

Keeping the Bugs at Bay



It's your third date and you know that you really like her. You haven't had sex in three months. Who wants to complicate the situation by talking about STDs? Yet that's exactly what you need to do if you value your body, your health and your future relationships.

Some STDs are as common among lesbians as among heterosexual women, and some are even more prevalent among lesbians. Bacterial vaginosis (BV), an imbalance of the bacteria in the vagina, is more common in lesbians than in straight women. Although BV's cause is unknown, it can lead to more serious conditions and affect fertility. Human papillomavirus (HPV), which can cause cervical cancer and genital

warts, is easily passed through genital contact. HPV is one of the leading reasons that regular Pap smears are essential. Herpes is an STD that can be passed through oral sex, making it especially common in lesbians.

This doesn't even include trichomoniasis, syphilis or crab lice, all of which can be transmitted during lesbian sex. That's why it's so important to protect yourself and your partner. If you use sex toys, cover them with a condom to prevent fluid exchange. Wash your hands and toys with antibacterial soap every time you have sex. Use barriers like dental dams or, if you have nothing else available, nonmicrowavable plastic wrap. (Plastic wrap's protection against STDs hasn't yet been tested.)

Above all, be honest with your sexual partners. This is the most important way to keep yourself and your partners healthy, happy and safe. — *Kathryn Board*

GOOD CHOCOLATE

If the thought of swallowing a pill each day to supplement your diet makes your mouth go dry, then the latest in good-for-you food items will certainly make it water. Amoriss is a delicious dark chocolate packed with antioxidant-rich fruits and berries (such as pomegranate and goji) and infused with red wine extract. Thanks to this amazing combination of fruits and organic dark chocolate, these individually wrapped candies promote heart and joint health and a strong immune system, and help combat premature aging. We were a bit skeptical about the taste—after all, how



can something be good for you and be dessert? Luckily, we were proven wrong—these chocolate treats taste as good as anything from your local confectioner. (amoriss.com) — *Katie Peoples*

BRETT RABIDEAU/AMORISS (WOMAN)

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