

# Sexual Health Information

## Chlamydia

### What is it?

A bacterial infection of the genital area.

### How many get it

About 3 million new cases each year. The highest rates are among women aged 15 to 19.

### Symptoms

There are no symptoms in most women and many men who have it. Others may experience abnormal vaginal bleeding (not your period), unusual discharge or pain during urination within one to three weeks of having sex with an infected partner.

### How it's spread

Through unprotected vaginal, oral or anal intercourse.

### Treatment

Oral antibiotics cure the infection. Both partners must be treated at the same time to prevent passing the infection back and fourth, and both partners need to abstain from intercourse until infection is gone.

### Possible Consequences

Infertility and increased risk of HIV infection. In women, Chlamydia can lead to pelvic inflammatory disease (PID) and tubal (ectopic) pregnancy.

(Kaiser Permanente Foundation “It’s your sex life”)

*\* STD testing can be done through an appointment at Student Health Services. Some insurance companies may cover the cost. Health Services in partnership with Erie County has a discounted testing option.\**

# Sexual Health Information

## **Emergency Contraception Pill (Morning After Pill)**

**What is it?** – The ECP contains a hormone called “Progestin” (a synthetic form of the natural hormone progesterone) which is offered by pharmacies under the brand name Plan B. Plan B can be taken by a woman within 5 days of unprotected intercourse. However, it should be taken as soon as possible after unprotected intercourse.

**When is Plan B appropriate?** –

- \* Contraception was not used.
- \* Three or more missed birth control pills OR a new cycle of birth control pills were taken one or more days late.
- \* Condom slipped off or broke.
- \* Withdrawal or “pull out” method used (not adequate protection from pregnancy)
- \* Forced sex.

**How does plan B work?** – Plan B acts either by delaying ovulation (keeping the ovary from releasing an egg) and/or by altering the lining of the uterus so if an egg is fertilized, it may not attach (implant) and develop into a pregnancy. Plan B does NOT terminate an established pregnancy.

**How effective is Plan B?** – To obtain optimal effectiveness, pills should be taken as soon as possible after unprotected intercourse. The effectiveness rate decreased the longer time lapsed but can be effective up to 5 days after unprotected intercourse. Taken as directed, it can be up to 89% effective in preventing pregnancy.

**Where can I get Plan B?** – It is available over-the-counter in the Sub Board Pharmacy (located in the basement of Michael Hall) and in outside local pharmacies. Because a prescription is no longer required to obtain this medication, an appointment with a medical provider is not necessary.

**How safe is Plan B?** – No serious complications have been associated with Plan B. Minor side effects include:

- \* Nausea: uncommon but if it occurs is usually mild
- \* Menstrual changes: your next period can be earlier, later or on time.

**What do I do after I take Plan B?** – Plan B does not protect against sexually transmitted infections so we encourage the use of condoms. Plan B is not recommended for routine use as a contraceptive method. It is less effective than regular contraception. Begin or continue to use an effective contraceptive method. If your period does not come in 21 days, return to the clinic for a pregnancy test. Make an appointment at SubBoard One Health Education to discuss which birth control method is right for you.

For more information: [www.go2planB.com](http://www.go2planB.com) or call 1-800-NOT 2 LATE  
(Information obtained from UCSB Student Health Services website)

# Sexual Health Information

## Gonorrhea

### What is it?

A bacterial infection of the genital area.

### How many get it

Approximately 700,000 new cases a year. The highest rates are among women aged 15 to 19 and males between the ages of 20 to 24.

### Symptoms

Most people infected have no symptoms. For those who do, it can cause a burning sensation while urinating, green yellowish vaginal or penile discharge, anal discharge or discomfort, and for women, abnormal vaginal bleeding and/or pelvic pain. Symptoms can appear within 2 to 30 days after infection.

### How it's spread

Through unprotected vaginal, oral or anal intercourse.

### Treatment

Oral antibiotics. Both partners must be treated at the same time to prevent passing the infection back and forth, and both partners need to abstain from intercourse until the infection is gone.

### Possible Consequences

Increased risk of infection of other STDs, including HIV, and increased risk of infertility. In women, the infection can spread into the uterus and fallopian tubes, causing PID, which can lead to infertility and tubal (ectopic) pregnancy.

(Kaiser Permanente Foundation "It's your sex life")

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# Sexual Health Information

## **Hepatitis B**

### What is it?

A viral infection affecting the liver.

### How many get it

About 73,000 new cases a year.

### Symptoms

Many people don't have any symptoms. Others may experience tiredness, aches, nausea and vomiting, loss of appetite, darkening of urine, tenderness in the stomach, usually within one to six months of exposure. Yellowing of the skin and the whites of the eyes (called jaundice) can occur later.

### How it's spread

Through unprotected vaginal, oral or anal sex, but also through sharing needles or any behavior in which a person's membranes are exposed to an infected person's blood, semen, vaginal secretions, or saliva. The chance of getting it through a kiss is low.

### Treatment

Most cases clear up within one to two months without treatment, during which time you should not drink alcohol until liver function returns to normal. Some people are contagious for the rest of their lives. A three-dose vaccine is now available.

