

## **Get to Know Your Body: Four Fast Facts**

Check out these four femme facts that may change the way you feel about your monthly cycle and give you a new sense of respect for your body.

Women have better, more frequent orgasms during days 6 to 10 of their menstrual cycle, according to research. So start counting; day 1 of your cycle is the first day of your period.

The scent of a woman's body midcycle is more pleasing to men than at any other time during the month. And that's not all. Women at midcycle, around ovulation, tend to be more sexually motivated. But beware -- this also is when women are most fertile. So if you're sexually active and don't want to get pregnant, make sure you use a reliable form of contraception.

A woman's uterus is one of the strongest muscles in the human body. It's only about the size and shape of a small pear, but it can pack a punch. Uterine contractions at the beginning of a woman's period can cause cramping and pain, but for some women, uterine contractions during orgasm contribute to the intensity and pleasure of the experience.

Some women feel their most creative during the days leading up to their period. But for many this premenstrual phase is marked by physical and emotional symptoms that can be uncomfortable, even debilitating. More than 150 symptoms are linked to premenstrual syndrome (PMS), including headache, backache, swollen or tender breasts, bloating, irritability, depression, and fatigue. If you think you may be affected by PMS, take the RealAge PMS Health Assessment for personalized strategies to help you deal with your symptoms and feel more like yourself again.