

sex talk.

answers to your questions about sex and relationships

wildfact

There are 5-7 calories and 200-500 million sperm in one teaspoon of ejaculate.

Q Is it safe to swallow vaginal secretions? Ejaculate?

A. The natural composition of vaginal secretions and ejaculate is safe. Ejaculate is 1% sperm and the rest consists of water, fructose, proteins, citric acid, enzymes, zinc, and phosphate. Vaginal secretions – made up of lubrication and mucus – are a mixture of amino acids, proteins, carbohydrates, and other types of acids produced from the lactobacillus bacteria.

Swallowing these fluids by themselves isn't where the risk lies. The risk is having infected secretions or ejaculate come into contact with a mucous membrane (such as the inside of the mouth, urethra, and vagina) allowing for STI transmission. Gonorrhea and chlamydia (infection in the throat), herpes (if cold sores

are present), genital warts, and HIV can be unwelcome additions to oral sex. The chance for STI transmission through this route is rare, but possible.

So, is swallowing safe? Not 100%, but there are ways you can make oral sex safer: get tested with your partner before engaging in sexual activity, and use flavored latex dams or condoms with flavored lube during oral sex to significantly decrease the risk of contracting an STI.

Campus Health offers STI testing, exams, and treatment, and our Pharmacy carries flavored latex dams for \$1 apiece. Flavored lube is available at local adult shops and online for a very low cost.

Q Does pineapple make your “man juice” taste better?

A. This is a popular question, so let's get right to the taste facts. Expect ejaculate to taste somewhat salty and warm, but just like body odor and breath, the exact taste and smell is unique to its owner and to the one doing the tasting.

Now can something like pineapple change that? Diet affects breath and sweat odors so perhaps it can affect the way your “man juice” tastes. You can experiment by adding

or subtracting different foods into and out of your diet to see if your partner (or you) can taste a difference.

Tip: Limiting your intake of alcohol or heavy odor foods such as garlic, onions, etc. may improve the taste of “man juice.”

And if you needed another reason to quit smoking, non-smokers are likely to taste better than smokers.



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

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