

sex talk.

answers to your questions about sex and relationships

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My best friend recently caught chlamydia. She's been dating her BF for almost two years and he says he has never cheated on her. She hasn't slept with anyone else since they started dating. Now he says that she caught the STI while they had sex during her period because her blood has bacteria. Is this possible?

Fortunately, chlamydia doesn't spontaneously appear from menstrual blood. Someone had to have some sort of sexual contact, if not intercourse, for it to appear in either partner. Chlamydia can go undetected, without symptoms, for months or years. Either of them might have had the infection months PRIOR to their sexual relationship.

Chlamydia is the most common sexually transmitted infection diagnosed and treated at the UA. It's passed from person to person, usually from direct genital-to-genital contact. One of them gave it to the other (unless they BOTH got infected from contact with other sex partners). Your friend may never know the source of this current infection. Regardless, they both need medical treatment and medication.

Because most women with chlamydia (and about half of men) do not experience symptoms, the best advice for sexually active people is to get tested regularly. According to experts, **annual chlamydia testing is recommended for all sexually active women 25 years and under.** It's also suggested for women older than 25 who have new partners or multiple sex partners.

Why get tested regularly? Untreated chlamydia can lead to serious complications such as pelvic inflammatory disease (PID) and, possibly, infertility. The test is easy – pee in a cup or swab the vagina. It's easy to cure with a simple antibiotic. Males should get tested if they have a discharge from the penis, or if they have pain or burning with urination. Questions? Call (520) 621-4967 or visit www.ashastd.org. Or, make an appointment at (520) 621-9202.



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



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