### Possible Consequences

Increased risk for infection of other STDs, including HIV, and also Hepatitis C. Chronic, persistent inflammation of the liver and later cirrhosis or cancer of the liver. If you are infected and pregnant, your baby must be immunized at birth.

(Kaiser Permanente Foundation "It's your sex life")

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# Sexual Health Information

## Herpes Simplex Virus – Genital Herpes

### What is it?

A viral infection of the genital or rectal area that also can occur around the mouth.

### How many get it

About 1 million new cases each year. An estimated 45 million cases already exist.

### Symptoms

Most people have no symptoms. Herpes 1 causes cold sores and fever blisters on the mouth but can be spread to the genitals: Herpes 2 is usually on the genitals, but can spread to the mouth. Outbreaks are often recurrent and can cause red bumps that turn into painful blisters or sores on genital and elsewhere. During the first attack, flu-like symptoms-fever, headaches, and swollen glands may occur. Symptoms usually appear within 2 weeks of infection and can take 2 to 4 weeks to heal.

### How it's spread

By touching an (infected areas may not always be noticeable), or having unprotected vaginal, oral, or anal intercourse. Warning: Some people may be contagious even when they don't have symptoms.

### Treatment

There is no cure, but medications can help reduce the pain, itching and frequency of recurrent outbreaks as well as reduce transmission to partners.

### Possible Consequences

Increased risk for infection of others STDs, including HIV. Recurring sores-the virus lives in the nerve roots and keeps coming back. Passing herpes from mother to newborn is rare; however, an infant who gets herpes can become very ill, so precautions are advisable.

(Kaiser Permanente Foundation "It's your sex life")

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# Sexual Health Information

## HIV (Human Immunodeficiency Virus)

### What is it?

The human immunodeficiency virus (HIV), the cause of AIDS.

### How many get it

As estimated 40,000 people in the U.S. are infected each year, the majority through sexual transmission. Over 1 million people in the U.S. are currently living with HIV.

### Symptoms

Many people who have HIV don't know it because symptoms may not appear for 10 years or longer. Others experience unexplained weight loss, flu-like symptoms, diarrhea, fatigue, persistent fevers, night sweats, headaches, or severe or recurring vaginal yeast infections.

### How it's spread

Through unprotected vaginal, oral or anal sex, through sharing needles, and during pregnancy and breast-feeding. During penetrative intercourse, the receptive partner is at higher risk for HIV infection than is the insertive partner.

### Treatment

There is no cure for AIDS, and it is considered fatal. Antiviral medications can slow the progression of HIV infection and delay the onset of AIDS symptoms. Early treatment can make a big difference.

### Possible Consequences

Increased risk for infection of other STDs. HIV is the deadliest STD of all and can weaken the body's ability to fight disease, making one vulnerable to certain cancers and infections such as pneumonia.

(Kaiser Permanente Foundation "It's your sex life")

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# Sexual Health Information

## How To Use A Condom

Putting a condom on correctly – The condom should be put on before intercourse begins. The rolled condom should be placed over the head of the penis after it is hard and erect, leaving a half-inch of space at the tip to collect semen. Pinching the air out of the tip with thumb and forefinger can help to prevent breakage. Next, the condom should be unrolled down the entire length of the penis until it reaches the base. Be sure to smooth out any air bubbles along the way. The condom should fit snugly so that it won't slide off during intercourse. If you start to put on a condom inside-out don't use it-throw it away. You'll know it's inside out because it won't roll down the length of the penis easily.

Removing a condom – Immediately after ejaculation, the penis should be slowly withdrawn before it loses its erection. The base of the condom should be held against the penis to avoid slippage or spilling any semen as it's withdrawn. The condom should be wrapped in tissue and thrown away in the garbage (not in the toilet, or it may clog).

Protection during oral sex – According to the Centers for Disease Control and Prevention (CDC), it is possible to get HIV and other STDs during oral sex. That's because viruses can enter the body through tiny cuts or pores in the mouth. The CDC recommends you use a latex or polyurethane condom for oral sex on a penis. For oral sex on a vagina or an anus, the CDC says to use a latex barrier (such as a natural rubber latex sheet, a dental dam or a cut-open condom that makes a square) between your mouth and your partner's genitals. A latex barrier such as a dental dam reduces the risk of blood or vaginal fluids entering your mouth. Plastic food wrap also can be used as a barrier.

Kaiser Foundation "It's your (sex) life"

# Sexual Health Information

## **HPV – Human Papilloma Virus – Cervical Cancer & Genital Warts**

### What is it?

A viral infection with many different strains, 30 of which are sexually transmitted and can infect the genital area, both inside and out.

### How many get it

An estimated 6.2 million new cases each year. At least 20 million people already have it.

### Symptoms of Genital Warts

Soft, itchy warts in and around the genitals (vagina, penis, testicles, and anus) may appear weeks or months after exposure. Many people, however, have no symptoms but are still contagious.

### How it's spread

Through unprotected vaginal, oral, or anal intercourse, or by touching an infected area (infected areas may not always be noticeable).

