

## Women Want 2 Know---Part 1

### **2. Is it normal to pass gas during orgasm?**

When you climax, the muscles around your genitals – including the sphincter muscle – relax, so it's not unusual for a little gas to escape, says Millicent Comrie, M.D., founder and medical director of the Long Island College Center for Women's Health in Brooklyn.

But even before orgasm, the in-and-out motion may trigger gas because the penis rubs against the anus through the vaginal wall, she says.

If it happens frequently and is embarrassing, take an over-the-counter anti-gas medication that contains simethicone before having sex, she says.

### **1. Why aren't my breasts a perfectly matched set?**

Unless you've had a boob job, most breasts are not perfectly matched. That's because they're made of mammary gland tissue and fat and have naturally different amounts in each, explains Glenn Updike, M.D., assistant professor of obstetrics and gynecology at Magee Women's Hospital in Pittsburgh.

For some women, the difference is more pronounced, and it's usually a cosmetic issue. If it's embarrassing or affecting your sex life, surgery is an option.

But if one breast suddenly becomes much larger than the other, it could indicate an infection or tumor, so have your gynecologist evaluate it immediately.

### **3. I had a dream about having sex with another woman. Does it mean I'm gay or bisexual?**

Not necessarily, says Michele Sugg, a certified sex therapist in Branford, Conn. It could mean you're attracted to women (or a particular woman), but it may signal that you're missing the close, cozy feelings of hanging with a girlfriend.

"Sometimes women symbolize nurturance, love and closeness" in your dreams, Sugg explains. "If you're in a relationship with a guy and you're not getting enough closeness," such a dream might mean you need more of that.

Remember: An erotic dream doesn't define your sexual identity.

“Even if it means you feel sexually attracted to another woman, you don't need to pigeonhole yourself,” she says. “Maybe at times, you'll be attracted to women and at times, you won't be. There's a scale rather than being gay, straight or bi.”

### **5. Can certain exercises really lead to better sex?**

Absolutely. For starters, a good cardiovascular routine helps build energy and stamina. Strength training and stretching can help you build muscles and improve your flexibility so you can get into – and maintain – various positions during sex.

The best exercise to improve sex is the Kegel squeeze – basically strength training for your pubococcygeus (or PC) muscles, which hold up your vagina, anus, uterus, bladder and urethra.

“The stronger these muscles are, the more intense your orgasms will be,” says Chicago sex and relationship therapist Laura Berman, Ph.D., author of *Passion Prescription* (Hyperion).

To locate your PC muscles, try to stop your urine flow when you pee. Hold the squeeze for five seconds, then release. **Doing 50 to 150 Kegel squeezes a day** will help keep those muscles in good shape. Don't do Kegels regularly while urinating, because it can lead to urinary tract and bladder infections

### **8. I've never had an orgasm during intercourse. Is something wrong with me?**

“If you can't have orgasms with intercourse, you're normal,” assures Stephanie Buehler, director of the Buehler Institute for sex therapy in Irvine, Calif. “Sometimes women get upset because their partners say, ‘My last lover could have orgasms, so there must be something wrong with you.’”

Now, assuming you don't kick him to the curb for being an insensitive cad, you're well within your rights to point out that about 70% of women don't orgasm during intercourse without direct clitoral stimulation. You can also clue him in to the fact that it's perfectly OK for one of you to lend a hand.

“Touching your clitoris during sex really ups the chances that you'll have an orgasm,” says Carol Queen, staff sexologist for the online sex toy boutique Good Vibrations (GoodVibes.com).

- If you've *never* experienced an orgasm – and about 10% of women have not – you might consider investing in some slippery lube (not oil, which can irritate sensitive vaginal tissues) and experiment alone. Don't get discouraged if there are no immediate fireworks.
- “The first time, it might take an hour of stimulation to produce an orgasm; it might also take many tries to get comfortable with the feelings of strong arousal,” Buehler says.

## 9. Where's my G-spot?

That's the million-dollar sex question. Some researchers don't believe in the G-spot; others staunchly defend its existence but disagree about its exact location.

- One school of sex researchers says the G-spot is the glandular tissue around the urethra (found behind your pubic bone, about two inches inside your vagina). Others believe it's farther back, in a triangular area on the back of the bladder wall – called the trigone or T Zone – where three nerves come together.
- It's probably some combination of these. But if your partner's plucking the right strings, so to speak, does it matter which instrument he's playing?
- Need help? Read [How to Find Your G-spot](#).

## 10. Can anal sex give me hemorrhoids?

Not as long as you're relaxed and enjoying it, assures Ellen Barnard, a sex educator/counselor and co-founder of A Woman's Touch in Madison, Wisc. ([a-womans-touch.com](http://a-womans-touch.com)).

- Hemorrhoids (painful swollen veins in the anal area) can result from excess pressure around your anus – say, when you're really straining to go to the bathroom.

But when you use a good lubricant and the penetration feels comfortable, not forced, there's no risk of "backdoor sex" causing hemorrhoids. In fact, some sex researchers believe tush play may actually *prevent* hemorrhoids