Sexually Transmitted Infections (STIs) are infections transmitted through sexual contact. STIs can be treated or cured, but many can lead to complications if left untreated. STIs are common, and it is important to be aware of the symptoms and methods of prevention.

### Transmission
- STIs can be transmitted through various means, including vaginal, oral, and anal sex. STIs can also be transmitted through skin-to-skin contact, such as kissing.

### Prevention
- Use of condoms can significantly reduce the risk of transmission of STIs. Other measures, such as regular testing, can also help prevent STIs.

### Symptoms
- Symptoms of STIs can vary depending on the type of infection and the affected body part. Symptoms may include itchy or painful skin lesions, unusual discharge from the genital area, or pain during urination.

### Management
- STIs can often be cured with antibiotics. Treatment is important to prevent complications and to avoid transmitting the infection to others.

### Testing
- Testing for STIs is an important step in managing these infections. Many STIs can be diagnosed through medical exams, while others may require laboratory testing.

### Resources
- There are numerous resources available to help individuals manage STIs. These include medical care providers, support groups, and online communities.

### Contraception
- Contraception and STIs are closely related. It is important to use effective contraception to prevent unintended pregnancies, which can be complicated by STIs.

### Gannett
- Gannett offers comprehensive health services, including sexual health resources. For more information, visit www.gannett.com.

### Sexual Health Resources
- American Social Health Association (ASHA): www.ashastd.org
- Planned Parenthood of the Southern Fingerlakes: www.plannedparenthood.com
- Trans Health: www.trans-health.com
- Lesbian STD: www.lewdstn.org
- AIDSinfo: www.aidsinfo.gov
- AIDS Healthcare Foundation: www.aidshealthcare.org
- The Advocacy Center: www.theadvocacycenter.com
- Phone: 1-866-255-5555

### Additional Information
- STIs are common and can affect anyone. It is important to be aware of the symptoms and to seek medical attention if you or someone you know has symptoms of an STI.
Common Contraceptive Methods

Note: A GYN exam is recommended before selecting a contraceptive method. Please consult with your health care provider for more information.

Method | Non-Hormonal | Estrogen and Progestin Hormones | Progestin-Only Hormones
--- | --- | --- | ---
Applicator | Microbicide | Microbicide | Microbicide
Microlubricant | Spermicides | Spermicides | Spermicides
Barriers | Spermicides | Spermicides | Spermicides
Female Cervical Dilation/holder (the ring) | Progesterone-Only pills | Depo-Provera (the shot) | None
Lubricants | Progesterone-Only pills | None | None
Inserts | None | None | None
Ejaculation capture devices | None | None | None
IUDs | None | None | None
Syringes | None | None | None
Condoms | None | None | None
Vaginal rings | None | None | None
Capsules | None | None | None
Foams, jellies, creme, suppositories | None | None | None
Nets | None | None | None

What It Is

Chemical-based 85% 99.2% 92%

Perfect 82% 96% 91%** 94%** 94% 98% 99.4% 99.7% 99.7% 99.7% 99.8% 98% 99.7% 99.5% 99.95%

With each act of

Drugstore 84%** 84%**

Must be used

Gannett Fact Sheet: Non-Hormonal Birth Control Methods Gannett Fact Sheet: the risk of pregnancy.

MYTH: A woman “holding back” from orgasm

Abstinence

Pregnancy are

or contraceptives) that work best for you and your body,

for safer sex information, supplies, product

before you are sexually active with one another.

Decide with your partner(s) about the kinds of sexual

turns you on (and off).

as much as possible about your own body and what

Talk frankly with your partner(s) about the kinds of sexual experiences you may not like and do not like.

Decide what level of risk you’re willing to assume. The only way to completely avoid the risk of pregnancy is to refrain from sexual activity that involves skin-to-skin contact, the exchange of bodily fluids, or shared contact with sex toys.

Consider whether your partner(s) have had past sexual contacts and whether STI testing is warranted before you are sexually active with one another.

Visit Gannett for safer sex information, supplies, disease prevention, prescriptions, and assistance. Get comfortable with

Choose methods of protection (safer sex products and/or methods you can use that work for you and your body, lifestyle, personal needs, and limitations).

Be realistic about the added risks associated with the use of alcohol or other drugs. Using either could undermine your efforts to practice safer sex.

Get support if you feel confused, frustrated, or overwhelmed. Gannett staff members (including the Clinical-Counselor, nurses, and therapists) are available to discuss your sexual health concerns.

What Doesn’t Work

Myths and rumors about practices that prevent pregnancy are not supported by evidence.

WHY: A woman “holding back” from orgasm can get pregnant.

WHY: Avoiding certain sexual positions reduces the risk of pregnancy.

The term abstinence, though widely used, can also be a source of confusion or pressure for many people.

“Kissed this year but not last.”

“No genital contact of any kind”—either oral or anal sex is fine, but not vaginal.

In other words, it is possible for two people who define themselves as abstinent to still be at risk for pregnancy or STIs. To avoid unintended consequences, it’s important to understand the risks associated with any sexual activities you do practice.

Sexual Health Counseling

Gannett’s Clinical Counselor specializes in talking with students about sexual health. The Counselor is available to:

- Address questions about your body

- "Why is this normal?"

- "Why does this happen?"

- Explore your thoughts and feelings

- "I'm worried about..."

- "Feel confused?"

- "Feel comfortable?"

- Address specific circumstances (with unusual sexual response, pregnancy, sexual-assault, diagnosis with a STI)

- Provide referrals, additional information, and support

No question is too embarrassing and no scenario too "weird" to bring up. You can arrange to talk with a partner, friend, or with a partner. These visits are free and confidential.

Comprehensive, Confidential, Low-Cost Care

We invite you to consult with our nurses, clinicians, the Clinical-Counselor, and our health educators on a range of sexual-health issues. Our services include:

- Sexual-health counseling, education, values clarification, relationship issues, sexual identity or functioning

- STI testing, diagnosis, and treatment

- STD, HIV, and pregnancy counseling

- Safer sex supplies, contraception, and emergency contraception

- Annual GYN exams, contraception, and fitting of contraception methods

- Pregnancy testing, options counseling, and referral

- Rape, sexual harassment, abuse and other sexual abuse counseling, and support

Additional Contraception Methods

The contraceptive chart lists methods and devices used sexually active people at Cornell. Gannett’s clinical staff can provide information and counseling on a wider range of options. These may include:

- The decision to refrain from sexual activities involving genital contact

- Oral contraceptives that prevent conception (suck, swallow, belch)

- Options for obtaining a medical or surgical abortion

- The pregnancy prevention afforded new mothers during the first few months of breast-feeding (the "lactational amenorrhea"

- Contraceptive devices Gannett does not carry (caps, IUDs, implants)

For more information

For more information, call 650.335.5131, or email info@gannett.org.

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