



## ***Women's Health – Sexual Health***

Some sicknesses can be passed from person to person during sexual contact. Many of these sicknesses you might not know you have until you get very sick or you have trouble getting pregnant (an infection called chlamydia can cause problems with getting pregnant but this is not the only cause.)

Having a sexual health check helps to see if you have some of these invisible sicknesses. The doctor might do blood and urine tests and might take samples from your vagina. If you have blisters or sores that are on your genitals, the doctor may also take samples from these. They might ask you if you have burning or itchiness or if it hurts or burns when you pass urine. If you notice that these sores blisters come and go it is important to tell your doctor even if they are not there when you see her.

If you have had a discharge from your vagina that is not usual for you or it has a smell, please tell your doctor. Many infections in the vagina can be treated and are not caused by sexual contact but can be irritated by it. There are many things that can be causing this problem and you should not feel shame talking to the doctor about this. Tell your doctor if you have been using herbs to try to help with discharges. You might just need some tablets or cream to make this much better.

Also if you are starting a new relationship and thinking about having sex it is really good to talk to your GP doctor about ways for you and your partner to be safe.

## ***HIV& Hep B/C***

In Australia there are still many people who have these infections and you should practice safe sex. This means you will protect yourself against many sexually transmissible infections by asking your partner to use a condom or going and having tests done together.

Also if you are starting a new relationship and thinking about having sex it is really good to talk to your GP doctor about ways for you and your partner to be safe.

You should not feel shame talking to the doctor about this. In Australia there are many things that can be done to keep you well for a long time if you do have these infections.

You will be able to work with your doctor to get a plan for this.

## ***Continence***

Sometimes after having babies and as women get older they can start to loose small amounts of urine / wee especially when they cough or laugh. Sometimes a lot of urine can come out when you aren't at the toilet. There are many things that can be causing this problem and you should not feel shame talking to the doctor about this. There are lots of people with this problem and lots of things that can be done to help.

Your doctor might do some tests or give you some exercises to do to strengthen the muscles around the bladder, organise for you to get special pads to help soak up the urine or they might ask you to see someone who specialises in this problem for further tests. There are many things that can be done for this problem and you do not have to keep it a secret or be embarrassed. Tell your doctor if you have been using herbs or traditional ways to help with this problem because this will help them to know how best to help you.