

## SEXUALLY TRANSMITTED INFECTIONS

# Why is it important to have regular doctor visits if I'm sexually active?

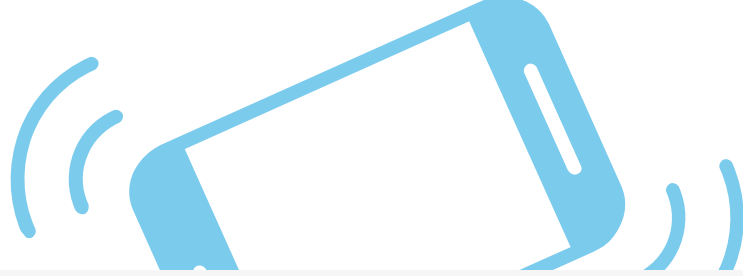
KEY WORDS 

health check-ups | preventive measures | sexually transmitted infections



Going to the doctor regularly for sexual health check-ups is super important, especially if you're sexually active or planning to be soon. These visits can serve as **preventative or intervention measures**, since they allow your doctor to monitor and address various aspects of your sexual well-being.

Let's explain how:



Firstly, routine check-ups provide an opportunity to **screen for sexually transmitted infections (STIs)**. Being sexually active means being at risk of contracting STIs, even if you practice safe sex. We have a topic about which STIs can be spread even when practicing safe sex here. Detecting STIs is super important for getting the right treatment, preventing the spread of infections, and addressing any other health complications. STI screenings often involve blood tests, urine samples, or physical examinations. Some STIs like HPV can increase the risk of certain types of cancer for both young men and women, so regular checkups and taking a vaccine can even help save your life. If you'd like to learn more about the availability of the HPV vaccine, we have an infographic about that for you here.

Secondly, regular doctor visits allow you to discuss the **best options for contraception** with a professional. They can offer guidance on the most suitable safe sex methods based on your preferences and health considerations. This is particularly important for those that are concerned with preventing unintended pregnancies.



In addition, a healthcare professional can **assess your overall reproductive health**. This means checking your hormones, menstrual health, and identifying issues that may impact your reproductive health, such as polycystic ovarian syndrome and endometriosis. Typical visits of this nature may include pelvic exams, pap smears, and prostate checks which may seem intimidating and embarrassing the first time you do them – but they're common routine check-ups that everyone should do, no shame about keeping up with your health!

So, what's left? Take charge of your wellbeing by **setting a date for your next health check-up** and follow a schedule to keep going regularly – every 6 months to 1 year is a good idea. Leave any embarrassment at home and speak openly and honestly with your doctor – your future self will thank you!



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