



APRIL IS STI AWARENESS MONTH

April is STI Awareness Month. This month, we'd like to draw your attention to some new information from the Centers for Disease Control (CDC) on the state of sexually transmitted infections (STIs) prevalence and screening in the United States.

Did you know?

For the first time since 2006, the incidence of both chlamydia and gonorrhea are on the rise in the U.S., something the CDC has called a "severe human and economic burden."^{1,2} Because chlamydia and gonorrhea are commonly asymptomatic, screening is an essential tool to detect these STIs so patients receive much-needed treatment.

Trichomoniasis is another STI that takes a widespread toll on patients. Each year, 10 million women visit their healthcare providers seeking a cure for vaginitis.³ Trichomoniasis is one common cause of vaginitis, and it is the most prevalent nonviral STI.² Regular screening is not recommended for trichomoniasis – testing is recommended instead based on symptoms or patients' level of risk.⁴ To help detect trichomoniasis, the CDC recommends testing with nucleic acid amplified technology (NAAT).⁵

Who should be screened?

The decision to test for STIs should be made between a patient and his or her healthcare provider.

Below are some general CDC recommendations for common STIs⁵:

- Annual chlamydia and gonorrhea screening for sexually active women age younger than 25.
- Annual chlamydia and gonorrhea screening for women with increased risk who are 25 and older.
- Chlamydia and gonorrhea screening for all pregnant women during their first trimester.
- Annual screening for chlamydia and gonorrhea for men who have sex with men.
- Trichomoniasis testing considered for women with vaginal discharge or those in high-risk populations.

How can you help?

Accurate screening and testing can help stop the spread of infection and reverse the growing number of STIs in the U.S.

We proudly offer the Aptima® Combo 2 assay for chlamydia and gonorrhea and the Aptima® Trichomonas vaginalis assay for trichomoniasis detection. These tests offer the high sensitivity and specificity you can count on to be confident in both positive and negative results.

Together, with precision testing and targeted treatment, we can help reduce the incidence of STIs and help patients live healthier, happier lives. Thank you for joining us in the fight against infection. If you would like more information about STI Awareness Month or STI testing, visit KnowTogether.com.

Call or visit Vista Clinical today for accurate, affordable, and timely testing!

References: 1. Reported Cases of Sexually Transmitted Diseases on the Rise, Some at Alarming Rate [press release]. <http://www.cdc.gov/nchhstp/newsroom/2015/std-surveillance-report-press-release.html>. Atlanta, GA: CDC; November 17, 2015. 2. CDC. Incidence, Prevalence, and Cost of Sexually Transmitted Infections in the United States. <http://www.cdc.gov/std/stats/STI-Estimates-Fact-Sheet-Feb-2013.pdf>. Published February 2013. Accessed March 4, 2016. 3. Kent H. Epidemiology of vaginitis. Am J Obstet Gynecol. 1991;165(4):1168-76. doi:10.1016/S0002-9378(12)90722-X. 4. CDC. Trichomoniasis. <http://www.cdc.gov/std/tg2015/trichomoniasis.htm>. Updated June 4, 2015. Accessed March 4, 2016. 5. CDC. Screening Recommendations Referenced in Treatment Guidelines and Original Recommendation Sources. <http://www.cdc.gov/std/tg2015/screeningrecommendations.htm>. Updated June 4, 2015. Accessed March 4, 2016.

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