

*“You can’t tell just by looking at a person that they have an STI”*



# Stop the nasties spoiling love


**S**exually transmissible infections (STIs) are common around the world. They may be caused by bacteria, viruses or parasites. You may think that only other people get STIs and that you are not at risk of catching one, but anybody who is sexually active can be infected if they do not practice safe sex. You can’t tell just by looking at a person that they have an STI. If you have unprotected sex with a person infected with an STI, you are at high risk of catching that infection. Sexually transmissible infections include chlamydia, herpes, gonorrhoea, syphilis, genital herpes, scabies, pubic lice (crabs), hepatitis and HIV (the virus that causes AIDS). It is recommended that you talk to your doctor about

having a check-up, even if you do not have any signs or symptoms of an STI. The symptoms can vary and sometimes there are no signs at all. Common symptoms can include unusual discharge from the penis or vagina, pain during sex or urination, sores, blisters, ulcers, warts or rashes in the genital area, itchiness or irritation in the genital area, persistent diarrhoea, fever, flu-like symptoms.

The most common sexual activities that can spread an STI from one partner to another include vaginal sex – the man’s penis in the woman’s vagina, anal sex – the man’s penis in the partner’s anus (the partner can be either male or female), oral sex – the man’s penis in the partner’s mouth, or the partner’s mouth or

tongue in the woman’s vagina, oral-anal sex – one partner’s mouth or tongue on the other partner’s anus.

It is not difficult to avoid catching STIs. You can prevent most STIs by using barrier protection such as condoms, female condoms and dams (a thin piece of latex placed over the anal or vulval area during oral sex).

Many STIs are easily treated once they are diagnosed. If you have unprotected sex with a person who has an STI, you are at high risk of catching that infection. It is recommended that you talk to your doctor about having a check-up if you have had unsafe sex, even if you do not have any signs or symptoms of an STI. 

## Dynamic yoga

Challenge yourself with a **Dynamic** class of Iyengar yoga – physically intense sequences and poses aimed at expanding your ability. Students need to be injury free, some yoga experience required.

- Monday 7.30pm
- Wednesday 6.00pm
- Saturday 11.15am

All classes are taken by fully experienced, qualified Iyengar yoga teachers. Classes run for 1 hour 15 minutes – **booking not required**

Students concession prices available **9486 8044**



 **Clifton Hill Yoga Studio**  
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[www.iyoga.com.au](http://www.iyoga.com.au)

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# HEPATITIS C AWARENESS WEEK 1 - 7 OCTOBER 2007

## PROGRAM OF EVENTS

'Drug Use Happens: Safe Use Prevents Hep C' Photo Exhibition. People living with hepatitis C will document their daily life through photography, and a selection of their work will be on exhibition. For more info contact Garry 9076 2637

Chopped Liver A play presented by the Ilbjerri Aboriginal and Torres Strait Islander Theatre Cooperative and VACCHO is touring Melbourne and regional centres from September 10 until October 5. For more info contact Jen 0438 191 219

## C-JAM

A free public concert on Sunday September 30 in the Band Room, corner of Mundy and Hargreaves Streets, Bendigo from 12.00pm. Hepatitis C Awareness Week will kick off with some solid rock 'n' roll. go to: [www.myspace.com/cjamconcert](http://www.myspace.com/cjamconcert).

**HEPATITIS C** is a virus which can cause inflammation of the liver and liver damage.

You can only get the virus when infected blood enters your blood stream. The point of entry for infected blood can be a fresh cut or broken or punctured skin.

There is treatment for hepatitis C.

To avoid hepatitis C don't share injecting, tattooing or piercing equipment, or any other item that may be contaminated with blood.



**HEPATITIS C CAN BE PREVENTED. LEARN THE FACTS.**

**HEP C INFOLINE: 1800 703 003**