


I'm not robot  reCAPTCHA

Continue

Girl with 2 vagina

Here's what can change the size and shape of things down below. We're always trying to get to the bottom of sexual health rumors, and one we've been hearing for a while really needs an investigation. This one has it that the size of a woman's vagina is related to how much sex she's had. The more time she spends in the bedroom, the rumor goes, the looser and wider her vagina will be. "Unless you are engaging in practices that are out of the ordinary, I would say absolutely not," says Alyssa Dweck, MD, ob-gyn in Westchester, New York and co-author of *The Complete A to Z for Your V*. "The vagina is an incredibly forgiving area, very rich in nerves and blood supply . . . so traditional penile-vaginal intercourse isn't going to cause any permanent stretching, although things stretch at the time of course," Dr. Dweck tells Health. RELATED: *The Best Lazy Sex Positions* Here's what she means by that. When you're aroused, your vagina becomes naturally lubricated, and it expands and widens in order to accommodate a penis. But this all reverses once the arousal state and the sex is over, says Dr. Dweck. "The vagina is more of a potential state. The opening can be created, but you don't walk around with a gaping vagina just because you've been having sex," she explains. There is one exception to this, according to Dr. Dweck. After the first few times you have sex, your vaginal opening will be more open because odds are it was previously covered by the hymen, the thin membrane of tissue covering the vaginal opening all women are born with. But this isn't a given, especially since the hymen could have been broken earlier, say by using tampons or even playing sports. And even without the hymen, the vaginal canal doesn't become bigger, she adds. RELATED: *These Are the Top Causes of Vagina Pain* So if sex doesn't have a loosening effect on the vagina, what does, if anything? Having a baby via a vaginal delivery. Childbirth can permanently stretch the vaginal canal and opening, especially if an instrument like forceps or a vacuum is used during a delivery. "A 10-pound baby could pass through the vagina, and although things may not go back to 100% the same after that, they sure go back to almost normal," says Dr. Dweck. A woman who has a huge laceration during delivery or a large episiotomy is less likely to return to her pre-baby size and feel, however. Dr. Sherry A. Ross, MD, ob-gyn at Providence Saint John's Health Center in Southern California and author of *She-ology*, says a well-endowed partner can also make things looser—but only at the vaginal opening, not throughout the vagina itself. But even that loosening isn't all that substantial or noticeable. "Your vagina accommodates a penis fairly well," says Dr. Ross. "I mean to really stretch out the vagina, you need a baby coming through it." RELATED: *The Number One Thing Women Hate the Most About Sex* The size of your vagina—whether it's been widened thanks to childbirth or a partner with a large penis—isn't something that necessarily remains the same your entire life. Once a woman goes through menopause, explains Dr. Ross, the vaginal entrance can shrink and become tighter if she is not having sex as frequently as she did before. Dr. Dweck attributes this tightening to the decreased estrogen production that happens after menopause. What about all the jokes guys make about having sex with a woman who is loose down below? Don't believe them—it's unlikely that a man can really notice the difference. "I think guys can tell when a woman is a virgin, and they can probably tell if someone's had two babies or have had a vaginal birth," says Dr. Ross. "But I don't think they're really going to notice much of a difference . . . unless a guy has a really small penis." To get our top sexual health stories delivered to your inbox, sign up for the Health Hookup newsletter Credit: Getty Images Healmedical editor Dr. Roshini Raj answers all of your embarrassing questions about your private parts. Nope. The rest of your body may be very happy smelling like passion-fruit-verbena-berry raindrops, but the delicate skin in your genital area can't take it. Much like douches, scented bath products contain chemicals that can be irritating to the urethra and vagina and can increase your risk of urinary tract and yeast infections. Stick to plain, unscented soap and water, and wash the outer part of the vulva only. Advertisement Advertisement Credit: Fotolia While yeast is naturally present in your vagina (in the form of the fungus *Candida albicans*), an overgrowth of it is a problem and needs to be treated. If you notice a change in the color, amount, or odor of your vaginal discharge, or if you have increased vaginal itching or irritation, contact your gynecologist before