

# ask the sexpert

**How long should a woman be on birth control pills continuously?**

That is a timely question, but the answer will vary with individual women. At Planned Parenthood we would review a patient's chart before responding to this question.

In general, if a woman is 30 or 35 years old, has been using pills without any problems, and likes this method, we would support her decision to keep using the pill. But there are increased risk factors for women on pills who smoke, who are obese, and who are more than 35 years old.

For this reason, we do NOT prescribe pills to anyone over age 35, and we encourage women around age 30 to begin considering other methods of birth control besides pills. This is conservative medical practice on our part. Some physicians will continue women on pills past age 35.

Studies point out that for most women, the risks involved with continued pill use are not as great as those associated with pregnancy and childbirth. But, with extended use of the pill (exceeding five years), studies also point out there is a small but significant increase in incidents of benign liver tumors and gallbladder problems.

If a woman has any of the following risk factors — smoking, obesity, hypertension, diabetes, or a family history of early heart disease — it is ESPECIALLY IMPORTANT that she receive individual counseling, and we would probably encourage her to consider other methods.

*I am thinking of trying one of the home pregnancy tests sold in stores. Are they reliable?*

Take-home pregnancy tests are simple to use. The only problem is there is no take-home pelvic exam to confirm

the results, and these urine tests are not always accurate. Positive results often are more accurate than negative results. False negatives most often occur from running a test too soon.

**In one study of home pregnancy tests performed 38 days after the beginning of the last normal menstrual period, the negatives were only 79 percent accurate.**

In one study of home pregnancy tests performed 38 days after the beginning of the last normal menstrual period,

the negatives were only 79 percent accurate. The positives were 97 percent accurate. But when tests were run a week later, the tests were up to 91 percent accurate.

False positives often are caused by drugs or medication. To be on the safe side, all drugs (including aspirin, hay fever medication and marijuana) should be avoided 12 hours before giving the urine sample.

For best results, avoid fluids during this same 12-hour period. All pregnancy tests yield more accurate results when a first morning urine sample is used.

Also consider that your emotional involvement with the test also may be a problem. Eager to know the results, people do not always follow the directions accurately. If the test is disturbed too soon, results can be confusing.

If the results are negative and you still have not gotten a menstrual period 10 days later, it is

essential that you get another test or pelvic exam to rule out the possibility of ectopic pregnancy (pregnancy developing in the fallopian tubes), which would NOT be detected by a urine test.

The average cost of home pregnancy testing kits is \$9 to \$14. Planned Parenthood offers two pregnancy tests — an early test for \$10 (99 percent accurate) and our standard pregnancy test for \$7 (99 percent accurate). You can make an appointment for a test by calling us at 344-9411 Monday through Friday, 9 a.m. to 5 p.m.

*This column is written by Planned Parenthood, a non-profit agency providing complete birth-control services, pregnancy testing, counseling and referral for pregnancy planning. If you have inquiries or Sexpert questions, we can be reached at 344-9411 or 134 E. 13th Avenue.*

## Classifieds 686-4343

### CLASSIFIED ADS CAN BE PLACED AT

OGE OFFICE 300 EMU  
UO BOOKSTORE STAMP COUNTER  
EMU MAIN DESK

**DEADLINES:** Ads must be placed by 1 pm one day prior to publication. Ads that are to appear in Monday's paper must be in by 1 pm Friday.

**PAYMENT:** All ads must be paid for in advance unless a billing agreement has been established with us.

**RATES:** Rates are 15 cents per word for the first day and 12 cents per word for consecutive days the ad is run without change.  
\$1.50 minimum for the first insertion  
\$1.20 minimum for consecutive insertions  
There is NO refund for ad cancellations

The ODE cannot be responsible for more than one day's incorrect advertising insertion. The ODE's liability for typographical errors, incorrect insertions, or omissions in advertising published shall be limited solely to the cancellation of charges for such portion of space occupied by the error. If you ad appears incorrectly, call 686-4343 before 1 pm for correction in the next day's issue.

The ODE will not knowingly accept advertising which in any manner denigrates or unjustly excludes members of any age, sex, race, color, national, religious or sexual orientation.

