

ask the sex doctor

Be one of the geysers

As I get older, the intensity of my orgasms has diminished, as has the volume of my ejaculate. What can I do? — R.M., Des Moines, Iowa

IT HAPPENS TO EVERYONE, R.M. As you age, the pelvic muscles that control orgasm become softer, and secretions from your testes and prostate diminish. By the time you're 50 years old, these bodily changes can cut the force and volume of your ejaculate by as much as *half*—and that can significantly reduce the “intensity” of your orgasms (if you can even remember the eye-poppers you enjoyed when you were 20). Luckily, there are a few things you can do to regain some fireworks.

An intense orgasm really depends on the buildup and release of pelvic muscle tension, so strengthening these muscles is key. You're probably tired of hearing about Kegel exercis-

es (contracting the muscles you use to stop urinating midstream), but they're the fastest route to more forceful orgasms. Build up to three sets of 15 twice a day.

Essentially, though, it all depends on your level of arousal. The harder your erection and the longer you have sex, the more powerful the orgasm you're likely to have. So don't let your sexual routine become dull, and learn the art of the “tease” to prolong sex. Simply bring yourself to the brink of orgasm, then back off, then start up again. Some women may also find that this stop-start method intensifies their orgasms. If this doesn't help, or if ejaculation has become painful, see a urologist.



—AL COOPER, Ph.D., clinical director of the San Jose Marital and Sexuality Centre

Send your questions to: “Ask the Sex Doctor,” Men's Health, 33 E. Minor St., Emmaus, PA 18098; fax: (610) 967-7725. Send e-mail through our Web site: www.menshealth.com.

sex poll

Clothing argument

SOME MEN have a thing for leather teddies. Others prefer black thong panties. We found that both sort of chafe under our work clothes, but that's beside the point. We want to know what attire turns you on. Tell us: What's the sexiest thing a woman can wear? (Refrain from saying “nothing.”) We'll publish the most revealing replies in an upcoming issue. Send your responses to: “Sex Poll,” Men's Health, 33 E. Minor St., Emmaus, PA 18098; fax: (610) 967-7725. Or take the poll on our Web site: www.menshealth.com.



sexual health

GO STRAIGHT TO BED

Skip the shower after your next workout—have sex instead

EXERCISE IS SEXY for lots of reasons (behold: spandex shorts). But here's the best we've heard yet: An aerobic workout—even a brief one—can help put you in the mood for love and even give your orgasms more punch, says Linda DeVillers, Ph.D., a sex therapist in El Segundo, California, and author of *Love Skills* (Impact, 1997). “Aerobic exercise increases brain activity in the left frontal lobe, triggering positive feelings

that can boost interest in sex,” DeVillers says, citing research from Arizona State University. Exercise also produces those well-known feel-good chemicals called endorphins, which can increase not only your arousal, but possibly the intensity of your orgasms as well. “The effect lasts 60 to 90 minutes after 10 minutes or more of activity,” says DeVillers. You might mention that to the aerobics instructor as you head for the shower.

