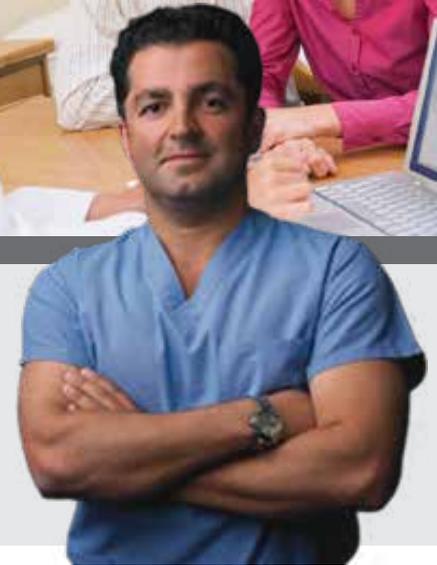




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Welcome to the February 2014 issue of the

YOUrology Update!

If your family celebrates Valentine's Day, be sure to check out our article with some refreshing new ways to celebrate that are fun for the whole family. And whether you celebrate the holiday or not, you will love our recipe for White Chocolate Raspberry and Cream Cake that you actually make in the slow cooker!

Presidents' Day is February 17, so in honor of this holiday, we're sharing some very interesting facts that you may not know about our past presidents. Some of them even surprised us!

On the healthy side, we're sharing an article about various problems "down there" that can be negatively affecting your sex life and real truth about penis size.

We hope that you and your family are enjoying the start of the New Year and that 2014 is one of your best years ever!

- Dr. Shahram Shawn Gholami

"All you need is love. But a little chocolate now and then doesn't hurt."

~Charles M. Schulz

Problems “Down There” That Affect Your Sex Life

One of life’s greatest pleasures is intimacy with your partner. Nothing can put the ice on that relationship faster than when there is pain and discomfort for either a man or a woman associated with sexual intimacy. This article will review the most common causes of vaginal pain and what can be done to make the pain go away.

Vaginitis: The itching, burning, and pain associated with vaginitis results from a disruption in the natural balance of bacteria that live in every healthy vagina. There’s no single cause. Common culprits include hormonal changes due to birth control, menopause, or pregnancy as well as chronic medical conditions, such as HIV and diabetes, which weaken the immune system. Frequent sexual intercourse and sex with multiple partners can be to blame as well.

Bacterial vaginosis (BV) is the most common vaginal infection in women of reproductive age. Women with BV may have a copious, thin grayish-white discharge. BV is easily treated with oral or vaginal antibiotics.

Yeast infections are caused by the overgrowth of one of several strains of *Candida*, a fungus that typically lives in the vagina. Women may notice a thick white discharge with a slight odor. However, many women complain of genital itching, soreness, or irritation. Treatment consists of a vaginal cream or an oral antifungal medication.

Treatment is painless and easy; most women simply insert a prescribed cream or ovule (a soft suppository) -- generally soothing but messy -- at bedtime or they can take a prescription oral antifungal such as Diflucan. You’ll avoid the mess, but relief might take a few days longer.

Atrophic vaginitis is a result of a decrease in estrogen levels and the lining of the vagina becomes thin and easily irritated. Treatments such as estrogen creams or a vaginal estrogen ring can help.

Trichomoniasis, a sexually transmitted infection, can cause a greenish-yellow frothy discharge, with some itching and burning. This infection is easily treated with oral or vaginal antibiotics.

Vulvodynia: This is a condition where the pain is so severe that you can’t sit comfortably, let alone have intercourse. The cause is unknown, but possible contributors include injury to nerves in



the vulva, hypersensitivity to *Candida* and pelvic floor muscle spasms. Treatment options include estrogens, oral antifungal medication, topical steroid creams, and physical therapy to loosen the muscles causing the spasms.

