

# sextalk.

answers to your questions about sex and relationships

## factoid

Thirty-six percent of UA students who are single or dating are virgins. Their most commonly cited reasons for abstaining are: personal/family values (79%), concerns about pregnancy (68%), not yet met a suitable partner (65%), waiting for marriage (64%), concerns about STDs (62%), and religious beliefs (61%). (Health & Wellness Survey 2004, n=1434)

**Q. I heard that if a person urinates immediately after unprotected sex it drastically reduces the chances of contracting an STD, specifically HIV. Is this true?**

A. No, this is not true. Although urinating after sex can protect a woman from getting a bladder infection (it helps to flush organisms out of her urethra), it does nothing to kill STD viruses (e.g., HIV) or bacteria in either men or women. Next to abstinence, the best form of HIV/STD prevention is consistent and correct use of condoms. For more information, visit the Centers for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov), click on "Diseases and Conditions" and then click on "HIV/AIDS".

**Q. I have not had my period in four months. I am a virgin, so I know I cannot be pregnant. Should I see a doctor?**

A. Since you have missed more than three consecutive menstrual periods, it is advisable that you visit your health care provider. What you're experiencing is a condition called amenorrhea (literally 'without menstrual flow'). Amenorrhea, in the absence of pregnancy, can occur due to a number of reasons – weight loss, hormonal changes, strenuous exercise, stress, or a change in environment (i.e., coming to college).

During your scheduled visit, make sure to give your provider a thorough account of your current activities, workload, and diet. Also, let your provider know about any other symptoms you may be experiencing as they may be related to your absence of periods. To make an appointment at the Campus Health Service's Women's Health Clinic, call 621-9202.

Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

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