

sextalk.

answers to your questions about sex and relationships

factoid 98% of UA students respect the wishes of a date/partner if he/she says no to sexual activity. (2005 Health & Wellness Survey, n=2036)

Q. Right after usual sex, my girlfriend suddenly got sharp pains right below her hip bones; they were different from menstrual cramps. She could not stand up and she felt like she was going to throw up and she was dizzy. It was right by her ovaries and she tried to get in the hot tub to relax her muscles but it didn't help. She couldn't get rid of them, the only way was to lie down and not laugh or move. What happened and how does she avoid this?

A. Pain, such as you describe, that is deep within the pelvis could be due to any number of reasons. It could be something as simple as a muscle spasm, or as serious as one of the following conditions: 1) tears in the ligaments that support the uterus, 2) infections of the cervix, uterus or fallopian tubes, 3) endometriosis, 4) cysts or tumors on the ovaries, or 5) pre-existing ectopic pregnancy which can be a life-threatening medical emergency and requires immediate attention.

In any case, your girlfriend should make an appointment to be seen by a health care provider. A medical examination will provide an accurate diagnosis and help chart the best course for treatment and prevention. The Campus Health Service offers a Women's Health Clinic. Appointments can be made by calling 921-9202.

Q. I enjoy it when my girlfriend swallows after fellatio. But now she is on the Atkins diet and says that semen has a lot of carbohydrates. I tell her it is full of protein only and also nutritious, who is right?

A. Well, since you asked... Here are the ingredients in a single standard serving size (one teaspoon) of semen: 200-500 million sperm, fructose sugar (carbohydrates), water, ascorbic acid, citric acid, enzymes, protein, phosphate and bicarbonate buffers, and zinc. The calorie count is about 5-7 calories per teaspoon. As to your claim that it is also "nutritious" – that's a bit of a stretch.

Keep in mind, this may be your girlfriend's gentle way of telling you she's no longer interested in swallowing your semen. As a caring partner, you'll be respectful of her recent change in culinary preferences.

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

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