

THE TRUTH ABOUT CONDOMS



CORRECT USE OF THE MALE CONDOM



THE FACTS IN BRIEF

Everyone should know that condoms can be obtained at drugstores, health clinics, and college health centers. Once they have them, they need to know how to use them!

It's a fact that some of the major reasons why a condom fails is because the user put it on upside down, or the condom was damaged while opening the package, or it was stored incorrectly. Here are some useful facts to keep in mind:

■ There is a right way and a wrong way to wear a condom. If it doesn't unroll smoothly from the rim on the outside, it's probably upside down.

■ There are basically three sizes — standard, contoured and large (4mm larger than standard).

■ Only latex and non-latex condoms provide the best protection against sexually transmitted infections (STIs).

■ Latex condoms have a shelf life of three years with spermicide and five years without spermicide. Polyisoprene condoms have a shelf life of three years. Make sure to check the expiration date.

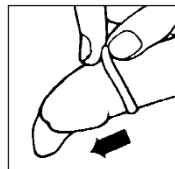
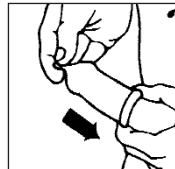
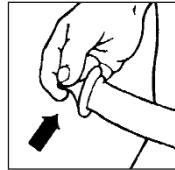
■ The worst place to carry a condom is in your back pocket. A shirt pocket or protective case is better.

Condom Effectiveness

Although no contraceptive can guarantee 100% effectiveness, latex and polyisoprene condoms, when properly used, are a highly effective means of preventing pregnancy without the potentially serious side effects associated with some other methods. Condoms are primarily intended for use in vaginal intercourse; other uses can increase the potential of breakage. Latex and polyisoprene condoms, when properly used, can also aid in reducing the risk of spreading HIV infection (AIDS) and many other sexually transmitted infections (STIs).

Believe it or not, there really are some important things to remember when using a condom:

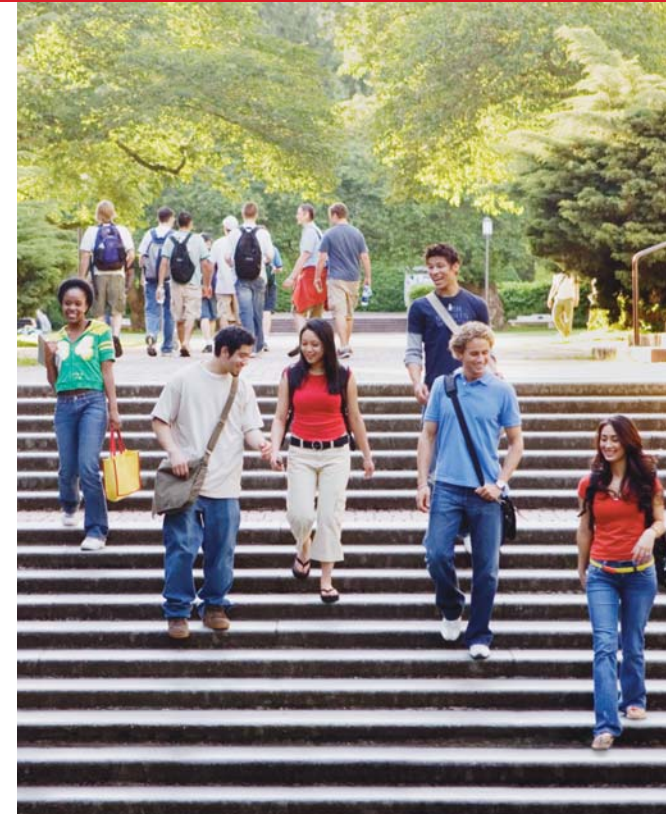
1. Check the expiration date on the package. If the condom is brittle or sticky or looks damaged, do not use it.
 2. Be careful not to rip the condom when opening the package.
 3. Make sure the tip of the condom points through the ring in a way that will let it roll down. Pull back the foreskin if the penis is not circumcised.
 4. Place the rolled condom on the head of the penis.
 5. Leave a half-inch space to collect semen. Pinch the air out of the tip with two fingers of one hand.
 6. Unroll the condom over the penis with the other hand.
 7. Unroll the condom to the base of the penis.
 8. Smooth out air bubbles. Add water-based lubricant to the outside of the condom, if necessary. After ejaculation, pull out before the penis softens.
 9. Hold the condom against the base of the penis while pulling out to prevent semen from spilling.
 10. Wipe any ejaculate off the penis.
 11. Use a new condom before EACH sex act.
- Source: teenwire.com



If you would like more information about condoms and how to prevent STIs talk with your doctor or contact us at 1-800-232-1309 x5338, or via email: psinfo@lifestyles.com. You can also visit our website at www.lifestyles.com/sexualhealth.



