



The Clinic and Sexually Transmitted Infections

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Health Topics
Abuse
Active Living
Alcohol & Other Drugs
Beauty and Body Art
Breastfeeding
Cancer
Cannabis
Community Design
Coronavirus
Dental Health
Diseases
Emergency Management
Environment
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Food and Healthy Eating
Food Safety
Health Equity
Healthy Aging
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Parenting
Perinatal Mental Health
Physical Activity
Pool Safety
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Road Safety
Safety
School Health
Sun Safety
Ticks & Lyme Disease
Tobacco & Vapour

Health Topics

The Middlesex-London Health Unit provides up-to-date and accurate information on a variety of topics, programs, services and research, including, but not limited to:

Abuse	Healthy Aging
Active Living	Immunization
Alcohol and Other Drugs	Infectious Diseases
Beauty and Body Art	Inspections
Breastfeeding	Nutrition
Cancer	Opioids
Cannabis	Parent Resources <small>(including feeding your baby, growth & development, mental health, and more)</small>
Child Safety <small>(including concussions, safe sleep, poison prevention, drowning prevention, home safety, and more)</small>	Perinatal Mental Health (PMH)
Community Design	Physical Activity
Dental Health & Services	Pregnancy
Drinking Water	Rabies
Emergency Management	Safety <small>(including food safety, road safety, child safety, sun safety, pool safety, and more)</small>
Environmental Health <small>(including climate change, bed bugs, mould, lead, and more)</small>	School Health
Flu	Sexual Health
Food Policy	Tobacco and Vaping Products <small>(including steps to quitting and more)</small>
Food Safety	Ticks and Lyme Disease
Head Lice	West Nile Virus
Health Equity	Workplace Health

Website: **healthunit.com**

Phone number: **519-663-5317**

The Clinic - London

Located at 355 Wellington St., London, ON inside Citi Plaza.

Birth Control Clinic:

Monday: 1:00 p.m. to 3:00 p.m.

Wednesday: 9:00 a.m. to 11:00 a.m. and 1:00 p.m. to 3:00 p.m.

Thursday: 4:30 p.m. to 7:00 p.m.

STI Clinic:

Monday: 4:30 p.m. to 7:00 p.m.

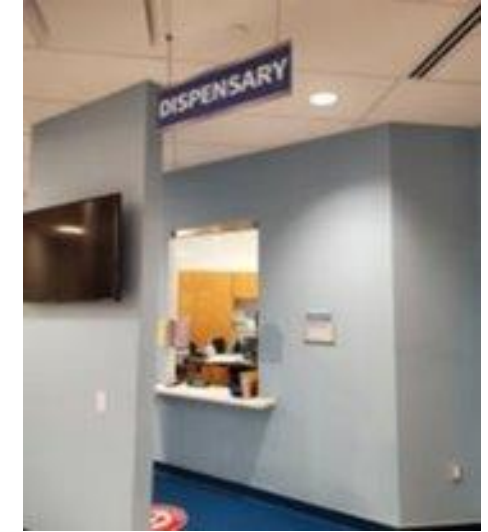
Wednesday: 4:30 p.m. to 7:00 p.m.

Friday: 8:30 a.m. to 10:30 a.m.

Call for an appointment



The Clinic - London



The Clinic - Strathroy

Located at 51 Front St., Strathroy, ON.

Public Health Nurse Hours:

Thursdays: 11:00 a.m. to 1:00 p.m.
and 2:00 p.m. to 4:00 p.m.

