

# ST. CLOUD STATE STUDENT HEALTH PROMOTIONS

Issue: February 2011

## Sexual Responsibility

### STD testing: What to know before your appointment

**Not all doctors perform the same tests for sexually transmitted diseases, known as STD testing. Learn which tests you may need, which you might have to ask for and the limitations of STD testing.**

By Mayo Clinic staff  
See website below

If you're sexually active, particularly with multiple partners, you've probably heard the following advice many times: Use protection and make sure you get tested. But what does routine sexually transmitted disease (STD) testing really involve? Not all doctors or clinics test for the same STDs. Not having sex (abstinence) is the only surefire way to fully protect yourself against an STD. However, if you've decided to be sexually active and you're not in a long-term mutually monogamous relationship with an uninfected partner, plan on routine STD testing to stay healthy. Learn what kinds of STD tests are important and how to ensure you get them.

#### Routine STD testing

##### For women

At a minimum, get a Pap test — a simple procedure that collects cells from your cervix to test for cancer or precancerous changes. Cervical cancer can arise as a result of HPV infection — a common STD. Pap tests are recommended for women who are age 21 and older or no later than three years after a woman's first intercourse. Routine testing for Chlamydia also is recommended for women under age 25.

##### For men

If you're a man who has had unprotected oral and/or vaginal sex you should get tested for HIV, syphilis, chlamydia and gonorrhea. HIV and syphilis can be life-threatening if untreated, and chlamydia and gonorrhea can put you at greater risk of acquiring HIV and other STDs.

##### For men and women

See your doctor for STD testing if you have any signs of an STD, such as:

- Genital sores, including fluid-filled blisters, ulcerations or warts
- Unusual discharge from your penis or vagina
- Abdominal pain or fever along with unusual vaginal discharge in women, which may indicate pelvic inflammatory disease (PID)

The CDC also encourages HIV testing, at least once, as a routine part of medical care screening. The CDC advises yearly HIV testing if you are at high risk of infection — for example, if you've had unprotected sex with more than one sexual partner since your last test.

##### Ask for STD testing if you think you need it

Don't assume that you're receiving STD testing every time you have a gynecologic exam or Pap test. If you think you need STD testing, request it from your doctor. Talk to your doctor about your concerns and what tests you'd like or need.

##### Testing for specific STDs

Here are some guidelines for STD testing for specific sexually transmitted diseases.

##### Gonorrhea and Chlamydia

Get screened annually if:

- You're a sexually active girl or woman under age 25

- You're a woman older than 25 and at risk of STDs — for example, if you're having sex with a new partner or multiple partners
- You're a man who is having sex with a new partner or multiple partners

If untreated, gonorrhea and chlamydia in women can cause PID, a condition that can lead to infertility. These infections can also significantly increase your risk of acquiring other STDs such as HIV. Gonorrhea and chlamydia screening is done either through a urine test or through a swab inside the penis in men or from the inside of the cervix in women. Screening is important, because if you don't have signs or symptoms, you can be unaware that you have either infection.

##### HIV, syphilis and hepatitis

Request HIV, syphilis and hepatitis testing if you:

- Test positive for gonorrhea or chlamydia, which puts you at greater risk of other STDs
- Have had more than one sexual



"\$2.00 A DOZEN"

### NEED PROTECTION??

Join the **CONDOM CLUB** and you can purchase a DOZEN CONDOMS for **only \$2**. Buy 5 dozen get the 6<sup>th</sup> DOZEN FREE.

Condom Club is located in Student Health Promotions on the first floor of Hill Hall next to Student Health Services.

- partner since your last test
- Used intravenous (IV) drugs
- Are concerned you've been exposed

Your doctor tests you for syphilis by taking either a blood sample or a swab from any genital sores you might have. A blood sample is taken to test for HIV and hepatitis A and B. It's possible that you may test negative for HIV, syphilis or hepatitis if you've recently acquired the infection. Tests for these infections work by detecting antibodies your immune system produces in response to specific viruses and similar agents. Because the immune response to some infections remains undetectable for several weeks, you may need to be rescreened at a later date

### Genital herpes

No good screening test exists for herpes, a viral infection that can be transmitted even when a person doesn't have symptoms.

