

LifeStyles condoms are available:

Los condones LifeStyles se pueden conseguir en diferentes clases:

Non-lubricated d the preferred dry condom

Sin lubricación el condón seco preferido

Lubricated for a natural feeling

Lubricado para una sensación natural

Lubricated with Spermicide* (Nonoxonyl-9) for extra protection

Lubricado con Espermaticida (Nonoxonyl-9) para protección adicional.

Condoms lubricated with Nonoxonyl-9 combine a latex condom and a spermicidal lubricant. The spermicide, Nonoxonyl-9, reduces the number of active sperm, thereby decreasing the risk of pregnancy if you lose your erection before withdrawal and some semen spills outside the condom. However, the extent of decreased risk has not been established. This condom should not be used as a substitute for the combined use of a vaginal spermicide and a condom.

Los condones lubricados con Nonoxonyl-9 combinan un condón de latex y un lubricante espermaticida. El espermaticida Nonoxonyl-9 reduce el número de espermia activa, reduciendo así el riesgo de embarazo si Ud. pierde su erección antes de salir de la vagina y algún espermia se derrama fuera del condón. Sin embargo, cuánto se ha disminuido el riesgo es algo que no se ha podido establecer todavía. El condón no debe ser usado como un sustituto para el uso combinado de espermaticida vaginal más un condón.

Active Ingredient: Nonoxonyl-9, 25 mgs.

Ingrediente activo: Nonoxonyl-9, 25 mgs.

LifeStyles®

LATEX CONDOMS

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SUMMARY TABLE OF CONTRACEPTIVE EFFICACY

Percentage of women experiencing an unintended pregnancy during the first year of typical use and the first year of perfect use of contraception and the percentage continuing use at the end of the first year. United States.

Method (1)	% of Women Experiencing an Unintended Pregnancy within the First Year of Use		% of Women Continuing use at One Year
	Typical Use 1 (2)	Perfect Use 2 (3)	
No method 4	85	85	
Spermicides 5	29	18	42
Withdrawal	27	4	4 3
Fertility Awareness based methods	25	5	1
Standard Days Method 6	5		
TwoDay method 8	4		
Ovulation method 6	3		
Sponge			
Parous women	32	20	46
Nulliparous women	1 6	9	57
Diaphragm 7	16	6	5 7
Condom 8			
Female (Reality)	2 1	5	49
Male	15	2	5 3
Combined pill and progestin-only pill	8	0 3	68
Evra Patch	8	0 3	68
NuvaRing	8	0 3	68
Depo-Provera	3	0 3	56
IUD			
ParaSard (copper T)	0 8	0 6	78
Mirena (LNG-IUS)	0 2	0 2	80
Implanon	0 05	0 05	84
Female Sterilization	0 5	0 5	100
Male Sterilization	0 15	0 10	100

Emergency Contraceptive Pills: Treatment initiated within 72 hours after unprotected intercourse reduces the risk of pregnancy by at least 75%. 9
Lactational Amenorrhea Method: LAM is a highly effective, temporary method of contraception. 10

Source: Trussell J. Contraceptive efficacy. In Hatcher RA, Trussell J, Nelson AL, Cates W, Stewart FH, Kowal D. Contraceptive Technology. Nineteenth Revised Edition. New York NY: Ardent Media, 2007.

1 Among typical couples who initiate use of a method (not necessarily for the first time), the percentage who experience an accidental

pregnancy during the first year if they do not stop use for any other reason. Estimates of the probability of pregnancy during the first year of typical use for spermicides, withdrawal, periodic abstinence, the diaphragm, the male condom, the pill, and Depo-Provera are taken from the 1995 National Survey of Family Growth corrected for underreporting of abortion; see the text for the derivation of estimates for the other methods.

2 Among couples who initiate use of a method (not necessarily for the first time) and who use it perfectly (both consistently and correctly), the percentage who experience an accidental pregnancy during the first year if they do not stop use for any other reason. See the text for the derivation of the estimate for each method.

3 Among couples attempting to avoid pregnancy, the percentage who continue to use a method for 1 year.

4 The percentages becoming pregnant in columns (2) and (3) are based on data from populations where contraception is not used and from women who cease using contraception in order to become pregnant. Among such populations, about 89% become pregnant within 1 year. This estimate was lowered slightly (to 85%) to represent the percentage who would become pregnant within 1 year among women now relying on reversible methods of contraception if they abandoned contraception altogether.

5 Foams, creams, gels, vaginal suppositories, and vaginal film.

6 The Ovulation and TwoDay methods are based on evaluation of cervical mucus. The Standard Days method avoids intercourse on cycle days 8 through 19.