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PROTECTING YOUR SEXUAL HEALTH

For starters, you should know some of the basic facts about relationships, sexual activity and protecting yourself.

Fact: The average duration of a teen sexual relationship is 6 months.¹

Fact: Currently 46.8% of all high school students report that they have had sex.²

Fact: Half of all teens have had oral sex.²

Fact: In 2005, more than 750,000 unintended teen pregnancies occurred in the U.S.²

Fact: Some 19 million new STIs occur each year, almost half of them among young people ages 15-24.³

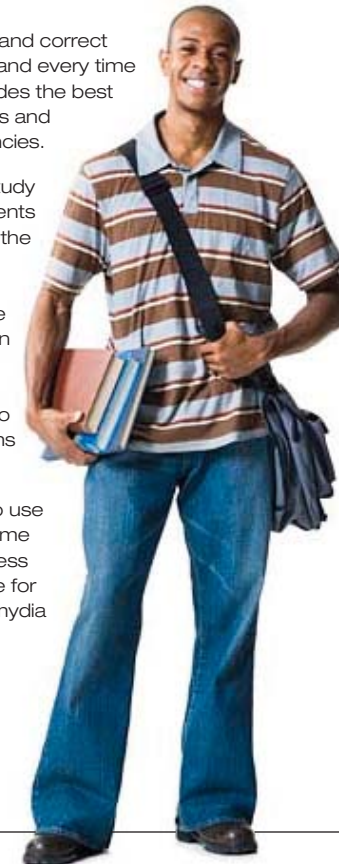
Fact: Consistent and correct condom use each and every time you have sex provides the best protection from STIs and unplanned pregnancies.

Fact: A recent study found that adolescents who use condoms the first time they have intercourse do not go on to have more sexual partners than others, and they have lower rates of STIs than those who do not use condoms the first time.⁴

Fact: Youths who use condoms the first time they have sex are less likely to test positive for gonorrhea or Chlamydia seven years later.⁴

Sources:

1. childtrends.org
2. teenpregnancy.org
3. alanguitmacher.org
4. [AJPH](http://ajph.org) June 2007



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STIs, HIV/AIDS and HPV

Sexually transmitted infections are everywhere. It's estimated that more than 40% of people have had an STI at some point in their lives. Some STIs are treatable once diagnosed. Others currently have no cure. In any case, you need to protect yourself all the time by wearing a LifeStyles® Brand latex or polyisoprene condom each and every time you have sex. Barring abstinence, it's your best defense against getting an STI!

STIs

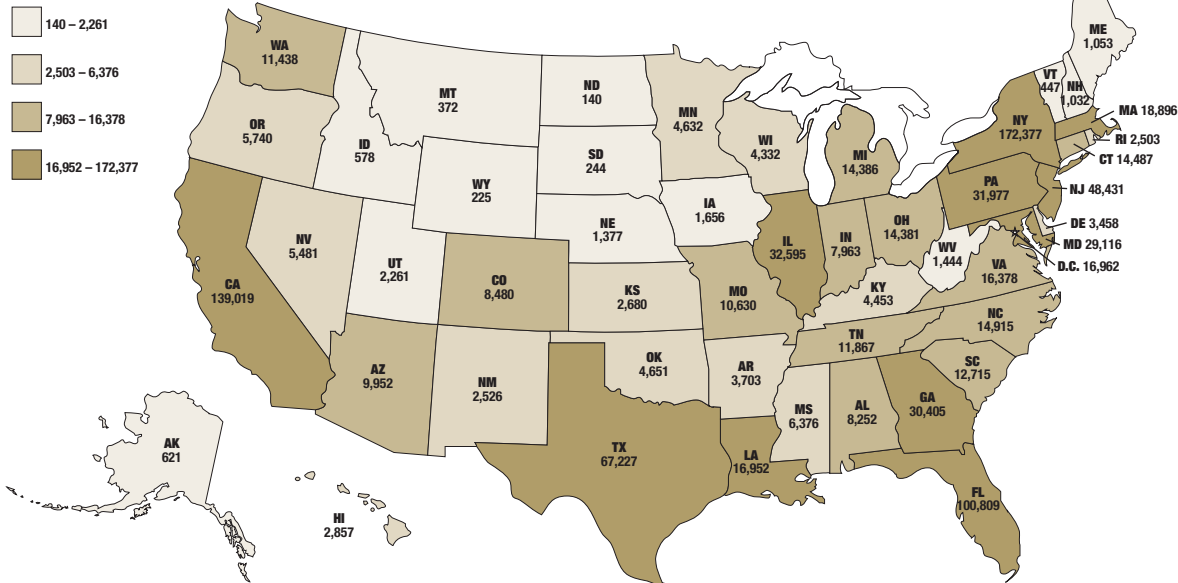
There are 19 million new cases of STIs each year and about half occur in young people aged 15 to 24. The truth is that STIs such as chlamydia, gonorrhea, syphilis, genital herpes, genital warts and hepatitis are on the rise. Most have no symptoms but can ultimately result in sterility and even death. In fact, nearly 50% of all sexually active people will get an STI!

