

TRUTH VS. PERCEPTION: what patients most at risk for STIs don't KNOW

According to the Centers for Disease Control and Prevention (CDC), **46% of U.S. chlamydia cases occur in women ages 15–24.¹ And yet, 86% of women in this age group don't think they're at risk.²** A recent report reveals gaps in knowledge and expectations among these patients regarding sexually transmitted infections (STIs).

Patient knowledge gaps and behavior²

52%

don't know that chlamydia and gonorrhea (CT/NG) can be **asymptomatic**

31%

don't know that, if left untreated, CT/NG can lead to **infertility**

60%

didn't use a condom the last time they had sex



Women ages
15–24

Expectations for testing²

Despite lack of knowledge, these patients—and their mothers—support routine testing and rely on their doctors to provide it.

87%

think all sexually active women ages 15–24 should be **tested once a year** for CT/NG, and their moms agree

72%

want their doctors to **automatically test** them for CT/NG once a year



Healthcare professionals can improve patient health outcomes by implementing routine STI testing—
and their patients want and expect it.

Establishing routine STI screening can **better protect your at-risk patients**

The American Academy of Pediatrics (AAP) recommends that sexually active female patients be screened for CT/NG beginning in early adolescence. Routine testing for all sexually active female patients under 25 is also recommended by the ACOG, AAFP, CDC, and USPSTF.*³⁻⁷

Know when it's best to test

The **It's Best to Test** program from Quest can support your routine CT/NG screening protocol, providing materials and resources for you and your patients. Quest offers a variety of testing options to help you easily integrate screening into your practice. By increasing the amount and frequency of appropriate testing based on guidelines, you can drive better decision-making and better health outcomes.



Helping you improve health outcomes

Quest is committed to helping you and your patients work together toward better health, offering additional solutions including:

MyQuest™ patient portal and app

Patients can view test results and schedule follow-up testing

GTI† positivity report

A results summary that supports practice reminder systems for CT/NG retesting



To learn more about the It's Best to Test program, contact your Quest sales representative. You can also visit **[ItsBestToTest.com](https://www.questdiagnostics.com/ItsBestToTest)**.

*ACOG = American College of Obstetricians and Gynecologists; AAFP = American Academy of Family Physicians; CDC = Centers for Disease Control and Prevention; USPSTF = United States Preventive Services Task Force

†GTI = genital tract infection

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