

SENIORS AND SEXUALLY TRANSMITTED DISEASES

With more U.S. seniors staying sexually active than ever before, STDs among the 65+ population are a growing problem. In honor of STD Awareness Month, here are 4 tips on STD prevention.



START A CONVERSATION WITH YOUR DOCTOR

Seniors are often too embarrassed to bring up the topic of sex at the doctor's office, but keeping an open line of communication about sexual health is critical for people of all ages. Voice all questions and concerns at your next appointment.



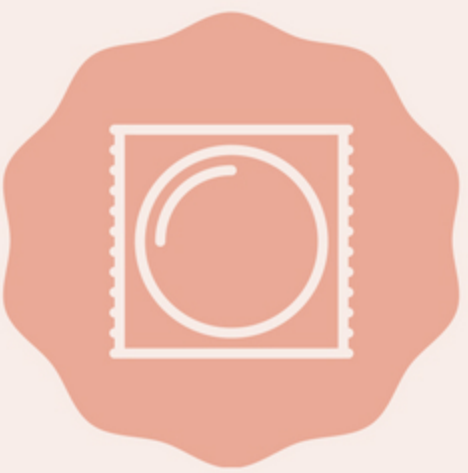
GET TESTED REGULARLY

Healthcare providers rarely screen seniors for STDs, although yearly testing should be standard practice. Medicare covers a screening once every 12 months when ordered by a primary care physician.



IF INFECTED, SEEK TREATMENT

STDs can severely complicate pre-existing medical conditions in seniors. If you test positive for any STD, start treatment immediately and notify your partner/s as soon as possible to avoid reinfection and transmission.



ALWAYS PRACTICE SAFE SEX

While the risk of an unwanted pregnancy disappears for aging adults who enjoy post-menopausal sex, the transmission of STDs still poses a significant risk. Correct and consistent use of condoms is the only way sexually active seniors can protect themselves—and others—from these dangerous diseases.