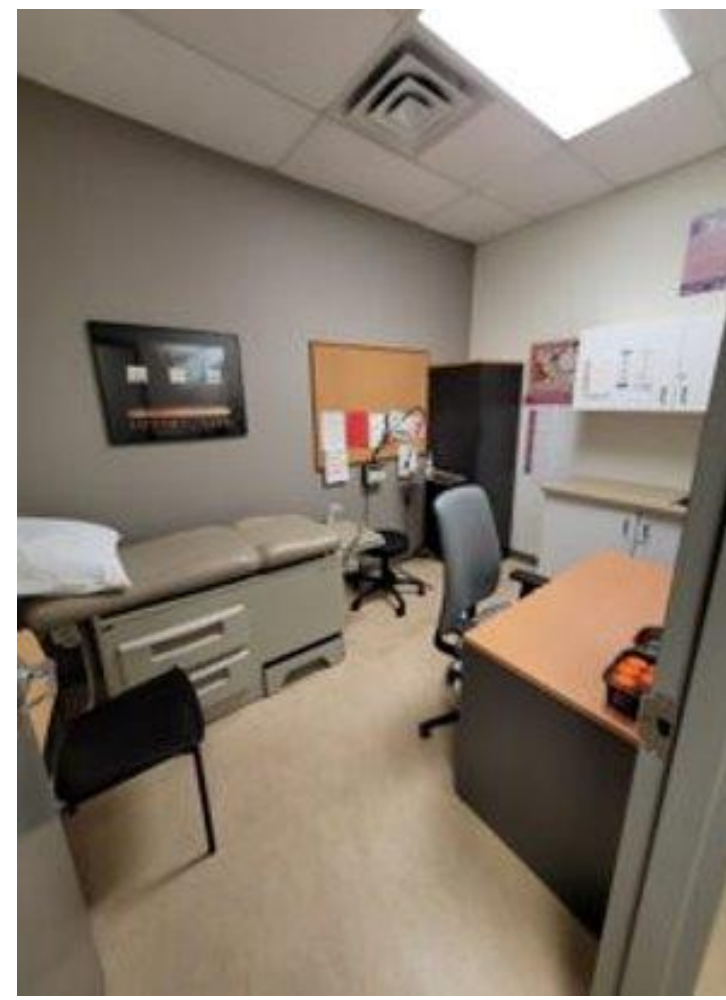
Physician Hours:

Every 4th Thursday: 12:30 p.m. to 3:30
p.m.

Call for an appointment



The Clinic - Strathroy



Birth Control Clinic

The following services are available to individuals under 50 years of age:

- Birth control counselling and prescription
- Low-cost birth control
- Low-cost emergency contraceptive
- Cervical cancer screening (pap tests)
- STI testing, pelvic pain assessment
- IUD/IUS consultation and insertion
- Free condoms

All female physicians

The Clinic
519-663-5317
355 Wellington St., Suite 110, London ON
51 Front St. E., Strathroy ON

The Clinic offers a confidential and non-judgmental environment where clients can get answers to their sexual health questions, and are provided with what they need to make decisions that are right for them. All visits to The Clinic are confidential.

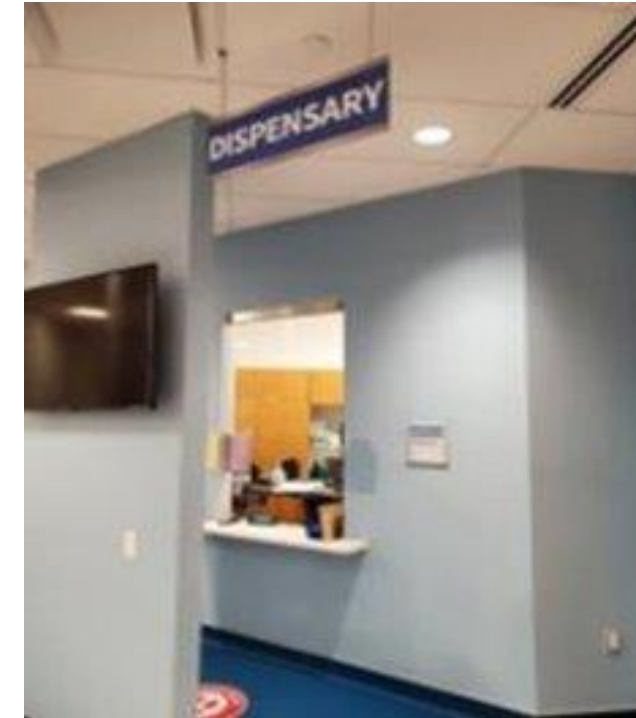
Birth Control Methods
- Discussing your options
Emergency Contraceptive Pill
Sexually Transmitted Infections
- Confidential testing
- Free treatment
Free Needle Exchange

