Sexually Transmitted Infections (STIs)

Any STI can be present and infectious without symptoms.

Viral Infections (symptoms can be treated)

<table>
<thead>
<tr>
<th>HIV</th>
<th>Herpes</th>
<th>HPV</th>
<th>Genital Herpes</th>
<th>Cervical Cancer</th>
<th>Genital Warts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnosed positive</td>
<td>Blister-like sores</td>
<td>Genital warts</td>
<td>Genital warts</td>
<td>Genital warts</td>
<td>Genital warts</td>
</tr>
<tr>
<td>Infection</td>
<td>Symptoms may include burning, pain, or itching</td>
<td>Itching, burning, and pain</td>
<td>Itching, burning, and pain</td>
<td>Itching, burning, and pain</td>
<td>Itching, burning, and pain</td>
</tr>
</tbody>
</table>

Non-Viral Infections (infection can be cured)

<table>
<thead>
<tr>
<th>Chlamydia</th>
<th>Gonorrhea</th>
<th>Syphilis</th>
<th>Trichomoniasis</th>
<th>Gonorrhea and Syphilis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnosed positive</td>
<td>Discharge, burning, or itching</td>
<td>Pain, redness, or swelling</td>
<td>Itching, burning, and pain</td>
<td>Discharge, burning, or itching</td>
</tr>
<tr>
<td>Infection</td>
<td>Symptoms may include burning, pain, or itching</td>
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</tr>
</tbody>
</table>

Prevalence*

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Testing and Diagnosis

- Diagnosis may be difficult and require multiple testing for confirmation.
- Blood tests, urine tests, or swab tests may be used.
- Symptoms usually disappear after 2-3 weeks, but may take longer.

Treatment

- Treatment may be delayed due to self-diagnosis or treatment of a concurrent STI.
- Treatment may require medical treatment due to the risk of complications.
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Other Sexually Transmitted Infections (STIs)

- About 1 in 5 sexually active people have a sexually transmitted infection.
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Sexual Health Resources

- For information and resources on sexual health and STIs, visit the Centers for Disease Control and Prevention (CDC) website.

Contraception & Sexually Transmitted Infections (STIs)

- To help reduce the spread of STIs, NY State requires that positive test results for chlamydia, HIV, hepatitis, syphilis, and gonorrhea be confidentially reported to the state health department. Individuals with these infections may be at increased risk for acquiring other sexually transmitted infections and should be tested for other STIs.

Notes

- STIs can also be transmitted through non-sexual contact, such as kissing or sharing sex toys.

* The chart does not list all possible symptoms. It is best to consult with a healthcare provider if you have any concerns.

** Some symptoms may be more common in certain populations, such as men who have sex with men or intravenous drug users.

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** This reflects relative prevalence for the U.S. as a whole (based on current rates in most countries). Certain populations (e.g., women, men of color) may have different rates. ** Prevalence data (e.g., as of latest available data) reflects the percentage of people who are infected. ** This reflects relative prevalence for the U.S. as a whole (based on current rates in most countries). Certain populations (e.g., women, men of color) may have different rates.
Common Contraceptive Methods

A GYN exam is recommended, but not required for those seeking a prescription form of contraception at Cornell Health.

**Type**
- **Short-Acting (non-hormonal)**
- **Short-Acting (hormonal)**
- **Long-Acting Reversible (hormonal & non-hormonal)**

**Method**
- **Spermicides**
- **Barrier Methods**
- **Contraceptive Rings**
- **Contraceptive Shots**
- **Medical Sterilization**

**Effectiveness**
- **Perfect**: 98%
- **Typical**: 91%
- **Actual**: 89%

**What it is**
- **Spermicides**: Chemicals that kill sperm. Must be inserted into the vagina before sex.
- **Barrier Methods** (sponge, condom, diaphragm, cervical cap, cervical foam, female condom, spermicidally-treated contraceptive foam, flocked sponge):
  - Spermicides: Chemicals that kill sperm. Must be inserted into the vagina before sex.
  - Condoms: Skin barrier that covers the penis. Must be used with each act of intercourse.
  - Diaphragm: Silicone barrier, inserted before sex. Must be inserted before each act of intercourse.

**Side Effects**
- **Spermicides**: Irregular bleeding, breast tenderness.
- **Barrier Methods**: Nausea, vomiting, localized irritation by condom or cervical cap.

**How to get it**
- **Spermicides**: Easy to obtain.
- **Barrier Methods** (sponge, condom, diaphragm, cervical cap, cervical foam, female condom, spermicidally-treated contraceptive foam, flocked sponge):
  - Condoms: Available over-the-counter at local pharmacies or at Cornell Health.
  - Diaphragm: Must be fitted by a clinician. Can be ordered through Cornell Health.

**Advantages**
- **Spermicides**:
  - Convenient
  - Effective
  - Non-hormonal
  - Easy to obtain
- **Barrier Methods**:
  - Convenient
  - Effective
  - Non-hormonal
  - Easy to obtain

**Disadvantages**
- **Spermicides**:
  - Requires careful use
  - Not effective with other forms of birth control
- **Barrier Methods**:
  - Requires careful use
  - Not effective with other forms of birth control

**Emergency Contraception (EC)**
- **Optional**
- **Recommended**
- **Not reliable in women with BMI greater than 35 or women with a history of pelvic inflammatory disease (PID).

**Contraceptive Methods**

**Non-hormonal**
- **Semenicidal methods**
- **Non-hormonal barrier methods**
- **Spermicides**

**Hormonal**
- **Combined hormonal methods**
- **Progestin-only methods**

**Long-Acting Reversible**
- **Intrauterine Device (IUD)**
- **Subdermal Implant (Subdermal Implant)**

**Cost**

- **Medicaid plans**, **Cornell’s Student Health Plan (SHF)**, **Cornell Health Fact Sheet: The Oral Contraceptive**, **Cornell Health Fact Sheet: The Intrauterine Device (IUD)**, **Cornell Health Fact Sheet: The Subdermal Implant**

**More information**
- **Cornell Health Fact Sheet: The Oral Contraceptive**, **Cornell Health Fact Sheet: The Intrauterine Device (IUD)**, **Cornell Health Fact Sheet: The Subdermal Implant**

**References**

- **Cornell Health Fact Sheet: The Oral Contraceptive**, **Cornell Health Fact Sheet: The Intrauterine Device (IUD)**, **Cornell Health Fact Sheet: The Subdermal Implant**

**No method of contraception is 100% effective, and irregular bleeding will occur in most women on hormone-based contraceptives.**