

DIAPHRAGMS

AND OTHER GROOVY THINGS!

PRODUCED BY:

LEICHHARDT WOMEN'S COMMUNITY
HEALTH CENTRE
164 FLOOD ST LEICHHARDT 2040
Ph. 5603011.

So! You've tried the pill and found it not as good as it's cracked up to be. You've had side effects - you know, headaches, sore breasts, vaginal infections, and umpteen other things. You've either tried an IUD and found you can't tolerate it, or the very thought freaks you out.



So what's to be done? Here you are in the prime of your life and you've got to do something about contraception from now till menopause. That is a long time to protect yourself.

Have you ever thought about using a diaphragm? They're really very effective, somewhere between 2% and 10% failure rate (depending on which studies you read) if it's used properly.

Of course you have to be motivated to use it. It's no use forgetting it when you go away for the weekend, or leaving the bloody thing in the bathroom when the night is cold and it's too much effort to get up and get it (it's a good idea to have it within arms reach of the bed).

We used to use them in the olden days, before the Pill and after the chastity belt. But when the Pill came in, we tossed our diaphragms away like a lot of frisks. It was easy to dissociate the daily popping of Pills from the actual sex act, and we could kid ourselves, that we were gaily sexually abandoned.

Then the aforementioned side effects reared their ugly heads and many women have gone back to the good old diaphragm again. A lot of younger women are using them now too.



Now I suppose you'd like to know what they're like. Well, a diaphragm is a shallow soft rubber cap (plastic, if you're allergic to rubber) with a flexible metal spring ring rim. They come in various sizes and

