

sex talk.

answers to your questions about sex and relationships

wildfact

Condom use among UA students who are sexually active is at an all-time high. It has increased 34% since 1998. (2010 Health & Wellness Survey, N=2,931)

Q How is sex beneficial to one's health?

A. First things first. Having healthy sex – meaning it's consensual, and you're protecting against Sexually Transmitted Infections and unplanned pregnancy every time – is a great benefit to your health. In addition, healthy sex can:

Reduce Pain, Increase Sleep Quality, and Improve Intimacy. Oxytocin, also known as the "love hormone," is released throughout sex and during orgasm. This hormone can reduce pain (menstrual cramps, headaches, arthritis, etc.), improve sleep quality, and may help you maintain a healthy weight. It can also improve intimacy with your partner as oxytocin helps us build trust and bond with others.

Relieve Stress. Sex is one of the triggers for your body to release endorphins, which are chemicals in the brain that give us a feeling of happiness. The more endorphins that are released, the less stressed you should feel. Endorphins can also be released by laughing, acupuncture, massage therapy, and eating chocolate or spicy chili peppers.

Fight off Colds. A study at Wilkes University Pennsylvania found that those who had sex once or twice a week had higher levels of the

antibody IgA in their system, compared to those who abstained from sex or had sex more than 3 times a week. IgA helps to protect against infections and colds. So, the logic here is if you want to fight off colds, have sex once or twice a week, not more.

Enhance Cardiovascular Health. As a physical activity, "sexercise" increases your heart rate, and strengthens and keeps your heart healthy. Some research has shown that men who have sex twice a week can reduce the risk of having a fatal heart attack later in life by 50%.

Burn Calories. Although you can burn more calories bowling, playing frisbee or even ping pong, it's estimated that a 175 lb. person would burn 150-200 calories during 30-45 minutes of intercourse.

To help you have healthy sex, the Campus Health Pharmacy carries many different types of birth control and sells 100 condoms for \$14.99.



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

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