

ask the sexpert

Q: Is it normal for a heterosexual 22-year-old male to be totally sexually uninvolved with women? Is there a way to break this behavior pattern?

A: Sexual activity varies from person to person. What is normal for one person might not be normal for another. Usually, in our culture, by the time a male is

22 years old, he has experienced some form of dating, kissing, hugging or sexual activity. Without knowing more about the situation, it is difficult to decide what might be contributing to the lack of involvement. Since the question indicates dissatisfaction and a desire to change, some form of

counseling might be very helpful. Planned Parenthood offers free counseling by appointment. Maybe counseling would be helpful in exploring feelings and looking at ways of breaking this pattern of behavior.

Q: Can sleeping on a heated waterbed affect my BBI (basal

body temperature) when using the rhythm method for birth control?

A: Sleeping on a heated waterbed should not affect your internal temperature. If you are using the temperature method (BBI) by itself and are concerned about pregnancy, you might want to combine that method with the calendar method and the mucus method of birth control (all are considered "natural methods" of birth control). Furthermore, using foam and condoms during your fertile days will also increase the effectiveness of rhythm.

Q: Do you have medical services at Planned Parenthood or are you just educational?

A: Planned Parenthood has a broad range of services both educational and medical. Some of our medical services include annual gynecological exams, pregnancy testing, pap smears and lab work, treatments for STD (sexually-transmitted diseases) and vaginal infections, plus dispensing of birth control methods: pills, IUD insertions and removals, and diaphragm fittings. Patients may also purchase non-prescription meth-

ods too: diaphragm jelly, foam, condoms and vaginal suppositories.

Q: Sometimes when I've had an appointment with my gynecologist, I've had to postpone it because of my period. Why can't women have exams while they're menstruating?

A: Your gynecologist suggested you postpone your exam until you are no longer on your period because lab tests are clearest and more accurate when no red blood cells are present. If a woman is bleeding heavily, tests may not pick up causal factors. For example, the bacterium which cause a vaginal infection. Also, if a patient is menstruating, it is more difficult for a doctor to see the cervix during the internal exam. A gonorrhea check, on the other hand, can be performed when a woman is menstruating; it is even a good time to do so because these bacterium grow well in blood and more easily detected in a blood culture.

This column is written by staff members at Planned Parenthood, 134 East 13th, Eugene, 344-1611 or 344-9411. Please send questions to EMU 300 or to Planned Parenthood.

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Legislators Continued from Page 1

enough people to warrant a fifth seat in Congress. There are many legislators who would like to fill that seat.

For example, state senator

Del Isham, D-Lincoln City, has proposed a coastal district, reaching from Astoria to the California border. Observers note that Isham might not object to re-locating under such a plan — if the move meant transferring from Salem to Washington D.C.

Others want to take Marion County out of the Second Congressional District (which would force Republican Denny Smith to move if he wants to retain the seat he recently wrested from Al Ullman). And, says one legislator, "I'm sure if that were the case, Senate President Fred Heard would have tremendous interest in that seat."

Additionally, there is precedent for court-ordered, state-wide congressional elections, with candidates running for at-large positions should the legislature fail to draw up a plan — a grim prospect for Oregon's Democrats since Republicans currently hold five of the six state-wide offices.

Myers, a self-proclaimed reapportionment expert, is putting his money on the Democrats' ability to hammer out a plan. Yet he's sure the matter won't end there.

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