

ask the sexpert

I have been on the pill for years and was thinking of changing to a diaphragm, but then I heard that women who have a tipped uterus (as I do) can't use a diaphragm because they won't be able to insert it correctly. I also heard that they can't use an IUD. Is this true?

The majority of women who have a tipped uterus have no problems with either IUD insertion or diaphragm use. (Although rare, there are women whose uterus is so severely tipped that the diaphragm isn't able to fit snugly around the cervix, therefore reducing its effectiveness as a birth control method.)

Correct insertion of the diaphragm is very important for maximum protection against pregnancy, but the ability to insert a diaphragm correctly is only rarely impaired by a tipped uterus. A more important factor for most women is whether or not the instructions given at the time the diaphragm is fitted are clearly understood.

If you decide to try a diaphragm, be sure that the instructions given to you by the doctor or nurse practitioner are clear. The doctor also should let you practice inserting your diaphragm, and then check to make sure you did it correctly.

You can feel your cervix through the diaphragm if it is inserted properly. Your cervix is rounded and feels like the tip of your nose.

If a practice insertion is not offered to you at the time your diaphragm is fitted, you should request one.

What is the effectiveness rate of breast feeding as a birth control method? I've heard everything from 100 percent effective to 'It's not a birth control method — that's just a myth.'

Most women who are not breast feeding begin ovulating approximately six weeks after delivery.

When a woman is breast feeding, she produces high levels of prolactin. This hormone stimulates milk production and also suppresses ovulation.

Generally, the length of time ovulation will be suppressed seems to be directly related to the amount and intensity of breast feeding. Therefore, women who breast feed and do not supplement their babies' diet with formula might expect to suppress ovulation longer than women who either don't breast feed or who breast feed but also use a supplement.

On the average, lactating (milk producing) women who breast feed exclusively should begin to utilize supplemental contraception such as condoms, foam or diaphragm by 90 days after delivery. Lactating women who supplement breast feeding with other foods should begin contracepting by four weeks post-partum.

Because many women ovulate before they start menstruating again, even women who breast feed exclusively are best protected from an unwanted pregnancy by not waiting until they have their first menstrual period before they start using additional contraception.

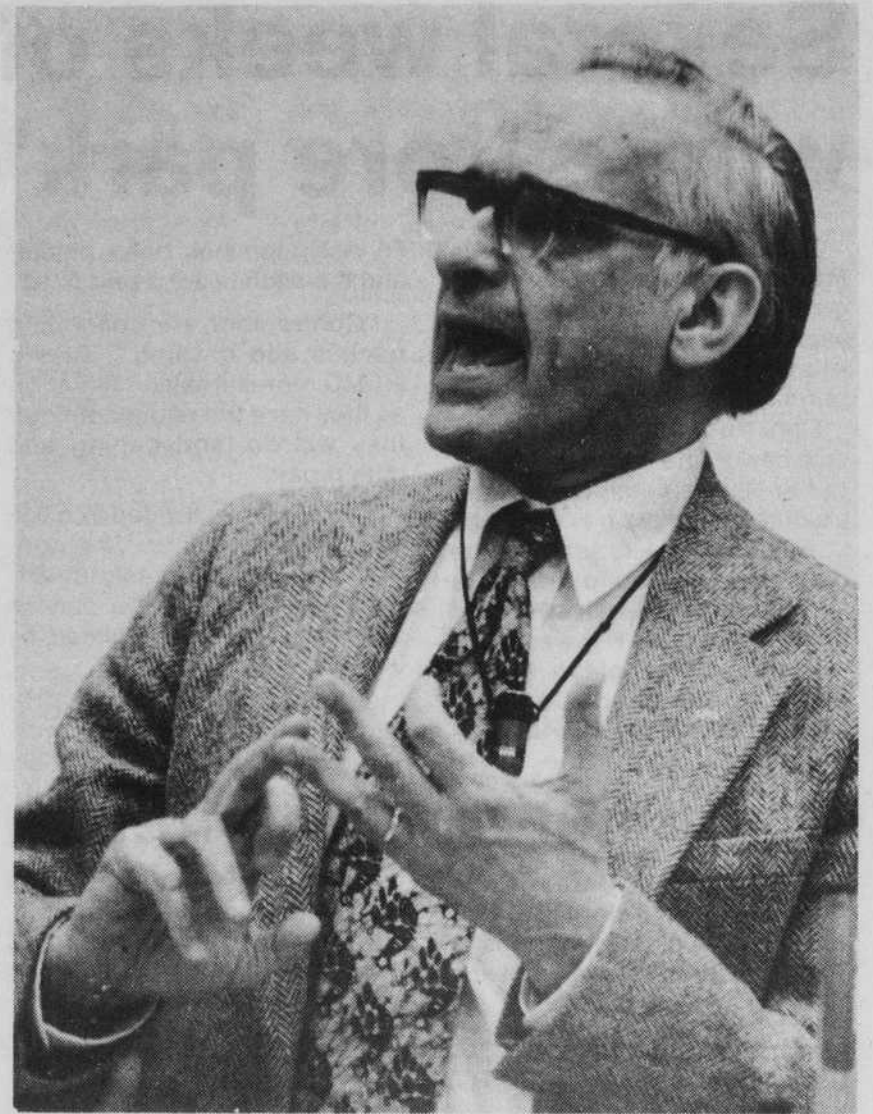


Photo by Steve Dykes

Paul Olum fields students' questions at a convocation on Wednesday.

