

# sex talk.

answers to your questions about sex and relationships

## wildfact

**66% of sexually active UA students always or usually use a condom.** (2011 Health and Wellness Survey, n=2,479)

## Q What's the best condom type to get?

**A.** One that fits correctly, and is not damaged or expired. Past that, the choice is yours. When you're choosing a condom, there are several factors for you and your partner(s) to consider.

**Size.** Condoms that are too tight can break and restrict blood supply to the penis; condoms that are too big can slip off during intercourse. Experiment with different sizes and brands until you find one that fits. There should be a little bit of extra space at the tip for ejaculate.

**Material.** Latex is the most common material condoms are made out of. Polyurethane, polyisoprene, and lambskin condoms are alternatives for those allergic to latex. Keep in mind that animal skin condoms prevent pregnancy but are not considered effective in preventing sexually transmitted infections (STIs).

**Lubrication.** Water-based lubricants help decrease friction and ease penetration which lowers the risk of breakage. Condoms can come with or without lubrication. If you and your partner(s) want more lubrication, it can be purchased separately. Look for brands such as Astroglide, Wet, and K-Y.

**Style.** There seems to be no end to the fun when it comes to condom styles. These

include: ribbed, studded, twisted, pleasure shaped, ultra-thin, textured, self-warming, high-sensation, multi-colored, and glow in the dark just to name a few.

**Brand.** All condoms, regardless of brand, are regulated by the FDA and go through rigorous quality control testing during each step of manufacturing to ensure that they are safe and effective. The brand of condom, as with any product, is usually chosen based on marketing, hearsay, and personal preference.

Condoms, when used consistently and correctly, can significantly decrease the risks of unintended pregnancy and STIs.

Though they tend to be less popular than male condoms, female condoms are another option available for both vaginal and anal sex. If you're using it for anal sex just be sure to remove the inner ring.

The Campus Health Pharmacy, located in the Highland Commons Building, sells a variety of sexual health items including male and female condoms, latex dams, and lubrication.



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