

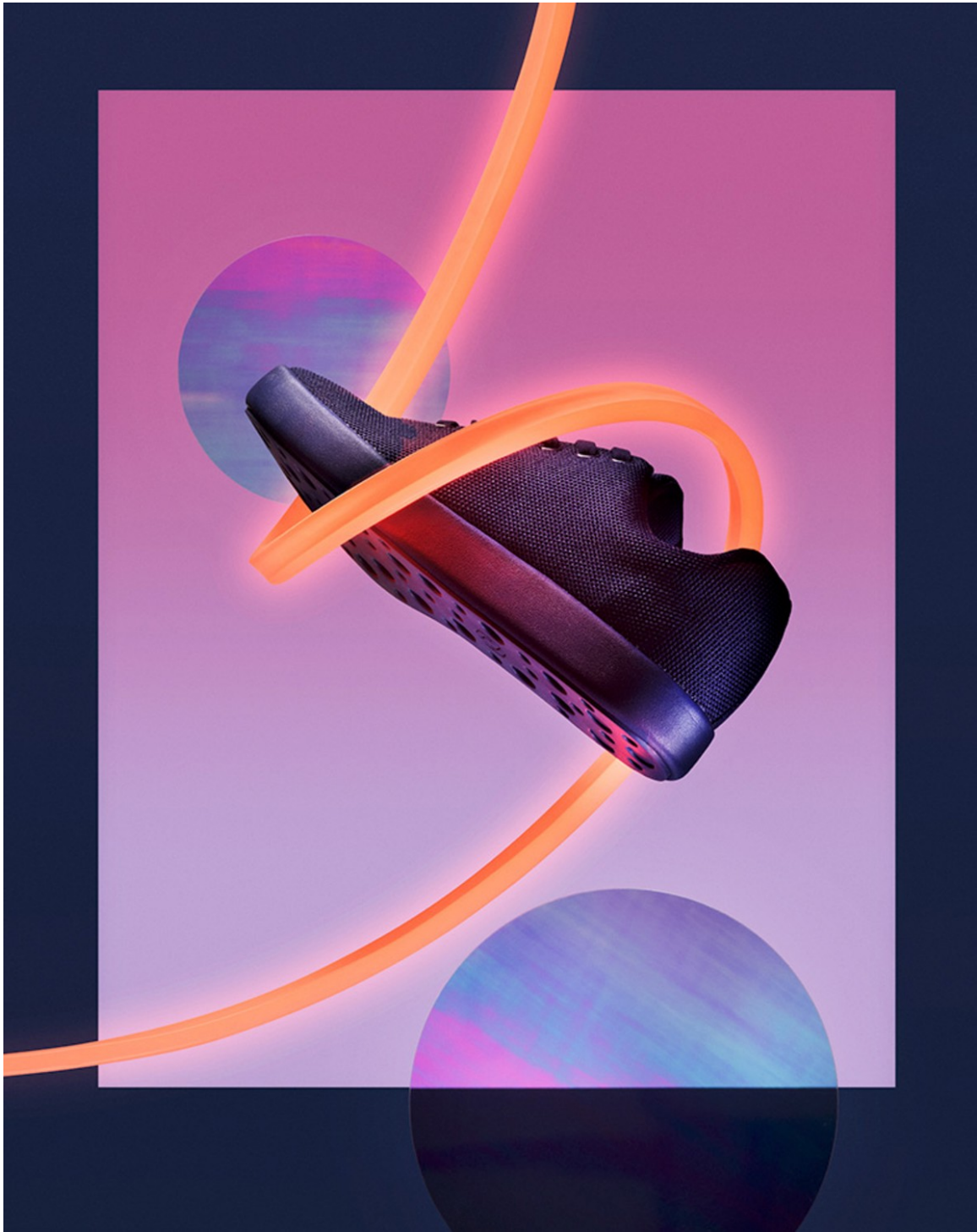
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