



## Reported Cases of Sexually Transmitted Diseases on the Rise, Some at Alarming Rate (NOV 2015 media release from Center for Disease Control)

The most recent data from 2014 showed increases in chlamydia, gonorrhea and syphilis.

Here at SUNY Oneonta we are not immune from this national trend and we did see a rise in the number of positive chlamydia tests in the 2015-2016 school year. So get the word out!

### **GYT - GET YOURSELF TESTED.**

Testing for STI's (Sexually Transmitted Infections) is available at the SUNY Oneonta Health Center.

The CDC recommends **annual chlamydia and gonorrhea screening** for **all** sexually active women younger than 25. Only 24% of 18-24 have had tests. (Young people between the ages of 15 and 24 accounted for the highest rates of chlamydia and gonorrhea in 2014 and almost two thirds of all reported cases. STDs continue to affect young people—particularly women--most severely, but **increasing rates among men** contributed to the overall increases in 2014 across all diseases.)

Chlamydia and gonorrhea often have no symptoms, many infections go undiagnosed and this can lead to lifelong repercussions for a woman's reproductive health, including pelvic inflammatory disease and infertility." The good news is that chlamydia, gonorrhea and syphilis are treatable with antibiotics.

Testing is available for other STI's: HIV, HSV (the herpes virus), Hepatitis, Trichomonias & monitoring for HPV (Human Papilloma Virus).

Recent national health laws require that most insurances pay for these test. Confidentiality is important to you and to us and we will talk with you about that if you have concerns.

To reduce STIs, we all must take steps to protect ourselves. For sexually active individuals, testing and treatment according to CDC's recommendations, using condoms consistently and correctly, and limiting the number of sex partners are all effective strategies for reducing the risk of infection and consequences to health. At the Health Center we believe that it is a powerful and positive step for all of us to TAKE CHARGE of our own sexual health. **SO GYT!** It is a healthy move.

**You have decided to get yourself tested? This is what to do next.**

If you have symptoms- Make an appointment because your symptoms will need to be evaluated. If a pelvic exam is needed you should make an appointment during the gyn clinic times if possible.

If you have no symptoms and just want to be tested for chlamydia and gonorrhea everyone can be screened during our **GYT-TAKE CHARGE** (special STI testing times).

If you want the option for more extensive testing than the chlamydia and gonorrhea tests make an appointment in any clinic slot. If a pelvic exam is desired make a gyn appointment.

If you would like a STI screening with women's annual exam along with contraception counseling and/or pap smear screening make an appointment in the gyn schedule.

**History forms are available to be completed online, a link will offer you the form.**

**What else?**

**If you are using your health insurance bring the information with you.**

**Reduced self-pay options are available for chlamydia and gonorrhea tests.** You will not have to pay at the time of the visit but will receive a statement from the lab at a later date.

**This is a powerful and positive step you are taking.**

**TAKE CHARGE- PROTECT YOURSELF- GYT.**