Know Your Choices
Sexual health for life

ML BUREAU DE SANTÉ DE
MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com

The Clinic
519-663-5317

Birth Control
Sexually Transmitted Infections (STI)
Free Testing and Treatment
Free Needle Exchange
ML BUREAU DE SANTÉ DE
MIDDLESEX-LONDON
HEALTH UNIT
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Dispensary Window -
To purchase birth control
and emergency contraceptive (no
appointment needed, no age
limit)

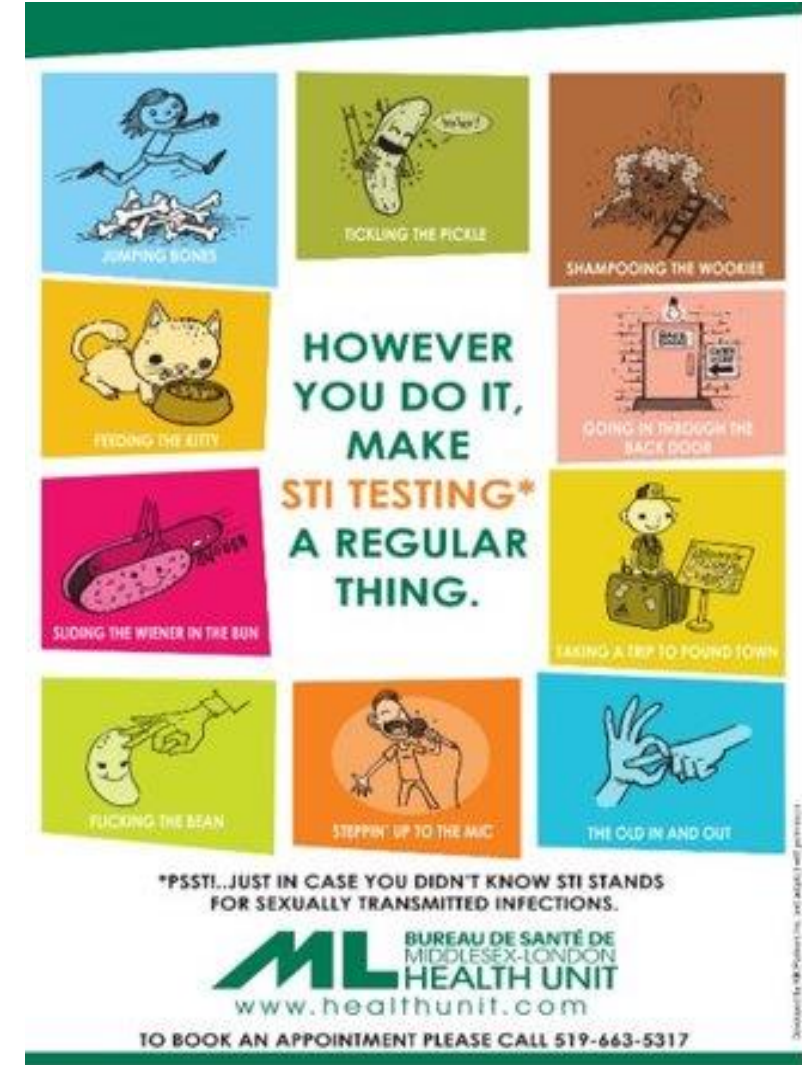
Sexually Transmitted Infection (STI) Clinic

We offer:

- Free STI testing and treatment (no health card required)
- Free condoms

STI Testing Process:

- 1.Call to book an appointment for the STI clinic
- 2.Come to the Health Unit
- 3.Check in with reception – you will be given a number
- 4.Wait until your number is called
- 5.Talk to a public health nurse in private treatment room
- 6.Visit with the doctor



Sexually Transmitted Infections

STIs are infections caused by bacteria, viruses, or parasites. Contact with any sexual fluids (i.e., semen, blood, vaginal fluids) and close skin-to-skin contact can cause an STI to spread.

