Sexually Transmitted Diseases

Sexually Transmitted Diseases (also called STDs, or STIs for sexually transmitted infections) are infections that can be transferred from one person to another through sexual contact. According to the Centers for Disease Control and Prevention, there are over 15 million cases of sexually transmitted disease reported annually in the United States. The incidence of STD's is increasing in the United States. The most common STDs are: Chlamydia, Gonorrhea, Syphilis, genital Herpes, Human Papilloma Virus, Hepatitis B and C, Trichomonaisis, and HIV. Adolescents and young adults are the age groups at the greatest risk for acquiring an STD. Approximately 19 million new infections occur each year, almost half of them among people ages 15 to 24.

Some STDs can have severe consequences, especially in women, if not treated, which is why it is so important to go for STD testing. Some STDs can lead to pelvic inflammatory disease and infertility, while others may even be fatal. STDs can be prevented by abstinence and to a certain extent condoms.