

sextalk.

answers to your questions about sex and relationships

factoid Sperm survive approximately 3-5 days after ejaculation.
A human egg lives 24-36 hours after ovulation.

Q. Does sexual activity hinder one's athletic performance?

A. It depends... on the person, on the nature of their sport, on their partner(s), and on their past experiences. Some athletes avoid sex prior to competition while others make it a part of their preparation ritual. Vigorous sexual activity could lead to soreness while prolonged sex could sap energy stores needed by endurance athletes. On the other hand, sex can be very satisfying and relaxing, serving to soothe pre-competition anxieties. The answer may differ from person to person and day to day.

Q. My boyfriend and I have an anniversary coming up next month. I want it to be a very special night and I want to be able to have sex if the night leads to it. Thing is, I'm supposed to get my next period that same week. Would it be safe to just start my next pack of birth control pills so that I don't get my period that week? Is it harmful to your body?

A. There is no harm in trying to avoid a period by skipping the week of placebo (sugar) pills. As with any prescription drug, we recommend that you first get an o.k. from your medical provider. They will likely tell you to start in on the new pack of hormone-containing pills.

Women taking a monophasic pill (all the pills contain the same level of hormones and are the same color) are more likely to successfully suppress a period than women taking multi-phasic pills (different hormone levels identified by different colored pills). Sometimes women will have "spotting" (very light menstrual bleeding) instead of a full period. If you decide to take back-to-back pill packs, you should have a normal period of bleeding during the last week of the 28-day cycle when you resume taking the placebo pills. If you have questions, call the Women's Health Clinic at Campus Health at 621-7617 to speak to a nurse.

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

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