STIs can spread through:

- Unprotected vaginal sex
- Unprotected oral sex
- Unprotected anal sex
- Sharing sex toys
- Close skin-to-skin contact



Why get tested for STIs?

Peace of mind

Symptoms

New partner

Routine

Close contact



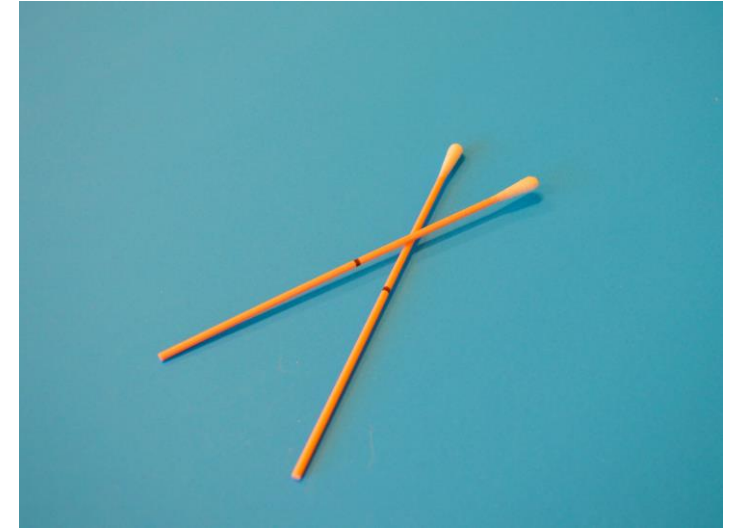
Check out the collection online, comment and share!
healthunit.com/top10reasons

STI Breakdown

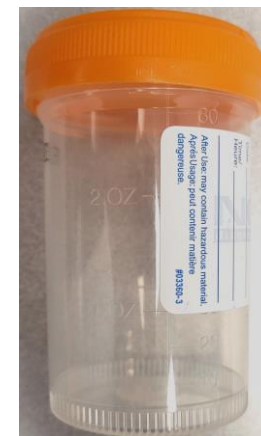


Chlamydia

- Most common bacterial STI
- Spread through unprotected oral, vaginal, and anal sex
- Often asymptomatic (about 50% of males and 70% of females have no symptoms!)
- If present, symptoms may include vaginal bleeding between periods or after vaginal intercourse, pain in the abdomen or lower back, discharge from vagina, penis, or rectum, pain or burning while peeing, testicular pain or swelling
- Urine test or swabs
- Treated with antibiotics



(Testalize.me, 2020)

