

# THE BIG *ow!*

## Coital Cephalalgia

\ kō'itəl səf'ə-lal'jə\ n

Nothing feels better than an epic orgasm...unless it's followed by a massive orgasm headache. Sexual activity elevates blood pressure and heart rate, which can trigger coital cephalalgia: head-splitting pain lasting minutes or even days. To ensure headache-free hookups, tell your doc your symptoms. After ruling out rare conditions like an aneurysm or a tumor, she can offer a migraine Rx, like Zolmitriptan nasal spray or Sumatriptan pills, or advise you take ibuprofen. —MADELINE BUXTON

SOURCE: EDMUND MESSINA, MD, MEDICAL DIRECTOR AT THE MICHIGAN HEADACHE CLINIC



We want you to wake up smiling.



### Ask Dr. Ashton



**Q** Wait, why did my doctor put her finger up my butt? I thought it was a *pelvic exam!*

**A** She's probably trying to evaluate the backside of your pelvis, an area called the posterior cul-de-sac. In most young women, your gynecologist can evaluate this area with a standard pelvic exam. But in many women over 35, and occasionally in younger women, the uterus or ovaries fall back in the pelvis and your doctor can't get to them. So she'll do a recto-vaginal exam—simultaneously inserting a finger in both the rectum and the vagina. Ideally, your MD will give you a heads-up first. If not, it can definitely be quite a shock!

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



THAT'S HOW MUCH YOUR OVARIAN-CANCER RISK DROPS WHEN YOU'VE BEEN ON BIRTH-CONTROL PILLS, ACCORDING TO A NEW STUDY. HORMONES: SOMETIMES A GOOD THING!

SOURCE: EVAN MYERS, MD, PROFESSOR OF OBSTETRICS AND GYNECOLOGY AT DUKE UNIVERSITY SCHOOL OF MEDICINE

—ALLISON BERRY



### The Truth About PULLING OUT

Whoa: Almost one-third of women ages 15 to 24 have used the pull-out method, according to a study in *Obstetrics and Gynecology*. Withdrawal will prevent pregnancy 78 percent of the time, so it's better than nothing. The problem is that pre-ejaculation fluid contains sperm, which can fertilize an egg just as well as semen can. And that's assuming he actually, you know, pulls out. Find a better option with the My Method tool at [PlannedParenthood.org](http://PlannedParenthood.org). —LIZ PLOSSER

SOURCE: DEBORAH NUCATOLA, MD, SENIOR DIRECTOR, MEDICAL SERVICES, PLANNED PARENTHOOD FEDERATION OF AMERICA

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