



**SEX**  
never gets  
**Old**

Been there, done that, and want to do it again.  
Be healthy while staying sexually active.



## **Be Healthy While Staying Sexually Active**

- \* 17% of newly diagnosed HIV/AIDS cases in New York State are among adults 50 years or older.

**According to the Centers for Disease Control and Prevention (CDC):**

- \* 15% of newly diagnosed HIV/AIDS cases in the United States are among adults 50 years or older.

## **Why Are So Many Older People Being Diagnosed with HIV and STDs?**

- Mature adults who are sexually active or who use drugs may not realize they are being exposed to HIV and/or STDs.
- Many people believe condoms are used just to prevent an unwanted pregnancy.
- People are infected at a younger age but not diagnosed until they are older.
- Many older adults do not think they may be at risk for HIV and STDs.

HIV (Human Immunodeficiency Virus) is a virus that attacks the body's immune system and makes the body too weak to fight off life-threatening illnesses and disease. People with HIV can have it for many years, yet have no symptoms.

AIDS (Acquired Immune Deficiency Syndrome) is the last stage of HIV infection. There are medicines that can help people with HIV stay healthy longer, but there is currently no vaccine or cure for HIV and AIDS.

STD (Sexually Transmitted Disease) - STDs are diseases that are usually passed through sexual contact with an infected partner. STDs include many diseases such as AIDS, chlamydia, gonorrhea, genital herpes, genital warts, and syphilis.





# How Do People Contract HIV and/or STDs?

**HIV can be passed from one person to another:**

- during unprotected sex with a partner who has HIV or whose HIV status is not known. This can be anal, vaginal or oral sex without a condom.
- by sharing needles and works to shoot drugs, including insulin or steroids, with someone who has HIV.

STDs, like HIV, are spread from person to person during sex. This can be anal, vaginal or oral sex without a condom. If you have an STD, it is easier to get infected with HIV.

## Reasons You May Be at Risk for HIV and STDs:

- Increased sexual activity with a new partner(s) because of divorce, death of a spouse, or a change in a relationship.
- The widespread availability of erectile dysfunction (ED) treatments.
- Sex without a condom because there is no risk for pregnancy.
- Lack of knowledge and education about HIV/AIDS and STDs.
- Embarrassment and fear of discussing safe sex options.
- Alcohol and drug use that may increase risk-taking behavior.
- Not understanding how HIV and STDs are transmitted.
- Health professionals who may not think that older adults may be at risk.
- Stigma concerning sex and disease.



## **Your Age Will Not Protect You from HIV and STDs, but Increasing Your Knowledge, Changing Your Attitudes and Beliefs Will.**

**You can protect yourself and those you care about by:**

- using a latex condom or female condom every time you have sex. Although pregnancy may not be a concern, HIV and other STDs should be. Condoms used the right way every time you have sex are very effective in preventing HIV and many other STDs.
- never sharing needles or drug works.
- not using alcohol or other drugs that may prevent you from protecting yourself.
- discussing HIV and getting an HIV test with your partner(s).

**Many men over 50 use erectile dysfunction drugs and this use of ED drugs has led to higher rates of STDs.**

**Remember...**

- HIV and STD testing should be a routine part of your health care along with other routine screenings and health exams.
- Always use condoms when having sex.
- If you have new or multiple partners, get an HIV test.
- More sex, as a result of ED drugs, may put you at risk for HIV and STDs.







# **HIV/STD Testing Is Easy and Free.....and Should Be Routine**

- New York State law requires that primary health care providers offer HIV testing to everyone between the ages of 13 and 64. When asked, say yes. If you test positive, there are treatments available to help you stay healthy. If you test negative, you can continue to protect yourself by avoiding the risks listed above.
- There is not one test for all STDs. For some STDs, your urine can be tested. For others, they will need to take a sample of the fluid or cells from your vagina or penis.
- In addition to your doctor's office, there are many places you can get tested, including most clinics and local health departments. Some places give the test for free and some do not require you to give your name. There are different types of HIV tests:
  - Rapid tests take between 10 and 40 minutes for results and use only a drop of blood or some fluid from your mouth.
  - A blood sample from your arm or some fluid from your mouth can be used for HIV tests done in a lab.

To find out where you can be tested for HIV, please refer to the toll-free hotline numbers listed in this brochure.

**Remember, HIV and STD testing should be a routine part of your health care along with other routine screenings and health exams.**

**Mature adults need education and support to ensure their lives over 50 are as rewarding and safe as they were before the age of 50. It can also empower them as teachers of younger generations.**



## **Learn More About HIV and Aging**

### **New York State Department of Health HIV/AIDS Hotline and Website**

1-800-541-AIDS (2437) (English)

1-800-233-SIDA (7432) (Spanish)

[www.health.ny.gov/diseases/aids](http://www.health.ny.gov/diseases/aids)

### **New York State HIV/AIDS TDD Information Line**

1-800-369-2437. Voice callers can use the New York Relay:

Dial 711 or 1-800-421-1220 and ask the operator to dial 1-800-369-2437.

### **New York State Department of Health STD Website**

[www.health.ny.gov/diseases/communicable/std](http://www.health.ny.gov/diseases/communicable/std)

### **U.S. Centers for Disease Control and Prevention (CDC)**

CDC/National STD hotline: 1-800-232-4636

### **U.S. Centers for Disease Control and Prevention (CDC)**

CDC has a range of materials on HIV/AIDS and people over age 50:

[www.cdc.gov/hiv/topics/over50/index.htm](http://www.cdc.gov/hiv/topics/over50/index.htm)

1-800-458-5231



[health.ny.gov/SexNeverGetsOld](https://health.ny.gov/SexNeverGetsOld)