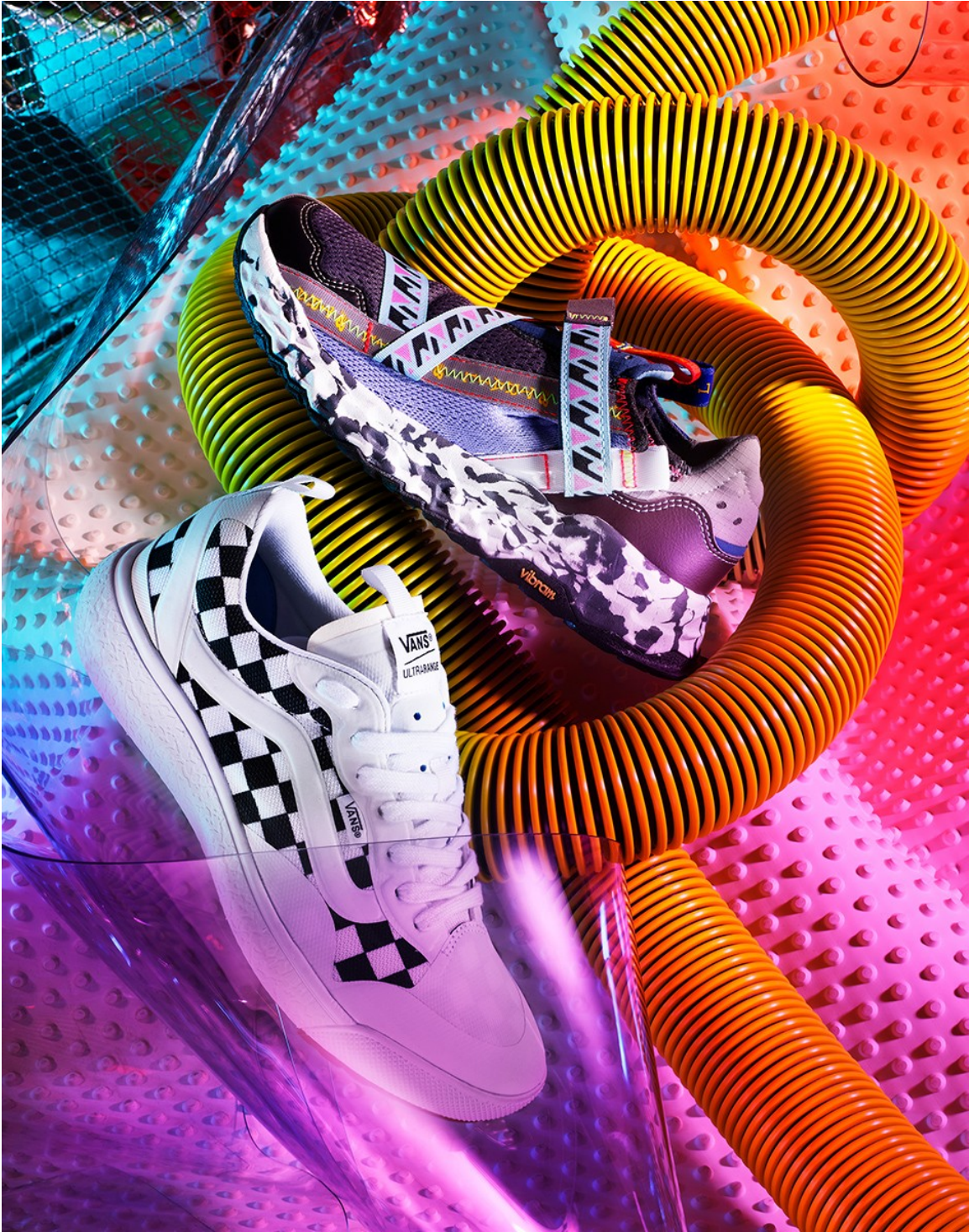
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