

HIV & RELATED PROGRAMS (HARP)

Sex Matters - The Central Coast Sexual Health Newsletter

VOLUME 1, ISSUE 1

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CLINIC STAFF & HEALTH PROMOTION TEAM



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4th National Survey of Secondary Students and Sexual Health- Snapshot of Finding

1. Young women's knowledge of cervical cancer can be improved
Young women were confused about the factors that increased the risk of cervical cancer, despite nearly 86% having reported being vaccinated.

2. Teenage oral sex increases
Nearly a third of teenagers have had oral sex with more than three partners.

3. Teens turn to mothers and teachers for sex information
Forget awkward family sex conversations. Teenagers are having more sex and are not embarrassed to talk about it, asking teachers and mothers for sex information.

4. Teens feel pressured into having unwanted sex
31% of respondents had experienced unwanted sex. The most common reason was

Full article available from the web link www.latrobe.edu.au/bulletin/2009/spring/

GOSFORD GUYS' CLINIC

To make it easier for men to 'run in for a sexual health check-up' the Holden Street Sexual Health Clinic started a new Thursday evening clinic session (5 to 8 pm) earlier this year. As the name suggests, the *Gosford Guys' Clinic* is specifically **for** guys and is staffed **by** guys: Paul mans the front desk while Michael puts into action his extensive clinical nurse specialist skills.

The clinic is by appointment only and guys can self-refer – no need for a doctor's referral. The clinic has proved to be very popular, particularly for guys who work and find it difficult to access services during normal work hours.
Call for an appointment 4320 2114.

NORTHERN SYDNEY
CENTRAL COAST
NSW HEALTH

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Did you know...

Around 17,444 people were living with HIV in Australia at the end of 2008 - people with a right to live free from discrimination.

Gosford Guys' Clinic

Run in for a sexual health check-up
at the men's clinic on Thursdays 5pm-8pm
Holden Street Clinic, Gosford Ph: 4320 2114 for an appointment
free & confidential

Sexually Transmissible Infection (STI) Facts



How common are STIs?

The total number of reported positive test results for chlamydia, gonorrhoea, syphilis and HIV in Australia for 2008 was approximately 70,000. This included nearly 60,000 cases of chlamydia, 8,000 cases of gonorrhoea, 1,000 cases of infectious syphilis and nearly 1,000 new diagnoses of HIV. The true number of infections may be much higher as many people have not been tested.

Other STIs are also common, but are not routinely reported. For example, it is estimated that about one in eight adults has genital herpes infection: most have minor or no symptoms, so only about 20% of people with genital herpes know that they have it.

Chlamydia is most common among young people aged between 15 and 29 years: about three quarters of positive chlamydia tests are in people from this age group. Most people who have chlamydia have no symptoms.

Do STIs lead to long term damage?

If undiagnosed and left untreated, STIs may lead to serious health consequences. For example, gonorrhoea and chlamydia can cause inflammation, infection and scarring of the fallopian tubes in women causing pelvic inflammatory disease (PID) which can lead to infertility. In men, similar complications may occur in the tubes of the testicles which can also affect fertility. Syphilis can cause heart disease, blindness and brain damage. Having an STI present can also increase the chances of contracting HIV due to inflammation of the mucosal lining at the site of infection.

Dear Dr Kym

Dear Dr Kym,

Last month I went to Bali on a surfing trip with some mates. One night we got really drunk and had sex with some of the local girls who we met in the bar. I did not use a condom while having sex. Should I be worried?

Jake

Dear Jake,

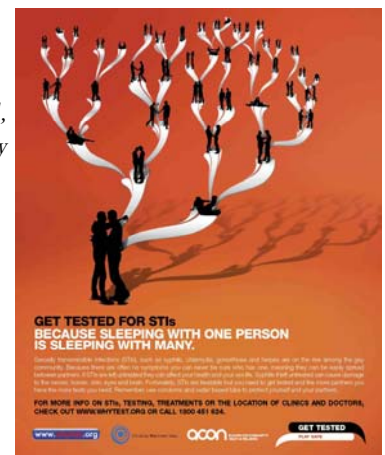
Unprotected sex overseas is very risky. Rates of STIs are much higher, especially in the developing countries. If girls are offering you unprotected sex, then they are very likely to be offering other guys the same. This makes them high risk partners. You need to attend your GP or a sexual health clinic for a full STI screen. You can find your nearest clinic by calling the sexual health info line on 1800 451 624.

The health care worker will examine you if you have any genital symptoms and will also take some blood for a HIV and a syphilis test. However, these tests can take up to 3 months to show a positive result (window period), so you will need to have another blood test in 3 months. You will also be asked to provide a urine sample for Chlamydia and gonorrhoea testing

(so remember don't wee before you go).

To protect yourself in the future, wearing a condom for all sexual contact with casual partners (oral, vaginal and anal) will decrease the chance of acquiring an STI and then you will not have to worry so much.

Dr Kym can be contacted at the Holden Street Sexual Health Clinic - 4320 2114



HEALTH PROMOTION CALENDAR

Important annual events on the HARP Health Promotion calendar

February 14th NATIONAL CONDOM DAY

Also known as Valentine's Day, National Condom Day provides an opportunity to discuss the importance of safer sex and how condom use provides protection against the spread of sexually transmissible infections.

