

# Men's Sexual Health 101

Information to Keep You  
Healthy

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# Why this class?



- Why not? Good health is one of the most important things you can do for yourself. The more you know, the more likely you are to protect yourself!
- This class will cover topics to help you make informed decisions for your sexual health and wellbeing.

# What is the **most effective** way to prevent pregnancy?

- **Abstinence** is the only way to prevent pregnancy and STIs (sexually transmitted infections) 100% of the time.
- People still can date and enjoy life.
- It is still a method of choice for many people until the time is right in their life to have sex.



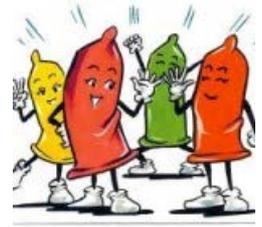
# How effective is birth control in preventing pregnancy?



- Birth control (pills, patch, Nuvaring, Depo, IUD, Implants) are 99.9% effective in preventing pregnancy, if used appropriately.
- Nothing is 100% effective (except for abstinence).
- These birth control methods **DO NOT** protect you from STIs. You still need to use condoms!!

# How effective are condoms?

- If used perfectly every time, condoms are about 96% effective in preventing pregnancy.
- With typical use, condoms are about 86% effective in preventing pregnancy.
- While condoms are an effective way to prevent the spread of STIs (sexually transmitted infections), they are not perfect—so routine STI screening still needs to be done.





# FALSE

- The CDC recommends sexually active individuals be screened for STIs (gonorrhea, chlamydia, HIV, syphilis) at least once a year, even if you are without symptoms.
- You should also be screened before starting a new sexual relationship (and insist your sexual partner be screened as well).
- A large percentage of people with STIs have NO SYMPTOMS at all!!!

# What is HPV?

- HPV is the Human Papillomavirus.
- HPV can lead to cervical cancer, genital warts, anal warts, and cancer of the throat/mouth.
- There is no test to determine if a person is a “carrier” of this virus.
- The only way HPV can be detected is if it shows up on a woman’s Pap test (which can take several years to show up after exposure) or if the patient develops visible warts.

# What is Gardasil?



Gardasil is a vaccine approved for males and females through age 26 that helps protect against 9 types of Human Papillomavirus (HPV) that can cause:

- Cervical cancer
- Cancers of the anus, vagina and vulva
- Genital warts

# True or False

- Oral sex is safer than vaginal sex?



# FALSE

- It is possible to get **all** STIs during oral sex.
- It is also possible to transmit herpes from mouth-to-genitals or genitals-to-mouth (even if the person doesn't have symptoms present, they can still be contagious).
- Individuals can acquire HIV, syphilis, gonorrhea, chlamydia, herpes, and HPV through oral sex.

# True or False

- The only way I can get a STI is through sexual intercourse.

# FALSE

- Genital skin-to-skin contact can spread herpes or genital warts. A person may not even have symptoms, but they can still shed these viruses unknowingly and spread it to you.
- Syphilis can also spread through close skin-to-skin contact with an infected area.
- Sex is not required to get these infections.

# Self-Testicular Exams



- It is important to check your testicles once a month in order to detect changes that may be a sign of testicular cancer.

## Testicular Self-Examination

**1** Check one testicle at a time



**2** Hold the testicle between your thumbs and fingers of both hands and roll it gently between your fingers.



**3** If you notice any of these symptoms...  
■ hard lumps  
■ smooth or rounded bumps  
■ changes in size, shape, or consistency  
...see a urologist right away.



# Any Questions?

- Don't be afraid or embarrassed to ask a Health Professional if you have any questions or concerns.
- Contact Health Services in Crawford Building at 803-323-2206 if you need assistance-we are here for YOU!!

