



Choose  
health!

**ML** MIDDLESEX-LONDON  
HEALTH UNIT

# Sexually Transmitted Infections (STIs)



Middlesex-London Health Unit


# The Clinic

## Services


- Free testing for sexually transmitted infections
- Free treatment of sexually transmitted infections
- Free pregnancy testing (\*based on assessment)
- Birth control dispensary
- Emergency contraception (the morning after pill)
- STI counselling
- Free condoms, free needle exchange
- No health card required, confidential

## Clinic Hours (\*Appointments required)

- 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.
- Located at: 355 Wellington St London, ON (Citi Plaza) & 51 Front St E Strathroy, ON
- Call the Health Unit at **519-663-5317** to make an appointment



**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  
HEALTH UNIT  
[www.healthunit.com](http://www.healthunit.com)

# ML MIDDLESEX-LONDON HEALTH UNIT



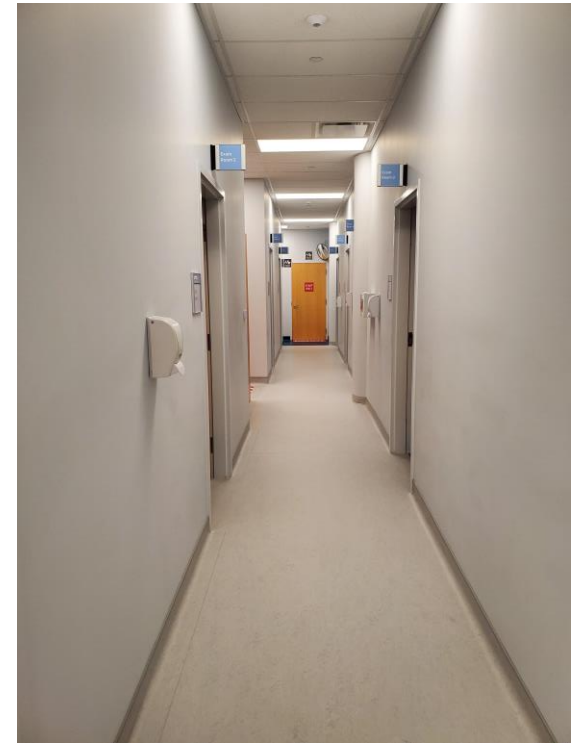




Our dispensary is where you can pick up low-cost birth control.



One of the exam rooms.



The clinic space.

# What is an STI?

## How are they contracted?

### **STIs: infections you can get from...**

- Unprotected anal or vaginal sex
- Unprotected oral sex
- Skin to skin contact
- Sharing unclean sex toys
- Sharing or using contaminated needles for injecting drugs and tattooing/piercing
- Sharing drug equipment

# How can I protect myself?

- Talk to your partner
- Get testing done for STIs
- Always use condoms
- Never share needles, razor blades or toothbrushes
- Never share sex toys
- Use dental dam for oral sex

## Reasons people may avoid testing:

- “I don’t want to get naked!” (You don’t have to. Pee in a cup, and some bloodwork if you want- no nakedness required)
- “I’m terrified of needles” (You don’t have to get bloodwork done if you don’t want to be tested for those infections- If you do, it is quick and done on site)
- “I don’t want that swab thing going up my...” (Swabbing is only done if there is reason to (warts, etc.))
- “I don’t have time” (Your sexual health is so important to overall health. Make screening apart of your routine 😊)
- “I don’t have any symptoms” (You may never even know you have one at first (asymptomatic). That’s why testing is key)
- “I’ve never done it before I wouldn’t know where to go” (Come on down to The Clinic! **We are here for you!**)



# STI Breakdown



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

# Chlamydia

- Most common bacterial STI
  - More than 340 cases reported in Canada every day
  - Can be asymptomatic
  - Discharge in later stages
  - Treated with antibiotics
- Symptoms:
- Feel burning sensation when peeing
  - Abdominal pain
  - Spotting
  - Vaginal/Urethral discharge

# Gonorrhoea

- Second most common bacterial infection
- 2/3 cases reported are men
- Treated with antibiotics
- Can be asymptomatic

## Symptoms:

- Pain during intercourse
- Thick, yellow discharge
- Testicular pain

# STI Testing and Treatment

## Urine Test

- For Chlamydia and Gonorrhoea

## Treatment-Curable

Antibiotic pills

**It is very important that  
all sexual partners be  
tested and treated**



# Syphilis

- Oldest known STI – bacterial
  - Can infect the entire body
  - Progresses in stages
  - Does not go away on its own
  - Treated with antibiotics
- Symptoms:
- Open sore, painless (chancre)
  - Body rash
  - Flu-like symptoms
  - Swollen glands



# Genital Herpes

- Caused by Herpes Simplex Virus
- Small blister-like sores on penis or vagina
- Symptoms develop 2-12 days after infection, periods of asymptomatic
- Outbreak resolves in 15-25 days
- Not curable – in your body forever

Symptoms (during outbreak):

- Itchiness, painful sores/blisters
- May have flu-like symptoms

# Human Papillomavirus (HPV)

- Over 100 types of HPV
  - Most are asymptomatic
    - You can have no symptoms and still pass it on
  - Other types can cause genital warts
  - Genital/oral warts can be treated with topical medication, cryotherapy, laser therapy; HPV cannot be cured
- Vaccination:
- ~90% effective at preventing the types of HPV that cause genital/oral warts & HPV-related cancer
  - Offered in grade 7 in Ontario

# Hepatitis

- Virus that affects the liver (types A, B, & C), we test for B&C
- Vaccine available for **Hep A & B**
- Type B occurs from contact with blood, semen, other body fluids from infected person.
- Type C is transmitted through blood, usually spread through the sharing of needles; lower risk through sexual contact. Can live outside the body for up to 3 weeks.

# Hepatitis Continued

- Symptoms:
  - Tiredness
  - Abdominal pain
  - Pale stool, dark urine
  - Lack of appetite, nausea
  - Jaundice (yellowing of the skin/whites of eyes)
- Treatment varies- antivirals, antibody injection within 12 hours of exposure to the virus, etc.

# Human Immunodeficiency Virus (HIV)

- The virus destroys cells in your body that fight off infection
- Infected through body fluids such as blood, semen, vaginal fluids and breast milk
- ~ 7 Canadians diagnosed every day
- Treat with antiretroviral medications
- PrEP (pre-exposure prophylaxis)
- Flu-like signs are common early symptoms
- AIDS is later stage



# Protect Yourself!



## For more information...

- Visit/call **The Clinic: 519-663-5317**
- [sexandu.ca](http://sexandu.ca)
- [healthunit.com](http://healthunit.com) (Services- Sexual Health)

**Thank you!**  
**For questions/inquires,**  
**please reach The Clinic**



**519-663-5317**