

sextalk.

answers to your questions about sex and relationships

factoid Over 80% of American women born after 1945 have used oral contraceptives at some point in their lives.
(Contraceptive Technology, 2004)

Q. My girlfriends and I have been wondering: What are “blue balls”?

A. Blue balls result when a guy gets sexually aroused and there is more blood flowing into the genitals than out (“pelvic congestion”). If blood remains in the penis and testicles too long, it can cause aching and pain. To demonstrate, wrap your thumb and pointer finger around the middle of a finger to cut off blood flow to the fingertip. Soon, your finger darkens in color and gets uncomfortable because you have stopped the blood from flowing out. When you let go, your finger returns to normal.

Orgasm is the cure for blueballs. If there is no climax, however, the erection, blood flow, and achiness will subside. Orgasm can result from sex with a partner, or masturbation. If a guy wants you to “solve” his blueballs and you aren’t so inclined, tell him that the answer is right in his own hands. While blue balls are uncomfortable, they are not fatal.

Q. I want to learn how safe my girlfriend and I are. She is not using the pill: we use a condom and I pull out. We have sex two times a day (around 5 hours between each session) but I don’t shower between sessions. How safe are these two methods (pill + condom + pulling out versus condom + pulling out)?

A. When used consistently and correctly for every sexual encounter, male condoms are 90-98% effective in preventing pregnancy. Condoms are very useful at preventing transmission of most STDs. When used in conjunction with pulling out (which alone has a pregnancy prevention rate of about 85%), you might slightly improve the combined effectiveness rate. The birth control pill, when used alone and perfectly (i.e. not missing any pills), is 95-99.9% effective in pregnancy prevention. However, the pill provides absolutely no safety at all from STDs.

Not showering in between sexual encounters will not increase pregnancy risk. While sperm can live up to 5 days inside the pelvic cavity, they don’t live long outside the body. Make sure that you put the condom on prior to any penis-vagina contact. The pharmacy at Campus Health sells condoms for as low as 100 condoms for \$11.00.

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

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