Law student wins cash prize

Steven Shupe, a second-year law student at the University, has won first place in the 1981 National Law Student Essay Contest on Environmental Law sponsored by the American Bar Association's Standing Committee on Environmental Law.

Shupe received a \$400 award for his winning essay, "Waste in Western Water Law: A Blueprint for Change."

In his essay, Shupe wrote that existing water appropriation law in the West should be changed so that limited water resources can be used more efficiently.

The traditional water appropriation system in the West, which gives water rights in perpetuity to those who first took water from a stream, needs to be changed in response to the increasing scarcity of water resources, he wrote.

Olum Continued from page 1A

"The Legislature will realize they have to come to grips with the governor's income package," Olum said. "The additional shortfall increases the chances of passage of the governor's tax package."

Failing to remedy an additional 3 percent general fund reduction would have bleak

consequences for the economy of the entire state, he said.

Olum proposed reducing property tax relief while still protecting the poor and elderly, and increasing corporate taxes.

"Oregon industry would suffer much more from the mediocrity of a university than an increased tax."

Loss of faculty salaries to the local economy also would be devastating, Olum said.

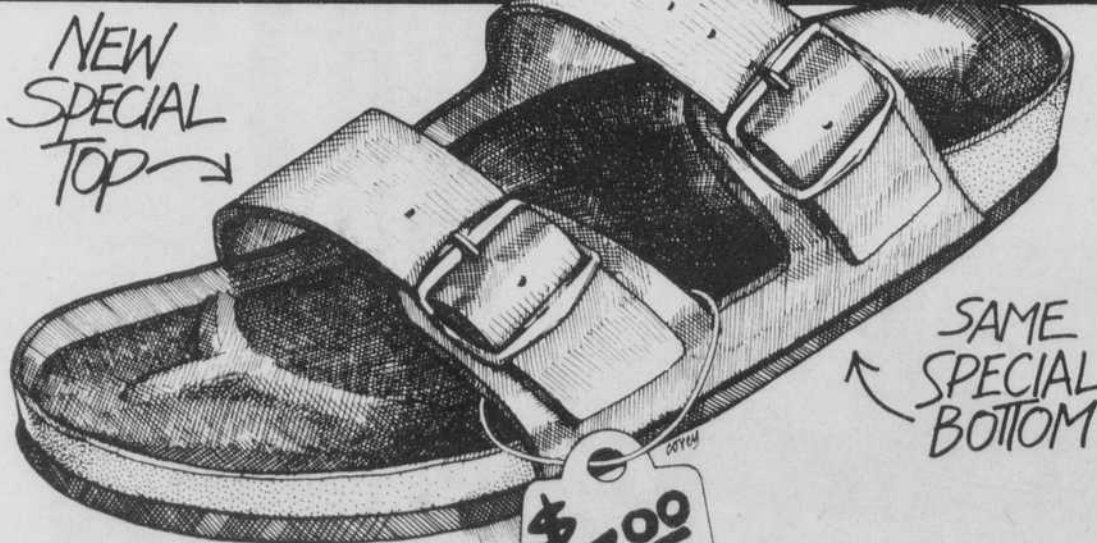
"Salaries turn over 200 times in a community," he said. At an average salary of \$25,000 that's a loss of more than \$22 million a year to the economy, Olum said.

Olum answered students' questions about the budget-making process and tuition increases. Several students voiced concern about the possible closure of their departments and professional schools.

Olum reassured students that it is "too late in the game" to plan enrollment reductions next year, but that a surcharge of \$108 per year may be added to tuition.

Olum said the University is continuing legislative lobbying. He said legislators are sympathetic to higher education's plight but are afraid of the public's response to any reductions in property tax relief.

The Bargain Birkenstock.



NEW SPECIAL PRICE →

The newest Birkenstock has two very comfortable features—the traditional Birkenstock fit, and what is known in Germany as our "friendship" price. Because the uppers are made from a new material created especially for Birkenstock,

we are now able to offer you our most popular model for just \$35.00

Since it feels, looks and wears very much like our original leather Birkenstocks, we call it The Bargain. So will your feet.



Birkenstock.

2nd Floor Atrium
Mon.-Sat. 11-6

10th & Olive
687-0065

SPRING FLINGS



Close encounters of the personal kind...

Coming June 8*

*if placed by June 5 at 1 pm at the usual locations

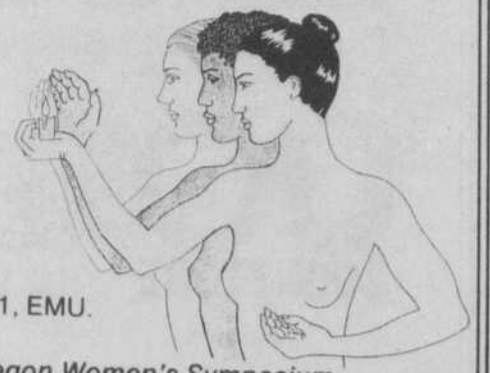
1981 WOMEN'S Symposium PRESENTS

May 21, Thursday
DANCE TO FIRST LIGHT!

This local women's band will provide music for your feet's delight. Child care available.

Sliding fee: \$2-4
1236 Kincaid

See our Women's Symposium Program for a complete schedule of events, available in Suite 1, EMU.



University of Oregon Women's Symposium