Ageless Wisdom

Fact: If you're 50+ and sexually active, you are not too old to contract HIV.

September 5, 2008 By Kellee Terrell

Remember back in the day when the only protection you needed on a date was a breath mint? Things have definitely changed—19 percent of people diagnosed with HIV in the United States are 50 and older. While the Centers for Disease Control and Prevention (CDC) recommends that people 13 to 64 be routinely tested for HIV, a recent study suggested that people up to age 74 should be tested.

RH understands that using condoms and worrying about HIV and other STDs may be a foreign concept at this age, but that's why educating yourself is key. We suggest talking to your doctor and reading Hutcherson's book *What Your Mother Never Told You About S-e-x* (Perigee Trade, $15.95). Remember, you're never too old to learn new things.

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http://beta.docker.realhealthmag.com/article/aging-sex-hiv-15237-1793