Preventive Care Tips: Screening For Sexually Transmitted Diseases

Adolescents may not be comfortable talking about their sexual history, sex partners, or sexual practices. But, it is important to let them know that taking a sexual history is an important part of a regular medical exam or physical history. Adolescents who are sexually active (and those who plan to become sexually active) need information about sexually transmitted diseases (STDs) and how to prevent them. Research suggests that as many as 1 in 4 teens may have a STD. And teenagers account for 1/2 of all new STD infections each year. Many of these infections are asymptomatic, yet some can cause serious health consequences, including infertility, if left untreated. The most prevalent STDs include:

- Gonorrhea
- Genital herpes
- Chlamydia
- Trichomoniasis
- HPV

The American Academy of Pediatrics (AAP) recommends that all sexually active patients should be screened for sexually transmitted diseases.

STD screening begins with risk questions like "Have you ever had sex (including intercourse or oral sex)?"

A physical exam will include visual observation for signs of STDs, for example, warts, vesicles or discharge.

All adolescents (males and females) who indicate they are sexually active, chlamydia and gonorrhea tests should be given. Syphilis and HIV blood tests are recommended for sexually active adolescents with increased risk based upon the following screening questions:

- Do you now use or have you ever used injectable drugs?
- Are you having unprotected sex with multiple partners?
- (MALES ONLY) Have you ever had sex with other men?
- Have any of your past or current sex partners been infected with HIV, bisexual, or injection drug users?
- Have you ever been treated for a sexually transmitted disease?

For adolescents (and their parents) who want more information:

http://www.itsyoursexlife.com/gyt/

The "GYT" -- Get Yourself Tested Campaign, a partnership effort between CDC, MTV, Kaiser Family Foundation, and Planned Parenthood Federation of America, offers teen-friendly sexual health information, and free materials to promote STD talking and testing.

What To Expect At The 18 Year Visit

- Your child will have a dyslipidemia risk screen.
- Your child’s exam will include a behavioral risk screen.

Transportation Assistance

Contact MTM to schedule a ride
1-844-549-8353

www.mtm-inc.net/west-virginia