



## The Clinic and Sexually Transmitted Infections

Home > Health Topics

Health Topics
Abuse
Active Living
Alcohol & Other Drugs
Beauty and Body Art
Breastfeeding
Cancer
Cannabis
Community Design
Coronavirus
Dental Health
Diseases
Emergency Management
Environment
Flu
Food and Healthy Eating
Food Safety
Health Equity
Healthy Aging
Immunization
Infectious Diseases
Inspections
Opioids
Parenting
Perinatal Mental Health
Physical Activity
Pool Safety
Pregnancy
Road Safety
Safety
School Health
Sun Safety
Ticks & Lyme Disease
Tobacco & Vapour

## Health Topics

The Middlesex-London Health Unit provides up-to-date and accurate information on a variety of topics, programs, services and research, including, but not limited to:

<a href="#">Abuse</a>	<a href="#">Healthy Aging</a>
<a href="#">Active Living</a>	<a href="#">Immunization</a>
<a href="#">Alcohol and Other Drugs</a>	<a href="#">Infectious Diseases</a>
<a href="#">Beauty and Body Art</a>	<a href="#">Inspections</a>
<a href="#">Breastfeeding</a>	<a href="#">Nutrition</a>
<a href="#">Cancer</a>	<a href="#">Opioids</a>
<a href="#">Cannabis</a>	<a href="#">Parent Resources</a> <small>(including <a href="#">feeding your baby</a>, <a href="#">growth &amp; development</a>, <a href="#">mental health</a>, and more)</small>
<a href="#">Child Safety</a> <small>(including <a href="#">concussions</a>, <a href="#">safe sleep</a>, <a href="#">poison prevention</a>, <a href="#">drowning prevention</a>, <a href="#">home safety</a>, and more)</small>	<a href="#">Perinatal Mental Health (PMH)</a>
<a href="#">Community Design</a>	<a href="#">Physical Activity</a>
<a href="#">Dental Health &amp; Services</a>	<a href="#">Pregnancy</a>
<a href="#">Drinking Water</a>	<a href="#">Rabies</a>
<a href="#">Emergency Management</a>	<a href="#">Safety</a> <small>(including <a href="#">food safety</a>, <a href="#">road safety</a>, <a href="#">child safety</a>, <a href="#">sun safety</a>, <a href="#">pool safety</a>, and more)</small>
<a href="#">Environmental Health</a> <small>(including <a href="#">climate change</a>, <a href="#">bed bugs</a>, <a href="#">mould</a>, <a href="#">lead</a>, and more)</small>	<a href="#">School Health</a>
<a href="#">Flu</a>	<a href="#">Sexual Health</a>
<a href="#">Food Policy</a>	<a href="#">Tobacco and Vaping Products</a> <small>(including <a href="#">steps to quitting</a> and more)</small>
<a href="#">Food Safety</a>	<a href="#">Ticks and Lyme Disease</a>
<a href="#">Head Lice</a>	<a href="#">West Nile Virus</a>
<a href="#">Health Equity</a>	<a href="#">Workplace Health</a>

Website: **healthunit.com**

Phone number: **519-663-5317**

# The Clinic - London

Located at 355 Wellington St., London, ON inside Citi Plaza.

## **Birth Control Clinic:**

*Monday:* 1:00 p.m. to 3:00 p.m.

*Wednesday:* 9:00 a.m. to 11:00 a.m. and 1:00 p.m. to 3:00 p.m.

*Thursday:* 4:30 p.m. to 7:00 p.m.

## **STI Clinic:**

*Monday:* 4:30 p.m. to 7:00 p.m.

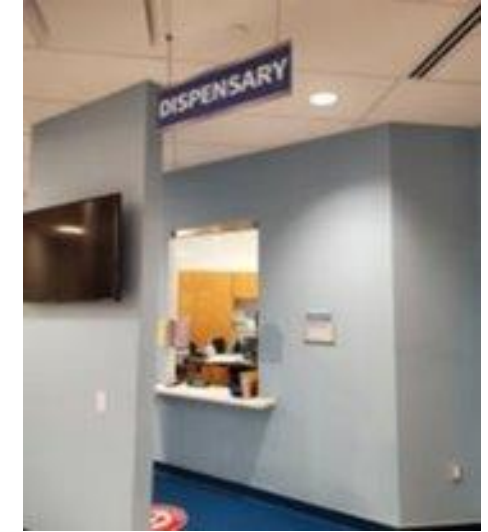
*Wednesday:* 4:30 p.m. to 7:00 p.m.