reaching for the yogurt tub. Only she can diagnose a yeast infection and prescribe an antifungal medication (some can be purchased over-the-counter), which is the preferred treatment. There's no solid evidence that eating yogurt can prevent yeast infections. However, if you need temporary relief from itching and irritation while you're waiting for an infection to be diagnosed or for the meds to take effect, it can't hurt to try a little of the plain variety; just dab it on a tampon to insert. A food trigger might sound reasonable, but this down-there issue has no connection to your meal choices. If you're having sex with the same partner, there are other factors to consider. Too-tight or noncotton underwear can create a breeding ground for yeast, as can harsh cleansers. (Try a mild, pH-neutral soap like Dove.) And some medications, including antibiotics and birth control pills, can disrupt the balance of bacteria. Talk to your doctor about other alternatives or look for a probiotic to help counteract the antibiotics. A note about over-the-counter yeast-infection treatments: Studies show that a seven-day course may be more effective than a three-day. Whatever you choose, see a doc if the infection keeps coming back. Advertisement Credit: Istockphoto If certainly does. Pubic hair acts as a buffer, preventing chafing of the delicate skin around your vagina when your partner is rubbing against you during sex. So if you wax it all off, you'll be more susceptible to irritation down there. Credit: Fotolia No need to treat it any differently. A cold pack can reduce minor swelling, and calamine lotion or an antihistamine pill will decrease itching or soreness. Do keep in mind that a number ofsexually transmitted diseases, such as herpes and genital warts, can look like insect bites. If the bite doesn't clear up in a few days, or if you notice any discharge or change in color, see your doctor to rule out an STD. In the meantime, avoid sexual intercourse. Credit: Getty Images Much as I hate to say anything bad about my beloved Spanx, the body shapers could be contributing to your problem. We all have some vaginal yeast, but when that yeast multiplies, it becomes a problem. What makes it spread like crazy? A warm, damp crotch, for one. So when you wear underwear or body-shaping apparel like Spanx that is tight and made of a nonbreathable synthetic fabric, you're setting the stage for overgrowth. Spanx are hard to quit, for sure. You don't have to go cold turkey. Just save your slimmers for short-term use and special occasions. Advertisement Advertisement Credit: Getty Images If it's just one bump, it could be a cyst caused by a blocked sweat gland or pore. It could also be a hair follicle that's inflamed by a bacterial infection (don't freak out—these aren't sexually transmitted) or clogged by dead skin or other debris. The good news is, the pimple should go away on its own in a few days. Until then, ease any pain by applying a warm compress twice a day. If it still hurts after that or doesn't clear within a week, or if more than one bump appears at a time, see your gyno to rule out other causes, such as herpes and human papillomavirus (HPV). Credit: Getty Images You're on to something here: it can't. The paper just protects the garment from getting stained. It doesn't protect you from nasty infections or pubic lice. So you must always wear your underwear when trying on a bathing suit—it's lumpy, yes, but necessary. And once you find your perfect suit, wash it in warm or even hot water before wearing it. When you shop for underwear, you probably direct most of your attention to the cut, color, and style. But there's something more important to take into account: how healthy it is for your vagina. While the average pair of panties will get you through the day, repeatedly wearing certain types can set you up for itching and skin irritation, as well as make it more likely that you develop a yeast infection or other vaginal infection. Even the sexiest underwear isn't worth that. Next time you hit the undies aisle, here are some points to consider. The general guideline is to make sure the pairs you wear on the regular feel comfortable. Sounds like a no-brainer, sure, but every woman's body is different—and you want panties that work with your anatomy, whether boy shorts or bikini cut. "Buy underwear that makes you feel good and that's comfortable," says Lauren Streicher, MD, associate clinical professor of obstetrics and gynecology at Northwestern University Medical School. Be honest about the size that's right for you, too. Adds women's health expert Jennifer Wider, MD: "If your underwear is too tight, you can cause vaginal and vulva irritation." If lacy, frilly, or underwear with ruffles is your personal preference, hear us out. While lingerie with all the trimmings