



Ask Dr. Ashton



Q How long can you really keep in a tampon?

A I say eight hours, max, but that's mostly for comfort—they tend to be saturated by then. In theory, the longer a tampon stays in, the higher your odds for developing a yeast infection or, rarely, toxic shock syndrome. Modern tampons are lower absorbency, making them less likely to cause infection, so it'd have to be left in for days to pose much risk. I've had patients forget a tampon inside for weeks! Even then, it's more embarrassing than medically dangerous.

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



HOW TO GET A BETTER MASSAGE FROM YOUR HONEY

Even 10 minutes of a good massage can soothe aches and pains, lower stress hormones, and jump-start your immune system. Sadly, not all our guys give a good massage. Fix that by saying this.

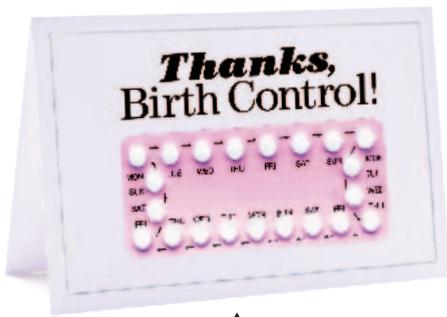
▶ **“My neck actually hurts. It’s not foreplay.”** Leaving sex on the table can make your mind race—*Is he turned on?*—and “distraction makes it harder to relax,” says Ben Brown, an educator for Bliss Spas.

▶ **“I feel tight riight here.”** Show him exactly where you’re aching, then have him lean his body weight there. His hands won’t tire as quickly because he’s fighting less gravity.

▶ **“Squeeze me like you would an orange.”** Big hands are great: They cover more surface area. But it’s easy for guys to go gorilla and leave you wincing. Produce-aisle pressure is ideal.

▶ **“More of that, please!”** After a minute or two, compliment what he’s doing well. P.S. You’re allowed to change your mind about the foreplay.

—MARISSA GAINSBURG



Celebs, politicians, high-profile leaders—and hopefully, you!—are tweeting and Instagramming about the positive effects contraception has had for them on November 12, the first annual **Shout Out for Birth Control Day**. Think: the freedom to enjoy worry-free sex, pursue a rewarding career, or manage your endometriosis. Check out Bedsider.org for all the details, then share your love with the hashtag **#ThxBirthControl**. —LIZ PLOSSER

What’s Up With BLOOD CLOTS?

➔ Recently, Hillary Clinton was rushed to the hospital with one, and celeb stylist Annabel Tollman died of one. Here’s the deal: When a clot forms, usually in a leg vein, it blocks blood flow. That’s dangerous if the clot travels to the lungs or brain. Young women have a low risk—1 in 10,000—but it goes up if you smoke or have an unhealthy weight. Most hormonal contraceptives (like the patch and some pills) also up your odds. Talk to your parents: If a family member has had a clot, then you may have a genetic condition that raises your risk. Your doctor can advise you on safe birth-control methods.

—SHELBY ROTIKO

SOURCE: MARY CUSHMAN, MD, PROFESSOR OF MEDICINE AND DIRECTOR OF THE THROMBOSIS AND HEMOSTASIS PROGRAM AT THE UNIVERSITY OF VERMONT