*Friday:* 8:30 a.m. to 10:30 a.m.

**\*Call for an appointment\***



# The Clinic - London



# The Clinic - Strathroy

Located at 51 Front St., Strathroy, ON.

## **Public Health Nurse Hours:**

*Thursdays:* 11:00 a.m. to 1:00 p.m.  
and 2:00 p.m. to 4:00 p.m.

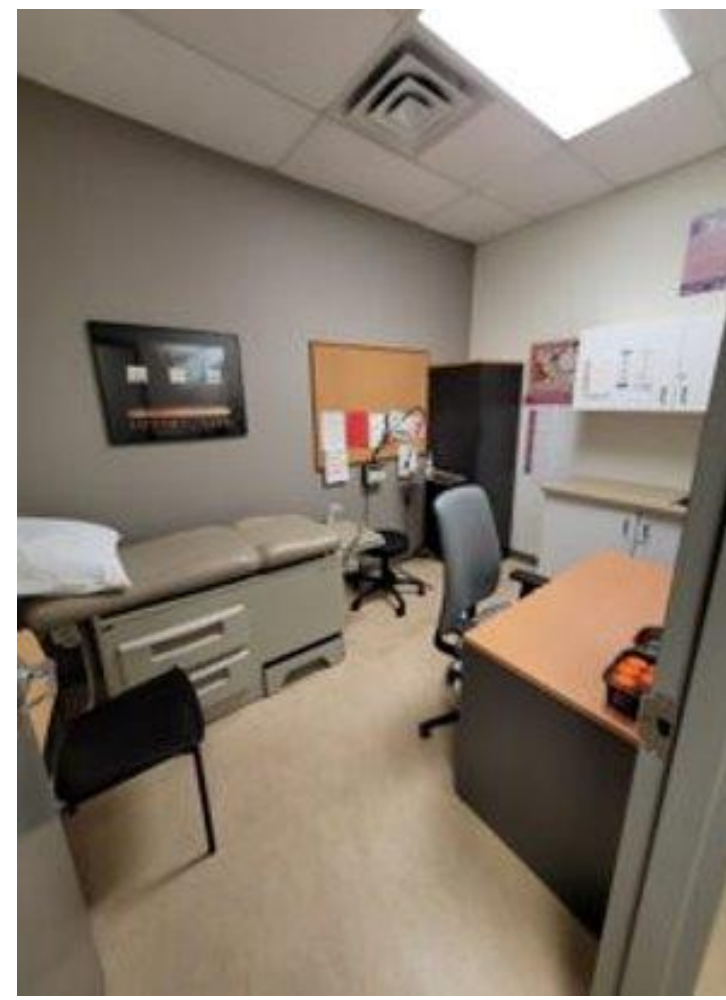
## **Physician Hours:**

*Every 4th Thursday:* 12:30 p.m. to 3:30  
p.m.

**\*Call for an appointment\***



# The Clinic - Strathroy



# Birth Control Clinic

The following services are available to individuals under 50 years of age:

- Birth control counselling and prescription
- Low-cost birth control
- Low-cost emergency contraceptive
- Cervical cancer screening (pap tests)
- STI testing, pelvic pain assessment
- IUD/IUS consultation and insertion
- Free condoms

\*All female physicians\*

**The Clinic**  
519-663-5317  
355 Wellington St., Suite 110, London ON  
51 Front St. E., Strathroy ON

The Clinic offers a confidential and non-judgmental environment where clients can get answers to their sexual health questions, and are provided with what they need to make decisions that are right for them. All visits to The Clinic are confidential.

