



**tip** What's an STI?

You may have noticed the term *sexually transmitted infection* (STI) and wondered if it's the same thing as *sexually transmitted disease* (STD).

In recent years, many experts have suggested replacing STD with the term STI.

The reason? *Disease* implies a clear medical problem with symptoms. But, several of the most common STDs, including chlamydia, don't have obvious symptoms. So, it may be more accurate to refer to all STDs as infections, which may or may not result in disease.

Source: American Social Health Association

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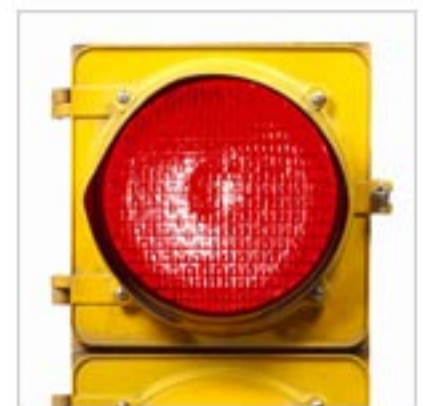
**Men's health**

Recent Articles

**Men: Know the risk of chlamydia**

By Michael W. Rosen, M.D.

About a million new cases of chlamydia are reported each year in the United States. Many more go unreported because this sexually transmitted infection (STI) often causes no symptoms. Most people who have it pass it on to others without knowing it.



You can get chlamydia — or give it to someone else — through vaginal, anal or oral sex. The more sex partners you have, the greater your risk. Proper protection, such as using a condom every time you have sex, can help you lower your risk of getting chlamydia and other STIs.

Men and women who have symptoms usually notice them within three weeks after being exposed. Some feel burning or itching when urinating. Some notice a discharge from the penis or vagina.

As the infection spreads, some women also may have:

- Lower back pain
- Nausea
- Fever
- Pain during sex

Among women, untreated chlamydia can lead to:

- Pelvic inflammatory disease
- Ectopic pregnancy — when a fertilized egg grows outside the uterus
- Infertility

Long-term problems are less common for men but may include:

- Genital pain
- Fever
- Sterility

**Protect yourself**

To lower your risk:

- Have sex only with someone who's uninfected and who has sex only with you. Ask your partner if he or she has been tested for STIs.
- Use condoms correctly every time you have sex.

Sexually active women should be tested for chlamydia once a year. Men should see a doctor if they notice symptoms or if a partner has this STI. Once it's found, chlamydia is treated and cured with antibiotics.

For more information about STIs and how to protect yourself, visit the Centers for Disease Control and Prevention online at [www.cdc.gov/std](http://www.cdc.gov/std).

**All about men**

There are more resources for men at [myuhc.com](http://myuhc.com). Click "Health & Wellness," then "Lifestyles." Select "Men's Health," and choose a topic such as "Fitness and Nutrition" or "Lifestages."

Dr. Michael Rosen is UnitedHealth Group's clinical lead in developing comprehensive oncology disease management solutions. During his 10 years with the organization, he also has contributed to clinical education and quality initiatives. Dr. Rosen's medical experience includes nearly two decades in the active practice of internal medicine and hematology, in which he holds board certifications. In addition to his clinical skills, he trained as an epidemiologist with the Centers for Disease Control and Prevention and served as an epidemic intelligence service officer with that organization for several years.