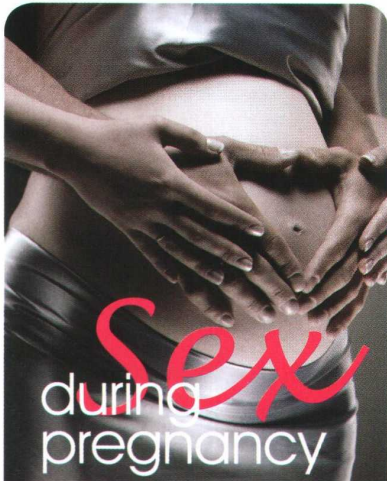


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Sex & Health



Sexual activity during pregnancy poses no threat to your unborn baby, so go for it! You may have to experiment a little to find which position is most comfortable for your changing body, so remember to keep the lines of communication open between you and your partner.



Young Aussies the least sex-driven

Results from an Australian survey have revealed a surprise: 12% of young men (aged 16-24) want less sex – the highest proportion of all the age groups surveyed. While still a minority, this finding shatters the myth that all young men are desperate for sex.

A novel way to predict male

Scientists at the Baylor College of Medicine, Texas, US, have discovered a potential way to predict infertility in men – by measuring the distance between a man's scrotum and his anus, or his anogenital distance. In a study of 117 infertile and 56 fertile men, anogenital distance and penile length was found to be significantly shorter in infertile men. This finding may lead a new, non-invasive method to assess patients with impaired fertility.

DON'T BE A STATISTIC

According to the Malaysian AIDS Council, more than 10 Malaysians test positive for HIV every day.



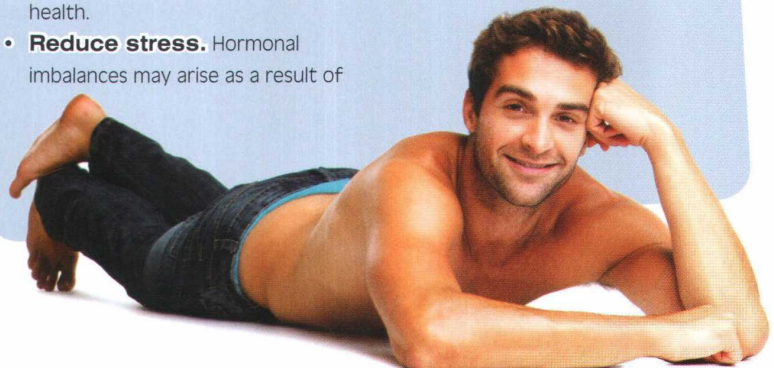
Top-grade sperm!

Trying for a baby? Then you'd better get your little 'swimmers' in tip-top shape! Try these tips to keep your sperm healthy:

- **Take multivitamins.** Vitamins C and E are essential for optimal sperm production and quality.
- **Eat more fruits and vegetables.** These antioxidant-rich foods may improve sperm health.
- **Reduce stress.** Hormonal imbalances may arise as a result of

stress, impairing sperm production and sexual function.

- **Exercise!** An active lifestyle promotes good health which, in turn, promotes good sperm quality.
- **Shed those extra pounds.** Too much body fat may interfere with hormone levels and, ultimately, your sperm count.



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