Your doctor may take a tissue scraping or culture of blisters or early ulcers, if you have them, for examination in a laboratory. But a negative test doesn't rule out herpes as a cause for genital ulcerations.

A blood test also may help detect a herpes infection, but results aren't always conclusive. You may ask for a "type-specific" IgG blood test, which differentiates between the two types of the herpes virus, measuring antibodies to the viruses in your blood. Type 1 is the virus that more typically causes cold sores, although it can also cause genital sores. Type 2 is the virus that more typically causes genital sores. Still, the results may not be totally clear, depending on the sensitivity of the test and the stage of the infection. False-positive and false-negative results are possible.

### HPV

Being infected with certain types of human papilloma virus (HPV) is the most important risk factor for developing cervical cancer.

No HPV screening test is available for men, in whom the infection is diagnosed only by visual inspection or biopsy of genital warts that don't appear in every

case. In women, HPV testing involves:

- **Pap test**, your health care provider can help you decide how often to get a pap test. You should get your first test at age 21. Have a pelvic exam every year, even if you don't need a pap test.

The HPV test is collected with a brushing from the cervical canal. Women with a negative Pap test are at low risk of developing significant precancerous changes of the cervix over the next three years. Girls and women ages 9 to 26 can help prevent HPV infection by receiving the HPV vaccine. The HPV vaccine is a series of 3 shots.

### Positive test results

If you test positive for an STD, the next step is to consider further testing and then to get treatment as recommended by your doctor. In addition, inform your sex partners. Your partners need to be evaluated and treated, because you can pass some infections back and forth.

### Before having sex with a new partner

If you can't trust a partner not to give you an STD, you may not want to have sex with that person. You can ask them to be tested for gonorrhea, chlamydia, HIV, syphilis and hepatitis, but negative tests don't guarantee against all STDs. If you decide to have sex, use condoms. Although they offer only limited protection against herpes, HPV and other infections transmissible without intercourse, condoms do help protect against HIV, chlamydia, syphilis and gonorrhea.

### Reference:

Mayo Clinic

STD testing: What to know before your Appointment  
<http://www.mayoclinic.com/health/std-testing/ID00047>

### **REDUCE YOUR RISK**

By: I Wanna Know.org  
 (see website address below)

There are lots of ways to reduce your risk of getting a sexually transmitted infection (STI). Of course, the best way to avoid STIs and unwanted pregnancy is not to have sex. For those who do choose to become sexually active, though, there are ways you can help reduce your risk of contracting an STI.

**Do you know your Status?**

Locations in the St. Cloud area for **STD TESTING**:

### Planned Parenthood of St. Cloud

451 E. St. Germain Street,  
 Suite 100  
 St. Cloud, MN 56304  
 P: 888.252.9504

### American Red Cross

1301 W Saint Germain St St  
 Cloud, MN 56301  
 Free HIV testing only - with results  
 in 20 minutes.  
 P:(320) 251-7641

**Communicate:** Talk with your partner(s) about STIs, sexual health, and prevention *prior to sexual activity*. Open communication encourages trust and respect among partners and helps reduce the risks for STIs. Also, don't be afraid to talk honestly with your healthcare provider about your sexual practices or to ask about STI tests.

**Get Tested:** If you have never had any sexual contact of any kind with another person, there is no risk of STD/STIs. But if you or your partner has ever had sex with anyone else, then testing can help you learn whether you may have contacted an STI. You can't rely on symptoms to know whether you have an STI--*many STIs can be "silent," causing no noticeable symptoms. Also, some STD/STIs may not be detectable through testing for anywhere from a few weeks to a few months*, so talk to your healthcare provider about the right time to get tested.

**Limit the number of partners you have:** If you are going to have sex, have it with just one person and ask about his or her sexual history.

**Protect Yourself:** Condoms work really well in stopping most STIs from being passed from an infected partner to another when they are used consistently and correctly every time a person has oral, vaginal or anal sex.

Consistently and correctly means that a person makes sure they use a condom every time they have oral, vaginal or anal sex and put it on and use it the right way.

**Learn about vaccines:** Currently, vaccines are available to protect against infection with HPV, hepatitis A and hepatitis B. Talk to your healthcare provider to see which vaccines might be recommended for you.

