

Sexual Health

Sexually Transmitted Diseases (STDs)

Know the Facts:

- **1 in 2** sexually active young people will get an STD by the age of 25. Most won't know it.
- Every year there are more than **19 million** new STD cases in the U.S. Nearly **half** of these cases are among young people aged **15-24**.
- About **1 in 6** people are infected with Herpes in the U.S.
- **More than 50%** of sexually active people will get HPV at some point during their lives.
- **1 in 5** people living with HIV in the U.S. doesn't know they are positive.
- **Chlamydia** is the **#1** most reported STD in the U.S. An estimated **3 million** Americans are infected each year.
- Most men and women don't see or feel any early symptoms when they first get infected with an STD. But they can give their infection to a sex partner.
- You can catch the same infection over and over again.
- You can have more than one STD at the same time. Each one needs its own treatment.
- People of any age can be tested and treated for STDs.

Sources: Centers for Disease Control and Prevention (CDC) and Family Planning Council of Iowa

Prevention Against Sexually Transmitted Diseases (STDs)

Avoid exposure:

Abstinence (not having vaginal, anal, or oral sex) is 100% effective in preventing against sexually transmitted diseases and pregnancy when used 100% of the time.

Mutually monogamous relationship:

Only have sex with one uninfected person, who has agreed to only have sex with you. Have an open and honest conversation about being mutually monogamous before engaging in any sexual activity. Know your partner well enough to trust him or her to tell you about any STD risks they may have.

Use a condom:

Make sure to use a condom correctly every time you engage in vaginal, anal, or oral sex.

Get tested regularly:

Know your STD status by getting tested for STDs regularly. Get tested before you start a new relationship or after you end a relationship, even if you don't have symptoms.

Do not mix sex with alcohol and drugs:

If you and/or your partner are under the influence of alcohol and drugs, it is difficult to make safe sexual health decisions. Sex partners are more likely to be careless when using a condom, causing it to break or slip, or they might have sex without using a condom.

Get vaccinated:

FDA approved vaccinations are available for HPV and Hepatitis B. These effective and safe vaccines can help protect you.

Treat both sex partners:

If you or your sex partner is infected with an STD, both of you need to receive treatment at the same time. This will keep you from catching the infection from each other all over again.

Sources: Centers for Disease Control and Prevention (CDC) and Planned Parenthood

Common Sexually Transmitted Diseases (STDs)

- Bacterial Vaginosis (BV)
 - Chlamydia
 - Gonorrhea
 - Viral Hepatitis
 - Genital Herpes
- HIV/AIDS
- Human Papillomavirus (HPV)
- Pelvic inflammatory disease
 - Syphilis
- Trichomoniasis

Birth Control Methods

*Abstinence is the only 100% way to prevent pregnancy & sexually transmitted diseases.

Most Effective

Implant (Nexplanon)
Intrauterine Device (IUD)
Male Sterilization & Female Sterilization (Permanent)
The Shot (Depo- Provera)
Pill (Combination and Progestin-Only are the two types)
Patch (Ortho Evra)
Ring (NuvaRing)
Diaphragm
Male Condom
Female Condom
Withdrawal
Sponge
Fertility-Awareness Based Methods
Spermicide

Least Effective

Other Methods of Contraception:

LAM (Breastfeeding)
Emergency Contraception

For information on correct and consistent condom use, types of condoms & do's and don'ts of condoms, visit the following websites:

<http://www.ashasexualhealth.org/sexual-health/all-about-condoms/>

http://bedsider.org/methods/male-condom#details_tab

For more information on the transmission, prevention, and treatment of sexually transmitted diseases, visit the following websites:

Centers for Disease Control and Prevention:

<http://www.cdc.gov/std/>

American Sexual Health Association:

<http://www.ashasexualhealth.org/stdsstis/>

Planned Parenthood:

<http://www.plannedparenthood.org/learn/stds-hiv-safer-sex>

Source: [Centers for Disease Control & Prevention \(CDC\)](#)

For information about each birth control method, visit:

Centers for Disease Control and Prevention: <http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm>

Planned Parenthood: <http://www.plannedparenthood.org/learn/birth-control>

Bedsider: <http://bedsider.org/methods>

Sexual Health Resources

UNI Health Clinic Resource Nurse
319-273-5161

It's Your (Sex) Life
www.itsyoursexlife.com

Bedsider
www.bedsider.org

Planned Parenthood
www.plannedparenthood.org

Advocates for Youth
www.advocatesforyouth.org

I Wanna Know
www.iwannaknow.org

National STD and HIV Testing Resources
www.findstdtest.org / www.hivtest.org

Centers for Disease Control and Prevention
<http://www.cdc.gov/std/>
<http://www.cdc.gov/reproductivehealth/unintendedpregnancy/contraception.htm>

Allen Women's Health
www.allenwomenshealth.org

Family Planning Council of Iowa
<https://www.fpcouncil.com>

American Sexual Health Association
www.ashastd.org

Black Hawk County, IA STD/HIV Testing Centers
UNI Student Health Clinic
1600 W. 23 St.
Cedar Falls, IA 50614
319-273-2009
www.uni.edu/health

*Must be a current UNI student
*FREE gonorrhea and chlamydia testing
*Gardasil HPV vaccine available for women and men

Black Hawk County Health Department
Black Hawk County Sexually Transmitted Disease Clinic
1407 Independence Avenue 5th
Waterloo, IA 50703
319-291-2413
http://co.black-hawk.ia.us/website_health/mainpage.htm

Allen Women's Health
233 Vold Dr.
Waterloo, IA 50703
319-235-5090
800-435-2640
www.allenwomenshealth.org

Peoples Community Health Clinic
Waterloo Clinic
905 Franklin St.
Waterloo, IA 50703
319-272-4300
<http://www.peoples-clinic.com>

*Must become a client in order to receive services.

Planned Parenthood of the Heartland (Cedar Falls Center)
Cedar Falls Center
2520 Melrose Dr.
Cedar Falls, IA 50613
877-811-7526
www.ppheartland.org