

GET INFORMED. GET TESTED.



Get on with your life.

As you transition to adulthood, I want to let you know that as your doctor, I'm available for any health-related questions or conversations you want to have. And it's my job to ask questions that can sometimes feel uncomfortable to answer. Know that truthful answers help you stay healthy and you will never be judged for your answers.



During your appointments moving forward, we may discuss:

- Healthy eating and sleeping habits
- Friends and relationships
- Emotions and mood
- Sexuality
- Drugs and alcohol

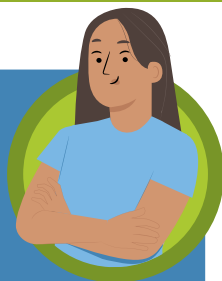


You can set the pace for these conversations and everything that you say will be kept confidential unless you share that you are going to harm yourself or others.



One of the most common topics we will discuss include sexually transmitted diseases (STDs). Why? Few people talk about getting tested for STDs, but lots of them do it. Together, we can understand what STD tests you should be getting and how often. STD screenings also include chlamydia testing as it's a common STD that has "silent" symptoms.

If you ever test positive for an STD like chlamydia, know that it is treatable. **Antibiotics can help you get on with your life.**



Here's more information about the importance of STD screenings from Buckeye Health Plan.