### Clothing

#### T-SHIRTS

Lafier Silkscreen has moved. Visit the new studio at 285 Lawrence and check out the moving specials! 242-2306. Night: 242-1927  
137.10-16

### For Sale

#### COMIC BOOKS

Largest selection in Oregon. 2,000 plus at 25 cents each. Receive new comics two weeks ahead of Eugene. OLD and RARE comics for sale.

#### FANTASY SHOP

770 East 13th 345-2568  
994.10-30

**NEW AND USED FURNITURE** Desks and dressers our specialty! B & B FURNITURE  
2144 W. 11th, 484-4909 10-15

**LOTS OF** new and used furniture at low prices.  
**DINTY'S FURNITURE**  
727 Main, Springfield  
746-0980 177.tfn

#### THE KINCAID

Are you a student without a bed? We still have a few single beds left from our yard sale. Also, we have 5-piece dinette sets and a couple chests. All items priced under \$50. Call 484-0251, or come by 914 E. 18th, # 7 220.10-16

**FLOOR LOOM:** Nilus Leclerc Artisan w/all accessories. 484-4722 10-20

**FOR SALE** HP-34C calculator. Fred, 747-0822 10-19

**BUNK BEDS:** \$30., free mattress. 683-4632 10-19

**MOSRITE GUITAR** Excellent condition. Must sell. Asking only \$350. Must see to appreciate. Call Rod at 354-5881 or 726-7876 10-19

#### SALE

**BROOKS VANTAGE** running shoe only \$24.95. Other great bargains!  
**ANDERSON'S SPORTING GOODS**  
Downstairs at the EMU 260.10-16

### DISCS-\$2 OFF

North American Series Discs, the ultimate for the Ultimate or just plain fun. Regular series prices: \$11.9-\$6, \$14.1-\$7, \$16.5-\$8. Now \$4, \$5, \$6.

#### HAWKEYES

**THE GOOD LIFE**

5th Street Public Market 343-9564  
205.10-15

**CAPTAINS TRUNDLE BED** Twin size, three drawers. Solid pine, hand finished. Lots of storage. Mattress not included. \$150. Call 345-3627 10-15

**TWIN BED,** mattress and boxspring. Excellent condition. \$55.00. 244-0234 10-12

**AIRLINE TICKET:** One-way Eugene-New York, \$179. Neg. Good 'til Nov. 20. Josh, 686-4579, 245-7538 10-20

**AIRLINE TICKET:** Portland-Denver-Boston, 1-way, \$125 (negotiable). Valid through 9-82. Larry, 242-5254 10-15

**MEN'S 10-SPEED,** Schwinn bike in excellent condition. \$70. Call 726-4170 10-16

**FOR SALE:** Queen size water bed. 1 year old and in perfect condition. Has 6 drawers which sit underneath. Call Pam, 345-9332 10-19

**IBM ELECTRIC** Model C. Very good condition. \$200. Call M-F, 8 am-5 pm. 485-4971 10-29

### Garage Sales

**HUGE SALE:** October 17 and 18, 9-5 pm. 2670 Jackson. Woodstove, camera, skis, furniture, hang glider, stereos, etc. 10-16

### Instruction

**KUNG FU/TAI CHI** Lessons. Private or group. 242-4792 Don 10-15

**SPANISH HARD FOR YOU?** I can help. Tutor who cares. Cheap. Call 741-0262 10-16

### Typing

**TYPING:** 15 years experience. Papers, dissertations, editing. IBM Selectric. Pick-up and deliver. Call Carole at 688-3983. 910.tfn

**EXPERIENCED TYPIST** IBM Selectric. Will do most typing jobs including papers, tables, theses, etc. Have seven years experience. 688-8134 2054.UH11-23

#### TYPING GUARANTEED

IBM Correcting Selectric III  
Ruth 345-5614 2108.UH

#### 484-0303

Professional typing, resume composing, editing. EBM Executive and Selectric. Excellent service. 1870.UH

#### CYNDI HENKE

Professional typing  
Graduate School Approved  
687-9326 056.UH

#### TYPING/EDITING

Graduate School approved  
Call Judy or Sara  
686-0739 972.HFM

#### PRO TYPING/EDITING

2 blocks from UO. Graduate approved.  
Jennifer 485-3883 928.tfn

**TYPING:** Editing a specialty. Reasonable rates. Free pick-up & delivery. Linda, 485-6914 10-22

#### Typing Unlimited

747-9296  
Graduate School Approved/Guaranteed  
Selectric. Call for pricing 189.tfn

