

# sextalk.

answers to your questions about sex and relationships

**factoid**

World AIDS Day is Thursday, December 1st. This year's theme is "Stop AIDS. Keep the Promise." Check out [www.worldaidscampaign.org](http://www.worldaidscampaign.org).

**Q.** Last night my boyfriend and I had anal sex without a condom. We decided that anal sex is probably less risky if we do it slowly and there is no bleeding. Please let me know the risks of getting any diseases.

**A.** If you and your partner are HIV-negative, don't have other sexually transmitted infections, have no other partners, and don't use injecting drugs, then anal sex without a condom would not put either of you at risk for sexually transmitted infections (STIs).

Anal sex does not cause disease, but it can transmit STIs if either partner is infected. The speed at which you have sex won't protect you. If he went inside you, for even a few seconds, that's all it would take (if he's infected) to spread an STI.

During anal sex, it is helpful to use a water-based lubricant. Because the rectum does not have the elasticity and natural lubrication of the vagina, ample lubrication helps prevent tearing and allows the penis to move smoothly, minimizing chance of tears or bleeding. Use a lubricant without nonoxynol-9, a spermicide that may cause irritation and possibly increases the risk of infection.

Urinary tract infections (UTIs) are the more probable risk with anal sex. Women are more inclined toward UTIs because the female urethra is short and located fairly close to the anus. Small amounts of feces may be transferred to the urethra, introducing bacteria. It's important not to let your partner's penis come into contact with your vaginal area after anal sex unless he has washed with soap and water or put on a new condom.

One last word of caution: if you are using anal sex for birth control, the anus and vagina are VERY close to each other and when things are slippin' and slidin' during the sexual fun, it's easy for the penis to slip into the vagina. Using a condom from start to finish, each and every time, will greatly increase your safety from pregnancy and disease.

Reference: [www.thebody.com](http://www.thebody.com)

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

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