

# Features

# AIDS

## Here is some advice about sex in '89

By Arnetta Hauser

The sexual revolution reached high gear in the last decade.

However, as with any revolt, the consequences can be severe. The spread of sexually transmitted diseases (STDs) has reached epidemic proportions.

The AIDS virus threatens our very existence.

According to the brochure "Making Sex Safer" which was prepared by the American College Health Association, sexually transmitted diseases are infections -- such as chlamydia, gonorrhea, genital herpes and AIDS -- that are contracted through sexual contact. These microorganisms travel in body fluids such as semen, blood and vaginal mucus. When these fluids (especially blood and semen) are shared during sex, the diseases are transmitted.

What can you do to protect yourself?

Safe sex appears to be one solution. That entails self-respect and respect for your partner -- talking about sex, knowing how to protect yourself, and taking precautions consistently every time.

It is good to remember that each time you have a sexual encounter, you're having sex with everyone who that person has had sex with over the past five years. That's

### Safe sex in the new year requires the use of condoms

frightening to consider, isn't it?

You may have heard C.E. Koop, the Surgeon General of the United States, recommend the use of a condom during intercourse. Condoms -- the old standby of the '50s and '60s -- have returned as an important tool in the prevention of the spread of sexually transmitted diseases. Koop recommended the use of latex condoms as opposed to condoms made of animal skin. Condoms that are washed and reused are not only a repulsive idea, but one that can prove to be dangerous as well. If keeping a condom in your wallet or the glove compartment of a car damages it, then imagine what a little wash and wear will do. Latex condoms may be obtained from the University Health Center.

What else is safe and what is unsafe?

Kissing is safe if neither person has open cuts or sores of the mouth or lips. Dry kissing is probably safe. Deep kissing or open mouth kissing anyone may carry some risks.

Masturbation is safe, if the semen contacts healthy skin. The contact of semen with

open cuts or sores is not safe.

Oral sex on a male using a condom is safe. As long as ejaculation doesn't take place in the mouth, unprotected oral sex probably does not transfer AIDS or the hepatitis B virus. The risk involved is due to the unpredictability and uncontrollability of ejaculation.

Oral sex on a woman may transfer the germs causing gonorrhea, syphilis and chlamydia. No one is certain if AIDS is transmitted by oral sex on a woman.

Vaginal intercourse with the use of a condom is safe. Research has shown that AIDS can be passed from male to female during unprotected sex.

Anal intercourse without the use of a condom is one of the most risky practices for passing both the AIDS virus and the hepatitis B virus. The bruising that occurs during anal intercourse can be greatly decreased by the use of lubricants. Oil-based lubricants, such as Vaseline and Crisco, are unsafe because they can weaken condoms, making them use-

less as protection.

Fisting -- putting a hand or fist into someone's rectum or vagina -- is dangerous because the internal tissue can be easily torn or bruised.

Oral-anal contact -- called rimming -- can spread germs carried in feces and germs carried in saliva and is, therefore, unsafe for both partners.

Water sports (which include golden showers) are unsafe if urine enters the mouth, vagina, or rectum. It can spread the AIDS or hepatitis B viruses.

Research shows that alcohol, marijuana, speed (amphetamines) and poppers (amyl nitrite) damage the immune system, leaving you open to diseases that you might otherwise be able to fight off. Research also suggests that these drugs leave you more susceptible to the AIDS and hepatitis-B viruses. Using poppers during anal intercourse can expand the blood vessels of the rectum and, as a result, increase the risk of receiving the AIDS virus.

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This article is a summary of the "Making Sex Safer" brochure that was produced by the American College Health Association.

## A crab is more than just seafood!

By Arnetta Hauser

Lice, crabs, bugs -- call them what you will, but they are horrid little parasites. They make you itch just thinking about them!

There are two types that most of us have heard about -- head lice and body lice. Head lice live on the scalp; however, they can also be found around beards or eyelashes or in pubic hair. So can crab lice -- a cousin. Body lice live on underclothes and bedding.

Lice feed by sucking blood. When they bite, the affected area itches. You can catch lice only through direct contact with an infected person or thing.

If you suspect that you have crab lice, you may confirm this by a thorough inspection of your underclothing. You will notice rust-colored spots on undergarments or bed linens. These are caused

### Tiny parasites can make life miserable

by the lice sucking blood.

Should you see a crab louse, it will have six legs and no wings. Its body is round -- shaped very much like a crab.

A female louse reaches maturity at 16 to 18 days and begins laying eggs. She may lay a total of 300 eggs in her lifetime, which is about 45 days. The eggs are oval-shaped dots that look like specks of dirt. They normally hatch in seven to 10 days, but they can lie dormant for as long as one month.

The newly hatched louse, called a nymph, needs a blood meal within 24 hours or it will die. Most lice will die after three days of not eating, but some can survive up to 19 days.

It is customary to contact your physician after

discovering lice. He will write a prescription for a cream, lotion or shampoo that contains gamma benzene hexachloride, better known as kwell or scabene. There are some over-the-counter preparations also available (A-200, Li-Ban, Pronto, R&C, Rid). These products should be used as directed by the manufacturer and should not be used to ward off a possible infestation.

Clothing must be cleaned in a washing machine, using hot water, and dried on the hottest cycle of the dryer. Clothes and bedding used after the medication has been applied can be washed or dry-cleaned. Eggs usually die after five minutes of exposure to water at a temperature of 125 degrees Fahrenheit or 30 minutes of exposure at 121

degrees Fahrenheit. Adult lice will die at even lower temperatures.

Mattresses and chair cushions used by the infected person must be sprayed. Family members and friends should avoid direct contact with the infested person, his clothing, bedding and personal belongings for the first 24 hours after therapy is started or until no more live lice are seen.

Itching can persist even after the lice are dead, especially if the skin is already irritated from scratching. A soothing lotion or a solution of baking soda and water may help.

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