MAKING INFORMED DECISIONS:
THE FACTS ABOUT CONDOMS

*Where “condom” is referenced, it refers to latex, polyurethane, or polyisoprene male condoms currently marketed in the US, unless otherwise specified.
CONDOMS ARE YOUR ONLY CONTRACEPTIVE OPTION THAT CAN PREVENT BOTH UNINTENDED PREGNANCIES AND SEXUALLY TRANSMITTED INFECTIONS

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A SEXUALLY ACTIVE WOMAN AGE 13-19 who does not use contraception has a 90% CHANCE OF GETTING PREGNANT within a year.

50% of ALL PREGNANCIES in the United States are UNINTENDED.

8 OUT OF 100 WOMEN who have UNPROTECTED SEX once during the 2nd and 3rd week of menstrual cycle WILL BECOME PREGNANT.

Having UNPROTECTED SEX ONCE is RISKY and can result in PREGNANCY.

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**STI FACTS**

1,000,000

More than **ONE MILLION PEOPLE ARE LIVING WITH HIV IN THE U.S.** with approximately **50,000 AMERICANS BECOMING INFECTED WITH HIV EACH YEAR**

More than **17,000 PEOPLE WITH AIDS IN THE U.S. DIED IN 2009**

There were **1.5 MILLION cases of CHLAMYDIA AND GONORRHEA in the U.S. in 2009** (these are the 2 most common infectious diseases reported by the CDC)

Each year, **STIs LEAD TO INFERTILITY in more than 24,000 WOMEN in the U.S.**

50% of all **NEW CASES OF STIs are among young people AGES 15-25**

65 MILLION ADULTS in the U.S are living with an **INCURABLE STI**

19 MILLION NEW STIs occur EACH YEAR in the U.S.

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CONDOMS ARE HIGHLY EFFECTIVE IN PREVENTING PREGNANCY AND STIs

According to leading health authorities, such as the U.S. Centers for Disease Control and Prevention, condoms are **HIGHLY EFFECTIVE IN PREVENTING PREGNANCY AND STIs**

Condoms **REDUCE THE RISK OF INFECTIONS WITH STIs, INCLUDING HIV, CHLAMYDIA, GONORRHEA, SYPHILIS, HERPES AND HUMAN PAPILLOMA VIRUS**

Condoms provide a strong barrier that **CANNOT BE PENETRATED BY STI PATHOGENS**

**CONDOMS ARE THE ONLY PROVEN METHOD for BOTH birth control and STI prevention**

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CONDOMS ARE MISUNDERSTOOD & UNDERAPPRECIATED

MANY MYTHS ABOUT CONDOMS STILL EXIST:

- **Condoms don't protect against some STIs like herpes or HPV.**
- **Condoms have small holes.**
- **Condoms break and slip often.**
- **Condoms are hard to use.**

WHEN IN FACT, **CONDOMS ARE RELIABLE, EASY TO USE, AND WHEN USED, THEY ARE HIGHLY EFFECTIVE IN PREVENTING UNINTENDED PREGNANCIES AND STIs.**

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CONDOMS ARE MANUFACTURED WITH HIGH QUALITY STANDARDS AND UNDERGO RIGOROUS QUALITY CONTROL TESTING

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CONDOMS ARE A HIGH QUALITY, RELIABLE PRODUCT

Most condoms are made from LATEX, A STRONG AND FLEXIBLE MATERIAL derived from a rubber tree.

Condoms undergo a variety of electronic and physical tests to ensure that they are intact, strong, stable, and have no holes.

CONDOMS ARE A STRICTLY REGULATED Class II Medical Device so they must meet FDA and FDA-recognized industry standards.