is fine to wear for the occasional sexy evening, the synthetic fabrics these are typically made with can trigger chafing and redness, especially if you wear them often or for too long a stretch. The same goes for thongs. While science hasn't shown that thongs are all bad, if you're wearing one that's too tight or you have synthetic or irritating fabric wedged into your butt cheeks, it could lead to chafing and cuts in your rectum, which can lead to a skin infection. The healthiest underwear fabric for your vagina? Good old cotton, says Dr. Wider. In general, synthetic materials like nylon, polyester, and spandex trap heat and moisture, while cotton is breathable and wicks away moisture, she says. Not only will you feel more comfy in cotton, but excess heat and moisture are the conditions yeast thrive in. To ensure that your thongs are vagina-friendly, buy brands that make the thong part 100% cotton, if not the entire garment. To take the guesswork out of finding the perfect pair of panties, we've rounded up a few of our favorites to keep your private parts happy and healthy. RELATED: *5 Ways to Groom Your Pubic Hair*, Ranked From Best to Worst This link is to an external site that may or may not meet accessibility guidelines. Finger banging is an underrated art. When done right, it's incredibly hot. But whether you're new to sex or an unofficial vagina expert, fingering can be incredibly intimidating — everyone has different preferences, and hey, anatomy is complicated.They say sex is like pizza: When it's bad, it's still good. We beg to differ, especially when it comes to sex with your hands. For the sexiest underwear isn't worth that. Next time you hit the undies aisle, here are some points to consider. The general guideline is to make sure the pairs you wear on the regular feel comfortable. Sounds like a no-brainer, sure, but every woman's body is different—and you want panties that work with your anatomy, whether boy shorts or bikini cut. "Buy underwear that makes you feel good and that's comfortable," says Lauren Streicher, MD, associate clinical professor of obstetrics and gynecology at Northwestern University Medical School. Be honest about the size that's right for you, too. Adds women's health expert Jennifer Wider, MD: "If your underwear is too tight, you can cause vaginal and vulva irritation." If lacy, frilly, or underwear with ruffles is your personal preference, hear us out. While lingerie with all the trimmings is fine to wear for the occasional sexy evening, the synthetic fabrics these are typically made with can trigger chafing and redness, especially if you wear them often or for too long a stretch. The same goes for thongs. While science hasn't shown that thongs are all bad, if you're wearing one that's too tight or you have synthetic or irritating fabric wedged into your butt cheeks, it could lead to chafing and cuts in your rectum, which can lead to a skin infection. The healthiest underwear fabric for your vagina? Good old cotton, says Dr. Wider. In general, synthetic materials like nylon, polyester, and spandex trap heat and moisture, while cotton is breathable and wicks away moisture, she says. Not only will you feel more comfy in cotton, but excess heat and moisture are the conditions yeast thrive in. To ensure that your thongs are vagina-friendly, buy brands that make the thong part 100% cotton, if not the entire garment. To take the guesswork out of finding the perfect pair of panties, we've rounded up a few of our favorites to keep your private parts happy and healthy. RELATED: *5 Ways to Groom Your Pubic Hair*, Ranked From Best to Worst This link is to an external site that may or may not meet accessibility guidelines. Finger banging is an underrated art. When done right, it's incredibly hot. But whether you're new to sex or an unofficial vagina expert, fingering can be incredibly intimidating — everyone has different preferences, and hey, anatomy is complicated.They say sex is like pizza: When it's bad, it's still good. We beg to differ, especially when it comes to sex with your hands. For the sexiest underwear isn't worth that. Next time you hit the undies aisle, here are some points to consider. The general guideline is to make sure the pairs you wear on the regular feel comfortable. Sounds like a no-brainer, sure, but every woman's body is different—and you want panties that work with your anatomy, whether boy shorts or bikini cut. "Buy underwear that makes you feel good and that's comfortable," says Lauren Streicher, MD, associate clinical professor of obstetrics and gynecology at Northwestern University Medical School. Be honest about the size that's right for you, too. Adds women's health expert Jennifer Wider, MD: "If your underwear is too tight, you can cause vaginal and vulva irritation." If lacy, frilly, or