



Sexual Health

Sexual Health is to do with the issue of sexually transmitted infections (STI's). There are many different types of STI's.

They include.

Chlamydia, Gonorrhoea, Trichomoniasis, Genital Warts, Genital Herpes, Public Lice. Scabies. Syphilis and Human papilloma virus (HPV). There is also HIV, Hepatitis A, B and C, Urethritis and Shigella. These are also sexually transmitted as well.

Symptoms of an STI vary by which one it is but in general can include.

- An Unusual discharge from Penis, Vagina or Anus
- Pain during urination
- Lumps or Skin Growth around the genitals or anus.
- Rash
- Unusual Vaginal bleeding
- Itchy genitals or anus
- Blisters and sores among genitals or anus
- Warts around genitals and anus.
- Warts in Mouth and/or throat (Described as very rare by the NHS.)

Diagnosis of an STI is normally through a sexual health clinic. Sexual health clinics can normally be attended without an appointment offer treatment regardless of if the patient normally has to pay for prescriptions or not.

If a person feels they need to a false name can be given. The GP will only be informed if the patient requests.

At the clinic the Doctor or Nurse will ask questions about a patient's sexual life and history. They will also inspect their genitals and anus if appropriate and inform the patient of what tests are needed.

Sometimes these tests can be done via a home testing kit.

Sexual Health clinics can also deal with giving advice on suspected or confirmed pregnancies. They can provide advice on the options available.

A sexual health clinic can also give emergency contraception and also if at risk of HIV give either PREP or PEP. PREP for long term use and PEP in an emergency.

It is recommended that sexually active people have a yearly STI screening to check for infections as some like Chlamydia and Gonorrhoea can cause permanent infertility if not treated. Other permanent consequences can occur as a result of untreated Syphilis for example.

People under 16 going to sexual health services will not get their parents or carers told unless they believe the person is not able to fully understand what is going on. However, if there is a risk of abuse or other safety concerns then there may have no option to contact them.

And in the World Health Organisation definition of sexual health as a state of physical, emotional, mental and social wellbeing in relation to sexuality. It's not just the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach.

There is estimated to be 101,600 people in the UK with HIV with 8% of these unaware of their positive status.

Rates of STI's are growing each year. This is concerning with the risk of anti-microbial resistance growing.

Investment in sexual health services is seen as vital for public health. Rates of STI's are also growing in older people.

Attendance at sexual health clinics for screening is also growing.

[Find a clinic- Kent County Council](#)

[Medway Clover Street Clinic](#)

[NHS UK](#)

[Pre-Exposure Prophylaxis \(PrEP\)](#)

[NHS UK](#)

[Kent County Council](#)

[Kent Community Health](#)

[Maidstone and Tunbridge Wells NHS TRUST](#)

[Sexual health for gay and bisexual men](#)

[Sexual health for lesbian and bisexual women](#)

[Sexual and reproductive health and HIV: applying All Our Health](#)

[British Association for sexual health and HIV](#)

[East Kent Hospitals University NHS Foundation Trust Sexual health](#)

[Medway Integrated Sexual Health Service](#)

[Securing the future of sexual health services - report](#)

[Sexual and Reproductive Health Profiles](#)

[Sexual Health Clinics Kent - CityDoc](#)

[North Kent - Riverside Clinic](#)

[Kent Public Health Observatory- Sexual Health](#)

[Kent Council Sexual Health](#)