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## HELPFUL LINKS

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ASHA's [Ask the Experts](#) is an online service that offers an opportunity for you to ask health professionals that specialize in HPV, herpes and other STI's, questions. Each question is \$25.

You may also read answers to previously asked questions for **FREE**. Visit ASHA's website for more information at [www.ashasexualhealth.org](http://www.ashasexualhealth.org)

ASHA's 'I Wanna Know' (for teens)  
<http://www.iwannaknow.org/teens/index.html>

QuieroSaber: <http://www.quierosaber.org>

CDC/Herpes [www.cdc.gov/std/Herpes](http://www.cdc.gov/std/Herpes)  
CDC/HPV [www.cdc.gov/hpv](http://www.cdc.gov/hpv)

Planned Parenthood  
[www.plannedparenthood.org](http://www.plannedparenthood.org)

The STD Project [www.thestdproject.com](http://www.thestdproject.com)

Safer Sex 4 Senior Citizens  
[www.safersex4seniors.org](http://www.safersex4seniors.org)



Ohio Friends  
Email: [info@ohiofriends.org](mailto:info@ohiofriends.org)  
Phone: (614) 526-4461 (call or text)

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## STATISTICS FROM ASHA

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Recent estimates from the Centers for Disease Control (CDC) and Infection show that 19.7 million new STIs are discovered every year in the U.S.

In a national survey of US physicians, fewer than one-third of patients are routinely screened for STDs/STIs.

- 'More than fourteen million people are infected with HPV each year.'
- 'About 1 in 6 people, ages 14-49 in the USA, have a genital HSV-2 infection. However, most people do not know they are infected because their symptoms are too mild to notice, or are mistaken for another condition.'
- 'If a person with oral herpes (commonly referred to as cold sores or fever blisters) performs oral sex, it is possible for their partner to contract genital herpes.'
- It is estimated that as many as one in five Americans have genital herpes, a lifelong (but manageable) infection; however, up to 90 percent of those with herpes are unaware they have it.
- 'With more than 50 million adults in the US with genital herpes, and up to 776,000 new infections diagnosed each year, some estimates suggest that by 2025 up to 40% of all men and half of all women could be infected.'
- Of the STDs/STIs that are diagnosed, only some (gonorrhea, syphilis, chlamydia, hepatitis A and B) are required to be reported to state health departments and the CDC.
- Consistent condom use provides substantial protection against the acquisition of many STDs, including statistically significant reduction of risk against HIV, chlamydia, gonorrhea, herpes, and syphilis.

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# HERPES AND HPV SUPPORT GROUP

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A statewide social support group for those with Herpes and/or HPV

Ohio Friends  
Email: [info@ohiofriends.org](mailto:info@ohiofriends.org)  
Phone: (614) 526-4461  
(call or text)

Copy/print and distribution this brochure is permissible by Ohio Friends.

## SUPPORT GROUP

Ohio Friends Support is a support group for those with herpes and/or HPV. Meetings are held in Columbus Ohio and we now have a call in meeting open to members of Ohio Friends

### LOCATIONS

Columbus  
Westland Area Library  
Outside meeting room  
4740 W. Broad Street  
Columbus, OH 43228

### **Conference 'Call In' Support Group meeting**

will take calls the third Sunday of every other month. This is an exciting opportunity for those who can't make it to our 'in person' meetings!

### MEETING DATES

For a listing of the meeting dates in Columbus and our **Conference' call in' meeting**, visit our website at [www.ohiofriends.org](http://www.ohiofriends.org) and click on Support Groups. You may e-mail us at [info@ohiofriends.org](mailto:info@ohiofriends.org) or call/text us at: (614) 526-4461 for more information.

### ABOUT THE MEETINGS

Ohio Friends Support is here to give those the emotional support and education many seek after being diagnosed with one or both of these viruses.

After being informed you have herpes, or HPV, there are a lot of questions; everything from toilet seats to having babies. There is a lot of information on the internet about herpes and HPV that can be both confusing and scary.



At our meetings, we openly discuss living and socializing with an STD. We are able to answer your questions and listen to your concerns. You will be given the opportunity to ask questions and share personal experiences if you wish.

There is no forced participation. Listening to someone that has lived with the virus for years can give you a better understanding of what you might expect.

By attending a meeting you will be able to communicate with others that understand. They have been where you are now. It is just about guaranteed that your self-esteem and self-confidence will be higher after meeting other individuals with these viruses.

When needed, during support meetings, we receive medical advice from our medical advisor; a registered nurse employed with the STD Clinic in Columbus, Ohio.

### CONFIDENTIALITY

Ohio Friends Support provides an atmosphere of trust, understanding and support in a private setting. What we share is confidential. Each of us has the right to remain anonymous. Should we see a member of the support group outside of the meeting, we should respect that person's right to remain anonymous. At a meeting, each of us has the option of joining in the discussion or just listening.

### DONATIONS

MEETINGS ARE FREE to attend. Any donations received will be applied to advertising and printing costs.

### DIRECTIONS/PARKING

Columbus: The Westland Area Library is located in the Lincoln Village Shopping Center (between Giant Eagle and Jo Ann Fabrics) on West Broad Street; just west of I-270.

There are two meeting rooms: one inside to the left and another one outside of the library to the right. Most of our meetings will be held in the outside meeting room. Look for the "Support Group" sign on the door. Text or call us if you have questions. Parking is free.

### SOCIAL AND DATING GROUPS

Joining Ohio Friends is a way for you to go from newly diagnosed to socializing and dating again. The Ohio Friends newsletter will keep you informed of activities throughout Ohio and across the country. Visit: <http://www.ohiofriends.org> and click Join Us.

Once you are a member of Ohio Friends, we encourage you to join the many Secret Facebook groups; an online community to socialize privately with other individuals with herpes/HPV. You cannot search for these groups; you must request to be added. We suggest you join the groups using an alias to ensure your privacy. For more information, or to request to be added to the groups, become a member of Ohio Friends at [www.ohiofriends.org](http://www.ohiofriends.org) Join Us.

Positive Singles is the world's largest and most trusted online dating site for people with Herpes, HPV and other STDs [www.ohiofriendsstddating.org](http://www.ohiofriendsstddating.org)

### JOIN US

