

Myths and misconception about sex and contraception

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Sexuality in all societies is surrounded by myths and misconceptions that reflect sexual norms and values of that specific time and culture. The majority of these myths and misconceptions stem from norms, values and beliefs aimed at controlling sexuality. Some of these myths, nowadays still often observed in daily medical practice, are remnants of the anti-sexual history of western medicine. Although at present sexual medicine courses in most current medical curricula are obligatory, studies continue to find that knowledge and skills of doctors concerning sexual health are poor, that questions about sexual functioning are not usual when patients are asking contraceptive advice, and that patients with worries about sexual functioning are reluctant to put these concerns forward because they fear judgemental and normative reactions. Some of the most prevalent myths about sexuality and contraceptives will be addressed in this presentation.