

sextalk.

answers to your questions about sex and relationships

factoid **Ninety-three percent (93%) of UA students wear a seatbelt when driving or riding in a car.** (2004 Health & Wellness Survey, n=1434)

Q. I've been dating my boyfriend for 9 months and we usually have sex 3-4 times a week. We both enjoy it, but lately I've been getting dry during sex. This has never happened before. Since school started, I got a part-time job and a puppy. I've been very busy and tired. Is this the possible cause?

A. Vaginal dryness can be caused by many factors, and fatigue is definitely one of them. School can create a lot of stress, as can a part-time job. And yes, taking care of the demanding needs of a puppy may have put you over your stress limit. If you are going to class, studying, spending time with your boyfriend, working, making time for puppy and cleaning up his messes, and possibly losing sleep due to whining and barking, it's no wonder that you're tired. Maybe some good sleep is more important right now than sex?

In addition to stress or fatigue, other possible reasons that you are not staying lubricated during sex include:

- Not being adequately aroused before sex or not enough time and foreplay
- Being penetrated before you are ready
- Not wanting to have sex
- Lack of interest in sex, or your sexual partner
- Dehydration from lack of fluid and food intake, over-exercising, etc.
- Certain medications
 - Drugs that are drying (antihistamines or accutane for example)
 - Hormonal contraceptives that can affect vaginal fluids such as birth control pills, Depo-Provera, Ortho-Evra patch, etc.
 - Anti-depressants and anti-anxiety drugs, which can decrease your sex-drive, diminish erections, and/or make orgasms nearly impossible
 - Infections like bacterial vaginosis, yeast, or sexually transmitted infections.

You could try a water-based lubricant like KY, Aqualube, or Astroglide, available in drug stores, the Campus Health Service Pharmacy (621-6516), and shops specializing in sex-related products. These products help to supplement women's natural fluids, making the vulva and vagina more wet and slippery.

Also, if you've never had a regular women's health (gynecological) exam, now may be a good time to schedule one. You can call Campus Health for a Women's Health appointment at 621-9202.

Reference: www.goaskalice.columbia.edu

Have a question? Send it to sextalk@email.arizona.edu

SexTalk is written by Lee Ann Hamilton, M.A., CHES & Melissa McGee, Ph.D., MPH, health educators at The University of Arizona Campus Health Service.