HIV/AIDS

Don't be fooled: HIV/AIDS is still a deadly disease and it continues to spread. HIV infection weakens the body's immune system, leaving it vulnerable to other infections and the development of certain types of cancers. When these serious infections develop is when the diagnosis of AIDS is made.

Reported Number of AIDS Cases, All Ages

Cumulative through December 2005



HIV is spread when infected blood, semen or vaginal fluid passes from one person to another during penetration (vaginal, anal and oral). Properly using a latex or polyisoprene condom each and every time is, next to abstinence, the best way to protect yourself. GET TESTED!

HPV

Human papillomavirus, or HPV, is a viral STI that affects both men and women, and there is no cure. Results from a recent study indicate that consistent condom use protects against both high- and low-risk types of HPV. Although a vaccine for young women is now available, consistent condom use will help protect against other high-risk types of HPV that put women at risk for cervical cancer (New England Journal of Medicine, June 2006).

Anyone who has any kind of sexual activity involving genital contact with an infected person can get HPV — penetration isn't necessary. Many people who have HPV may not show any signs or symptoms, so they can pass the virus on without even knowing it.

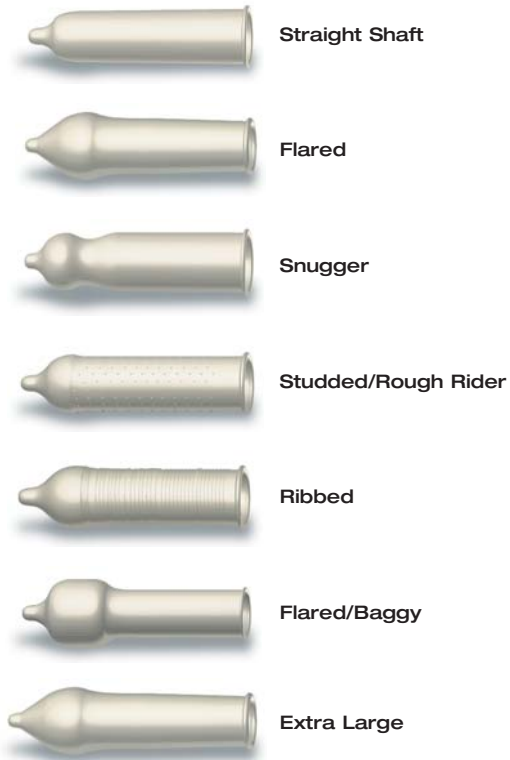
HPV is easily transmitted. The Centers for Disease Control and Prevention (CDC) estimates that 20 million people in the U.S. had HPV in 2005, and of the approximate 6 million new cases of HPV every year, it's estimated that 74% occur in 15- to 24-year-olds.

PROTECT YOURSELF!

Remember, latex and polyisoprene condoms, such as LifeStyles® Brand Condoms, are the most effective way to protect against BOTH pregnancy and STIs. Concerned about condom safety? Each of our quality condoms is tested electronically. We also check for holes using a water leakage test as well as an inflation test. All of our condoms are made to ASTM (American Society for Testing and Materials) standards as recognized by the FDA.

Condom Shapes

LifeStyles® Condoms can even enhance your experience. No one gives you as many ways to have more fun than LifeStyles® Condoms! We've got the shapes, textures and colors that can really make it exciting!



EXPERIENCE LifeStyles® TODAY!