**QUALITY UNDERGRADUATE TYPING** on IBM Executive. Six years experience. Call before 5 pm. Susan 484-9037. 251.12-14

**TYPING NEAR CAMPUS** Last minute papers, Julie, 345-1218 or manuscripts. Carol, 683-3668. 320.HFM

**PROFESSIONAL TYPIST:** Statistical specialist. IBM Correcting Selectric. Graduate approved. Near campus. 344-0759 876.tfn

### Instruments

#### STEPHENS

**Stringed Instruments**  
Since 1972 we have hand built fine musical instruments and offered complete repair service.

1417 1/2 OLIVE #2 484-0615 941.UH

**MXR & IBANEZ EFFECTS 20% OFF** Ovation applause, \$185 with case. Promark drum sticks 10% off. Buy, sell and trade.

#### BUTTERFLY MUSIC

Open 7 days 343-8151 231.10-27

### Sound Systems

**TECHNICS SL-83** semi-auto turntable \$100, Marantz ST-200 AM-FM stereo tuner \$125, 688-2220 10-15

**HAFFLER 200 WATT AMPLIFIER** for only \$200. Almost new. 342-5070 10-16

#### Jim's Electronics

STEREO REPAIR  
AUDIO SERVICES  
1627 Pearl Street 343-7683  
Monday thru Friday 9-6 pm  
Saturday 9-1 pm 5635.tfn

### Books

**60,000 BOOKS IN STOCK**  
All selling 25% to 50% off list prices  
New Books-Text Books-Cliff Notes-  
Magazines  
USED BOOKS BOUGHT AND SOLD  
10% OFF all new books  
**SMITH FAMILY BOOKSTORE**  
788 East 13th 5222.tfn

### Recreation

### CREW

Important meeting for all interested people.  
Thurs. 8 pm. Room 112 EMU. Sponsored by  
Club Sports 239.10-15

### FENCING CLUB

Practices Wednesday, 7 pm. Thursday, 4 pm.  
Geringer 220. Novices welcome. Come enjoy  
the oldest modern sport. Coed. Info.  
345-2357. 216.10-15

### Household Items

#### 8 FOOT COUCH

Great for sleeping. Newly covered cushions.  
\$90. 688-8180 10-16

### Outdoor Gear

### SALE

**New and used gear**  
TENTS • PACKS • SLEEPING BAGS  
**STARTS MONDAY, OCT. 12**  
**Oregon Wilderness Ventures**  
Located inside  
**Sugar Pine Ridge**  
877 E. 13th 345-5584  
143.10-15

### Bicycles

23" MEN'S MOTOBECANE SPRINGTOUR,  
10-speed, excellent condition, light & generator,  
chain, pump. Ask \$220. Ward 10-speed  
22" men's, \$95. Like new. 342-2094 10-16

### Cars/Cycles

**69 CAMARO, AT, 282,** clean condition, green  
with white top. \$1,895, or trade for small PU.  
342-4271 10-15

**1973 V.W. SUPERBEETLE** with radial tires.  
\$2050. 491-3627, call after 5. 10-16

### Auto Repair

#### NO NAME GARAGE

Air & liquid cooled  
**Volkswagen Service & Repair**  
2159 Roosevelt 689-7159  
942.MH

**SAAB and VOLVO** maintenance and repair.  
**M & B SWIFT SHOP**  
1190 Main, Springfield 747-5805  
5635.tfn

**TIRED OF IMPERSONAL AUTO REPAIR?**  
Why not let a professional factory trained and  
certified mechanic give your little car the  
"personal touch" in the privacy of his own  
home workshop? Single parent responsibilities  
for two small children have forced me to quit  
my lucrative dealership job to bring you real  
savings on quality work for Volkswagen and  
Alfa Romeo vehicles. Jerry Berger, 344-4806.  
155.tfn

#### TIRED OF GARAGE RIP OFFS?

Auto repairs for less. Dave 342-5267  
10-16

### Wanted

**A COPY OF MOLIÈRE'S Le Misanthrope**, in  
French. Call 342-5482 10-15

Thursday, October 15, 1981

### DOONESBURY

