

# sex talk.

answers to your questions about sex and relationships

## wildfact

Did you know that the 3 most common STDs at the UA are chlamydia, herpes, and HPV?

## Q What kind of lube should I be using?

A. It depends. There are hundreds of different types of sexual lubricants for enhancing sexual activity, including flavored, water-based, silicon-based, and oil-based lubes. In the end, it all comes down to what you and your partner prefer. However, there are a few things to consider: water-based lube is easy to use and does not degrade latex – it also does not cause irritation. Oil-based lube, like Vaseline and lotion, breaks down latex and may potentially cause an infection in the vagina or anus. Flavored lubes are meant to be used only for oral sex because the sugar in them can irritate genital tissue.

If you and/or your partner have been experiencing dryness during sexual intercourse, personal lube designed for sex may be your answer! Adding lube to

your sexual experience can enhance arousal by stimulating the production of a vagina's "natural" wetness before penetration occurs. You can also add lube to your anal sex experience for a smoother ride. By reducing friction, pain, and irritation, which is often caused by inadequate lubrication, you can start enjoying your sex more than ever before!

Luckily, there are many sex lubricants available over-the-counter at the UA Campus Health Pharmacy and at many local drug stores. Most lubes are inexpensive and very easy to use.

Lube is a great option to enhance sexual pleasure. There are hundreds of different varieties out there and it is up to you and your partner to experiment and find out which one you both like the best! But remember to take your health and safety into consideration when doing so.



**CAMPUS  
HEALTH**

Guest Columnist:  
Colette Wiles,  
Public Health Senior



Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

SexTalk is written by Lee Ann Hamilton, MA, CHES, David Salafsky, MPH, and Carrie Hardesty, MEd, CHES, health educators at The UA Campus Health Service.

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