

Health Wise



GYT — April is STD Awareness Month — Get Yourself Tested It's Easy! It's Painless!

April is National STD Testing Awareness Month. The GYT (Get Yourself Tested) Campaign seeks to create a social movement around getting tested and aims to eliminate the taboos surrounding STD testing. Advocates for Choice, a student organization dedicated to educating the campus about reproductive health and access, is initiating the GYT Campaign at NIU with the help of the following co-sponsoring organizations: Health Services, Health Enhancement, the Women's Resource Center, Zeta Phi Beta, and the Women's Rights Alliance. The GYT Campaign at NIU is encouraging students to utilize Health Services men's and women's health areas for their STD/STI testing needs.

*1 in 25 Sexually active people will get a STD by age 25: Most won't know it!
Get Yourself Tested!*

Pap Testing: New Guidelines

NIU Health Services takes pride in providing NIU's women students with personalized, compassionate care and treatment with an emphasis on education and prevention. To do so we follow national guidelines and standards for women's health care.

In January 2010 we implemented The American College of Obstetricians and Gynecologists (ACOG) new Pap smear guidelines. One guideline is women should have their first screening Pap smear at age 21 unless there has been a previous abnormal Pap smear. Consistent with this recommendation, Health Services recommends having a yearly physical including a breast exam, pelvic exam, and STI screening if indicated; you must have an annual exam to receive birth control. Some women are not aware that a pelvic exam may or may not include a Pap smear. The need to have a Pap smear is based upon your history and the ACOG guidelines. If you have had a previous abnormal Pap smear, consult with your physician concerning Pap testing frequency.

Following are the ACOG new Pap smear guidelines:

- First screening Pap smear at age 21 unless a woman had a previous abnormal Pap smear
- Women in their 20's should have a Pap smear every two years (assuming prior Pap smears have been normal)
- Women age 30 and older who have had three consecutive normal Pap smears should have a Pap smear every three years
- Women who have had a hysterectomy for non-cancerous reasons do not need a Pap smear unless they have a cervix
- Follow these guidelines whether or not you have had the HPV vaccine

In addition to Pap testing, Health Services provides annual exams, breast exams, contraception and counseling, HPV vaccinations, as well as diagnosis and treatment for sexually transmitted diseases, vaginal infections, and menstrual irregularities. You may schedule an appointment by calling 815.753.1311.