



UMD Health Services presents...
Hot Topics Fall Issue 2008 **2008**

**Sexually Transmitted Infections:
Getting Tested at UMD Health Services**

- Call for an appt (726-8155). You can indicate that it is a “personal appointment” if you prefer.
- At the appointment with the medical professional, you will have an interview and an exam, in order to assess your risk level and recommendations for testing.
- You and the medical professional will decide what tests are indicated.
- For women, some tests require a blood sample or a urine sample; others require a swab from the cervix.
- For men, a blood sample or urine sample is required at the visit (men should not urinate for two hours prior to testing).
- The medical professional will tell you how you will receive your test results – usually available within 3-14 days.

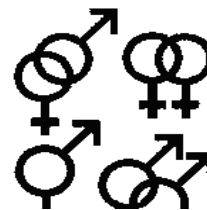
For women...

- A yearly pap smear is encouraged 3 years after becoming sexually active or at the age of 21, whichever is first.
- A pap smear checks for abnormal cells of the cervix caused by exposure to the Human Papillomavirus (HPV).
- Gardasil is a vaccine that protects against 2 strains of HPV that cause up to 70% of cervical cancers and 2 strains that cause up to 90% of genital warts. Is it available at UMD Health Services.
- Chlamydia screening is recommended for women under the age of 25 on a yearly basis or with a change in partners. Many women with Chlamydia have no symptoms.
- Untreated Chlamydia can lead to Pelvic Inflammatory Disease, which can result in permanent damage to the reproductive organs, and infertility.

- **Health Services fall hours:**
- 8-4 Mon, Wed, Thurs, Fri
 - 9-4 Tues
 - Late Clinic: 4-6 Wed
 - Appointments: 726-8155

GET TESTED FOR SEXUALLY TRANSMITTED INFECTIONS IF YOU:

- Are entering a new relationship
- Are sexually active but have never been tested
- Had a new partner within the past year
- Had unprotected sex
- Have sex with multiple partners



Would you like to talk with a **counselor** about relationships or sexual health concerns?

UMD Health Services has free, caring and confidential counseling services, call 726-8155.

