



SHARP News



Free Prize for Telling SHARP What You Really Think

SHARP wants to know what you think about HIV, STD and unplanned pregnancy prevention – and would be very grateful for your thoughts. You also get a free sample of the new FDA approved **glow in the dark condom** for completing a one-page SHARP customer questionnaire. Get the questionnaire at http://www-nehc.med.navy.mil/downloads/hp/sharp_survey.doc.

It's your turn to be heard!

You may return your completed questionnaire by fax, mail, e-mail or phone.

Thank you for getting involved and for helping our people to “chart a safe course”!

A note about the glow-in-the dark condoms:

Although not as safe as abstinence or monogamy, the correct and consistent use of latex condoms during sexual intercourse can reduce a person's risk of acquiring or transmitting many STDs, including HIV infection. A variety of male condoms are available. Female condoms and oral barriers are also available. Condoms can reduce both the risk of pregnancy and the risk of disease transmission. Of course, condoms can only protect people who use them. In a 1997 study (*STD, 24(7), Aug 97, Reasons for Not Using Condoms*), 260 heterosexual adults being treated for a sexually transmitted disease were asked why they did not use a condom. The 3 most important barriers were:

- (1) relationship issues (such as partner trust, fear of rejection; fear of conflict);
- (2) patient, partner or both dislike condoms;
- (3) didn't have condoms when needed.

The health care professional can uncover these barriers and can help people overcome them. For people who say they don't use condoms because they or their partner doesn't like condoms, the health care professional can explore the range of condom types that are available on the market. For example, here are some typical condom use objections and some recommendations for overcoming these objections:

- condoms always break: use only water-based lubricant / use extra strong varieties.
- condoms are too tight/uncomfortable: use larger (“magnum”) size varieties.
- condoms always fall off: use “snugger fit” varieties.
- condoms reduce sensitivity: use ribbed/nubbed/increased sensitivity varieties or ultra thin.
- condoms ruin the mood: eroticize condom use with colors, flavors, glow-in-the-dark, etc.

“Chart a Safe Course”