

ATTACHMENT 2

TESTING FOR SEXUALLY TRANSMITTED DISEASES (STDs)

The Public Health Agency of Canada recommends STD's screening (testing) in all sexually active women under the age of 25. Yearly testing is adequate if you are in a monogamous relationship.

The swabs can also be performed in women of any age if they have new sex partner or more than 2 sexual partners in the last year, women with a previous STD, or who have sexual contact with a person with an STD, and all pregnant women at the first prenatal visit. There are some other risk factors that may indicate more frequent testing (i.e.: drug users, incarcerated individuals, sex workers, street youth, etc.)

STD's can be present for a long time before women have any symptoms. If they are caught early, the treatment can eradicate the STD's before they cause any harm, hence the regular testing.

STDs THAT ARE CHECKED WITH VAGINAL SWABS:

1. **Chlamydia**
2. **Gonorrhea**
3. **Trichomonas**
4. **Bacterial Vaginosis** (Sexually Associated Infection)
5. **Yeasts** (can occasionally be sexually transmitted)

THE SWABS CAN BE TAKEN BY THE DOCTOR OR PATIENT. URINE TESTING IS NOT AS GOOD IN WOMEN AS IS IN MEN.

STDs THAT ARE CHECKED WITH BLOOD TESTS:

1. **HIV/AIDS**
2. **Syphilis**
3. **Hepatitis B and C**

STDs FOR WHICH THERE IS NO SIMPLE CHECK UP TEST YET:

1. **Genital Herpes:** there are blood tests but they are not helpful. Swabs can only be helpful if there is an ulcer or an open lesion.
2. **Human Papilloma Virus – HPV.** There are swabs, but at the moment they are considered experimental. Indirectly, a Pap test can reveal it.

There are other STDs but they are extremely rare in this country.