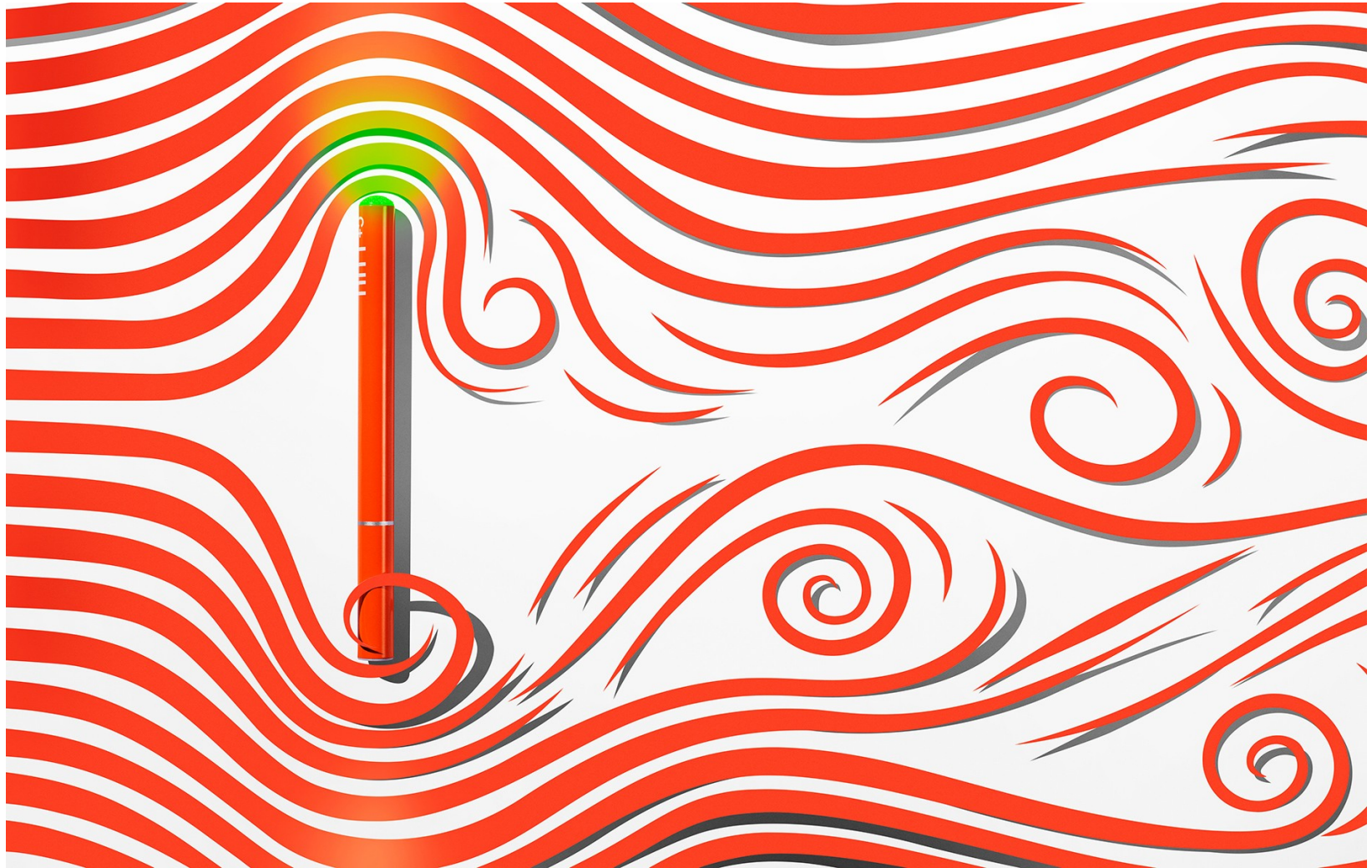
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THE WH