September SEXUAL HEALTH WEEK (SHW)

SHW, a partnership between NSCCH, SESIAHS, SSWAHS, SWAHS, Family Planning NSW and the Youth Accommodation Association, supports organisations working with hard to reach young people under 25 years to raise awareness about sexual health issues. In 2009, SHW supported the NSW Health Sexually Transmissible Infections and HIV Campaign, *Get tested. Play safe.* Thirty-eight community grants of up to \$1000 were awarded enabling innovative events and activities to take place during SHW. Locally, Regional Youth Support Services in Gosford and Links Youth Service at San Remo Neighbourhood Centre received grants.

December 1st WORLD AIDS DAY

In 2009 World AIDS Day is celebrating its 21st anniversary. The NSW Campaign theme is *HIV is Still Here*, and the key messages are -

- *HIV is still here in Australia - it hasn't gone away.*
- *HIV is preventable.*

HIV AFFECTS PEOPLE ALL AGES, RACES AND CULTURES. YOU CAN PREVENT HIV TRANSMISSION BY:

- using condoms and water based lubricants with new and casual sexual partners,
- getting tested for HIV,
- never sharing injecting equipment.



World AIDS Day Happenings at Gosford Hospital

Come along to the Gosford Hospital staff canteen on World AIDS Day, Tuesday 1st December, for morning tea. For a gold coin donation you will get some delicious food and a Red Ribbon. All money raised will help the Positive Support Network to provide support for HIV positive people on the Central Coast.

But wait, there's more...

From 12.15pm in the Conference Centre Auditorium, staff from the Holden St Clinic will be holding a World AIDS Day Quiz & Update session. Form a team with your workmates and test your knowledge about HIV in a fun way. **Win a Christmas hamper!**



The Harm Minimisation Team

The Harm Minimisation Team in a cooperative project with Gosford City Council and Wyong Shire Council, will launch the *Get Smart With Sharps* initiative in November. The initiative provides for the better management and safer disposal of community sharps on the Central Coast. Community sharps are recognised as sharps that are generated in the home or through use by community members, such as diabetic lancets, needle syringes for medical use or by people who inject drugs.

The initiative provides the infrastructure required for community members to safely dispose of sharps through the provision of safer disposal sites at selected pharmacies across both council areas. Additionally information pamphlets and posters have been designed to inform community members of the specific sharps streams and the locations of disposal bins for both generators of medical sharps and for people who inject drugs.



HIV & RELATED PROGRAMS
(HARP)
HARP Health Promotion
Ph 4320 3337 Fax 4320 3163

REFERRAL INFORMATION

The Holden Street Clinic aims to improve the sexual health of Central Coast people by providing specialist HIV & sexual health clinical services to priority populations -

- *People living with HIV
- *Men who have sex with men
- *Sex industry workers
- *Aboriginal people
- *People with symptoms
- *People with doctors' referrals
- *Contacts of people with HIV, chlamydia, gonorrhoea and syphilis
- *People who inject drugs

CONTACTS

*NSW Health
www.health.nsw.gov.au/publichealth/sexualhealth/
www.gettested.com.au

*STIPU
www.stipu.nsw.gov.au
(Clinical guidelines are available from this site)

*ACON Hunter
129 Maitland Road, Islington 2296
Ph- 4927 6808
www.acon.org.au
hunter@acon.org.au

*Family Planning NSW
www.fpnsw.org.au

*Positive Support Network (PSN)
Ph - 4323 2905
www.positivesupportnetwork.com
posnet@tpg.com.au

*Youth Health Clinics
Ph - 4356 9333



Holden Street Clinic

69 Holden Street Gosford

Hours of Opening

Monday, Tuesday & Wednesday (appointments & drop in)

9.00 am - 12.00 noon, 1.00pm - 4.00pm

Thursday (appointments & drop in)

1.00pm - 4.00pm

Gosford Guys Clinic 5.00pm - 8.00pm Thursday

(call for an appointment)

Inpatient consultations and referrals can be made by calling the clinic.



Ph 4320 2114 Fax 4320 2020

WANT² TALK ABOUT SEXUAL HEALTH? **SEXUAL HEALTH INFOLINE**
1800 451 624
Mon - Fri
9am - 5:30pm



GenQ is an education and support group for young Gay, Lesbian, Bisexual, Trans*, Queer, GenderQueer, Gender-Variant or Questioning people aged 25 and under.

GenQ Gosford

WHEN: 2nd & 4th Thursday's of the month open from 3.00pm to 5.30pm

WHERE: Regional Youth Support Services, 123 Donnison Street, Gosford.

CONTACT: RYSS 4323 2374

GenQ Wyong

WHEN: 1st Wednesday of the month open from 2.30 to 5.30pm

WHERE: San Remo Neighbourhood Centre, 28 Brava Ave, San Remo.

CONTACT: Corrina 4390 7888



The Holden Street Clinic staff are available to hold in-services for other health care staff.

Call 4320 2114



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