



## Broward County Government Newsletter

April 2020

Volume 3, Issue 4

### Community Care Plan, “the health plan with a heart”

#### April is Sexually Transmitted Infection (STI) Month.

STI's or sexually transmitted infections are infections passed from person to person through sexual contact. Some STIs are herpes, HIV, and HPV. They are also called STDs or sexually transmitted diseases. STIs are usually spread by having vaginal, anal, or oral sex. Some STIs have only mild symptoms or no symptoms at all. The symptoms might be mistaken for something else (i.e. a urinary tract infection (UTI) or yeast infection).

#### What health problems can an STI cause?

- Trouble getting pregnant
- Infertility
- Pregnancy complications
- Health issues for the unborn baby
- Infections throughout the body
- Damage to the organs
- Cancer (i.e. cervical cancer)
- Death

There are some STIs that can be cured, and some that cannot be cured. For some STI's that cannot be cured, there are treatments to manage their symptoms. Each year nearly 20 million people in the United States get an STI. Half of the new infections are found in people ages 15 to 24.

#### STI testing

There are different tests (screenings) to check for STI's, these include:

- Pelvic exam
- Physical exam
- Blood test
- Urine sample
- Fluid sample
- Tissue sample

#### STI Prevention: How can I prevent an STI?

The prevention items work best when used together. One method only cannot protect you from all STIs:

- Vaccines: The HPV and the Hepatitis B vaccine protect you against these STIs.
- Condoms: A man should put a condom on before having oral, vaginal, or anal sex.
- Monogamy (one partner)/limiting partners: having sex with one partner can lower the risk of contracting an STI. Having more partners can increase your risk.
- Not douching: Douching removes normal bacteria from the vagina that protects from infection.
- Limiting drugs and alcohol: Abusing drugs and alcohol can lead to risky behavior and therefore might lead to exposure to STIs.
- Tests: Getting tested helps protect you and others.

Source: <https://www.womenshealth.gov/a-z-topics/sexually-transmitted-infections>

*Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.*