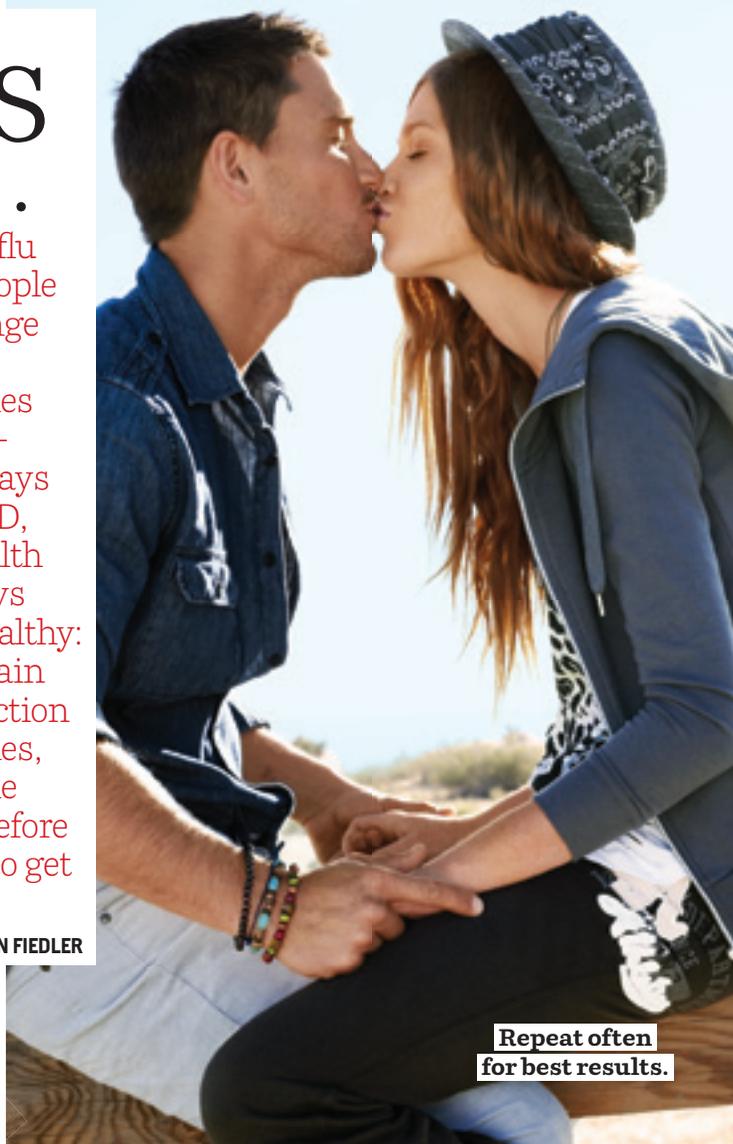


# A KISS A DAY...

Keeps colds and flu away? “When people kiss, they exchange germs, generating new antibodies that can help prevent infection,” says Yael Varnado, MD, cofounder of Health Expert. More ways making out is healthy: It soothes your pain and curbs production of stress hormones, leaving you a little more Zen than before you locked lips. So get smooching.

—SHANNON FIEDLER



Repeat often  
for best results.



## Ask Dr. Ashton

**Q** Can my gynecologist be my primary doc too?

**A** Sure—we’re trained in head-to-toe medicine. And since you see your gyno often, you’ll be treated by an MD who knows you and your body. But make sure to ask your gyno if she’s comfortable in this role. If she is, she may request extra tests (like blood work and skin checks) so she’s catching everything a general practitioner would. And see a specialist for complicated issues or ones requiring follow-up, like a psychiatrist for managing anxiety.

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



# Let's do it

Regular brushing, flossing, and swishing with mouthwash not only make your teeth sparkly and your mouth kissable, they also **REDUCE YOUR RISK FOR ORAL HPV**—which people with poor mouth hygiene are 56 percent more likely to have, according to a study in *Cancer Prevention Research*. Slacking doesn’t cause HPV, but it can lead to inflamed gums, ulcers, and wounds (yeah, yuck), which may provide entry points for the virus. Floss on! —LIZ PLOSSER

# 12 vs. 3

DAYS MONTHS

Thanks to the new Alere Determine Combo test, finding out your

### HIV STATUS

can now happen as soon as 12 days after infection. Other tests check whether your body has HIV antibodies. This one detects the virus itself. Early detection is huge since half of infections are caused by people who pass on HIV before they know they’ve gotten it. If you’re having sex, get tested once a year.

—REBECCA J. ADAMS