

Won't Condoms Protect Me?

Here's what the Centers for Disease Control says:

Condoms, when used consistently and correctly, can **reduce** the risk of transmission of **chlamydia**.^{1,17}

Condoms, when used consistently and correctly, can **reduce** the risk of transmission of **gonorrhea**.^{2,17}

Genital ulcer diseases **can occur** in both male and female genital areas that are covered or protected by a latex condom, as well as in areas that are not covered. Correct and consistent use of latex condoms can **reduce** the risk of **syphilis**, as well as **genital herpes** and **chancroid**, **only** when the infected area or site of potential exposure is protected.^{3,4,18,19}

Condoms **may lower** the risk of **HPV**, if used all the time and the right way.^{5,19}

Condoms, when used consistently and correctly, can **reduce** the risk of transmission of **trichomoniasis**.⁶

Condoms were found to **reduce** the risk of **HIV/AIDS** transmission during vaginal sex by 85% when used consistently and correctly (following the directions exactly and using them at every occurrence of sex, without exception).^{8,9,18} Using condoms 100% of the time still leaves a 15% risk of HIV infection compared to not using condoms at all. HIV is the virus that causes AIDS, a routinely fatal disease.

You can be infected with any STD even when using condoms 100% of the time.

Are you looking for complete protection from STDs and Pregnancy, guaranteed 100% of the time?

The only guaranteed way to avoid pregnancy or infection with a sexually transmitted disease is to practice sexual abstinence (abstain from any sexual contact) while single. If you marry, select a partner who is not infected with an STD and remain sexually faithful during marriage.

All other methods leave you at risk.

**It is your personal choice.
Make it a good one.**

Sources and Resources

Table of Most Common STDs (Chlamydia, Gonorrhea, Syphilis, Genital Herpes, HPV, Trichomoniasis, and PID, a related disease) from: STD Facts: Centers for Disease Control and Prevention. Center for HIV, STD and TB Prevention, Divisions of HIV/AIDS Prevention, Sexually Transmitted Diseases. Fact Sheet found at: <http://www.cdc.gov/std/>, accessed 5-11-09 as follows:

1. Chlamydia: <http://www.cdc.gov/std/chlamydia/default.htm>
2. Gonorrhea: <http://www.cdc.gov/std/gonorrhea/default.htm>
3. Syphilis: <http://www.cdc.gov/std/syphilis/default.htm>
4. Genital Herpes: <http://www.cdc.gov/std/Herpes/default.htm>
5. HPV: <http://www.cdc.gov/std/hpv/default.htm>
6. Trichomoniasis: <http://www.cdc.gov/std/trichomonas/default.htm>
7. PID: <http://www.cdc.gov/std/PID/STDFactSheet.htm>
8. HIV: <http://www.cdc.gov/hiv/resources/factsheets/transmission.htm>
9. National Institute of Allergy and Infectious Diseases, Workshop Summary: Scientific Evidence on Condom Effectiveness for Sexually Transmitted Disease (STD) Prevention. Herndon, VA: Hyattsville, Airport, June 12-13, 2000 and the follow-up report: Centers for Disease Control and Prevention, Department of Health and Human Services, Fact Sheet for Public Health Personnel, Male Latex Condoms and Sexually Transmitted Diseases. found at: <http://www.cdc.gov/ncdp/od/late.htm>, accessed 5-11-09.
10. Weinstock H, et al. Sexually transmitted diseases among American youth: incidence and prevalence estimates, 2000. Perspectives on Sexual and Reproductive Health 2004;36(1):65-70.
11. Gates W, McPheters M. Adolescents and Sexually Transmitted Diseases: Current Risks and Future Consequences. Workshop on Adolescent Sexuality and Reproductive Health in Developing Countries: Trends and Interventions. National Research Council, Washington, DC, March 25, 1997.
12. Centers for Disease Control and Prevention. Trends in Reportable Sexually Transmitted Diseases in the United States, 2004. found at: <http://www.cdc.gov/std/std04/trends04.htm>, accessed 5-11-09.
13. MMWR Mortality and Morbidity Weekly Report. October 3, 2008, Vol 57, No. 39, page 1073, found at: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5739a2.htm>, accessed 5-11-09.
14. Centers for Disease Control and Prevention, National Center for HIV, STD and TB Prevention, Divisions of HIV/AIDS Prevention, Basic Statistics. found at: <http://www.cdc.gov/nid/od/ssi/surveillance/basic.htm>, accessed 5-11-09.
15. World Health Organization, UNAIDS, Joint United Nations Programme on HIV/AIDS, UNAIDS/WHO AIDS Epidemiology Update: December 2007, found at: <http://www.unaids.org/en/KnowledgeCentre/HIVData/EpiUpdate/EpiUpdate/2007/default.asp>, accessed 5-11-09.
16. Centers for Disease Control and Prevention. Sexually Transmitted Diseases. Human Papillomavirus (HPV) Infection (HPV) Vaccine Information For Young Women found at: <http://www.cdc.gov/od/ohp/STDFact-HPV-vaccine-young-women.htm>, accessed on 5-11-09.
17. Baeten J, et al. Hormonal contraception and risk of sexually transmitted disease acquisition: Results from a prospective study. American Journal of Obstetrics & Gynecology, 185(2):380-385, August 2001.
18. Shlay JC, McClung MW, Parnik JL, Douglas JM Jr. Comparison of sexually transmitted disease prevalence by reported level of condom use among patients attending an urban sexually transmitted disease clinic. Sex Transm Dis. 2004; Mar; 73(3):54-60, found at: <http://www.ncbi.nlm.nih.gov/pubmed/15076927>, accessed 5-11-09.
19. Wald A, et al. The Relationship between Condom Use and Herpes Simplex Virus Acquisition. Ann Intern Med. 2005; 143:707-713, found at: <http://www.annals.org/cgi/reprint/143/10/707.pdf>, accessed 5-11-09.
20. Winer RL, Hughes JP, Feng Q, et al. Condom use and the risk of genital human papillomavirus infection in young women. N Engl J Med 2006;354:2645-2654, found at: <http://content.nejm.org/cgi/content/abstract/354/25/2645>, accessed 5-11-09. This single longitudinal study of 82 women conducted at the University of Washington demonstrated protection from HPV by condoms, although 12 of 42 subjects who used condoms at every sexual encounter developed infections associated with HPV viruses.

