

FABULOUS FACTOIDS

- ☉ **1 in 4**—Number of baby boomers who have prearranged some details of their own funerals.
- ☉ **38**—Percentage of sexually active adults with more than one partner who say they never use condoms.
- ☉ **17 billion**—Annual cost in dollars of treating patients with AIDS and other sexually transmitted diseases.
- ☉ **9**—Number of years the average person spends watching TV by age 65.
- ☉ **70**—Percentage of women who think both sexes should feel equally comfortable asking someone on a first date. **2**—Percentage of women who prefer to do the asking.
- ☉ **445 million**—Dollars spent on herbal supplements in 1991. **772 million**—Dollars spend on herbal supplements in 1995.
- ☉ **6 billion**—dollars Americans spend each year on fraudulent weight-loss products.
- ☉ **1 in 4**—number of plastic surgeries performed on men.
- ☉ **50 billion**—dollars spent annually on medical costs related to smoking.
- ☉ **10**—number of years the average woman's life will increase by the year 2020.
- ☉ **6**—number of years the average man's life will increase by the year 2020.
- ☉ **Diets' Damage**—When researchers asked eight women to cut their calories in half for 15 weeks, the activity of their natural killer cells, which repel viruses, fell 20 percent.
- ☉ **Don't worry, be happy.** It may save your life. Depressed or anxious adults with normal blood pressure were more likely than their cheerful or relaxed counterparts to develop hypertension years later, found a study in the *Archives of Family Medicine*.
- ☉ **Reason to take late classes...** A University of Texas researcher claims mental performance peaks at 3 pm.
- ☉ **Sperm are produced at an average rate of 1500 per second per testicle.**
- ☉ **Women who exercise in the morning are more likely to keep exercising on a regular basis.** *Self Magazine*
- ☉ **A study found that 72% of women diagnosed with an STI were intoxicated at the time of infection.** *Self Magazine*
- ☉ **Five most popular cosmetic surgeries among men: Nose reshaping, eyelid-lift, liposuction, breast reduction, and face-lift**

PROTECT YOURSELF

contraception facts & updates



Only you, with the help of your health care provider, can decide which birth control method is right for you. Before making your decision, you owe it to yourself to learn as much as you can about all barrier and hormonal contraceptive methods. Your choice in contraceptive method will be influenced by many factors. The method that works well for one couple may not work well for others. Considerations such as risk for sexually transmitted infections (STI), convenience, cost, effectiveness, previous experience with a method, and partner involvement will affect one's decision.

Barrier Methods

Barrier methods employ a device to prevent contact between the sperm and the egg, and are placed before each act of sexual intercourse. They have been the most widely used contraceptive technique throughout recorded history. One important benefit of some barrier methods is protection against STIs.

Male Condom

The most commonly used condoms are made of latex, although polyurethane and sheepskin ("natural") are also available (Note that sheepskin condoms do not protect against STIs). Over one hundred brands of condoms are sold in the U.S. and vary in length, width, and thickness. Many couples tend to have a preferred brand. Efficacy rate for condoms is 88-97%, 12 out of every 100 women who use this method will get pregnant. Condom failure is almost always due to user failure. Proper use includes proper condom storage, maintaining a reservoir tip, never using oil based lubricants, using a new condom with each episode of intercourse and holding the condom at the base of the penis prior to withdrawal.

Female Condom

A relatively new method that is inserted into the vagina prior to intercourse and is 95% effective. It is the only female controlled method that provides excellent protection against STIs.

Diaphragm

A dome-shaped rubber cup filled with spermicide inserted into the vagina up to 2 hours before intercourse. It must be kept in the vagina for up to eight hours after intercourse. A diaphragm can be left in place for up to 24 hours, although a new application of spermicide is necessary for each act of intercourse. The diaphragm must be fitted by a medical practitioner. The effectiveness rate is 86-96%.

Cervical Cap

A rubber cup that is placed on the cervix. It must be kept in place for eight hours after intercourse, and can be worn for 48 hours. Effectiveness is 86-96%.

Spermicides

All of the spermicidal agents now used in the US contain the same active ingredient, nonoxynol-9, but a variety of bases is available. Spermicides come in a variety of forms (foam, jelly, cream, film, suppositories). They are inserted into the vagina and are 78-94%.

Hormonal Methods

Generally speaking, hormonal methods offer higher effectiveness and greater convenience than barrier methods. They work primarily by inhibiting ovulation.

Oral contraceptives (OC, BCP, the pill)

Most commonly used hormonal method. It involves taking a pill around the same time everyday. The menstrual period occurs every 28 days and is typically shorter, lighter and less painful. Many different formulations are available to fit the needs of individual women.

Most women will find that the OC's will work for them. Most women do not gain significant weight with today's low dose pills.

Depo Provera

An injection to the arm or buttock is given every three months. Initially, the menstrual period is quite irregular, but with continued use menstrual periods

stop altogether. The absence of menses does not appear to be harmful, but may be disconcerting to some women. Other side effects include possible mood changes and weight gain.

Norplant

Norplant is a sustained release system using capsules that contain a progesterone that is inserted into the arm. It provides protection from pregnancy for up to five years. It is initially an expensive method, but can cost considerably less than other methods over the five years. Norplant is associated with bothersome side effects in roughly one third of women using it, including menstrual irregularity, mood changes and weight gain.

Emergency Contraceptive- "Morning after Pill"

All heterosexually active couples must be aware of the availability of emergency contraception! It can be started within 72 hours of unprotected intercourse and reduces the risk of pregnancy considerably. This has been used for over thirty years. Higher than normal doses of oral contraceptives are taken in two doses, twelve hours apart. Nausea is the most common side effect, but can be prevented with the use of a medication. This is a very safe way to reduce the chance of pregnancy when there is a contraceptive failure, which includes the failure to use any other methods.

Intrauterine Device(IUD)

Two types of IUD's are currently available for use in the U.S. Like hormonal methods, IUD's don't protect against STI's; it is ideally used only in couples that have a long term mutually faithful relationship. IUD's themselves can be a very safe and effective method of contraception.

It is important to note that all of these methods of contraception are available through the Health Center. If you are interested for more information on contraceptive methods, costs, safer sex, or other health issues, come visit the Health Center's Colleen Jones RN, MSN, WHCNP or call 346-4449, or the Health Education office at 346-4456.

—Michelle Graham

HEPATITIS B SHOTS *easy and cheap*

Hepatitis B is 100 times more infectious than HIV through sexual contact. The Health Center recommends that students with two or more sexual partners in six months be vaccinated. Persons with chronic Hepatitis B infection are at increased risk of chronic liver disease.

Hepatitis B vaccine is available at the Health Center through a state-funded program for students who are 19 years old or younger. Those students can get the required series of three injections over six months at just \$6 per injection, a substantial savings over the usual charge of \$31 per injection.

If you turn 20 years old before the series is complete, the remaining doses will be given at the \$31 rate.

For more information, call the Health Center at 346-2770.