



Michelle M. Mulder, M.D.

300 West White Mountain Blvd, Suite D; Lakeside, AZ 85929

Phone (928) 367-1444

Sexually Transmitted Diseases

Sexually Transmitted Diseases (STD's) are spread by vaginal, anal and oral sexual contact. Transmission through body fluids across mucous membranes or open skin lesions is not the only way you can become infected. Certain of these diseases can be transmitted through blood with the practice of sharing or reusing needles for illegal drugs. Infection by more than one disease is common.

The most common STD's are:

- Human Papilloma Virus
- Gonorrhea
- Chlamydia
- Syphilis
- Trichomonas
- Herpes Simplex Virus
- Hepatitis A, B, C
- HIV

Prevention:

Avoidance of sexual contact is the only completely reliable method of STD prevention. Latex condom use is effective for covered parts only. Oral contraceptives do not protect against STD's. Never exchange needles or reuse needles.

Safe Sex Practices:

- Limit sexual partners
- Avoid intercourse with someone who has visible signs of infection
- Avoid anal and oral sex
- Always use condoms correctly
 - Space left at the tip as a receptacle for semen
 - Men should hold the base during withdrawal to prevent slippage
 - Never use condoms on partial erections
 - Never reuse condoms

You are at increased risk for infection with an STD if you have:

- More than one sexual partner
- Sex with someone who has more than one sexual partner
- Sex at an early age
- Used illegal drugs
- Previous STD infections