



SEXUAL HEALTH AND STI'S

We are committed to making your sexual health visit as comfortable and stress-free as possible. Our doctors and nurses provide a safe and confidential environment, free of judgement.

What is an STI?

Sexually transmissible infections are commonly called STIs for short. In some other countries they are also known as sexually transmissible diseases (STDs).

STIs are infections you can get if you have unprotected vaginal, oral or anal sex or skin on skin contact with someone.

STIs can be serious and may not go away by themselves. It is important to be tested and, if necessary, treated.

What are the common STIs?

The most common STIs in Aotearoa New Zealand are:

- chlamydia
- genital warts
- genital herpes
- gonorrhoea

HIV, which causes AIDS, is not as common.

Do all STI's have symptoms?

Some STIs have symptoms but often there are no signs at all. Many people will be infected with an STI without knowing it. You can't tell if someone has an STI just by looking at them. It's not who you are, but what you do that puts you at risk of getting an STI.

Can I protect myself from STIs?

There are ways to protect yourself and your partner against STIs. Condoms offer the best protection against STIs. They must be used correctly and used every time you have sex.

PrEP (Pre-Exposure Prophylaxis) is an extremely effective HIV prevention method.

Pre-Exposure means it needs to be taken before sex - and Prophylaxis is a scientific term for something that prevents an illness.

For more information on PrEP please visit the [Burnett Foundation Aotearoa](#)

Sexual health services at The Doctors Silverstream

- Sexual health checks
- Management and advice on STIs

- HPV advice and vaccinations
- Genital herpes diagnosis, treatment and management
- Recurring discharge problems
- Specialist management of chronic thrush
- Management of recurrent bacterial vaginosis
- Vulval and penile skin problems – diagnosis, treatment and management
- Help with pain during sex

For more information, visit Family Planning [here](#).