



The Circle

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Spring 2009

Sexually Transmitted Disease Awareness

The most common infectious diseases in the United States are Sexually Transmitted Diseases (STDs). A person can get STDs by having sexual contact with another person who already has an STD. The most common STDs are herpes, HIV, and gonorrhea; there are more than 25 STDs that affect both men and women. There are treatments and cures for some STDs, but others have no cure and the symptoms need to be managed.

A person's chance of getting an STD increases with the number of sexual partners he or she has. If a person has an STD but doesn't have any symptoms, that person can still pass it on to his or her partner. If a person has received treatment for an STD, he or she can still get it back if that person has sex with someone else who has it.

Condom use is a good way to protect oneself from getting or spreading STDs. Condoms, however, are not 100 percent effective in preventing all STDs. There are still STDs such as herpes, HPV (warts) and syphilis that can be transmitted through contact with areas not covered by a condom.

Being tested by a doctor is the only way to know for sure if a person has an STD. Most people don't even know they have an STD because often there are no symptoms in the early stages, especially in women. Once the symptoms show up, the infection can be advanced. If left untreated in the early stages, they can cause problems such as infertility and some STDs may even be transmitted to babies during pregnancy or birth.



Welcome Dr. Shahbandar!

Hassan Shahbandar is a board certified gynecologist and obstetrician. He graduated from the Damascus University Medical School. He served his internship at Loyola University-affiliated St. Francis Hospital in Evanston, Illinois. His residency was spent at the University of Michigan affiliated hospitals, Mt. Carmel Mercy Medical Center, Detroit and Providence Hospital, Southfield, Michigan.

"The practice of medicine to me is a passion rather than just a job. As a gynecologist, it has been my goal to provide exceptional care to women in all stages of their lives."

Since 1974, Dr. Shahbandar has been practicing in the Fox Cities. The focus of his practice is gynecology, with a special interest in urogynecology.

He is a member of the American College of Obstetrics and Gynecologists, the American Society for Reproductive Medicine and the American Urogynecological Society.

He and his wife are the parents of three children and many grandchildren.

Dr. Shahbandar sees patients at our Appleton, New London and Waupaca locations.



Happy Spring!!

March is...

American Red Cross Month

April is...

National STD Awareness Month

May 10-16 is...

National Women's Health Week

Watch for the Women's Care Event during this week!