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CONDOMS UNDERGO MULTIPLE TESTS DURING MANUFACTURING

CONDOMS are electronically TESTED to ensure they have NO HOLES

CONDOMS ARE TESTED at each step of the manufacturing process

VIDEO: HOW LATEX CONDOMS ARE MADE

AVAILABLE AT: http://www.factsaboutcondoms.org/videos.php

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Continuous innovation in condom technology results in **BETTER FIT AND FEEL** to enhance sexual pleasure

- Latex combines strength and elasticity with thinness for protection and optimal sensation
- Condoms are designed in different shapes and sizes with smooth or textured surfaces to meet user fit and comfort and to satisfy a wide range of user preferences
- Condoms now come with a variety of lubricants—including those that add warming and tingling sensations—to add to the pleasure

The latest innovations in CONDOMS ARE DESIGNED TO INCREASE PLEASURE so that more people benefit from the protection that only condoms can provide for unintended pregnancies and STIs

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CONDOMS ARE 98 PERCENT EFFECTIVE IN PREVENTING UNINTENDED PREGNANCIES WHEN USED CONSISTENTLY AND CORRECTLY

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DEFINITION OF “PERFECT USE”
CONDOM EFFECTIVENESS

PERFECT USE estimates how often a method will fail with CONSISTENT AND CORRECT USE.

PERFECT USE FOR CONDOMS is shown by calculating how many COUPLES OUT OF 100 who use condoms CONSISTENTLY AND CORRECTLY will experience an unintended pregnancy in the FIRST 12 MONTHS.

ONLY 2 COUPLES who use CONDOMS CONSISTENTLY AND CORRECTLY will experience an unintended pregnancy in the first 12 months of use; therefore, CONDOMS ARE 98 PERCENT EFFECTIVE.

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DEFINITION OF “TYPICAL USE” CONDOM EFFECTIVENESS

Typical use for condoms is shown by calculating how many couples out of 100 WHO REPORT USING CONDOMS AS THEIR PRIMARY METHOD OF BIRTH CONTROL will experience an unintended pregnancy in the first 12 months.

TYPICAL USE RATES CAN BE CONFUSING and make people think condoms are less effective than they really are.

- Couples are counted EVEN WHEN THEY FORGET TO USE A CONDOM or when they use one incorrectly.
- People often think typical use rates are about failure of the method itself, but in reality, THEY INCLUDE USER ERRORS, EVEN THE BIGGEST AND MOST COMMON ERROR OF ALL—NOT USING A CONDOM.

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DEFINITION OF “TYPICAL USE”
CONDOM EFFECTIVENESS

18 COUPLES OUT OF 100 who say they use condoms as their primary contraception method will experience an unintended pregnancy in the first 12 months

- This includes couples who **WERE NOT USING A CONDOM** when they got pregnant
- This includes couples who **DID NOT HAVE A CONDOM ON THE ENTIRE TIME**
- This includes couples who **WERE USING A CONDOM INCORRECTLY** when they got pregnant

When used consistently (every time) and correctly (the right way)
CONDOMS PREVENT PREGNANCY 98 PERCENT OF THE TIME

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CONDOMS ARE THE ONLY CONTRACEPTIVE METHOD THAT PREVENTS STIs

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DIFFERENT STIs ARE SPREAD DIFFERENTLY

Some STIs – like gonorrhea, chlamydia, and HIV are spread through genital secretions

- Condoms provide greater protection against these diseases because they are a barrier against the secretions that cause them

Some STIs – like HPV and herpes are spread through skin-to-skin contact

- Condoms provide protection against these diseases only when the infected skin is in an area that is covered by the condom

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SOME STIs ARE TRANSMITTED MORE EASILY THAN OTHERS

CONDOMS REDUCE THE RISK of even the most easily transmitted STIs (gonorrhea and chlamydia)

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CONDOMS PROVIDE PROTECTION AGAINST STIs: CHLAMYDIA AND GONORRHEA

Laboratory studies show that the physical properties of latex condom protect against discharge diseases such as chlamydia and gonorrhea.

Research studies on men and women show that condom use reduces the risk of gonorrhea and chlamydia.

- In a review by the CDC of 45 studies conducted between 1966 and 2004, most studies found that condom use was associated with reduced risk of gonorrhea and chlamydia in men and women.
- Because of the way these studies were designed and conducted, the authors believe that condom effectiveness against chlamydia and gonorrhea was underestimated.

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**CONDOMS PROVIDE PROTECTION AGAINST STIs: HPV**

Recent studies show that using condoms significantly **REDUCES THE RISK OF HPV INFECTION**

In one study, there were no cervical lesions detected **IN WOMEN WHO REPORTED 100 % CONDOM USE**, compared to 14 cervical lesions in women whose partners did not use condoms.

