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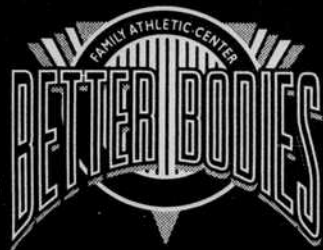
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CAMPUS VIEW

MONDAY'S TOPIC: Health & Science

Factors affect condom selection

■ **SEX:** Condoms must be
used correctly to prevent the
transmission of STDs

By Ben Kwasney
Higher Education Reporter

A recent survey in *Consumer Reports* showed that sexually active people with multiple partners don't always use condoms. In fact, they outnumber regular condom users 11 to one.

Outside of abstinence, condoms are the safest method in preventing sexually transmitted diseases, according to several health research findings.

When condoms are used correctly, it's estimated that STDs such as chlamydia, gonorrhea and AIDS are nearly 100 percent preventable.

But there are some important things to know about using and choosing condoms.

Use a condom containing the spermicide nonoxynol-9 because, if the condom should break, the spermicide kills sperm and inactivates a range of STD-causing microbes, including HIV.

When choosing to lubricate a condom, do not use oil-based products because they weaken the latex.

Also, size is important in selecting a condom because one that is too big can slip off, and a smaller one may be uncomfortable and more easily broken. Peer health advisors at the University said nobody is ever too big for a condom.

The expiration date is crucial in deciding to use a condom. The shelf life of a condom is typically two to three years if containing spermicide and up to five years without spermicide. Some companies date condoms by the manufacture date and others use the "best used by" type of dating.

Storing conditions are another important consideration. Condoms should be stored in tempera-

NATIONAL CONDOM WEEK

■ **MONDAY:** AIDS Prevention Education theater will be presented in Ramey Room of Hamilton Complex at 7:30 p.m. A condom information table will be outside of Hamilton Dining area from 4:30 to 7:30 p.m.



■ **TUESDAY:** An information table will be outside of Carson Dining area from 4:30 to 7:30 p.m.

■ **WEDNESDAY:** An information table outside of University Inn Dining area from 4:30 to 7:30 p.m.

■ **FRIDAY:** Information table at the EMU all day.

Free condoms, demonstrations, drawings for prizes and condom-gram cards for Valentine's Day will be available at the tables throughout the week.

CONDOMS: WHAT YOU SHOULD KNOW

Condoms are an effective weapon in the combat against the spread of sexually transmitted diseases. Listed below is the chance of contracting one of the following sexually transmitted disease's microbe without the regular and proper use of condoms in each sexual encounter.

Microbe:	male-to-female	female-to-male
Gonorrhea	50 to 90%	20%
Genital herpes	0.2%	.05%
AIDS	0.1 to 20%	0.01 to 10%

SOURCE: "Contraceptive Technology," Irvington Press;
and "Family Planning Perspectives" journal

MATT GARTON & DENNIS BOLT/Emerald

tures between 50 and 90 degrees. Storing a condom in a wallet is certain to destroy its effectiveness; the heat will damage it, making unsafe sex a convenient but possibly costly alternative.

Strength and sensitivity are other factors in selecting condoms. *Consumer Reports* tested several popular condom brands by inflating them to 25 liters in air burst testing. The industry's current standard is 16 liters. Several types of Trojan condoms had at least a 1.5 percent chance of failing to pass the 25-liter test.

The highest ranked condoms were Excita Extra Ultra Ribbed, the

domestic version of Sheik Elite and Ramses Extra Ribbed. However, the particular brand is not necessarily important because the industry standard of 16 liters is more than adequate.

Condoms are made to be used once, so it's important to discard a used condom and replace it with a new one before each episode of intercourse.

The rate of accidental pregnancies can be reduced to two to three percent if condoms are used during every act of sexual intercourse. If a vaginal spermicide is used, the rate could fall as low as one-tenth of one percent.



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