

The study was limited by its small sample size; consequently, its power to detect satisfaction and comfort is also limited. Due to selection bias it is not clear if similar study results could be replicated in the general population. In addition, recruitment of women from family planning clinic populations may bias results towards those who are already willing to use a contraceptive method. However, the favourable results point toward the acceptance of this product, especially among couples in stable partnerships that value the benefits of female barrier contraception.

A contraceptive effectiveness study evaluating use of the SILCS diaphragm with contraceptive gel is currently underway in the USA with the results expected in 2010. Additional research evaluating service delivery options for a single-size cervical barrier device would also help clarify the feasibility of adding the SILCS diaphragm to reproductive health programmes worldwide.

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Statements on funding and competing interests

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Competing interests PATH designed the SILCS diaphragm with funding from USAID through the CONRAD Program.

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The New Joy of Sex. Alex Comfort, Susan Quilliam. London, UK: Mitchell Beazley, 2008. ISBN-13: 978-1-84533-429-1. Price: £18.99. Pages: 288 (paperback)

Readers of a certain age will remember the publication of the original *Joy of Sex* – a book ahead of its time in the 1970s. Highly graphical with clear explicit information, it was updated in the 1990s, and it now has been fully revised, updated and refocused to meet the needs of women and men in today's contemporary world. Alex Comfort, the doyen of sex, was committed to providing good information to “undo some of the mischief caused by the guilt, misinformation and no-information”. He believed strongly about “the central importance of unanxious, responsible, and happy sexuality in the lives of normal people”. These beliefs are wholly shared by the co-author of this 2008 edition, Susan Quilliam, who is an

extremely well-known relationships psychologist and sexologist. Although we are now in the 21st century, myth, misinformation and guilt still surround issues to do with sex, the prevalence of sexual ignorance and problems is high and, sadly, access to good help, understanding and support remains low. This book does deliver what it says on the cover – it addresses the joys of sex to enable couples to find out more about themselves, their desires and their needs. This is not a book about ‘basics’ but it does address the fundamental building blocks required for good sexual relationships – an understanding of reproductive anatomy and physiology, compatibility, love, fidelity, age and health. It addresses seduction, lovemaking, intercourse, non-intercourse sex, safer sex, sexual techniques, experimentation, the use of erotica, sex toys and brings in technology such as use of e-mail, text, phone sex and the Internet. Whilst *The New Joy of Sex* is written for

couples to enable them to get more out of their sexual lovemaking, the text in parts is cleverly interspersed with ‘tips from him to her’ and vice versa, and the information contained in this book would be of value to anyone who reads it. Do I have any quibbles with this book? The information content is excellent, but in today's contemporary world, where we all come in different shapes, size, age and colour – this book's photographs and diagrams with their perfect (almost hairless, wrinkle-free) young, white women and men does not reflect this. The resource section is helpful but rather short and omits important organisations such as Cancerbackup and The Institute of Psychosexual Medicine.

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