



MY SEX LIFE IS BETTER THAN YOURS

Obvs, having sex makes you happier—thanks to a surge in the feel-good hormones called endorphins. But even *thinking* about how much sex you're having can put you on cloud nine, according to a new study from the University of Colorado. The key to the instant mood boost? Focusing on how much more action you're getting than your friends. Like comparing FB Likes or salaries, we feel good when we think we're ahead of our peers.

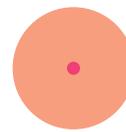
SOURCE: TIM WADSWORTH, PHD, ASSOCIATE PROFESSOR OF SOCIOLOGY AT THE UNIVERSITY OF COLORADO AT BOULDER

IS IT YEAST OR SOMETHING ELSE?

If yeast infections keep showing up like a needy ex, you could have bacterial vaginosis (BV). The symptoms—itching, burning, discharge—scream yeast infection, but BV also produces a fishy odor and often flares up after sex. Docs aren't sure what causes it, aside from an imbalance of good and bad bacteria.

What they do know: BV makes it easier to contract HIV and other STIs, including some linked to infertility. See your doc for an antibiotic if you get an infection a few months in a row or you notice an odor.

SOURCE: MARY JANE MINKIN, MD, CLINICAL PROFESSOR OF OBSTETRICS AND GYNECOLOGY AT YALE MEDICAL SCHOOL



WTF TREND

Nipple Tattoos

Side-boob tats—like Miley's dream catcher—are one thing, but now women are paying \$250 or more for "tittoos" to make their nipples look darker and larger, à la porn stars and strippers. "Getting dye injected near your nipples is incredibly painful and may cause you to lose some feeling in the nipple," says Peter Beitsch, MD, president of the American Society of Breast Surgeons. Plus, ink could spill into your milk ducts, which can complicate breast feeding later and also mask cancer symptoms like pigment changes and dimpling of the nipple. PSA: Your breasts are amazing just as they are.



Ask Dr. Ashton

Q My period is suddenly really light. Could it be because I lost some weight?

A Yes. Estrogen levels are linked to your body-fat percentage and body weight. So when your weight changes—either up or down—your body may produce less estrogen, causing your period to be lighter or even go away altogether. This is usually temporary, as your body resets or readjusts to your new weight. But make sure to talk to your doctor, especially if your period doesn't come back within six months (and you know you aren't pregnant!). You could have polycystic ovarian syndrome, a hormonal imbalance that can be managed with diet and medication.

COSMO CONTRIBUTOR JENNIFER ASHTON, MD, A GYNECOLOGIST IN ENGLEWOOD, NEW JERSEY

CLOCKWISE FROM TOP LEFT: TRUNK ARCHIVE; MICHAEL BENABIB; HAKAN DERE/GETTY IMAGES.