

sex talk.

answers to your questions about sex and relationships

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From acupuncture to x-ray, Campus Health is your “one-stop shop” for all of your health needs. Bursar anything all year long and it will show up as “Student Health Charge” on your statement.

Q How effective are nuva rings? Can I have sex without a condom if I have one?

A. The NuvaRing® is a transparent, flexible, plastic ring slightly larger than a rubber band. It is inserted in the vagina and is left in place for 3 weeks, during which time it releases a low dose of hormones that are absorbed into the vaginal wall. The NuvaRing® is 91-99.7% effective in preventing pregnancy. Like other hormonal birth control options, it works by preventing ovulation (the ovaries do not release an egg) and thickening cervical mucus (sperm have a more difficult time entering the uterus). The NuvaRing® is convenient; it does not need to be taken daily. It doesn't need to be fitted by a doctor and you can insert it yourself. These are seen as

advantages by some people.

Using a NuvaRing® (or any other hormonal birth control method) will not protect you against sexually transmitted infections (STIs) or HIV. If you and your partner have not been tested for STIs and/or are not in a monogamous relationship, you can reduce your risk of STIs and unplanned pregnancy by using a condom in addition to a contraceptive method.

Interested in using the NuvaRing® or learning about other birth control options? Call 520-621-9202 and make an appointment with the Women's Health Department at Campus Health.

Q Where can you buy bulk condoms? How many, how much for?

A. Buy 100 condoms for only \$14.99 on campus at the Campus Health Pharmacy. That's 15 cents a condom, what a deal!



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SEXTALK!



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

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