



May 30<sup>th</sup> 2017

### Men encouraged to 'drop-in' for STI testing during Men's Health Week

Men need more encouragement to get tested for sexually transmissible infections (STIs), with rates continuing to rise, says SHQ (Sexual Health Quarters).

"Australian STI rates, in particular chlamydia, continue to rise among both men and women," said Rebecca Smith, spokesperson.

"While this trend is in line with increases in testing rates, people with chlamydia often don't experience any symptoms, and many infections remain undiagnosed," she said. "If left untreated, some STIs can have serious consequences."

"Men's Health Week is a timely reminder for men to have an STI test; it is recommended that everyone who is sexually active get tested every year, and consider more frequent testing if they start a new relationship/s."

Ms Smith said men often felt more comfortable with a 'drop-in' approach to testing that didn't require them to plan ahead.

"To encourage men to get tested, we run regular drop-in clinics every week. We will also be offering a free, all-day drop-in service on Tuesday June 13<sup>th</sup> to celebrate Men's Health Week."

"Our staff are very comfortable seeing male clients, who can be assured their concerns will be addressed confidentially and in a caring and sensitive manner," said Ms Smith.

Many men also report they are 'too scared' to get an STI test as they think it involves a swab being inserted.

"For men without symptoms, a simple urine test is often all that is required. If a swab is needed, it is usually taken from the end of the penis, not inside," she said.

"In addition to concerns around the test itself, we also know men are reluctant to discuss sexual health issues in the first instance, so health professionals should look to raise them as part of a general health consult where possible."

**Men's Health Week is on from June 12<sup>th</sup> – 18<sup>th</sup>.  
A special STI drop-in clinic will be running on Tuesday June 13<sup>th</sup>.  
This free clinic will operate on a first come, first served basis  
at SHQ in Northbridge for men who don't have symptoms.  
Please bring your Medicare card. Go to [shq.org.au](http://shq.org.au) for more information.**

**Media contact:** Rebecca Smith 9227 6177 or [rebecca.smith@shq.org.au](mailto:rebecca.smith@shq.org.au)

#### Sexual Health Quarters

70 Roe Street, Northbridge WA 6003 | PO Box 141, Northbridge WA 6865

☎ 08 9227 6177 📠 08 9227 6871 ✉ [info@shq.org.au](mailto:info@shq.org.au)

The Family Planning Association of WA (Inc.) | ABN: 15 275 099 026