

psst,

YOU MAY NEED A PLAN C...

Plan B and other forms of progestin-only emergency contraception don't work well for women who weigh more than 165 pounds (or at all for those more than 176 pounds). One fix: Get an Rx for Ella, which isn't progestin-only and works better in heavier women.

—LIZ PLOSSER

SOURCE: JAMES TRUSSELL, PHD, PRINCETON UNIVERSITY PROFESSOR AND FOUNDER OF THE EC-INFO WEBSITE NOT-2-LATE.COM



Some problems even Fruit Loops can't solve.

PLEASE DON'T EAT THE BABY

Fun fact:

There's a reason we call babies *delicious*. A newborn's scent triggers an area of the brain that releases dopamine, the same hormone that lights up when you eat, says a new study from the Technical University of Dresden.

—KRISTEN DOLD



EPIC PMS HOW TO DEAL

Headaches, bloating... ugh, we've all been there. Except for some women, it's way worse: In the days right before their period, they experience depression, insomnia, and severe mood swings. Newly classified as a mental disorder, premenstrual dysphoric disorder can be treated with lifestyle changes like exercise and getting more sleep, hormonal birth-control methods that help control symptoms, or an antidepressant. Talk to your MD if you're suffering. —L.P.

SOURCE: KATHARINE WHITE, MD, CHIEF OF THE DIVISION OF GENERAL OB-GYN AT BAYSTATE MEDICAL CENTER



Ask Dr. Ashton



Q How can I avoid those annoying red bumps after shaving or waxing?

A Those bumps are the sign of an infection called folliculitis, caused when tiny cuts allow bacteria to get down into the hair follicle. If you're waxing, see a licensed aesthetician who doesn't dip the same stick twice into hot wax, a practice that can introduce bacteria. If you're shaving, soften follicles first with warm water to minimize nicks; shave in the direction hair grows with a clean, sharp blade; and don't share razors to avoid swapping germs. *Still* have symptoms? Ask your doctor for a mild antibiotic lotion to apply immediately after shaving or waxing.

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