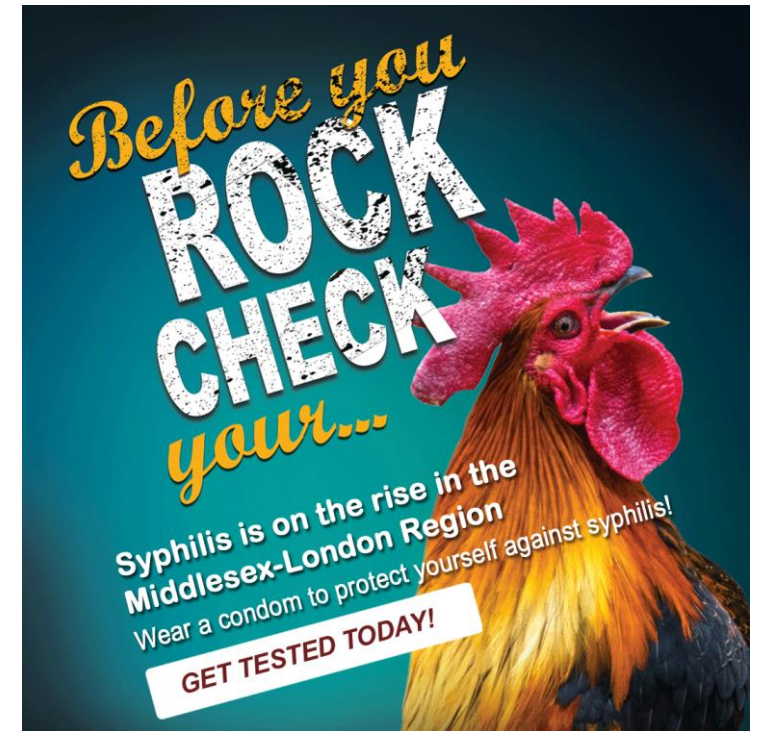


Gonorrhea

- Second most common bacterial infection
- Spread through unprotected oral, vaginal, and anal sex
- Urine test or swabs
- Symptoms (most men have symptoms, most women do not):
 - Pain during intercourse
 - Abnormal vaginal bleeding
 - Discharge
 - Pain in testicles, rectum, or lower abdomen
 - Pain or burning while peeing
 - Urethral itch
- Treated with antibiotics

Syphilis

- Bacterial STI that is spread through direct contact with syphilis sores, commonly during unprotected oral, vaginal, and anal sex, or spread to a baby during pregnancy or delivery
- Presents in stages (primary, secondary, early and late latent, and tertiary)
- Rates have been significantly increasing in Canada
- Treated with antibiotics

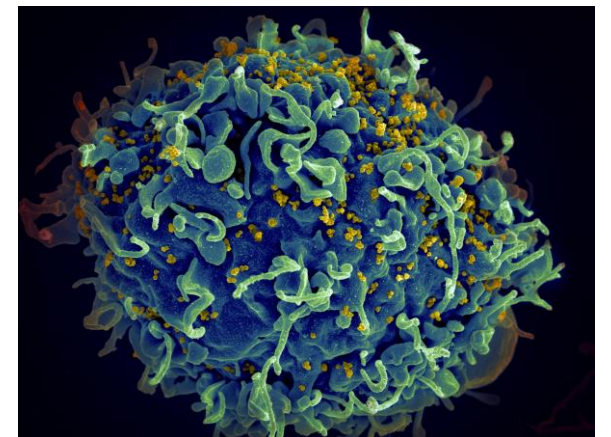


Human Immunodeficiency Virus (HIV)

- Virus that destroys the cells in the immune system
- Spread through blood, semen, vaginal fluids, rectal fluids, and breastmilk , commonly during unprotected sex or sharing drug use equipment
- AIDS is the later stage, occurs when immune system is badly damaged
- Medications are available to manage and prevent the infection



(Bermix Studio, 2023)



(National Cancer Institute, 2021)

Hepatitis

Hepatitis is a virus that affects the liver. The most common types are Hepatitis A, B, and C.



(Polekhina, 2021)

Hepatitis A:

- Acute infection spread through the fecal-oral route, most commonly through contaminated food or water
- Can be spread through anal-oral sex
- Vaccine available

Hepatitis B:

- Acute or chronic infection
- Spread through blood and other body fluids, may occur during sex, sharing drug use equipment, or through pregnancy or delivery to baby
- Vaccine available

Hepatitis C:

- Acute or chronic infection
- Spread through blood-to-blood contact
- Curable with medication
- No vaccine available and immunity does not develop, can be reinfected

Herpes

- HSV-1 or HSV-2, spread through skin-to-skin contact
- Testing can be done by a swab of a lesion or a blood test
- Primary symptoms include flu-like symptoms, swollen lymph nodes, and lesions, may last 2-3 weeks without treatment
- Recurrent outbreaks can occur, triggered by stress, menstrual periods, surgeries, etc., these outbreaks tend to heal quicker
- No cure, but medications can reduce duration and severity of outbreaks (it is manageable!)



(Reproductive Health Supplies Coalition, 2019)

Human Papilloma Virus (HPV)

- Most common STI, approximately 75% of Canadians will have an HPV infection in their life
- Over 200 strains of the virus
- Skin-to-skin contact
- Many strains are asymptomatic and clear up on their own
- Low-risk strains can cause genital warts
- Higher risk strains can cause cancer
- 9 strains preventable with Gardasil-9 vaccine
- Tested through visual inspection (genital warts) and pap tests

Thank you!

**For further information or to book an
appointment at the STI or Birth Control
Clinic, please call 519-663-5317.**



References

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