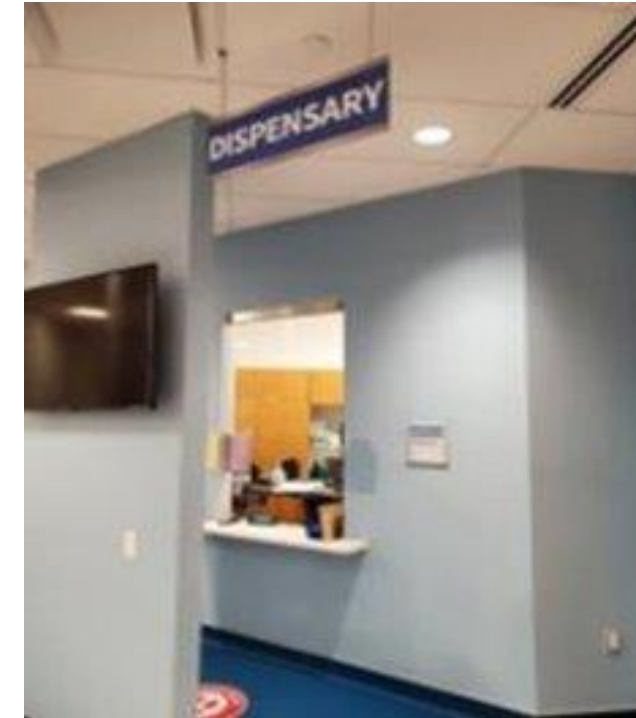
Birth Control Methods  
- Discussing your options  
Emergency Contraceptive Pill  
Sexually Transmitted Infections  
- Confidential testing  
- Free treatment  
Free Needle Exchange

**Know Your Choices**  
Sexual health for life

**ML** BUREAU DE SANTÉ DE  
MIDDLESEX-LONDON  
HEALTH UNIT  
www.healthunit.com

**The Clinic**  
519-663-5317

Birth Control  
Sexually Transmitted Infections (STI)  
Free Testing and Treatment  
Free Needle Exchange  
**ML** BUREAU DE SANTÉ DE  
MIDDLESEX-LONDON  
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Dispensary Window -  
To purchase birth control  
and emergency contraceptive (no  
appointment needed, no age  
limit)

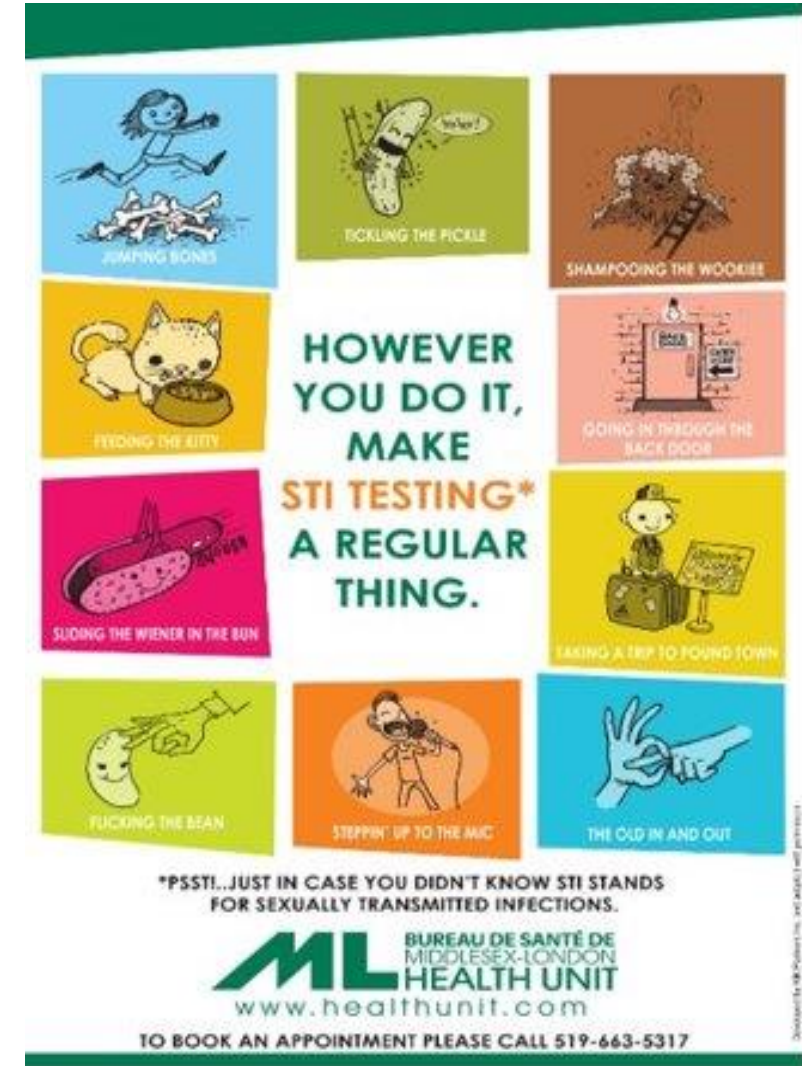
# Sexually Transmitted Infection (STI) Clinic

