

ask the sexpert

Can a woman get pregnant during her period?

If a woman who is not using birth control has intercourse while on her period, she will probably not get pregnant. However, it is possible. The risk is greatest for women who have a short menstrual cycle; for example, a cycle every 21 days. A woman's most fertile time is during ovulation, when the egg is released from the ovaries. Most women ovulate about 14 days before their next period begins. This is not "mid-cycle" unless the woman's cycle is exactly 28 days long. The shorter a woman's cycle, the fewer days there will be between her menstrual period and her next ovulation. Since sperm may live up to three days in the fallopian tubes, it is conceivable that sperm deposited during a woman's period could still be alive when her next egg is released. She could then become pregnant.

How long can an ectopic pregnancy grow before rupturing?

An ectopic pregnancy occurs when the fertilized egg fails to travel to the uterus and attach to the uterine wall. Instead, the egg may settle elsewhere. In 95 percent of ectopic pregnancy cases, the egg attaches to the inside of the fallopian tube. This is a tubal pregnancy. Ectopic pregnancies rarely survive more than two to three months before rupturing. This can be a life-threatening situation, and is one more reason why early pregnancy detection is always recommended.

How can a woman encourage a man to use a condom?

How a woman approaches the subject with her partner might depend on her reasons for wanting him to use condoms:

Is another method of birth control being used by the woman? Does she want the increased effectiveness of both foam and a condom?

Does the couple want to share the responsibility for birth control?

Once the reasons have been identified, a couple should take time to talk. Pick a time when feeling close and comfortable with each other. If discussion of this causes embarrassment or anger, admit these feelings from the start.

If the relationship is new or casual, it may be harder to dis-

cuss. Take the time to discuss it. Your partner will probably appreciate your openness and be willing to talk about it.

Many men today feel they should be involved in helping to prevent a pregnancy. If a couple is willing to talk about it, they may end up with a method that is equally satisfying to both.

There are two common complaints men have about condoms, however. Some men feel it dulls the sensation. Because of this, they prefer the natural skin condoms that conduct heat better and therefore feel thinner.

Other men and women do not like the idea of stopping lovemaking to put on a condom. Some couples solve this problem by making it part of their foreplay; for example, a woman may put the condom on her partner. Couples may try colored condoms, since colors help some couples feel more relaxed and playful about the use of condoms.

This column is written by Planned Parenthood, 134 E. 13th Ave. Planned Parenthood is a private, non-profit United Way agency providing comprehensive family planning services, pregnancy testing, education, information and referral. Please send questions to Suite EMU 300 or Planned Parenthood.

City council considers cars

The Eugene City Council will today consider proposals that would improve alternate transportation systems and increase car-pooling in Eugene and Lane County.

The council will review a request for federal funding of a transportation system management package. It would encourage local agencies to promote energy conservation, air quality and safety by increasing the efficiency and effectiveness of existing transportation facilities, Eugene Public Works Director Don Allen says.

Some programs that may receive funds if the request is approved include the metro car-pool program, downtown shuttle service, bus shelters and additional bike bridges.

The council will also consider a resolution that would allow the expenditure of \$50,000 in federal funds and \$6,818 in city funds to continue the city's car-pool project through Nov. 30.

The car-pool project helps employers and employees design programs to cut energy use.

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INTERVIEWS (BY APPOINTMENT)

Feb. 11 - 12

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