

sex talk.

answers to your questions about sex and relationships

wildfact

The UA's Campus Health Service was the first fully accredited college health service in the nation.

Q What are the most common STDs? What are the easiest ways to identify & avoid them?

A. Among UA students, the top 3 sexually transmitted diseases (STDs) are gonorrhea, chlamydia, and HPV (human papilloma virus). Nationwide, out of the three STDs that are required to be reported to public health authorities (some STDs aren't reported), the most common are chlamydia and gonorrhea. There are over 19 million new infections each year in the US and less than half of sexually active people – mainly young adults – who should be tested for STDs actually get tested.

Identifying an STD isn't always easy. Signs and symptoms include: itching, unusual discharge, rash, pain, redness, painful urination, bumps, an unusual or foul odor, or no symptoms at all. So, you can't tell just by looking at someone if they have an infection.

STDs can infect people from all walks of life. So what's the best way to avoid them? Abstain from sexual activity, or if

you are sexually active, take steps to reduce your risk. Know your STD status by getting tested regularly with your partner(s) and use protection. Condoms and latex dams can decrease the risk of STDs for you and your partner(s).

At the UA, abstainers and those who have sex are in good company. About 30% of students are virgins, and 70% have had vaginal intercourse. (2011 Health and Wellness Survey, n=2,479)

Campus Health is here for your sexual health. The CHS Pharmacy sells a variety of condoms and latex dams, and our medical providers see thousands of students each year for STD testing and treatment. For questions or to make an appointment call (520) 621-9202.



SCAN THIS
FOR MORE
SEXTALK!



Have a question? Send it to sextalk@email.arizona.edu

SexTalk is written by Lee Ann Hamilton, M.A., CHES, David Salafsky, MPH, and Carrie Hardesty, BS, CHES, health educators at The UA Campus Health Service.