We offer:

- Free STI testing and treatment (no health card required)
- Free condoms

## STI Testing Process:

- 1.Call to book an appointment for the STI clinic
- 2.Come to the Health Unit
- 3.Check in with reception – you will be given a number
- 4.Wait until your number is called
- 5.Talk to a public health nurse in private treatment room
- 6.Visit with the doctor





# Sexually Transmitted Infections

STIs are infections caused by bacteria, viruses, or parasites. Contact with any sexual fluids (i.e., semen, blood, vaginal fluids) and close skin-to-skin contact can cause an STI to spread.

STIs can spread through:

- Unprotected vaginal sex
- Unprotected oral sex
- Unprotected anal sex
- Sharing sex toys
- Close skin-to-skin contact



# Why get tested for STIs?

Peace of mind

Symptoms

New partner

Routine

Close contact



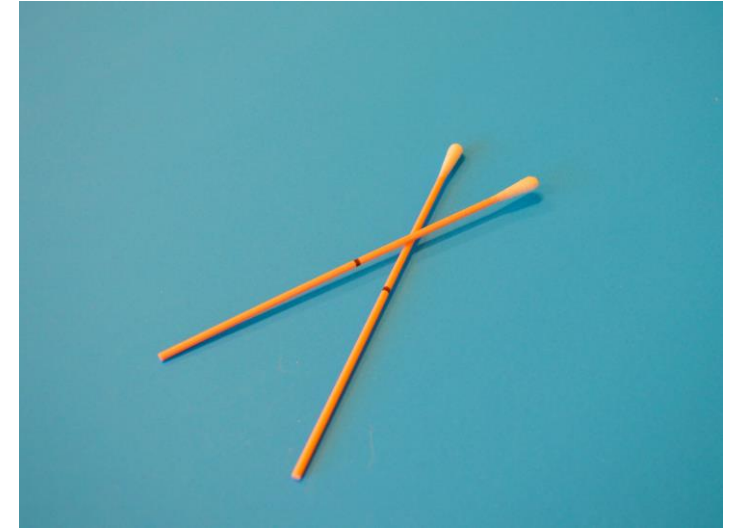
Check out the collection online, comment and share!  
[healthunit.com/top10reasons](http://healthunit.com/top10reasons)

# STI Breakdown



# Chlamydia

- Most common bacterial STI
- Spread through unprotected oral, vaginal, and anal sex
- Often asymptomatic (about 50% of males and 70% of females have no symptoms!)
- If present, symptoms may include vaginal bleeding between periods or after vaginal intercourse, pain in the abdomen or lower back, discharge from vagina, penis, or rectum, pain or burning while peeing, testicular pain or swelling
- Urine test or swabs
- Treated with antibiotics



(Testalize.me, 2020)

