

The Pill

...Works by preventing ovulation.
 ...Take one pill each day at the same time.
 ...\$10 with college insurance through Family Planning.
 ...May make periods lighter and reduce menstrual cramps.
 ...Some of the most common side effects include nausea and bleeding between periods.

Nuva Ring

...Works by preventing ovulation.
 ...Is a small, comfortable vaginal ring that's easy to insert and remove.
 ...Remove after 3 weeks and then replace 1 week later.
 ...\$10 with college insurance through Family Planning.
 ...Benefits and side effects are similar to the pill.

Plan B

...May work by preventing ovulation.
 ...Does not effect an existing pregnancy.
 ...Take as directed within 5 days of unprotected intercourse.
 ...Not to be used as a form of birth control.



Karaoke
 Thursday,
 March 11th
 8pm -
 midnight
 Campus
 Center Food
 Activity
 Court

Toilet Talk

March 5, 2010

Don't be a Baby Mama/Daddy!

Did You Know...

...Studies indicate that the IUD is one of the most effective and safest methods of birth control.
 ...About 1 out of 100 women will become pregnant when always using Nuva Ring or the pill correctly?
 ...Each year at least 2 million women undergo unsafe abortions and tens of thousands die from them.
 ...In some cases, a woman may get pregnant while menstruating.

Answer to Last Week's Question:

No, Vaseline or other oil based lubricants will cause latex condoms to break.

Easy Tip on Living Laker Green:

A well-tuned car with properly inflated tires burns less gasoline—cutting pollution and saving you money at the pump.

Question of the Week: Where are the most popular spring break destinations for college students?

Events of the Week:

Friday, March 5th: African Student Organization presents 3rd Annual Greek Exposure. Auditorium 118. 5:30p.m.

Friday, March 5th: Movie: "Lovely Bones". 7p.m. and 10 p.m. Campus Center Auditorium room 118. \$1 admission.

Saturday, March 6th: Workshop: Great Lakes Underwater 2010 conference. 9:00a.m.-3:00p.m. Campus Center Auditorium room 118. \$20 (includes buffet lunch). Preregistration required.

Monday, March 8th: International coffee hour. Poucher Hall room 222. 3:30-5:00p.m. Free!

Questions? Comments? Suggestions? Get Involved.
 Give us a call! 312-5648 Or email
lifestyle@oswego.edu



Download Toilet Talk online! Visit
www.oswego.edu/lifestyles and Click on
 the Toilet Talk link.



Words to whiz by...

"Faith is taking the first step even when you don't see the whole staircase."

-Martin Luther King Jr.

IUD

...Is placed inside the uterus to prevent pregnancy from 5-12 years.

...Works by preventing ovulation.

...Is 99% effective.

...Cost is between \$175 - \$650 (but lasts up to twelve years, so is actually very cost effective).

...Side effects may include heavier, irregular or loss of periods.

Condoms

...Prevents pregnancy by not allowing sperm to reach egg.

...Is the only method of contraception to protect against STI's.

...Condom needs to be worn before any genital contact.

...Cost is 10 for \$1 at the Lifestyles Center located in Mary Walker Health Center.

...Store condoms in a cool (not cold), dry place away from sharp objects.

Lifestyles
 a center for healthy choices

Walker Health Center
 SUNY Oswego
 (315) 312-5648
lifestyle@oswego.edu

Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistant Jenna Bernardelli, Intern Chris McPherson and Peer Educators Brianna Daley, Deanna Drexler, Chelsea Giaraffa, Mary Hankin and Jessica Raghunananan.

Sources available upon request.

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