CONDOMS KEEP YOUR VAG HEALTHY

Safe sex doesn’t only protect you from STIs and pregnancy—condoms also create a barrier that prevents semen from affecting your natural pH level, a recent study reports. And that means the ideal amount of good-for-you bacteria sticks around, helping prevent yeast infections, UTIs, and bacterial vaginosis. —MARISSA GAINSBURG

FORCED ULTRASOUNDS ARE OFFICIALLY BS
Ultrasounds before abortions—mandated by law in 12 U.S. states—are not only medically unnecessary, but they also don’t change women’s minds. New data shows that 98 percent of women who viewed their ultrasound still had the abortion, making the test one more emotional burden in an already draining experience. Get your state’s rules at Guttmacher.org, and keep in touch with your reps via Planned ParenthoodAction.org. —M.G.

5 Crazy Sex Myths
Rachel Vreeman, MD, coauthor of the new book Don’t Put That in There! And 69 Other Sex Myths Debunked, shares a few you can forget.

“You can’t get pregnant during your period.” Some women have long periods that overlap with the beginning of ovulation and are fertile even though they’re menstruating.

“Skip nookie before a big game.” Getting busy doesn’t use up testosterone or decrease performance, nor will it wear you out. The average sesh only burns 25 calories. So, game on!

“You can’t orgasm while wearing socks.” Brain scans reveal that women have more orgasms while wearing socks. There’s no magic to warm feet—it’s about feeling relaxed.

“Wearing a bra keeps your breasts perky.” Word is that bras prevent ligaments in breasts from stretching, but experts think it’s our skin—not ligaments—that holds our puppies up.

“Big feet, big penis.” Stop staring at his Converse! There’s no connection between shoe size or height and penis size. —JESSICA GIRDWAIN