



Follow this expert plan and date night will blow your mind.

Great Saturday-night sex

Confucius once said, “In all things, success depends upon previous preparation.” With that in mind, try our plan this weekend:

10 AM. Sleep in. On average, adults get fewer than seven hours of sleep on weeknights and just 7.4 hours on weekends. That’s bad news for our sex lives: “Being overtired can dampen libido, cause erection problems in men and make it harder for a woman to orgasm,” says Debby Herbenick, Ph.D., a sexuality researcher at Indiana University in Bloomington.

3 PM. Get some exercise. Working out boosts blood flow to those oh-so-important parts—which can mean easier arousal and orgasm. In fact, a Canadian study found that a short cardio workout increased blood flow to the vagina by 169 percent.

6 PM. Have wine at dinner. But keep it to one glass! A little alcohol lowers inhibitions and may increase desire for sex, says Herbenick, but too much just makes you tired.

9 PM. Eat dessert! There may not be many bona fide aphrodisiacs, but pumpkin pie comes close: A small study at the Smell & Taste Treatment and Research Foundation in Chicago found just the scent of it boosted men’s arousal.

10 PM. Turn off the TV. Italian research found that couples who had a TV in the bedroom had half as much sex as those who didn’t. Tell him that and see if he still wants to catch *The Daily Show*. —AMY LEVIN-EPSTEIN

OVARIAN CANCER CHECKLIST

A new study found this simple list is surprisingly accurate at detecting ovarian cancer. If you have any of the below symptoms for **more than 12 days a month**, see your ob-gyn for testing ASAP.



- Pelvic/abdominal pain
- Bloating/enlarged belly
- Difficulty eating or a feeling of being full

Q&A

SEX ANSWERS, PLEASE!
BY HILDA HUTCHERSON, M.D.

Q I get brown clumps when I have my period. Is that normal?

A It can be. The normal color of period blood is somewhere between red and brown. When the menstrual flow is slow, the blood is exposed to air inside the vagina and turns brown, or even black. When the flow is rapid, it’s red. As for the clumps, your menstrual period is made up of not only blood (about two tablespoons to half a cup per cycle) but also pieces of the lining of your uterus. This lining starts to thicken before ovulation, then your body sheds it during your period, so some clumps or clots are normal. But if you’re passing very large clots for several days in a row, you may be at risk for anemia. What’s more, having many large clumps or blood clots can sometimes signal a problem such as endometriosis (abnormal growth of the lining of the uterus that can be painful and affect fertility), fibroids, ovarian cysts, uterine polyps or even cancer. If this is a new development for you, see your doctor for an exam and ultrasound to rule out these or any other problems.

Hilda Hutcherson, M.D., is an ob-gyn at Columbia University and the author of *Pleasure: A Woman’s Guide to Getting the Sex You Want, Need, and Deserve*. Got a question? E-mail sexualhealth@glamour.com. See page 32 for info.

SATURDAY-NIGHT SEX: MARK LUND; STYLIST: LANA CHIU; PROP STYLIST: PENELOPE BOUKAS FOR HALLEY RESOURCES; HAIR: SACHA HAREFORD AT ARTISTSTOFT.COM; MAKEUP: JOSHUA RISTANO FOR BLINK MANAGEMENT; HUTCHERSON: CRISTINA ESTABIELLA; OVARIAN CANCER: GETTY IMAGES; HEALTH QUICKIE: OBSTETRICS & GYNECOLOGY, NOVEMBER 2006