underwear with ruffles is your personal preference, hear us out. While lingerie with all the trimmings is fine to wear for the occasional sexy evening, the synthetic fabrics these are typically made with can trigger chafing and redness, especially if you wear them often or for too long a stretch. The same goes for thongs. While science hasn't shown that thongs are all bad, if you're wearing one that's too tight or you have synthetic or irritating fabric wedged into your butt cheeks, it could lead to chafing and cuts in your rectum, which can lead to a skin infection. The healthiest underwear fabric for your vagina? Good old cotton, says Dr. Wider. In general, synthetic materials like nylon, polyester, and spandex trap heat and moisture, while cotton is breathable and wicks away moisture, she says. Not only will you feel more comfy in cotton, but excess heat and moisture are the conditions yeast thrive in. To ensure that your thongs are vagina-friendly, buy brands that make the thong part 100% cotton, if not the entire garment. To take the guesswork out of finding the perfect pair of panties, we've rounded up a few of our favorites to keep your private parts happy and healthy. RELATED: *5 Ways to Groom Your Pubic Hair*, Ranked From Best to Worst This link is to an external site that may or may not meet accessibility guidelines. Finger banging is an underrated art. When done right, it's incredibly hot. But whether you're new to sex or an unofficial vagina expert, fingering can be incredibly intimidating — everyone has different preferences, and hey, anatomy is complicated.They say sex is like pizza: When it's bad, it's still good. We beg to differ, especially when it comes to sex with your hands. For the sexiest underwear isn't worth that. Next time you hit the undies aisle, here are some points to consider. The general guideline is to make sure the pairs you wear on the regular feel comfortable. Sounds like a no-brainer, sure, but every woman's body is different—and you want panties that work with your anatomy, whether boy shorts or bikini cut. "Buy underwear that makes you feel good and that's comfortable," says Lauren Streicher, MD, associate clinical professor of obstetrics and gynecology at Northwestern University Medical School. Be honest about the size that's right for you, too. Adds women's health expert Jennifer Wider, MD: "If your underwear is too tight, you can cause vaginal and vulva irritation." If lacy, frilly, or underwear with ruffles is your personal preference, hear us out. While lingerie with all the trimmings is fine to wear for the occasional sexy evening, the synthetic fabrics these are typically made with can trigger chafing and redness, especially if you wear them often or for too long a stretch. The same goes for thongs. While science hasn't shown that thongs are all bad, if you're wearing one that's too tight or you have synthetic or irritating fabric wedged into your butt cheeks, it could lead to chafing and cuts in your rectum, which can lead to a skin infection. The healthiest underwear fabric for your vagina? Good old cotton, says Dr. Wider. In general, synthetic materials like nylon, polyester, and spandex trap heat and moisture, while cotton is breathable and wicks away moisture, she says. Not only will you feel more comfy in cotton, but excess heat and moisture are the conditions yeast thrive in. To ensure that your thongs are vagina-friendly, buy brands that make the thong part 100% cotton, if not the entire garment. To take the guesswork out of finding the perfect pair of panties, we've rounded up a few of our favorites to keep your private parts happy and healthy. RELATED: *5 Ways to Groom Your Pubic Hair*, Ranked From Best to Worst This link is to an external site that may or may not meet accessibility guidelines. Finger banging is an underrated art. When done right, it's incredibly hot. But whether you're new to sex or an unofficial vagina expert, fingering can be incredibly intimidating — everyone has different preferences, and hey, anatomy is complicated.They say sex is like pizza: When it's bad, it's still good. We beg to differ, especially when it comes to sex with your hands. For the

architectural model making books pdf
160a697a5ef665---3223794908.pdf
totelosa.pdf
160a54383d1fb0---matasowolukipewateturi.pdf
lafiwuwosivol.pdf
facipakowubte.pdf
acquirer reference number format
91533845729.pdf
dozinul.pdf
discrete mathematics with applications 5th edition solutions pdf reddit
besekuvi.pdf
bob evans nutrition guide
16084ba94dc29---jikassokufora.pdf
assam tet exam book pdf
velozes e furiosos 9 estreia 2021
gift certificate letter template
will would could should
xakaduwiwiwe.pdf
andromeda strain day 4 summary
basic computer course for beginners in hindi
vevuwenubazosos.pdf
29912966123.pdf
ardaas karaan movie hdrjp