

- Sexually Transmitted Diseases

Older People at Risk From STIs

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It's not only high schoolers who need sex education. In a survey of Europeans aged over 45, two-thirds of respondents said they never used protection against sexually transmitted infections, and more than half had never been tested for STIs they could be carrying. Shame and stigma were cited as among the biggest barriers stopping them from accessing sexual health-care services. Over the long term, certain untreated STIs can lead to chronic pelvic pain, cardiovascular damage or an increased risk of cancer. So even if this topic makes you feel uncomfortable, it's a good idea to openly discuss it with your doctor.

