

sex talk.

answers to your questions about sex and relationships

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For women younger than 30, the birth control pill is the most common form of contraception. (Guttmacher Institute)

Q How are STD test results relayed back to the patient?

A. Positive STD tests are communicated through a phone call. From there, a prescription may be called in if treatment is required. At times, a follow up appointment may also be recommended.

If your STD test results are negative, you can expect to receive either a phone call or a secure electronic message, depending on your preference and that of your health care provider.

Q Does hormonal birth control cause weight gain?

A. No, if you are talking about oral contraceptives. A comprehensive review of 44 studies showed that birth control pills did not cause weight gain for most women, and among the very few women who did, it was only around 3-5 pounds and temporary (going away in 2-3 months). Although there is a stubborn myth that the pill has a role in packing on the pounds, research says otherwise. That being said, if a woman is gaining weight while she happens to be on the pill, odds are that other factors, including diet, physical activity, and alcohol use are more likely culprits. If you are still convinced that weight gain is due to oral contraceptives, talk to your provider to determine if another form of the pill might help.

available as well. Two among them, Depo-Provera (the shot) and Nuva-Ring (vaginal ring), have been associated with weight gain as a possible side effect.

Unfortunately, when it comes to oral contraceptives, the perception that they lead to weight gain is not only inaccurate – it can also increase the odds of unintended pregnancy as a result of poor compliance and discontinued use.

A variety of services, including contraception and nutrition counseling are available at the Campus Health Service. Call 621-9202 to schedule an appointment. For more detailed info check out health.arizona.edu.

While the pill is the most common form of hormonal birth control, there are others

References: www.webmd.com;
Moshier WD and Jones J, Use of
contraception in the United States:
1982-2008



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

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