FEMTECH Awards

BY TRACY MIDDLETON
PHOTOGRAPHED BY JONATHAN KAMBOURIS



Thinx Sport
An ultra-absorbent panel kept us dry sans tampon even on medium-flow days. They're so comfy, you'll wear them when you don't have your period too. **\$32**, shethinx.com

F Futuristic robots that help you get dressed? We're not quite there yet. But a recent explosion of technology geared toward improving women's health is rolling out of the lab, into stores, and onto our phones. And it's about time. Women make up roughly half the population, yet our wellness concerns have historically been ignored. These newfangled tools—from smart breast pumps to period-tracking apps to forward-thinking sex toys—all share one goal: to empower women to take control of their physical and mental health in every way. That's *WH*'s mission, too, which is why we're presenting the best and buzziest in this revolutionary category. Welcome to *WH*'s first Femtech Awards. Tap, type, track, vibrate, click. Any way you get in on the action, you win.

DECEMBER 2018 WOMEN'S HEALTH / 97

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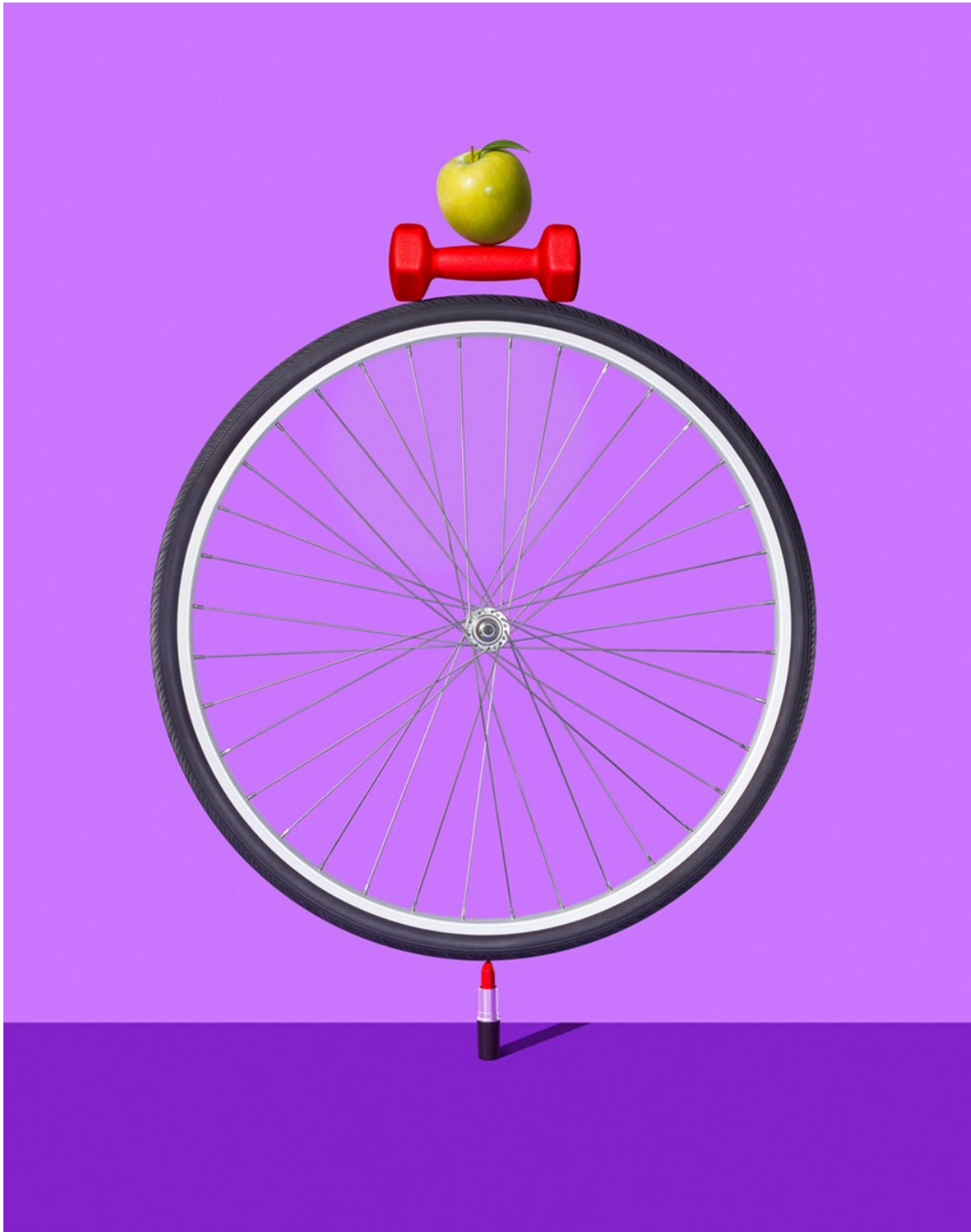
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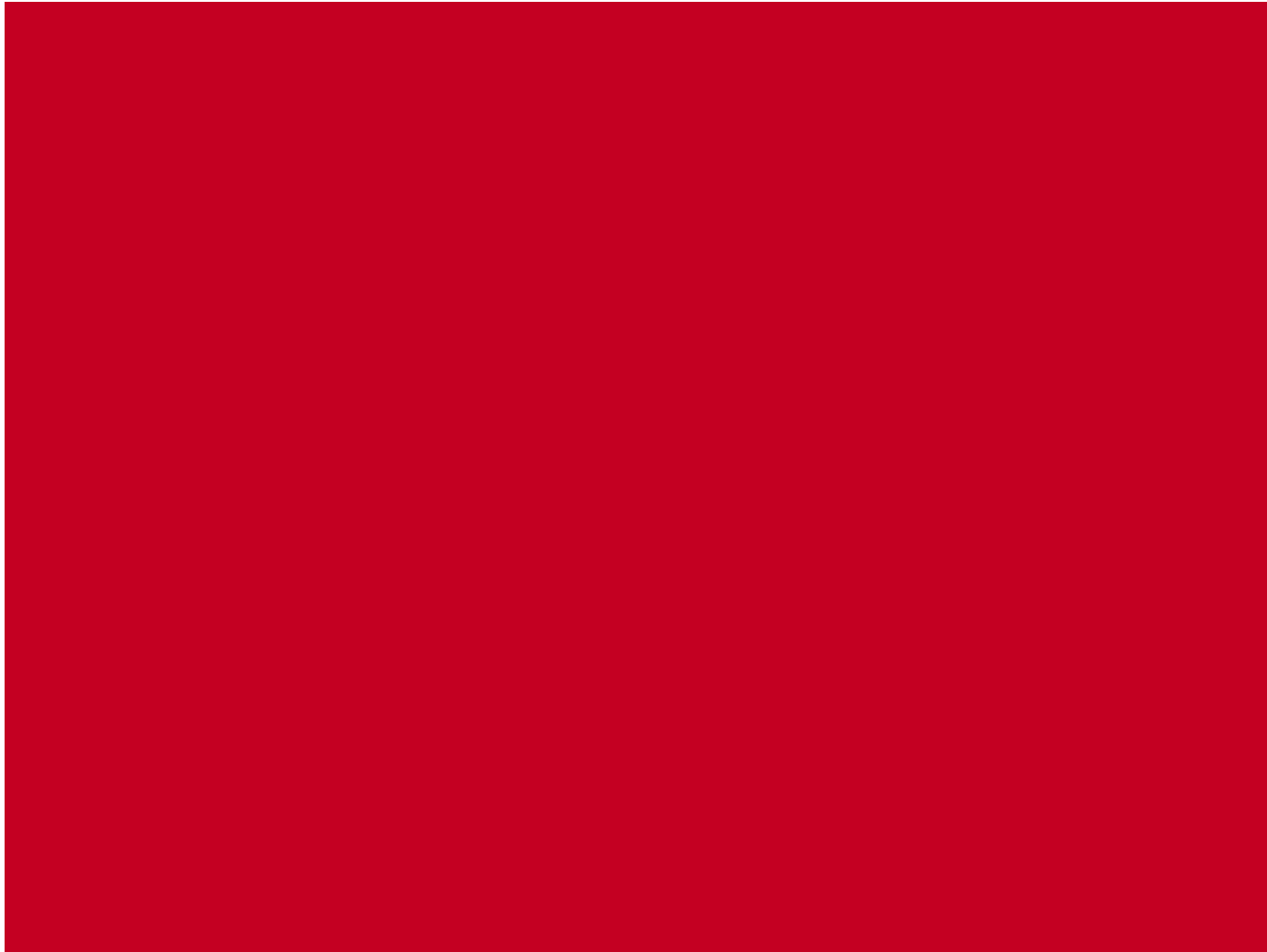
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Our science-approved, urologist-approved, even porn-star-approved guide to lifting your libido to incredible new heights—the most natural, healthy, and effective way humanly possible