### Treatment

There is no cure, but warts can be treated by medication or can be removed through other methods. Even with such treatments, the virus stays in the body and can cause future outbreaks.

HPV vaccine was licensed by the Food and Drug administration (FDA) for use in females, ages 9-26 years. This vaccine protects against four types of HPV, including two that cause most (90%) genital warts.

The Centers for Disease Control recommends the vaccine for women age 13 to 26 who did not receive the vaccine at an earlier age. If a woman is already infected with HPV, the vaccine will not prevent that strain of HPV from causing disease. It will protect against new infections with other strains of HPV included in the vaccine.

The vaccine is being studied in males, too. Men can get HPV infections and can pass the virus to their sex partners. HPV causes genital warts and is associated with rare cases of cancer of the penis.

UB Health Services offers the HPV vaccine for \$125 per dose and three doses are needed. Payment is expected at the time of the appointment; however, we encourage students to contact their insurance plan to determine if they will cover the expense. If your insurance covers the vaccine, you will be given a receipt from Health Services that you can submit to your insurance company for reimbursement.

### Possible Consequences

Increased risk for infection of other STDs, including HIV. In women, the persistent infection with certain HPV types is the most important risk factor for cervical cancer; however, the majority of infected women do not develop cervical cancer.

(Kaiser Permanente Foundation “It’s your sex life” & CDC)

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# Sexual Health Information

## **Men Who Have Sex With MEN (MSM)**

Man to Man – 3 steps to health for gay, bisexual, or any men who have sex with men.  
This brochure can be found in Wellness Education Services.

Any more Questions? – The resources listed below can also assist in getting answers and finding local support.

### **CDC National STD and AIDS hotlines:**

English: (800) 342-AIDS (2437) or (800) 277-8922

Spanish: (800) 344-SIDA (7432)

TTY: (800) AIDS-TTY (243-7889)

### **Gay and Lesbian Medical Association (GLMA) Physician Referral Program**

[www.glma.org/programs/prp](http://www.glma.org/programs/prp)

### **Gay, Lesbian, Bisexual, Transgender Health Webpages**

[www.metrokc.gov/health/glbtc](http://www.metrokc.gov/health/glbtc)

### **National Consortium of Directors of LGBT Resources in Higher Education**

[www.lgbtcampus.org](http://www.lgbtcampus.org)

### **The National Directory of Lesbian, Gay, Bisexual, and Transgender Community Centers**

[www.gaycenter.org/natcr](http://www.gaycenter.org/natcr)

### **National Gay and Lesbian Hotline**

(888)THE-GLNH (843-4564)

### **Parents, Families and Friends of Lesbian and Gays (PFLAG)**

[www.pflag.org](http://www.pflag.org)

### **The Trevor Helpline – a 24 hour suicide hotline for gay youth**

(800) 850-8078

[www.trevorproject.com](http://www.trevorproject.com)

### **Youth Resource – a lesbian, gay, bisexual, and transgender project of Advocates for Youth**

English: [www.youthresource.com](http://www.youthresource.com)

Bilingual (Spanish and English): [www.ambientejuven.org](http://www.ambientejuven.org)

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## Pap Smear

**What is the Pap test?** - The Pap test, also called the Pap smear is a cervical cancer screening test. It is not used to detect other kinds of cancer. It is done in a doctor's office or a clinic. This test can find abnormal cells in the cervix that may turn into cancer if they're not treated.

During the test, the medical provider uses a plastic or metal instrument, called a speculum, to widen the vagina. This helps them examine the vagina and the cervix, and collect a few cells and mucus from the cervix and the area around it. These cells are placed on a slide and sent to a laboratory to be checked for abnormal cells.

The medical provider will also perform a pelvic exam, checking the uterus, ovaries and other organs to make sure there are no problems.

**Who should have the Pap test?** – It is recommended that women begin having regular Pap test and pelvic exams at age 21, or within three years of the first time they have sexual intercourse- which ever happens first.

**Who does not need to be tested?** – Regular Pap tests are not necessary for women who are:

- Over age 65 who have had regular Pap tests with normal results and have been told by their doctors that they don't need to be tested anymore.
- Women who do not have a cervix. This includes women whose cervix was removed as part of an operation to remove the uterus. (The surgery is called a hysterectomy.) However, a small number of women who have had this operation still have a cervix and should continue having regular Pap test. If you're not sure whether you have a cervix, speak to your doctor about it.

**How do I prepare for the Pap test?** - It is recommended that for two days prior to the test you avoid:

- Douching
- Using tampons
- Having sexual intercourse
- Using birth control foams, creams, or jellies or vaginal medications or creams

It is also recommended that you try to schedule your Pap test for a time when you are not having your menstrual period.

**When will I get the results?** – It can take up to three weeks to receive Pap test results. If your test results are abnormal, you would be contacted by your medical provider.

# Sexual Health Information

## **Women Who Have Sex With Women (WSW)**

Woman to Woman – 3 steps to health for gay, bisexual, or any women who have sex with women. This brochure can be found in Wellness Education Services.

Any more Questions? – The resources listed below can also assist in getting answers and finding local support.

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