

SEXtalk)))

Answers to Your Questions about Sex and Relationships

Have a ??? Email sextalk@u.arizona.edu

factoid

Half of all UA men who had intercourse in the past year used a condom the last time they had sex (Wellness 2001, n=1220).

Q. A girl went down on me but I didn't come. When she was done, my testicles really hurt and it was really hard to walk. What was wrong with me? Was it just that I needed to come?

A. What you experienced is commonly referred to as "blue balls." During the resolution phase of a man's sexual response cycle, orgasmic contractions pump blood out of the penis resulting in a partial loss of erection and genital blood flow returns to baseline, or unaroused, levels. If a man experiences high level sexual excitement but does not "come," the resolution phase takes longer. Although loss of erection will occur, vascular congestion in the genital area may remain causing sensations of testicular heaviness or achiness.

As you suggested, orgasm will alleviate "blue balls." However, even without orgasm, genital blood flow, erection and achiness will eventually subside with no physical harm. Some men have used "blue balls" as a reason to pressure women to have genital or oral sex. A woman does not need to be present or actively involved in a man's orgasm. If the woman is unwilling to have sex (either oral or genital), a man can bring himself to orgasm and relieve "blue balls" through masturbation.

Q. After sex my girlfriend just sat on me for a while. Is there a chance that sperm could have leaked out of the condom because I wasn't completely hard? If so, would spermicide have killed the sperm?

A. The probability of pregnancy during simultaneous *perfect* use of a male condom and vaginal spermicide is 0.1%. "Perfect use" includes withdrawing the penis while still erect and holding the condom firmly against the base of the penis to prevent slippage and leakage of semen. Risk of leakage rises dramatically if the penis is not withdrawn immediately after ejaculation.

Vaginal spermicides (e.g., foams, creams, gels, suppositories or film) have a 74%-94% effectiveness rate for pregnancy prevention when used alone. Spermicidally lubricated condoms, on the other hand, do not carry this same amount of protection since the spermicide is present in much lower concentrations. So, if your girlfriend used vaginal spermicide, chances are good that it killed any sperm that may have leaked out. If the spermicide was only present on the condom, the likelihood that the sperm was killed is much lower.

Reference: Contraceptive Technology, 17th edition. Hatcher et al. (1998).

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