



Dealing with a magnum situation? You got this.

Don't Let Your Boobs Run Your Life



The Shockingly Unshocking sports bra, \$48, newbalance.com

One third of women feel breast pain when they exercise. And it's not just busty runners—a quarter of them are rocking A cups. Look for the word *compression* on a sports bra's tag. It'll squeeze your breasts together to hold them stationary and reduce the pain caused by movement. And get wide-set straps: They distribute weight evenly across your shoulders.

SOURCES: BRITISH JOURNAL OF SPORTS MEDICINE; SPERO THEODOROU, MD, A PLASTIC SURGEON IN NYC

WHEN HE'S SO

BIG IT'S SCARY

It's not a problem that will win you much sympathy, but it is possible for your guy to be too well-endowed. The ideal penis length is about 5 inches, according to researchers who polled women on, um, the aesthetics of a man's package size. But when he's too well-endowed, it could lead to tearing and bleeding if he's too rigorous with his thrusts, warns Alyssa Dweck, MD, a gynecologist in New York. If your dude is too XL, use a silicone-based lube—they're slicker and longer-lasting than water-based formulas—and have him enter you slowly. Try getting on top so you can control how fast and deep his penis goes.



73%

That number represents the huge decline in genital warts in Australian women ages 21 to 30 since 2007, when the country started picking up the tab for the HPV vaccine. Under Obamacare, you may qualify for free shots too—nice! Visit HealthCare.gov.



Ask Dr. Ashton



Q Do I really need an annual pelvic exam?

A These manual exams are used to screen for STIs and catch fibroids and ovarian and cervical cancers early. But new studies show they often detect issues that are benign, putting women through unnecessary, potentially stressful tests. If my patient is sexually active but doesn't have pain during sex—the best indicator of an internal issue—then I often won't give her one at each visit unless she wants it for peace of mind. But I always give them to postmenopausal women and also to women with symptoms of any kind.

—JENNIFER ASHTON, MD, A GYNECOLOGIST IN ENGLEWOOD, NJ