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AVERT Condom Quiz

Which is the most effective at preventing pregnancy, HIV and other sexually transmitted infections?

- a. Birth control pill
- b. Withdrawal method
- c. Condoms and lubricants

Answer: c. Condoms are the only type of contraception that reduce both your chance of becoming pregnant and your risk of becoming infected with STDs.

Can a female condom be used several times?

- a. No
- b. Yes

Answer: a. Both female and male condoms should only be used once.

How effective are condoms at preventing pregnancy if used consistently and correctly?

- a. 50 percent
- b. 100 percent
- c. Nearly 50 percent
- d. Nearly 100 percent

Answer: d. Condoms are nearly 100 percent effective at preventing pregnancy if used consistently and correctly.

What do spermicides protect against?

- a. Pregnancy
- b. STDs
- c. Pregnancy and STDs

Answer: a. Spermicide kills sperm inside the vagina, protecting against pregnancy. Spermicide does NOT protect against STDs.

How are some female condoms anchored inside the vagina?

- a. Spermicide
- b. A round sponge inside the closed end of the condom
- c. Glue

Answer: b. The Condom Feminine has a sponge inside the closed end, which helps to anchor it inside the vagina.

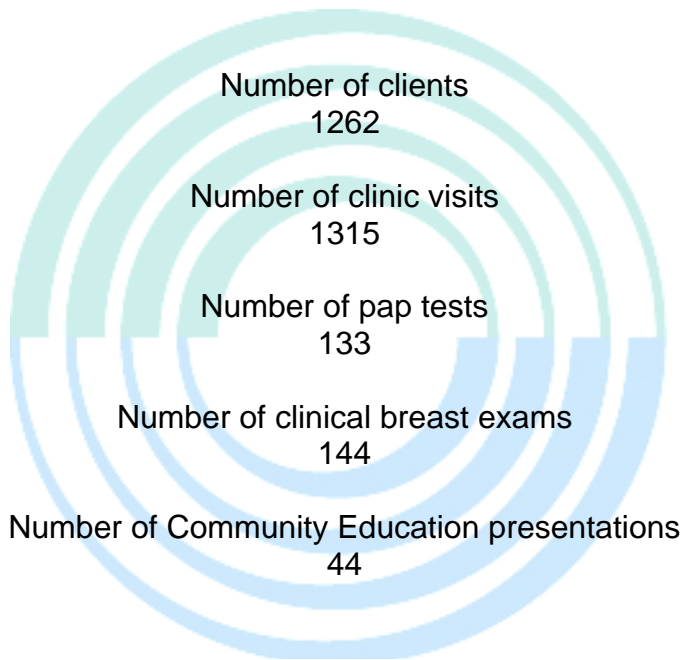
After sex, when should condoms be taken off the penis?

- a. Soon after ejaculation, before the penis goes too soft
- b. At least an hour later
- c. As soon as the penis is no longer erect

Answer: a. Condoms should be taken off after the man ejaculates and before the penis goes soft. After this, there should be no contact between the penis and vaginal area.

Source: <http://www.avert.org/condom-quiz.php>

Last Month in STATS January: Year to Date



**Sunday, May 13
to
Saturday, May 19**

Event details to follow

A Note from your Nurse Practitioner...

In this high tech world we live in it is good to remind ourselves that often the best preventative health care comes in small packages and is low tech. Condoms have been around for thousands of years and while the basic design hasn't changed much, modern manufacturing and modern materials provide condom users with a variety of colors, shapes, sizes, thicknesses, textures, scents, or flavors. Modern condoms are made from three types of material--latex, lambskin, and synthetic (polyurethane or polyisoprene). Since lambskin condoms are porous they may not provide the same level of protection against STDs as latex and synthetic condoms. When used correctly and consistently condoms decrease the risk of both pregnancy and transmission of STDs. In the United States, condoms remain the most widely available and commonly used barrier method to prevent STDs. Counseling sexually active individuals to use condoms continues to be an important part of public health efforts to prevent the transmission of STDs. Among sexually active teens, condoms are very often the first and only method of birth control used with first acts of intercourse. After initiating a more effective method of birth control, such as oral contraceptives, many couples continue to use condoms as a back up method of birth control and to reduce the risk of infection. This concept, known as dual protection, is widely advocated in reproductive health clinics. Preventing STDs and promoting planned pregnancy is preventative health care. Condoms are affordable, widely available, and easy to use, yet the positive health impact of this simple method is huge. The adage, "An ounce of prevention is worth a pound of cure" certainly applies to condoms.

Sarah Frey, RN-C, BSN, WHNP

Sarah Frey RN-C, BSN, WHNP



Comparing Condom Costs

36 condoms at....

Walgreens:	\$26.99
Shopko:	\$19.99
Kmart:	\$18.49
Target:	\$18.49
Walmart:	\$18.47
Options Clinic:	\$9.00

Avoiding pregnancy and STDs.... *PRICELESS!*

Save the Dates

- February 1-29:** National Condom Month
- February 14:** Valentine's Day and National Condom Day
- February 16:** 2:00-4:30pm, FREE HIV testing by AIDS Resource Center of Wisconsin. Call for Appointment (La Crosse Clinic only)
- Community Education presentation on Contraceptives at UWL Angell Hall (private)
- February 23:** 2:30-4:00pm, FREE Immunizations (Gardasil and T-dap) by La Crosse County Health Department. Walk-In (La Crosse Clinic only)
- February 25:** Community Education presentation on Contraceptives at UWL Wentz Hall (private)
- March 6:** Community Education presentation on Contraceptives at UWL Laux Hall (private)
- March 15:** 2:00-4:30pm, FREE HIV testing by AIDS Resource Center of Wisconsin. Call for Appointment (La Crosse Clinic only)
- March 22:** 2:30-4:00pm, FREE Immunizations (Gardasil and T-dap) by La Crosse County Health Department. Walk-In (La Crosse Clinic only)
- April 12:** 5:00-7:00pm, Sparta Clinic Grand Opening, Public Welcome (415 West Wisconsin Street, Sparta)
- April 19:** 2:00-4:30pm, FREE HIV testing by AIDS Resource Center of Wisconsin. Call for Appointment (La Crosse Clinic only)
- Extended hours in Sparta begin. Details to follow.
- April 26:** 2:30-4:00pm, FREE Immunizations (Gardasil and T-dap) by La Crosse County Health Department. Walk-In (La Crosse Clinic only)

Vision Statement

Options Clinic will be widely recognized and supported for our excellence in normalizing sexuality through sexual health care, education, and prevention services, and our commitment to a lifetime of wellness for all.

Mission Statement

Options Clinic helps to create healthier lives and families by providing and advocating for sexual health and education.

La Crosse Clinic

1201 Caledonia Street
La Crosse, WI 54603
800.657.5177

Mondays: 9am - 5pm
Tuesdays: 8:30am - 3:30pm
Wednesdays: 10:30am- 6pm
Thursdays: 9am - 6pm
Fridays: 9am - 3:30pm

Prairie du Chien Clinic

103 Wacouta Street North
Prairie du Chien, WI 53821
800.657.5177

Tuesdays: 10am - 4pm

Sparta Clinic

415 West Wisconsin Street
Sparta, WI 54656
800.657.5177

Mondays: 9am - 5pm
Thursdays: Beginning April 19

Richland Center Clinic

175 Mill Street East
Richland Center, WI 53581
800.657.5177

Wednesdays: 10:30am - 4:30pm

US DHHS, OPA, OFP: Title X Family Planning Program
Affiliate of the Gundersen Lutheran Health System

