

Women, Aging and Sexual Health

As we go through life things change, including relationships. People may find themselves having new experiences and, in some cases, new partners. As we get older we may not be aware that we can still be at risk for sexually transmitted and blood borne infections (STBBIs) such as gonorrhoea, chlamydia, hepatitis C and HIV.

Just because a woman can't get pregnant anymore she can still get STBBIs. Anyone who is sexually active can be at risk.

Some infections may show no symptoms but can cause long term health problems if not treated.

There are many ways to protect yourself:

- get regular check-ups, including STBBI testing;
- use condoms to protect yourself; and
- if you are in a committed relationship and don't want to use condoms, both partners should get tested for STBBIs first.

If you have any questions or would like to know more, see your health care provider.

Know your status – get tested!



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