



← KICKING AND SCREAMING

It's time to show your tootsies some TLC. A survey by the American Podiatric Medical Association found that 77 percent of Americans have experienced foot pain, and 50 percent say that issues with their feet have kept them from exercising and walking. One of the biggest ouch inducers: high heels. If you can't give yours up, keep the heel to three inches or less—54 percent of women surveyed were comfortable in shoes under that height. Foot pain is never normal, so if you experience discomfort, see a podiatrist stat.

Sexual Healing

According to recent research, more than half of Americans aren't getting the recommended sexual-wellness checks. Here, a cheat sheet on tests and services and how frequently you should get them:

TEST	WHO NEEDS IT/HOW OFTEN
<i>Cervical cancer screening (Papsmear)</i>	Ages 21–29, every three years (if test comes back clear) Ages 30–65, every three to five years (if test comes back clear)
<i>Chlamydia screening</i>	Ages 25 and under, annually Over age 25, annually if at risk Pregnant women, at first prenatal visit. Repeat in third trimester for high-risk patients.
<i>Gonorrhea screening</i>	Women pregnant or at risk, annually
<i>HPV vaccine</i>	Ages 26 and under, three shots over the course of six months
<i>Hepatitis B vaccine</i>	Women at risk, three shots over the course of six months
<i>HIV testing</i>	Women at risk, annually

At risk = Having unprotected sex, multiple partners, a new partner, or a partner who has other sexual partners

twenty-four

PERCENTAGE OF PEOPLE WHO EXPERIENCED A SIGNIFICANT JUMP IN CORTISOL LEVELS AFTER WATCHING VIDEOS OF OTHERS IN TENSE SITUATIONS—WHICH SUGGESTS YOUR WEB-SURFING HABITS CAN SEND YOUR MOOD DOWN THE TUBES

Source: *Psychoneuroendocrinology*

SHORT ANSWER

Yawning

A surprising way to keep your brain in top form. When you inhale deeply, you exchange warm air with cooler ambient air—which is good, since the brain operates most efficiently when it's cool (perhaps why other research shows that people are more likely to yawn in winter than summer). If you feel a yawn coming on, don't suppress it; your thinker may need to let off some steam.

Sources: *Physiology & Behavior, Frontiers in Evolutionary Neuroscience*

DOGGY KISSES

Letting Rover slobber all over you may seem unwise (you know what he licks!). But "although your pet's mouth contains loads of bacteria, his lick is essentially harmless as long as you're both healthy," says Jan Bellows, D.V.M., president of the American Veterinary Dental College. Keep your dog's tongue away from open cuts, and avoid the love if his breath stinks—it can be a sign of gum disease, and the bacteria can transfer to you.



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