



THE GYM AS FOREPLAY

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.

SOURCE: TIERNEY LORENZ, POSTDOCTORAL FELLOW AT INDIANA UNIVERSITY'S KINSEY INSTITUTE



RELAX, SPANX WON'T CRUSH YOUR OVARIES

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 STREICHER, MD, ASSOCIATE PROFESSOR OF OBSTETRICS AND GYNECOLOGY AT NORTHWESTERN UNIVERSITY'S FEINBERG SCHOOL OF MEDICINE

Thanks for the Beyoncé bod, Spanx.



CLOCKWISE FROM TOP LEFT: KATHRYN FRIEDMAN; MICHAEL BENABIB; FAMEFLYNET; JON PATERSON/STUDIO D.



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.

SOURCE: JENNIFER ASHTON, MD, AN OB-GYN AND SENIOR MEDICAL CONTRIBUTOR FOR ABC NEWS



GROSS but important DISCHARGE

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

SOURCES: LINDA FAN, MD, ASSISTANT PROFESSOR AND DIRECTOR OF GYNECOLOGY AT YALE OBSTETRICS, GYNECOLOGY AND REPRODUCTIVE SCIENCES; VIRGINIA JENKINS, WOMEN'S HEALTH NURSE PRACTITIONER IN NYC

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.