The term "condom" as used in this brochure, refers to male latex condoms, and does not refer to female condoms, male polyurethane condoms, lambskin condoms, or any other type, about which little is known.

Also, the partial protection provided by condoms cited in the research above refers only to vaginal sex. There is little or no evidence of protection provided by condoms used for anal or oral sex.

The table on the cover assumes each person involved has had only as many partners as you have. Each exposure represents the possibility of contacting a serious sexual disease. The table is given by F(n) = 2ⁿ-1 where n is the number of partners you have had.

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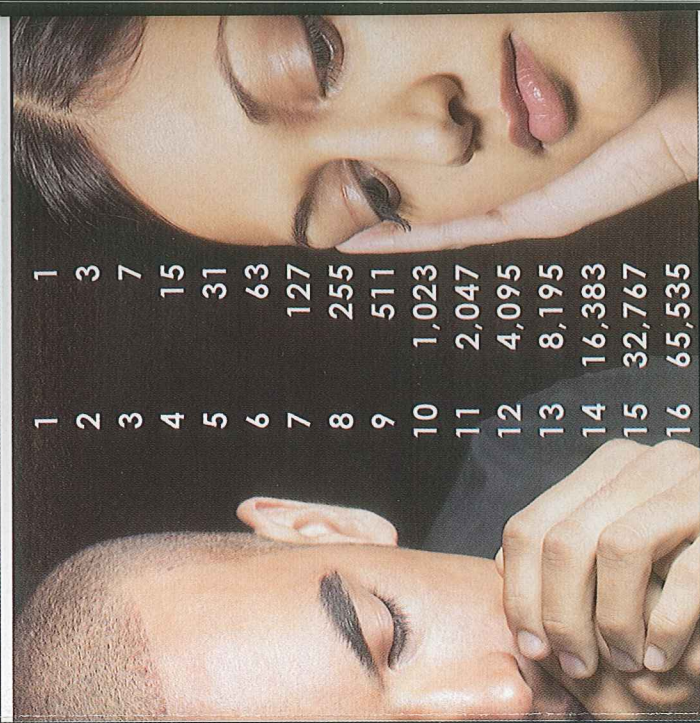
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Your Sexual Exposure

Each time you choose another partner, your chance of contracting a sexually transmitted disease goes up dramatically. Look at the numbers below.

Your
partners
Your
exposure

1	1
2	3
3	7
4	15
5	31
6	63
7	127
8	255
9	511
10	1,023
11	2,047
12	4,095
13	8,195
14	16,383
15	32,767
16	65,535



"When you have sex with someone, you are having sex with everyone they have had sex with for the last ten years, and everyone they and their partners have had sex with for the last ten years."

C. Everett Koop, M.D., Former U.S. Surgeon General