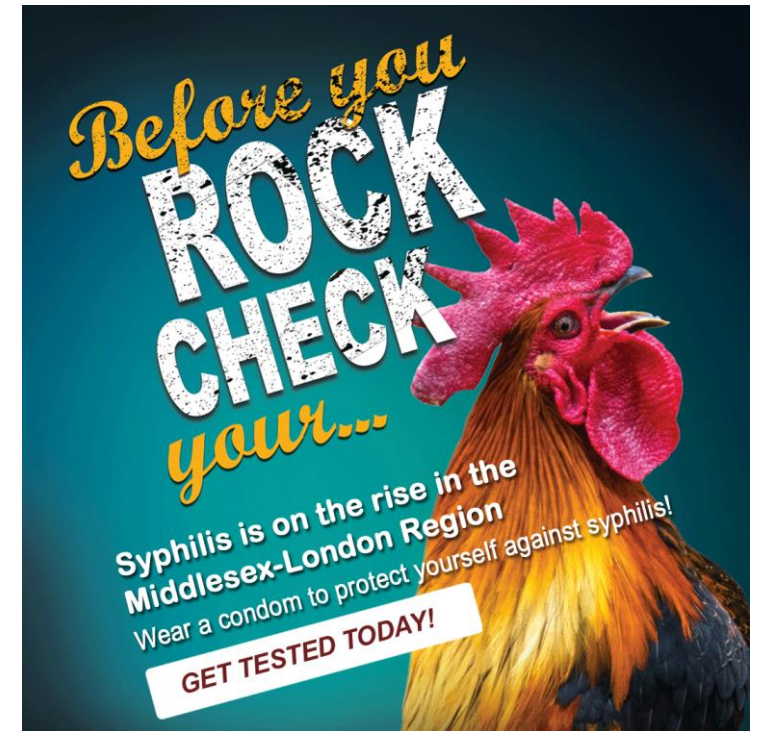


# Gonorrhea

- Second most common bacterial infection
- Spread through unprotected oral, vaginal, and anal sex
- Urine test or swabs
- Symptoms (most men have symptoms, most women do not):
  - Pain during intercourse
  - Abnormal vaginal bleeding
  - Discharge
  - Pain in testicles, rectum, or lower abdomen
  - Pain or burning while peeing
  - Urethral itch
- Treated with antibiotics

# Syphilis

- Bacterial STI that is spread through direct contact with syphilis sores, commonly during unprotected oral, vaginal, and anal sex, or spread to a baby during pregnancy or delivery
- Presents in stages (primary, secondary, early and late latent, and tertiary)
- Rates have been significantly increasing in Canada
- Treated with antibiotics

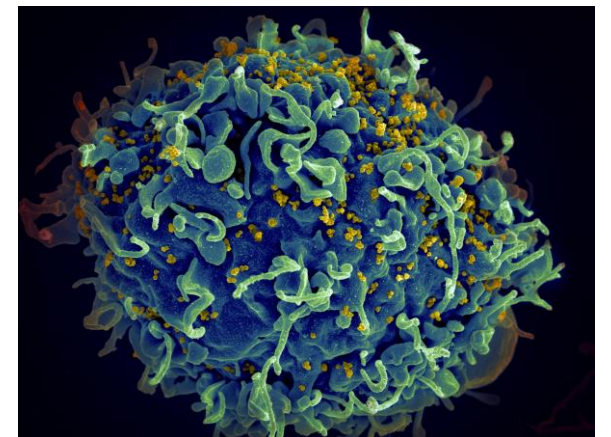


# Human Immunodeficiency Virus (HIV)

- Virus that destroys the cells in the immune system
- Spread through blood, semen, vaginal fluids, rectal fluids, and breastmilk , commonly during unprotected sex or sharing drug use equipment
- AIDS is the later stage, occurs when immune system is badly damaged
- Medications are available to manage and prevent the infection



(Bermix Studio, 2023)



(National Cancer Institute, 2021)

# Hepatitis

Hepatitis is a virus that affects the liver. The most common types are Hepatitis A, B, and C.



(Polekhina, 2021)

## Hepatitis A:

- Acute infection spread through the fecal-oral route, most commonly through contaminated food or water
- Can be spread through anal-oral sex
- Vaccine available

## Hepatitis B:

- Acute or chronic infection
- Spread through blood and other body fluids, may occur during sex, sharing drug use equipment, or through pregnancy or delivery to baby
- Vaccine available

## Hepatitis C:

- Acute or chronic infection
- Spread through blood-to-blood contact
- Curable with medication
- No vaccine available and immunity does not develop, can be reinfected



# Herpes

- HSV-1 or HSV-2, spread through skin-to-skin contact
- Testing can be done by a swab of a lesion or a blood test
- Primary symptoms include flu-like symptoms, swollen lymph nodes, and lesions, may last 2-3 weeks without treatment
- Recurrent outbreaks can occur, triggered by stress, menstrual periods, surgeries, etc., these outbreaks tend to heal quicker
- No cure, but medications can reduce duration and severity of outbreaks (it is manageable!)



(Reproductive Health Supplies Coalition, 2019)

# Human Papilloma Virus (HPV)

- Most common STI, approximately 75% of Canadians will have an HPV infection in their life
- Over 200 strains of the virus
- Skin-to-skin contact
- Many strains are asymptomatic and clear up on their own
- Low-risk strains can cause genital warts
- Higher risk strains can cause cancer
- 9 strains preventable with Gardasil-9 vaccine
- Tested through visual inspection (genital warts) and pap tests

# Thank you!

**For further information or to book an  
appointment at the STI or Birth Control  
Clinic, please call 519-663-5317.**



## References

- Bermix Studio. (2023). *A woman in a white shirt holding a red ribbon* [Photograph]. Unsplash. <https://unsplash.com/photos/a-woman-in-a-white-shirt-holding-a-red-ribbon-Gg6OrxUotLQ>
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