Working out for 20 to 30 minutes right before sex leads to more desire, arousal, and orgasm satisfaction for all women…and even more so for those taking antidepressants, reports a new study. Exercise boosts your sympathetic nervous system, which controls genital stimulation (and which SSRIs like Lexapro and Zoloft suppress). Delay your post–Power Yoga shower until after sex so your body doesn’t lose the revving effects.

**ASK DR. ASHTON**

**Q** I’m a lesbian. Would I ever need birth control?

**A** Maybe. Hormonal birth control doesn’t only prevent pregnancy, it can also help manage painful periods, PCOS, acne, and endometriosis. Plus, the Pill lowers the risk for ovarian and uterine cancers. Gay women should ask their doctor about contraception as well as screening for STIs—they spread when you have sex with women, men, or both.

Normal undie-evidence is generally white or clearish and odor-free. Not what you see? Read on.

**GROSS but important DISCHARGE**

- **if it smells…** FISHY
  - You’re probably getting a whiff of bacteria overgrowth, aka bacterial vaginosis (BV). Antibiotics or Rx gel will clear it up.
- **if you see…** YELLOW OR GREEN
  - It could be BV or trichomoniasis, a common but rarely-tested-for STI… or more serious, gonorrhea. Either way, see your doc.
- **if you notice…** CLUMPS
  - A cottage-cheese-like texture usually means a yeast infection. If you spot it before you’re in pain, an OTC miconazole cream can help.

**RELAX, SPANX WON’T CRUSH YOUR OVARIAS**

Body-shaping garments compress skin and fat, not organs, contrary to recent claims linking the style staple to scary digestive and bladder problems. There’s zero research backing those claims. A little discomfort is totally normal—it’s shapewear, not sweatpants.

**SOURCES:** AMY ROSENMAN, MD, DIRECTOR OF UROGYNECOLOGY AT UCLA MEDICAL CENTER, SANTA MONICA; LAUREN STRICKER, MD, ASSOCIATE PROFESSOR OF OBSTETRICS AND GYNECOLOGY AT NORTHWESTERN UNIVERSITY’S FeINBERG SCHOOL OF MEDICINE.

**THANKS FOR THE BEYONCÉ BOD, SPANX.**