



## GET THE FACTS April is National GYT Month: Get Yourself Tested!

### About STDs

April is GYT month: Get Yourself Tested. This national effort brings attention to the need to screen for sexually transmitted diseases (STDs) regularly to stay healthy and prevent the spread of disease and infection to others.

There are an estimated 20 million new sexually transmitted infections per year.

Half of all new STDs in this country occur among young people ages 15-24, even though that age group represents only 25 percent of the sexually active population.

Many STDs cause no symptoms, so the only way to know for sure is to get tested. For example, 70-95 percent of women and 90 percent of men with chlamydia have no symptoms. And on average, people with HIV don't develop symptoms of HIV for 10 years. And STDs can still be passed on to partners, even if the person isn't showing symptoms.

Without treatment, STDs can lead to serious health problems such as infertility and even cancer.

Having an untreated STD (like herpes or gonorrhea) can also increase chances of getting HIV.

Using condoms consistently and correctly provides excellent protection against STDs. They are most effective in reducing the chance of getting STDs transmitted by genital fluids, including chlamydia, gonorrhea, trichomoniasis, and HIV.

### Let's Talk

"Safe" sex is about consent, being informed, taking protective measures to prevent both pregnancy and STDs, and good communication with your partner. Getting yourself tested for STDs is an important first step in ensuring you and your partner stay healthy and safe.

You can take care of yourself and your partner by getting tested *before* you start having sex. Since many STDs show no symptoms, you or your partner may have an STD from a previous relationship and not know it.

Talk about when you were last tested and suggest getting tested together. If you have an STD, tell your partner. These conversations may seem hard to have, but open communication with your partner is important for your relationship and essential to staying healthy and stopping the spread of STDs.

The good news is that all STDs—even HIV—are treatable, and most are curable. The sooner you know your status, the better you can protect your health and the health of your partner. Early treatment can help prevent serious, lifelong health problems that can result from untreated STDs.



## **Planned Parenthood: Your Partner for a Healthy Community**

PlannedParenthood.org is a trusted resource for health information. And Planned Parenthood health centers offer confidential testing and treatment for STDs for males and females, and other healthcare to keep you and your partner healthy and safe.

Planned Parenthood of Greater Texas health centers offer convenient, same-day appointments and affordable or NO cost STD testing and treatment options for men and women. Many health centers offer weekend and evening appointments. Call **1-800-230-PLAN** or visit **ppgreatertx.org** to make an appointment today.

Planned Parenthood of Greater Texas also offers the CDC-endorsed option of Expedited Partner Therapy (EPT). Patients diagnosed with certain STDs are provided medication and instructions for both themselves and their partners based on the assumption of partner exposure. This helps to prevent re-exposure and transmission to other future partners.

Our professional health staff has the expertise to guide you through the testing and treatment process. It's easy and quick, so schedule an appointment today.

### **LEARN MORE**

Follow us on [Facebook](#) and [Twitter](#) to get regular updates on events, reports and important health information throughout the year as part of our [Planned Parenthood 2015: Your Partner for a Healthy Community](#) campaign.

### **Planned Parenthood 2015: Your Partner for a Healthy Community**

<http://www.plannedparenthood.org/planned-parenthood-greater-texas/newsroom/partner-for-health>

### **JOIN THE CONVERSATION**

#GYT #PartnerforHealth