

Guys, Better Sex!

Now that we have your attention... Here, in honor of Men's Health Month, the dealio on how to keep your bod in performance shape.

By Karina Timmel

Three orgasms a week and you'll live longer—yeah!

1 Get low down. This just in: testicular cancer occurs most often in men between the ages of 20 and 39. Treatable when caught early, give yourself—perhaps with the help of your lady friend?—regular self-exams after, suggests the Mayo Clinic, a warm bath or shower when the boys are, er, relaxed. Here's how:

STEP 1: Examine each testicle with both hands. Place the index and middle fingers under the testicle and your thumbs on top.

STEP 2: Gently roll the testicle between your thumbs and fingers. Remember, testies are usually smooth, oval shaped and somewhat firm. And if one of your guys is slightly larger than the other, relax, it's normal...

STEP 3: A lump? Call doc ASAP.

2 Mind your ticker. Man's numero uno nemesis: heart disease. The Mayo Clinic chimes in: make healthy lifestyle changes—don't smoke, eat lean sources of protein like fish (buh-bye fatty steaks and pork butts), keep active, limit alcohol and manage stress. Plus, get your blood pressure checked once a year—DIY machines at local pharmacies like CVS make it easy peasy.

3 Get physical. See your GP every three years for a thorough exam and labs to explain things you don't understand like cholesterol and pre-diabetes. Discuss all health-related topics and ask questions—write them down in advance so you remember.

4 Check flecks. Conduct an all-over skin look-see once a month. If you notice moles or freckles growing, changing shape or color, hit the derm's office pronto. And, given that the stats aren't exactly on your side—1 in 3 peeps get skin cancer—it's not a bad idea to book a bi-annual checkup regardless.

5 Don't blame beer. Sure, throwing back the brew can cause you to gain belly fat, but keggers aren't to blame, excess calories are. A spare tire is nothing to joke about—it's linked to increased risk of heart disease, cancer, type-2 diabetes, sleep apnea and other unpleasanties. Aim to take in about 2,000 calories per day, depending on how much you exercise.

6 Have smart sex. Hey, at least you're getting it. If you think you've been exposed to an STD, make an appointment to see the doc (not your "friend" playing "nurse"). Also, request testing at your GP's office to make sure things are on the up and up. And, for the love of every body, use condoms! Ya dig?

7 Smile! The CDC says that men are less likely to go to the dentist and floss than women. But here's why you should: one, a toothless man just ain't sexy, and two, researchers link gum disease to diabetes, cardiovascular disease and more. So, get yourself to your DMD every six months for a cleaning and checkup, and please, invest in floss—your friends will thank you.

8 Practice makes perfect. Cue the singing angels: Men can be multi-orgasmic! Say what? "With some training, men can maintain their erection without ejaculating and learn to separate orgasm and ejaculation," says Tanja Diamond, C.Ht, NLP, author of *Beyond Sex: Tantra*. Even better: Scientists credit three orgasms per week to living longer... and happier.

9 Feel yourself up. Put that expertise to work guys, because breast cancer, although 100 times more common in women, affects men too. The American Cancer Society suggests performing a monthly self-exam of your chest area, looking at and feeling for lumps, skin dimpling, nipple retraction, redness or scaling, and/or nipple discharge.

10 Calm down! Contrary to popular belief, testosterone doesn't make you "hothead." In fact, a study at the Universities of Zurich and Royal Holloway London reports that the hormone could actually encourage fair behaviors. So, find ways—exercise, meditation and humor for starters—to reduce rage because, well, stress sucks (and it has negative effects on your heart).