**Avoid alcohol and drug use:** Avoiding alcohol and recreational drug use reduces the risk of contracting an STI, having an unwanted pregnancy, or being sexually assaulted. Alcohol and drug use can reduce our ability to make decisions. It may also make us more likely to be talked into participating in an activity without being able to give our consent.

**Reference:**

**I Wanna Know!**

[http://www.iwannaknow.org/teens/sti/reduce\\_risk.html](http://www.iwannaknow.org/teens/sti/reduce_risk.html)

/// **Links & Resources** ///

[Minnesota Family Planning and STD hotline](#)

[Minnesota Department of Health STD section](#)

[MN Department of Health Family Planning](#)

[Centers for Disease Control \(CDC\) STD info](#)

[Scarleteen: Sex Education for the Real World](#)

[Minnesota AIDS Project](#)

[Planned Parenthood](#)

**The MN Family Planning and STD Hotline is New and Improved!**

Now there are three ways to **get your sexual health questions answered** by the MN STD and Family Planning Hotline! [Chat online](#), text a question with MN at the beginning of the message to 36263, or call 800-783-2287. Hours of operation are Monday-Friday, 9-8 and Saturday 9-2. Check it out!

**SCSU Student Health Promotions EVENTS**

**Go RED Day!**

**Date:** February 4, 2010

**Time:** 11:30 AM – 1:00PM

**Location:** Husky Stadium Dome

**Description:** Recreation

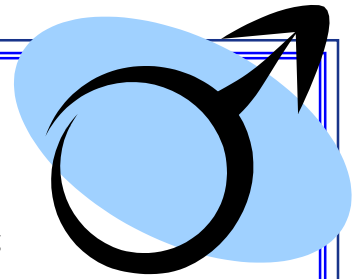
**Cost:** Free

Join the mission to ensure we never have to deny research that could save a woman's life. Help the American Heart Association raise the funds needed for lifesaving educational programs and the development of new treatments to fight heart disease.

**Wear your red and walk around the dome to show your support for raising awareness for heart disease.**

\*This is also part of our [SCSU on the Move](#) program.

## Minnesota Family Planning Program



**If you are a student, chances are very good that you could be getting these birth control services at absolutely no cost to you:**

- Annual exam (pelvic exam, Pap smear, breast exam, blood pressure & other vital signs)
- Testing and treatment of sexually transmitted infections (STIs) identified during an annual exam or a family planning appointment.
- Birth control-the pill, the shot, and the ring.
- Emergency contraception
- Family planning education

**You can enroll at SCSU Student Health Services if you:**

- Are a registered SCSU/SCTCC Student
- Are between 15 and 50 years of age
- Are a Minnesota resident
- Are a U.S. citizen
- Are not pregnant
- Are not enrolled in Medical Assistance (MA), MinnesotaCare, or another state-funded program
- **Earn no more than the monthly income limits below**

| Family Size                       | Monthly Income Limit |
|-----------------------------------|----------------------|
| 1 person (you)                    | \$1,807              |
| 2 persons (you + spouse or child) | \$2,426              |

### How to Enroll

Email the MFPP Coordinator at [healthsvcs\\_free4u@stcloudstate.edu](mailto:healthsvcs_free4u@stcloudstate.edu) to schedule an appointment. You must bring the following information with you to the scheduled appointment time.

1. **Proof of your income, if you are employed.**
  - Last 30 days worth of paystubs.
  - OR**
  - Letter from your employer verifying your monthly wages.
2. **Proof of citizenship**
  - A copy of your birth certificate **OR**
  - Passport **OR**
  - Immigration documents are accepted in place of a birth certificate.
3. **Proof of residency**
  - MN Drivers license **AND**
  - SCSU Student Id
4. **Completed MFPP application** available online <http://edocs.dhs.state.mn.us/lfserver/Legacy/DHS-4740-ENG> **OR** at SCSU Health Services.

### Questions?

Contact the MFPP Coordinator via email

[healthsvcs\\_free4u@stcloudstate.edu](mailto:healthsvcs_free4u@stcloudstate.edu)

*MFPP (Minnesota Family Planning Program) is a federal grant to prevent unplanned pregnancies.*

**[Minnesota Family Planning Website](#)**