

LOXWOOD MEDICAL PRACTICE

Your partner for a healthier future

Young
adults newsletter

Sexual health

September 2019



BETTER SAFE THAN SORRY

Contact us at:

☎ 01403 752246 🌐 www.loxwoodmedicalpractice.co.uk ✉ loxwood.txt@nhs.net

LOXWOOD MEDICAL PRACTICE

Your partner for a healthier future

0300 123 7123

National Sexual Health Helpline

Why use contraception?

Contraception is used to prevent pregnancy's and in some cases prevent Sexually Transmitted Diseases (STDs). It is highly recommended that young adults should use contraception and practice safe sex. Our culture is evolving and becoming more sexually active than ever before. This can lead to unwanted and teen pregnancies as well as catching STDs such as chlamydia.



Did you know?

- ◆ Contraceptive prescriptions are **free** on the NHS
- ◆ You can join the c-card schemes to get **free** condoms and chlamydia testing at venues across West Sussex and Surrey, look out for the logos or visit www.sexualhealthwestsussex.nhs.uk/c-card/ or www.healthysurrey.org.uk/your-health/sexual-health
- ◆ You may be able to have **free** testing for sexually transmitted infections anonymously by post.

Which type of contraception is best for you?

Barrier methods - these are available in several types, like external and internal condoms, diaphragms and cervical caps. They are one of the most effective methods of contraception and available in most chemists or pharmacies.

Emergency contraception - is used by a woman if the type of contraception they were using failed, for example if she has missed a pill or a condom had split. The most common form of this contraception is the morning after pill and can be taken up to 72 hours after unprotected sex.

Hormonal contraception - is used to prevent pregnancies through chemical methods, for example the pill stops eggs from being released into the womb. For the pill to work effectively you must take it for 21 days then have a 7 day break, please see one of our doctors or nurses. They are 99% effective but will not protect you from STDs.



Long acting reversible contraception (LARCs) - once in place, these can stay active for 5 to 10 years meaning that woman do not have a daily worry to remember taking medication. These can only be provided by a qualified doctor or nurse.



Sexually Transmitted Diseases (STDs)



Sexual intercourse provides an easy opportunity for organisms to spread from one person to another because it involves close contact and transfer of genital and other body fluids.

STDs can be prevented by using protection such as condoms and other barriers methods; however the other methods do not protect against infections.



Look out for these organisations or contact us if you are worried.

You can talk to us in the strictest of confidence; A doctor or nurse is happy to speak to you on the telephone, you can give us your own mobile number, call reception and request a telephone consultation at a convenient time for you. If you find it difficult to talk about, you could put your thoughts in writing and send us an email. You can of course book a routine appointment.