uhs.rochester.edu

GYT? What's that mean?

GYT is a national campaign supported by MTV and the CDC to encourage people who are sexually active to get tested and talk to their partners.

Why should you GYT?

1 in 2 sexually active people will contract a STI by age 25 & most won't even know it!

GYT
GET YOURSELF TESTED

I want to get tested...what do I do??

This is an easy one! Did you know that your mandatory health fee covers testing for some of the most commonly transmitted sexually transmitted infections? Want to get tested?

Call: 585.273.5775

Email: agleichman@uhs.rochester.edu

And say you want to GYT!

FREE HIV Testing April 12th @ 4:30-6:30PM

Wanna GYT? Call: 585.273.5775 or email: agleichman@uhs.rochester.edu

Do you need to talk to your partner about STIs? Here are some tips!

- **Read up** about STIs before you talk to your partner and know what you want from having a conversation about this very tough and sensitive issue.
- **Time it right.** It's best to wait until the time is right to talk. It's usually not a good idea to bring up the topic the night before a big exam or when you are already naked.
- **Be proactive.** Don't wait for your partner to bring up the topic. You are responsible for your health and safety. Never put your life in someone else's hands.
- **Listen.** This is a tough topic for anyone to talk about. Listen to your partner's concerns and try to work through the issues together.
- **Get tested together.** If you or your partner are scared to take the first step into the office, do it together! While you may not be able to be in the same exam room together, the hardest part is usually entering the building!

Source: www.itsyoursexlife.com/gyt/talking-to-your-partner

All this talk of STIs have you worried?

Give the UHS Health Information Line a call to talk to a registered nurse (585.275.1160), come visit the UHS Health Promotion Office on the 2nd floor of UHS Building to talk with an educator, make an appointment with your PCP at UHS (585.275.2662), or make an appointment at UCC to speak with a therapist (585.275.3113).

A Healthy Vulva is a Happy Vulva!

Many women take their gynecological health for granted. Even if you are not sexually active, it is important to receive regular, routine medical care. Here are some fun and little known facts about your lady parts! Want to know more or have questions? Check out....

www.gurl.com

- While not all women will be symptomatic for STIs, most women who do experience symptoms don't know it because everything is inside which makes it harder to see.
- The average female orgasm lasts 23 seconds.
- The clitoris is the most sensitive part of the female genitals and the only organ that exists solely for pleasure!
- Vaginal discharge, which is normal, helps to cleanse and moisturize the vagina.
- While most refer to the genital region as the vagina, that's only one small piece of the whole package known as the vulva.
- At the end of the vagina you can find the cervix—a very important organ that provides the passageway between the vagina and the uterus.

