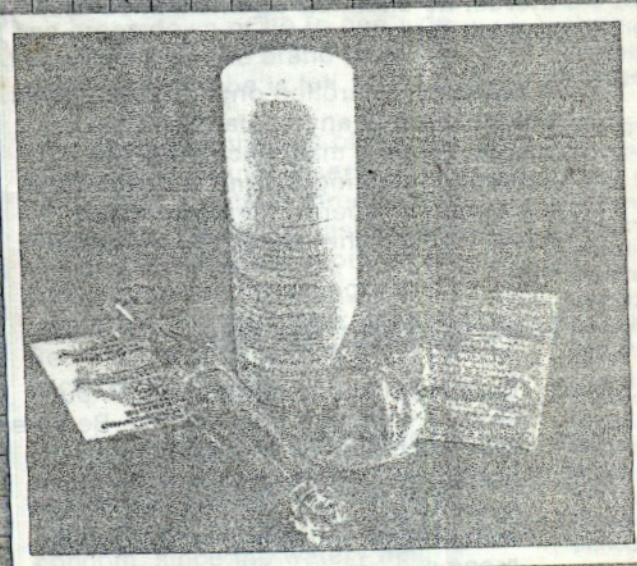


# FACTS ON FOAM AND CONDOMS



tile and can become pregnant only on  
ys of each menstrual cycle. Being aware  
tility pattern can improve the use of your  
th control method and may help you  
d physical and emotional changes you  
e each month.

cycles vary in length. The "average" 28-  
s no more normal than a 23-day or 35-day  
n a woman who has very regular  
cycles will have the occasional longer or  
e. However, the time between ovulation  
(an egg from the ovary) and your next  
period is consistently 13-15 days.

ur menstrual cycle the hormones estrogen  
sterone cause many changes in your  
y cause the familiar changes of build-up  
ing of the uterus lining (menstruation),  
rowth and release of eggs in the ovaries  
But there are other, less noticeable  
at also take place.

the *mucus* at the cervix (opening to the  
also be a sign of fertility. You can notice  
ges by checking the moistness or dry-  
ur vaginal opening. The beginning days of  
are fairly dry, but as you get closer to  
ere is a sticky, creamy discharge. At  
he discharge is clear, slippery and very  
w egg white), and dries before your next  
sequently, wetness is an indication that  
se to, or at, your fertile time.

t body temperature each day, called  
*temperature* (BBT), also changes  
your cycle. BBT is the temperature taken  
irst wake up. A chart showing daily BBT  
a rise in temperature at ovulation. The  
emperature is maintained until the next

(opening to the uterus), which can be felt  
efinger at the far end of your vagina and  
he end of your nose, also changes. It  
fter, more open and stands higher up  
lation.

signs, or a combination of several, can  
help you better understand your  
ycle. *More information and training is*  
use these signs as the basis for a  
birth control involving periodic absti-  
o improve your current contraceptive  
you are interested in learning more about  
reness, ask your birth control counsellor  
number below.