7 With spermicidal cream or jelly.

8 Without spermicides.

9 The treatment schedule is one dose within 120 hours after unprotected intercourse, and a second dose 12 hours after the first dose. Both doses of Plan B can be taken at the same time. Plan B (1 dose is 1 white pill) is the only dedicated product specifically marketed for emergency contraception. The Food and Drug Administration has in addition declared the following 22 brands of oral contraceptives to be safe and effective for emergency contraception: Ogestrel or Ovral (1 dose is 2 white pills), Leven or Nordette (1 dose is 4 light-orange pills), Crystelle, Levora, Low-Ogestrel, Lo/Ovral or Quessence (1 dose is 4 white pills), Tri-Leven or Triphasil (1 dose is 4 yellow pills), Jolesse, Portia, Seasonale or Trivora (1 dose is 4 pink pills), Seasonique (1 dose is 4 light-blue-green pills), Empresse (1 dose is 4 orange pills), Alesse, Lessina or Levite (1 dose is 5 pink pills), Aviane (1 dose is 5 orange pills), and Lutera (1 dose is 5 white pills).

10 However, to maintain effective protection against pregnancy, another method of contraception must be used as soon as menstruation resumes, the frequency or duration of breastfeeds is reduced, bottle feeds are introduced, or the baby reaches 6 months of age.

How to use a Condom

In English/Spanish

If used properly, latex condoms are effective against pregnancy, AIDS, (HIV Infection), and other sexually transmitted diseases.

CAUTION: This product contains natural rubber latex which may cause allergic reactions.

LifeStyles®

LATEX CONDOMS

1 DIRECTIONS FOR USE INDICACIONES DE USO

Latex condoms are intended to prevent pregnancy, HIV/AIDS, and other sexually transmitted infections.

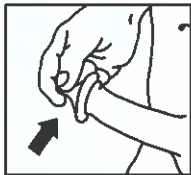
Los condones de látex están destinados a la prevención de embarazos, VIH/SIDA y otras infecciones de transmisión sexual. Use a new condom for each act of sex.

Use un condón nuevo antes de cada acto sexual.

Tear open the package carefully. Do not use fingernails, teeth, or anything that can damage the condom.

Abra el paquete con cuidado. No use las uñas, los dientes ni nada que pueda dañar el condón.

Squeeze tip of condom to remove air. (Excess air could cause condom to break.)



Apriete la punta del condón para remover el aire. (Exceso de aire puede causar la rotura del condón.)

Before any sexual contact, place the condom on the head of the erect penis with the rolled side out. Lesions, pre-ejaculate secretions, semen, vaginal secretions and blood can all transmit infectious organisms. As sperm can be released prior to ejaculation, the condom should be placed on the penis before any contact of the penis with the vagina.

Antes de cualquier contacto sexual, coloque el condón en la cabeza del pene erecto con el lado enrollado hacia afuera. Las lesiones, las secreciones previas a la eyaculación, el semen, las secreciones vaginales y la sangre pueden transmitir organismos infecciosos.

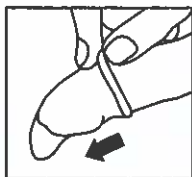
Ya que la esperma muchas veces sale antes de la eyaculación, el preservativo siempre debe ser puesto antes de insertar el pene en la vagina.

Unroll or pull the condom all the way to the base of the erect penis. If the condom doesn't unroll easily, it may be on backwards, damaged or too old. Throw it away and start over with a new condom.



Desenrolle o tire del condón hasta la base del pene erecto. Si el condón no se desenrolla fácilmente, es posible que esté al revés, dañado o que sea demasiado viejo. Deséchelo y vuelva a comenzar con un condón nuevo.

Immediately after ejaculation, hold the rim of the condom in place and withdraw the penis while it is still erect. Avoid spilling semen.



Inmediatamente después de la eyaculación, sujete el borde del condón en su lugar y retire el pene mientras se encuentra aún erecto. Evite derramar semen.

Dispose of a used condom by wrapping it in tissue and throwing it into the trash. Wash your hands with soap and water.

Deseché el condón usado envolviéndolo en papel higiénico y arrójelo a la basura. Lávese las manos con agua y jabón.

Avoid further sexual contact with your partner until both of you wash your sex organs and any other areas that came in contact with body fluids.

No tenga ningún contacto sexual con su pareja hasta que ustedes dos se hayan lavado los órganos sexuales y otras áreas que tenga contacto con fluidos humanos.

2 PRECAUTIONS PRECAUCIONES

Do not reuse latex condoms.

No vuelva a usar los condones de látex.

Store at room temperature. Protect latex condoms against prolonged periods of exposure to extreme low or high temperatures, moisture, direct sunlight and fluorescent light.

