

WOMEN'S HEALTH

Routine gynecological exams, Pap smears, evaluations of gynecological problems, sexually transmitted disease checks, and women's care can be obtained at Student Health Service.

Sexual Health Information Sessions conducted by peer health counselors are offered regularly throughout the academic quarters. Both men and women are highly encouraged to attend the classes and it is required for females having their first GYN exam or birth control method. There is no charge for this service.

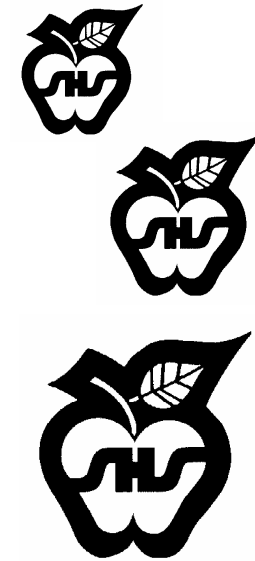
Pregnancy testing and counseling, as well as Emergency Contraception services, are also available.

MEN'S HEALTH

Sexual Health Information Sessions geared specifically for men are conducted by peer health counselors and offered regularly throughout the academic quarters. Topics include birth control and safer sex options, sexually transmitted diseases, and routine male exams.

These sessions are conducted by peer health counselors, and there is no charge for this service.

Find out more through our website <http://studenthealth.ucsd.edu>



Chlamydia

Student Health Service offers a wide variety of health services for men and women.

Make appointments online at:
<http://studenthealth.ucsd.edu> or call (858) 534-8089

For health education information, call (858) 534-2419.

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WHAT IS CHLAMYDIA?

Chlamydia is a bacteria-like organism that causes some of the most common sexually transmitted diseases. More than half of the NGU (non gonococcal urethritis) in men and many vaginal and cervical infections in women are caused by chlamydia.

HOW IS IT TRANSMITTED?

Chlamydia infections are transmitted from person to person through contact with the mucous membranes of the vagina, urethra, rectum, and rarely the mouth. The chief mode of transmission is sexual intercourse – oral, vaginal or anal.

HOW COMMON IS IT?

Chlamydia infections are now believed to be one of the most common sexually transmitted diseases in the United States, affecting more than three million people annually; many more have gonorrhea.

WHAT ARE THE SYMPTOMS?

For both men and women, there may be no noticeable symptoms, or symptoms may be so mild they may be ignored.

In women the symptoms may include abnormal vaginal discharge, painful urination, spot bleeding between periods, and pelvic pain.

In men, the symptoms may include pain or burning on urination, discharge from the penis, or increased frequency of urination. Lower abdominal and/or low back pain may also be present.

CAN I BE TESTED?

Yes, in fact, annual screening is recommended for sexually active women under the age of 26. If you suspect that you or your sexual partner has been exposed to chlamydia, or has any of the symptoms described above, see your health care provider. Your provider will take a medical history, do a physical exam, and may order lab tests in order to make a proper diagnosis. A chlamydia test alone may not give the complete picture.

WHAT IS THE TREATMENT?

Chlamydia infections are treated with antibiotics. Because chlamydia is easily transmitted between sexual partners, you and your partner should be treated at the same time, even if only one of you has symptoms or a positive test result. It is necessary to abstain from sexual intercourse until all antibiotics are taken.

To be effective, all the prescribed medication must be taken, as directed, by both partners. If symptoms have not improved after one week, return to your provider for further evaluation.

WHAT IF I DON'T GET TREATED?

Chlamydia infections that go untreated for a long time can cause serious problems for both men and women.

In women it can cause PID (pelvic inflammatory disease), a painful infection that can require hospitalization. It can also cause permanent damage to reproductive organs, resulting in an

ectopic pregnancy and sterility. Women can also pass chlamydia to their newborns, infecting the eyes and lungs.

In men an untreated infection can lead to infections of the epididymis, prostate, or rectum.

Both men and women can get urethral strictures (urethral narrowing). This is caused by scarring of the urethra, thereby impairing urination and increasing the risk of developing urinary tract infection.

CAN YOU HAVE CHLAMYDIA AT THE SAME TIME AS ANOTHER STD?

Yes, in fact it is now recommended that anyone treated for gonorrhea be also treated for chlamydia. It has been established that nearly half of women and one fifth of men with gonorrhea also have chlamydia infections.

HOW CAN I PROTECT MYSELF AND MY PARTNER?

You can lower your risk of getting chlamydia (and other sexually transmitted diseases) by following these simple practices:

- Abstain from sex.
- Use condoms properly every time you have sex.
- Limit your number of sexual partners.
- Be aware of the symptoms in yourself and your partner, and seek help early.
- If you or your partner have other sexual partners, or if you have had a new partner since your last check-up, request a chlamydia test.
- Follow safer sexual practices (for more information, read the brochure titled “Safer Sex” at Student Health).

