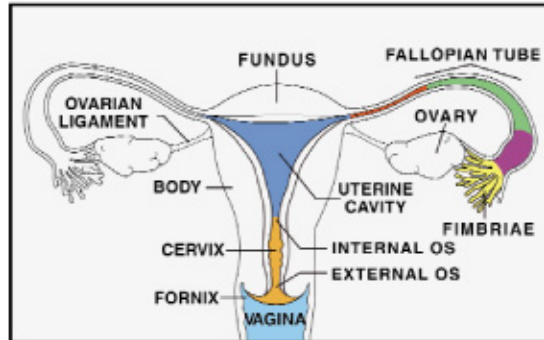


Chlamydia

Your Diagnosis

Chlamydia Trachomatis

Your recent laboratory test has revealed that you tested positive for chlamydia, also known as *Chlamydia trachomatis*. It is the most



common sexually transmitted bacterial infection in the United States. Chlamydia is a kind of bacteria that can infect the penis, vagina, cervix, anus, urethra or eye. Chlamydia infection may be the result of engaging in unsafe sex, having sex with multiple

sexual partners, having sex with someone who has multiple partners, or having a history of sexually transmitted infections. Chlamydia can be easily treated with antibiotics; but if left untreated, serious complications may arise.

Chlamydia Background Information

An estimated three million people become infected with chlamydia annually. Chlamydia is most prevalent in young women ages 15-24. It is four times as common as gonorrhea and more than thirty times as common as syphilis.

The infection is a serious health threat for women and usually begins on the cervix. It can then spread to the fallopian tubes or ovaries. When left untreated, a chlamydia infection can lead to pelvic inflammatory disease (PID). PID can cause serious damage to a woman's reproductive organs and can lead to infertility, chronic pelvic pain and an increased risk of ectopic pregnancy (a pregnancy that occurs outside the uterus). If you are a pregnant woman and are infected with chlamydia, you may pass the infection on to your child at birth, and your child could encounter health complications.

Although chlamydia is the most common sexually transmitted bacterial infection in the United States, many people do not know they have it because of a lack of noticeable symptoms. Approximately 50% of infected men and women do not know they have chlamydia. People who do not have symptoms may pass the infection to their sex partners without knowing. Chlamydia often occurs with gonorrhea, a similar sexually transmitted disease.

Symptoms

If symptoms occur in infected women, they may take the form of:

- An abnormal vaginal discharge
- Pain during urination
- An urge to urinate more than usual
- Pain during sexual intercourse
- Abdominal pain
- Spotting between periods
- Nausea and fever

If symptoms occur in infected men, they may take the form of:

- Discharge from the penis
- Pain during urination
- Swollen or tender testicles

Follow-up Options for Chlamydia

Chlamydia is easy to treat and can be cured quickly. Your doctor will prescribe antibiotics to kill the bacteria. It is important to remember to take all of the prescribed medicine; even if the symptoms disappear, the infection may remain in your system. It is also important that you and your partner be treated at the same time and that you both avoid sexual contact during treatment, to prevent reinfection.

To minimize your risk for chlamydia infection, you should:

- Use condoms or diaphragms during sexual intercourse
- Remain in a monogamous relationship
- Limit your number of sexual partners
- Include chlamydia screening as part of your annual examination or when you have your first prenatal visit

Important Questions to Ask Your Doctor

- What do the results mean?
- What follow-up options do I have?
- What do you suggest and why?
- How can I prevent this from happening again?
- When do you recommend a repeat chlamydia test?

Sources for Additional Information

- Associated Pathology Medical Group: www.apmglab.com or 800-848-2764
- Center for Disease Control and Prevention: www.cdc.gov
- WebMD: www.webmd.com
- National Institute of Health: www.nih.gov



APMG *Associated Pathology Medical Group, Inc.*

This report is intended for patient education and information only. It does not constitute advice, nor should it be taken to suggest or replace professional medical care from your physician. Your treatment options may vary, depending upon medical history and current condition. Only your physician and you can determine your best option.