

Stop STDs



The Facts:

Cases of sexually transmitted diseases (STDs) are at an all-time high:



Half of all new STD cases are acquired by young people between the ages of 15-24.



One in four sexually active adolescents has an STD.

STDs can cause serious long-term health issues, including chronic pelvic pain and infertility, but often have no symptoms. Many common STDs can be cured if identified early through a simple lab test.

That's why medical guidelines say sexually active women under the age of 25 should be tested EVERY YEAR for STDs — even if they don't think they are at risk.

The Problem:

We asked young women (15-24 years) in the United States about their perceptions of sexual health and STDs.*

Here's what you said:

We are taking risks with sex:



More than half of young women between the ages of 15-24 are **sexually active**.



Only 39% say their partners used a **condom** last time they had sex.

We feel invincible:

Nearly 9 in 10

young women don't think they're vulnerable for chlamydia or gonorrhea. But statistics show they are. Young people aged 15-24 acquire half of all new STDs.



We aren't always open or honest with our doctors:

27%

don't feel comfortable talking to their clinician about sex.



27%

don't tell the truth about their sexual history to their clinician.

We don't talk with our clinicians about STD testing:



56% of young women say they have **been tested** for an STD.

51% of young women have **been asked** if they want to be tested for an STD by a clinician.

28% of young women have **asked their clinicians** for STD testing.

And clinicians don't always test us:

About half of young women say they have been asked by their clinician if they want STD testing — even though clinicians are supposed to test annually even if we don't have symptoms, according to the CDC.



But when we learn the facts, we understand we should get tested every year for STDs:

90% of young women who are educated about STDs feel all sexually active young women aged 15 to 24 should be tested once a year for chlamydia and gonorrhea.



What You Can Do:



TALK.

Talk to your clinician about your sexual health and activity.



PROTECT.

Protect yourself from exposure to STDs during sexual activity.



TEST.

Ask your clinician to test you for STDs every year, as recommended by medical guidelines.

Did You Know:

Sexually transmitted diseases (STDs) are infections that are passed from one person to another through sexual contact.

Cases of STDs are at an all-time high, with more than two million cases of chlamydia, gonorrhea, and syphilis reported in the United States in 2016.

The vast majority of STDs don't cause any symptoms, so you can get an STD through sex with someone who has no symptoms, and spread it the same way. It's likely the infected person doesn't even know.

Many STDs, like chlamydia and gonorrhea, can be cured through simple treatment with medicine if caught early. For others, like herpes, you can take medicine to help with symptoms. Some curable STDs can be dangerous if they aren't treated, causing long-term reproductive problems and other health concerns. Individuals who have syphilis, gonorrhea, and herpes are more likely to get HIV in the future.

The most common reason for infertility is chlamydia. Every 30 minutes, a woman becomes infertile because of an STD.

The only way to know if you have an STD is to get tested.

Research was conducted by Aurora Research & Consulting on behalf of Quest Diagnostics in December, 2017. A total of 4,742 study respondents, comprised of 3,414 young women between the ages of 15-24, of whom 1,500 self-identified as sexually active; 1,016 mothers of young women in that age group; and 312 primary care, OB/GYN and specialty physicians were surveyed. Most clinician survey data presented in this report was of responses of 100 primary care physicians. Each respondent completed 15- to 30-minute online surveys regarding perceptions and knowledge of STDs and chlamydia and gonorrhea testing. Strengths of the research include the large number of respondents and the research's national scale, while limitations include self-reported data and a lack of direct comparability between study populations. The 2017 research was complemented by results of a survey of similar cohort of patients and healthcare practitioners performed in 2015. For more information, please refer to www.QuestDiagnostics.com.

Some localities may require reporting to authorities by health care providers where cases of child abuse are suspected.

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