### Sexually Transmitted Infections (STIs)

<table>
<thead>
<tr>
<th>Type</th>
<th>Viral Infections (symptoms can be treated)</th>
<th>Non-Viral Infections (infection can be cured)</th>
</tr>
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<tbody>
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<td>- Chancre (painless open lesion), which heals within 6 weeks of infection&lt;br&gt;• Jaundice (yellowing of skin and eyes) and rarely, liver failure or other serious complications&lt;br&gt;• Fever, swollen glands, or painful joints&lt;br&gt;• Tingling, burning, or rash&lt;br&gt;• Abnormal vaginal bleeding or spotting&lt;br&gt;• Painful urination&lt;br&gt;• Abdominal pain or cramping, fever (women)&lt;br&gt;• Bleeding between periods&lt;br&gt;• Often no symptoms&lt;br&gt;• Severe flu-like symptoms within first month of infection can occur&lt;br&gt;• Jaundice, hepatomegaly, and possibly other complications (pneumonia, prostatitis, impaired fertility)</td>
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### Where to Get Help

- **Local Resources:**
  - Planned Parenthood of the Southern Fingerlakes: 607-273-1513
  - (local 24-hour domestic violence and sexual abuse services)
  - Asha: 607-292-4477
  - Planned Parenthood of the Southern Fingerlakes: 607-273-1513

- **Online Resources:**
  - Human Papilloma Virus (HPV):
    - Asha: 607-292-4477
    - Planned Parenthood of the Southern Fingerlakes: 607-273-1513

- **Other Sexually Transmitted Infections (STIs)**
  - Contraception & Sexually Transmitted Infections (STIs)
  - American Social Health Association (ASHA): 800-947-4723
  - Centers for Disease Control and Prevention: cdc.gov
  - Global Health: globalhealth.cornell.edu
  - Planned Parenthood of the Southern Fingerlakes: 607-273-1513
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- **Additional Resources:**
  - Planned Parenthood of the Southern Fingerlakes: 607-273-1513
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### Sexual Health Resources

**APPOINTMENTS**: If you would like to schedule an appointment for STI testing, please call the Cornell Clinic: (607) 255-5155 or make an appointment with a sexual health nurse by phone or online at health.cornell.edu.

**ONLINE**: Cornell health:
- sexual health: health.cornell.edu
- appointments: myCornellHealth
- materials: myCornellHealth

**Phone Numbers**
- Contraception:
  - Planned Parenthood of the Southern Fingerlakes: 607-273-1513
  - Planned Parenthood of the Southern Fingerlakes: 607-273-1513
  - Planned Parenthood of the Southern Fingerlakes: 607-273-1513

**Website**
- Planned Parenthood of the Southern Fingerlakes: 607-273-1513
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# Contraceptive Methods

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<tr>
<th>Type</th>
<th>Short-Acting (non-hormonal)</th>
<th>Non-Acting (hormonal)</th>
<th>Long-Acting Reversible (hormonal &amp; non-hormonal)</th>
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## Short-Acting (non-hormonal)

### Method
- **Spemtricides**
- **Cervical Spong acceptors**
- **Diaphragm**

### Effectiveness
- **Perfect**
- **Typical**

### Timing
- **With each act of intercourse**

### Advantages
- **Safety**
- **Protection**

### Disadvantages
- **Drying**
- **Spermicidally-treated vaginal suppositories**

### Side Effects
- **Mucous vaginitis**
- **Increased risk of infection**

## Non-Acting (hormonal)

### Method
- **Contraceptive Ring**
- **Contraceptive Patch**
- **Contraceptive Pill**

### Effectiveness
- **Perfect**
- **Typical**

### Timing
- **Same time, daily**

### Advantages
- **Convenience**
- **Protection**

### Disadvantages
- **Side effects**
- **Weight gain**

### Side Effects
- **Weight gain has not been observed**
- **Increased risk of blood clots, heart attack, and/or stroke**

## Long-Acting Reversible (hormonal & non-hormonal)

### Method
- **Intrauterine Device**

### Effectiveness
- **Perfect**
- **Typical**

### Timing
- **Once every 3 years**

### Advantages
- **Consistency**
- **Protection**

### Disadvantages
- **Side effects**
- **Weight gain**

### Side Effects
- **Increased risk of blood clots, heart attack, and/or stroke**

## More information

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<th>Method</th>
<th>Common Contraceptive Methods</th>
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<td><strong>Contraceptive Ring</strong></td>
<td>Contains a very low dose of estrogen and progestin.</td>
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**Note:** The term abstinence, though widely used, can mean different things to different people. That’s why some “abstinent” people are still at risk for STIs and/or pregnancy. To avoid confusion, hurt feelings, and other unintended consequences, it’s important to understand the risks associated with any sexual behaviors practiced.

For more information, please visit the Cornell Health Fact Sheet: Contraceptive Methods.

**References:**
- [Cornell Health Fact Sheet: Contraceptive Methods](https://example.com/)
- [Common Contraceptive Methods](https://example.com/)

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*This brochure provides information about how to protect yourself against sexually transmitted infections (STIs) and pregnancy. It’s meant to be used as a reference, and is not intended to replace professional medical advice.*

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**Conclusion:**

To avoid confusion, hurt feelings, and other unintended consequences, it’s important to understand the risks associated with any sexual behaviors practiced. Please talk with our sexual health counselors about whatever sexual health questions or concerns you have. The sexual health services provided at Cornell University include:

- Sexual health counseling
- Testing, vaccines clarification, relationship issues, identification of health issues
- STI testing, diagnosis, and treatment
- safer sex supplies, contraception, emergency contraception
- GYN exams, adolescents' placement of contraception
- pregnancy testing, options counseling, and referrals
- care and support related to rape, sexual harassment, assault, and abuse.

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*For individuals who have previously given birth, these methods are often less effective. Please consult with a clinician for more information.*

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*If no method of contraception is used, approximately 85% of sexually active couples will conceive in one year (not using contraception). If you are using contraception, it’s effective in 99.7% of cases. If the contraceptive method wasn’t used, it’s still possible to reduce the risk of pregnancy by 85% by taking an OTC pill, or having a non-hormonal IUD placed by a medical clinician. A non-hormonal IUD is the most effective if taken within 72 hours of unprotected vaginal intercourse.*

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*If birth control fails, or you want to prevent pregnancy, please consult with a clinician for more information.*

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*For more information, please visit the Cornell Health Fact Sheet: Contraceptive Methods.*

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*If you have questions or concerns about your contraceptive options, please consult with a clinician for more information.*