

sextalk.

answers to your questions about sex and relationships

factoid

Visit us at the Campus Health Service Open House on Friday, October 22nd from 3-5pm and Saturday, October 23 from 10am-3pm in the Highland Commons Building.

Q. I have had a problem with condoms breaking while having sex. Typically, the head of the condom tears and the condom is pushed down the shaft. I have tried pinching the head of the condom before putting it on to create a reservoir and more space, but I'm still unsuccessful. I have always thought of myself as average-sized, and use standard Trojan condoms, which fit snug. Do I need to use bigger condoms or am I doing something wrong?

A. Most issues of condom breakage can be traced to either putting the condom on wrong or insufficient lubrication. If you haven't tried lubricated condoms yet, that would be a good place to start. Lubricants such as Astroglide and KY-Jelly can also be purchased separately and applied directly to the condom once it's on.

To correctly put on a condom, hold the tip of the rolled up condom (allowing at least a 1/2 inch of extra space at the top) over the erect penis and roll it downward. If it doesn't roll down easily, you probably have it inside out and will want to start over with a fresh condom.

As always, you'll want to make sure the condoms you are using haven't expired, and have been kept in a cool, dry place. Finally, be sure to open condom wrappers carefully, and without the help of your teeth or scissors. Several types of personal lubricants and lubricated condoms are available on campus at the Campus Health Service Pharmacy.

Q. Hi, I recently got a pap and I didn't get tested for STDs. I was just wondering, if I had an STD would my test results be abnormal or would they come up fine?

A. Most STDs won't show up in a pap. Pap smears detect changes in cervical cells and can identify the early warning signs of cervical cancer. While "abnormal" paps are tested for Human Papilloma Virus (also known as HPV or genital warts), other STDs, such as chlamydia and gonorrhea require separate tests. An individual with a "normal" pap may very well have an STD, so it's important to be tested if you haven't been already. For more information or to schedule an appointment, call Women's Health, Campus Health Service, at 621-6512.

Column written by David Salafsky, M.P.H., Health Educator at the Campus Health Service.

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

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