

sex talk.

answers to your questions about sex and relationships

wildfact

In 1991 the first condom commercial aired on American TV.

Q How do you improve sexual sensations for a man when using condoms?

A. Good news! There are several ways to increase sensitivity when using condoms and manufacturers have dozens of styles to choose from. Try these on for size:

Put some water-based lubricant in the reservoir tip of the condom before you roll it on your willy. Personal lubricants include the following brands: K-Y, Astroglide, ID, Wet, etc. Many men use this easy little secret for enhancing pleasure.

Look for condoms that are labeled “ultra-sensitive.” Every major condom manufacturer markets thinner or ultra-sensitive styles. Durex and Lifestyles had the 7 top ranked products in the Consumer Reports condom testing report in February 2010.

Experiment with the new and exciting varieties of condoms. Some have a larger, baggier tip to create more friction where it feels good. Others are ribbed or twisted. There are condoms with compounds that heat up or feel cold. See what works best for you. Have fun trying!

Try out some of the new polyisoprene (non-latex) condoms. Lifestyles rolled out their brand called “Skn” in 2009 and

several sexperts (and anonymous users we interviewed) report that they work great! Durex makes a brand called “Avanti Bare” and claim they will give you a “next-to-nothing feel.”

Ask your partner to try the “Female condom,” which gives you more wiggle room. This polyurethane (thin plastic) sheath offers both pregnancy and sexually transmitted disease (STD) prevention. It is designed for vaginal use but can be used for anal sex (once the ring is removed).

Add a warming lube to your next encounter. Some like it hot! And others don't. The decision is yours.

Most pharmacies, including Campus Health's, carry all the products mentioned above. Convenience and grocery stores will have a smaller selection to choose from. And you can always order products online. Note that condoms sold in novelty shops where you buy “gag” gifts are not usually designed for STD protection.

Bonus points: The slight desensitizing feature of many condoms can help a man last longer in a sexual encounter.