Conserve a temperatura ambiente. Proteja los preservativos látex contra largos períodos de exposición a temperaturas extremadamente bajas o altas, la humedad, la luz solar directa y la luz fluorescente.

Store latex condoms in a cool, dry place (below 100°F) and avoid exposure to direct sunlight.

Conserve los condones de látex en un lugar seco y fresco (por debajo de los 100 °F) y evite la exposición a la luz solar directa.

If the rubber material is sticky or brittle or obviously damaged, do not use the condom.

Si el material de caucho está pegajoso o quebradizo, o evidentemente dañado, no use el condón.

If the color is uneven or changed, do not use the condom. Si el color no es uniforme o está cambiado, no use el condón. Make sure there is adequate lubrication. If you add lubricant, use a water-based LifeStyles® lubricant. DO NOT USE OIL-BASED LUBRICANTS, such as those made with petroleum jelly (e.g., Vaseline®), mineral oil, vegetable oil, or cold cream, as these may damage the condom.

Asegúrese de que la lubricación sea la adecuada. Si agrega un lubricante, use un lubricante LifeStyles® a base de agua. NO USE LUBRICANTES A BASE DE ACEITE, por ejemplo, los que contienen vaselina (por ej., Vaseline®), aceite mineral o vegetal o crema de limpieza, ya que pueden dañar el condón.

If you or your partner sense burning or itching, discontinue use of this condom. Try another type of condom.

Si usted o su pareja sienten irritación o picazón, descontinúe el uso del condón. Ensaye con otro tipo de condón.

If the condom breaks or semen (cum) spills or leaks out, you and your partner should wash wherever you had sexual contact right away.

Si el condón se rompe o si el semen se derrama o sale por algún agujero, usted y su pareja deben lavarse cualquier parte en donde hayan tenido contacto sexual inmediatamente.

3 DEGREE OF STI PROTECTION GRADO DE PROTECCIÓN CONTRA INFECCIONES DE TRANSMISIÓN SEXUAL

Latex condoms reduce the risk of transmitting STIs by providing a barrier against the source of the infection.

Latex condoms are most effective against STIs such as HIV infection (AIDS) and gonorrhea that are spread by contact with the head of the penis.

Latex condoms are less effective against STIs such as Human Papillomavirus (HPV) and herpes. These STIs can also be spread by contact with infected skin that is not covered by the condom.

Los condones de látex reducen el riesgo de transmisión de infecciones por vía sexual y proporcionan una barrera contra fuentes de infección.

Los condones de látex son más efectivos contra infecciones de transmisión sexual como el VIH (SIDA) y la gonorrea, que se propagan por el contacto con la cabeza del pene.

Los condones de látex son menos efectivos contra infecciones de transmisión sexual como el virus del papiloma humano (VPH) y el herpes. Estas infecciones de transmisión sexual se pueden propagar por contacto con piel infectada que no esté cubierta por el condón.

If you believe you have an STI, contact a health care provider. For more information on latex condoms or STIs, contact a health care provider or a public health agency.

Si cree que tiene una infección de transmisión sexual, comuníquese con un proveedor de atención médica. Para obtener más información sobre condones de látex o infecciones de transmisión sexual, comuníquese con un proveedor de atención médica o un organismo de salud pública.

Although no prophylactic or contraceptive can guarantee 100% effectiveness, latex condoms, if properly used, will help to reduce the risk of transmission of HIV infection (AIDS) and many other sexually transmitted diseases, including chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis. Latex condoms can also prevent pregnancy without the serious side effects sometimes associated with some other methods. **Caution: This Product Contains Natural Rubber Latex Which May Cause Allergic Reactions.** Condoms are primarily intended for use in vaginal sex; other uses can increase the potential for breakage.

Aunque ningún profiláctico o anticonceptivo puede garantizar eficacia 100%, preservativos de látex, si son usados correctamente, ayudan a reducir el riesgo de transmisión del virus de inmunodeficiencia humana HIV (SIDA) y muchas otras enfermedades transmitidas sexualmente, incluyendo clamidia, herpes y verrugas genitales, gonorrea, hepatitis B y sífilis. **Aviso: Este Producto Contiene Látex de Hele Natural el Cual Puede Causar Reacciones Alérgicas.** Los condones son para ser usados en sexo vaginal; usarlos de otra forma aumenta la posibilidad de rotura.

4 ADDITIONAL INFORMATION INFORMACION ADICIONAL

Although no contraceptive can guarantee 100% effectiveness, latex condoms, when properly used, are a highly effective means of preventing pregnancy without the serious side effects sometimes associated with some other methods.

Aunque ningún anticonceptivo puede garantizar 100% eficiencia, los condones de Latex cuando son utilizados apropiadamente, son sumamente efectivos de prevenir embarazo sin los efectos que a veces son asociados con otros métodos.