

Mayo Clinic Minute

Some sexually transmitted infections reach record highs

Video	Audio
Graphic: Syphilis: 27,814 Gonorrhea: 468,514 Chlamydia: 1,598,354 Total: 2,094,682	Doctors diagnosed more than 2 million people with syphilis, gonorrhea or chlamydia in 2016...a record high.
	Mayo Clinic Infectious Diseases Specialist Dr. Stacey Rizza says that number is alarming
STACEY RIZZA, M.D. INFECTIOUS DISEASES Mayo Clinic	“We do know that younger people who are sexually active tend to be at a slightly higher risk.”
	Dr. Rizza says riskier sexual behavior, like having multiple sex partners and not using barrier protection during sex, puts people at risk for sexually transmitted infections.
	It’s unclear whether or not the rise of dating apps and younger people having sexual relationships with strangers could also be a contributing factor to the recent rise in infections in this age group.
	“The major risk factor is having [sex] with partners where you don’t know their situation and their status for a sexually transmitted infection and people who have multiple sex partners.”
	Dr. Rizza says the key to slowing the spread of STIs is having people get tested regularly, and educating people on how to prevent them.
	“A condom would prevent the spread of all three sexually transmitted infections as well as HIV.”

For the Mayo Clinic News Network, I'm
Ian Roth.