BY ADAM BIBLE
PHOTOGRAPHS BY JONATHON KAMBOURIS

EAT
YOUR
WAY
TO
THE
BEST

SEX

OF
YOUR
LIFE



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Ask Men's Health

HEALTH Definitive Answers to Life's Essential Questions

I'm circumcised and wish I weren't. Does foreskin reconstruction surgery work?

BRAD, SAN JOSE, CA

Not worth it, Brad. That snipped tip of yours is an asset. For starters, being circumcised can be safer. The inner surface of the foreskin is rich in immune system cells called Langerhans cells, which "attract" the HIV virus during intercourse, says Julia Samuelson, B.S.N., M.P.H., of the World Health Organization's Department of HIV. The foreskin is also prone to microtears that can let in pathogens; a 2015 study found that circumcised men were 74 percent less likely to have the human papillomavirus (HPV), which causes genital warts in some cases. Maybe you're not concerned about STDs and just hope to score more feeling during sex. Our advice stands. Your nerves are concentrated in the head of your penis, and according to a 2015 *Sexual Medicine* study, circumcised men feel just as much as their uncut pals do.

36 MensHealth.com | April 2016 PHOTOGRAPH BY JONATHON KAMBOURIS

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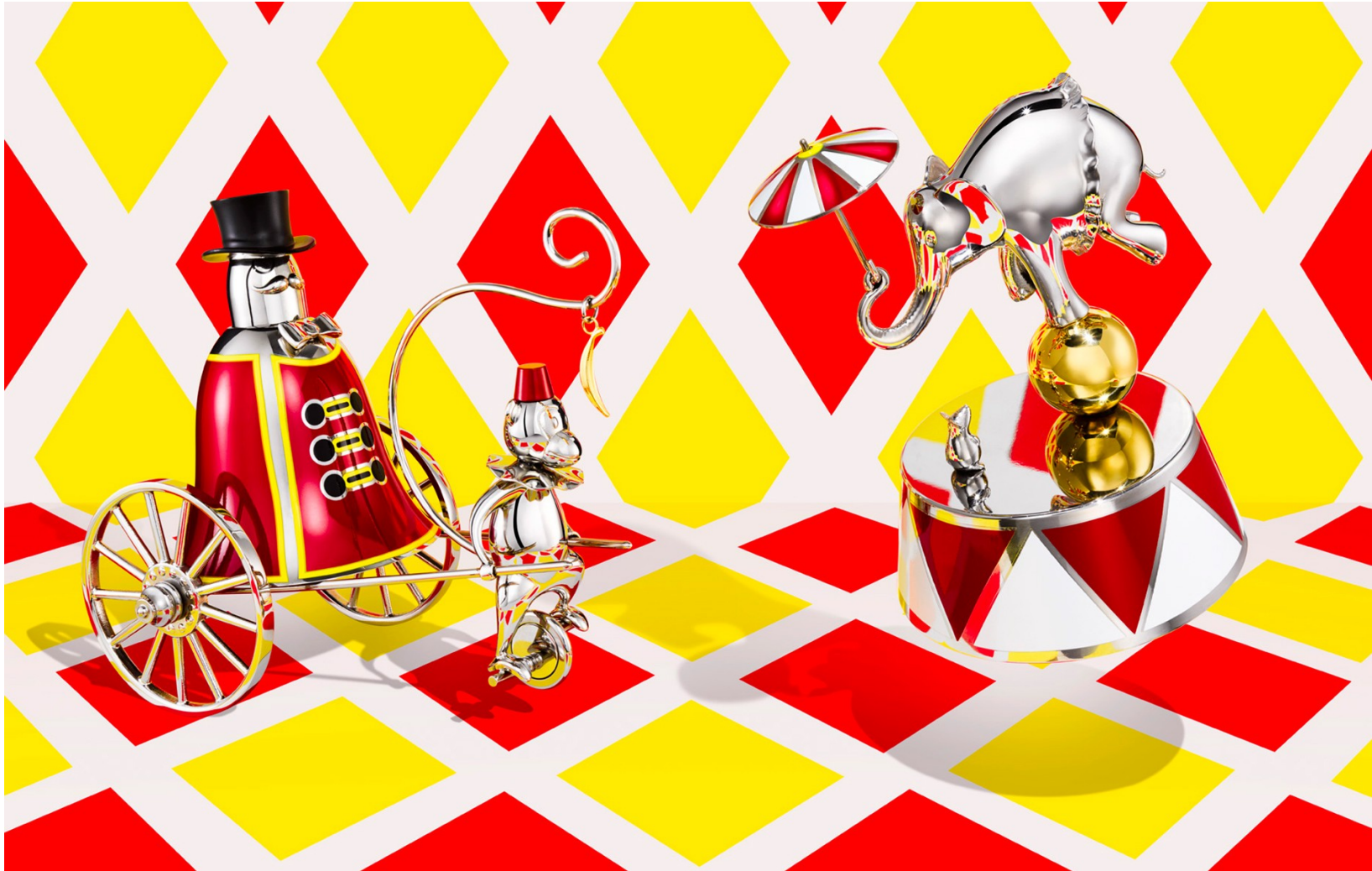
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