

# Royal Throne Advisor

April is STD  
Awareness  
Month



STD = Sexually Transmitted Disease

Think Green, use your new blue recycling receptacle to recycle plastic, paper, cardboard and aluminum cans!

April 2012

**Get Yourself Tested NOW**

**GYTNow.org**

**Keep from getting STDs....**

**Get Yourself Tested (GYT)** is a national campaign responding to the fact that 1 in 2 young people will get a sexually transmitted disease (STD) by age 25—and most won't know it

**GYT campaign** is a youthful, empowering social movement to reduce the spread of STDs among young people through information open communication with partners, health care providers, and parents; and testing and treatment as needed.

**To find an STD testing center near you**, go to [GYTNow.org](http://GYTNow.org) or text your zip code to GYTNow (498669).

- Avoid exposure
- Limit Sex Partners
- Use a condom
- Look for signs
- Get regular checkups
- Treat both people
- Don't mix sex with alcohol or drugs

**Fact:**

*When a pregnant woman has an STD, it can infect her baby as well. This can happen before birth, or while the baby is being born. An infection that is mild in a grown person can make a newborn baby very sick, or cause death.*

**New Opportunities Can Help!**

New Opportunities nurse, Vickie is available by appointment to answer questions regarding Sexually Transmitted Diseases.

Call 712-792-9266 Ext. 206

**New Opportunities provides STD**

- Education,
- Prevention,
- Testing and Treatment

**Let's Talk.....**

*Before you start a new sexual relationship, it's a good idea to talk with your partner about your sexual history and getting tested for STDs. After all, you are not just having sex with your partner but with everyone they've had sex with....and everyone they've had sex with...and well, you get the point.*

**Bacterial STD Facts**

**(Chlamydia, Gonorrhea, NGU or Syphilis):**

- All spread by having vaginal, oral or anal sex.
- Each STD has a different test—notify health care provider of symptoms.
- Treated by antibiotics IF Found, can cause permanent damage if untreated i.e. sterilization.
- Chlamydia is the most common STD and known as the fertility thief.
- Syphilis if untreated can cause damage to the heart, brain or nervous system, it may even cause death.

**Viral STD Facts**

**(Herpes, HPV (warts), HIV/AIDS, Hepatitis B):**

- All spread by having vaginal, oral or anal sex.
- Each STD has a different test—notify health care provider of symptoms.
- Can't be cured, but some symptoms can be treated. Once the viral STD is contracted you never get rid of it, it may go dormant but low immune system can trigger an outbreak.
- HPV is the most common viral STD. The HPV shot prevents the cancer causing HPV, it does not prevent from getting the virus.

*Get Moving Tip—Drinking enough water makes you feel better, have more energy, and look better.... Really? Try replacing sodas (even diet sodas) with water for one week and you'll see and feel the difference!*