Studies show that using **CONDOMS CAN HELP PREVENT DISEASES** associated with HPV including **GENITAL WARTS, CERVICAL DYSPLASIA, AND CERVICAL CANCER**

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CONDOMS PROVIDE PROTECTION AGAINST STIs: HIV

Laboratory studies have shown that condoms provide a barrier against HIV, the virus that causes AIDS. Long-term studies involving serodiscordant couples (where one partner is HIV-positive and the other is not) allow researchers to compare estimated rates of transmission among those who use condoms and those who do not.

Studies found consistent condom use reduces the risk of HIV by 80-94%.

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CONDOMS PROVIDE PROTECTION AGAINST STIs: HIV

Transmission of HIV among CONSISTENT CONDOM USERS IS RARE

STUDIES REVIEWED, there were ONLY 11 (1.9%) SEROCONVERSIONS (when one partner develops antibodies for HIV but has not yet tested positive for HIV) AMONG 587 self-reported consistent condom users

While studies of serodiscordant couples look at consistent use, none have evaluated correct use

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CONDOMS PROVIDE PROTECTION AGAINST STIs: HERPES

Correct and consistent use of condoms can REDUCE THE RISK OF GENITAL HERPES TRANSMISSION - this is true, only when the infected skin or site of potential exposure is protected by a condom

- If the infected area or site of potential exposure is not protected by a condom, other precautions - ABSTAINING FROM SEXUAL ACTIVITY - should be taken to prevent transmission

The evidence shows CONDOMS OFFER SIGNIFICANT PROTECTION against acquiring genital herpes in women

One study found that USING CONDOMS MORE THAN 25% of the time was associated with a 92% reduction in the risk of contracting herpes

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CONDOMS ARE YOUR BEST PROTECTION

CONDOMS, USED CONSISTENTLY AND CORRECTLY, ARE HIGHLY EFFECTIVE IN:

- Preventing even the most easily transmitted STIs: gonorrhea and chlamydia
- Reducing risk of other STIs, including genital herpes and HPV
- Preventing transmission of HIV

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IF YOU USE CONDOMS CONSISTENTLY AND CORRECTLY, THEY WORK:

THE BIGGEST ERROR IS NOT PUTTING ON A CONDOM AT ALL

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CONDOMS WORK WHEN USED CONSISTENTLY AND CORRECTLY

VIDEO: A HOW-TO GUIDE FOR “GETTING IT ON”

AVAILABLE AT: http://www.factsaboutcondoms.org/videos.php

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CONDOM USER ERRORS ARE EASY TO PREVENT

Studies suggest that EDUCATION in proper condom use, as well as INCREASED EXPERIENCE, may be key factors in DECREASING ERRORS and INCREASING CONDOM EFFECTIVENESS.

CONDOMS ARE EASY TO USE, they work and can even add to the experience. USING CONDOMS CONSISTENTLY AND CORRECTLY IS THE BEST PREVENTION against both unintended pregnancy and STIs—so it is important to USE ONE EVERY TIME.

The most common error is when couples do not use condoms EVERYTIME they have sex.

OTHER ERRORS INCLUDE:

- Putting on a condom TOO LATE (after sex has started)
- Taking off a condom TOO EARLY (before sex is done)
- Putting the condom on upside down and then turning it over
- Opening package with a sharp object
- Using an oil-based lubricant

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CONDOM CONCLUSIONS

CONDOMS ARE...
INEXPENSIVE, EASY TO ACCESS, EASY TO USE, and HIGHLY EFFECTIVE at preventing pregnancy and STIs

CONDOMS ARE - when used consistently and correctly - HIGHLY EFFECTIVE in preventing transmission of HIV and REDUCING RISK OF OTHER STIs, INCLUDING GONORRHEA, CHLAMYDIA, HPV, AND HERPES

ACCORDING TO LEADING HEALTH AUTHORITIES, such as the U.S. Centers for Disease Control and Prevention, CONDOMS ARE...

98% EFFECTIVE in preventing pregnancy when used consistently and correctly

CONDOMS ARE... the ONLY FORM OF BIRTH CONTROL that also can PREVENT STIs

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