Vaginismus: This is a rare condition found in fewer than 2% of women, which causes the muscles surrounding the vagina to contract so tightly that a woman can’t have sexual intercourse or even insert a tampon. The cause is unknown, but like vulvodynia, vaginismus responds to physical therapy. Now doctors are using Botox to relax the muscles and prevent spasms for up to six months.

Stress Incontinence: Stress incontinence occurs when there’s increased pressure or stress on the bladder or lower abdomen, such as when sneezing, coughing, or during intercourse. This is a source of great embarrassment to a woman who loses urine during sexual intimacy. The cause is usually due to multiple vaginal childbirths, estrogen deficiency, obesity, and chronic constipation.

The easiest solution is for a woman to use the bathroom prior to sexual intimacy in order to empty her bladder. Kegel exercises can help build up the pelvic muscles that support the bladder and the urethra. Now there are minimally invasive surgical procedures that can help restore continence that can be performed on an outpatient basis with immediate results.

Bottom Line: If you think you have any of these conditions, see your doctor. Over-the-counter creams will often make the problem worse. The diagnosis is easily made in the doctor’s office and treatment can begin immediately and you will put the icing back on your sexual cake.

Slow Cooker White Chocolate

Raspberry and Cream Cake



Ingredients

- 1 box Betty Crocker® SuperMoist® white cake mix
- 1 box (4-serving size) white chocolate instant pudding and pie filling mix
- ½ cup butter, melted
- 2 whole eggs
- 1 egg, separated
- ½ cup water
- 1 ½ cups frozen raspberries
- 1 box (8 oz.) cream cheese, softened
- ¼ cup sugar

1. Spray 4 1/2-quart slow cooker with baking spray with flour.

2. Empty cake mix into a large bowl after removing and setting aside 1/2 cup of the dry mix.

3. Add pudding mix, melted butter, 2 whole eggs, 1 egg yolk and water to cake mix in large bowl. Stir until well mixed.

4. In small bowl, sprinkle 1/4 cup of the reserved cake mix over frozen raspberries. Stir to coat. Fold raspberries into cake mix mixture. Pour batter into slow cooker.

5. In medium bowl, beat cream cheese, remaining ¼-cup cake mix, the sugar, and 1 egg white. Use knife to fold cream cheese mixture into batter in slow cooker, leaving ribbons of cream cheese running through batter.

6. Cover and cook on High heat setting 2 to 3 hours or until cake is set in center. Turn off slow cooker; remove cover. Cool completely before serving.

Penis Size-Facts, Fiction and What You Can Do To Get a Bigger Penis



As a urologist I am asked every day “Is my penis normal? What can I do to make it larger?” One of the most widely searched topics on AskMen.com, penis size has remained an enduring interest to men for decades and is understandably a source of much anxiety.

However, while size does matter, it really does not matter as much as most men think. The issue here is one of perception: Men perceive it as the defining element of their masculinity, while women often evaluate the whole package: looks, style, intelligence, personality, behavior, and even a man’s sense of humor.

Regardless of whose perceptions are misplaced, penis size will forever persist as a primary concern for men worldwide, which is why AM has explored the topic so deeply. Look no further, as all you need to know is here, standing at the ready.

Penis Size Fact: When surveyed, women consistently claimed that girth was more important than length. This surprising response is seemingly odd, as there appears to be no physiological basis for such claims, although more girth may provide more clitoral stimulation. In fact, plenty of well-endowed men are ashamed of their penises, while lots of men with smaller penises strut their stuff with confidence, according to a study published online Sept. 30 in the Journal of Sexual Medicine.

*"It's not the size that counts,
it's how you use it."*

~Anonymous

Men worry far more than women about penis size, according to Veale and his colleagues. One study, published in April in the journal Proceedings of the National Academy of Sciences, found that women preferred larger penises only up to a point anything bigger than a flaccid length of 2.99 inches did not additionally impress women.

So what is average? A recent Journal of Sexual Medicine study found that the average American man's penis measures 5.6 inches long when erect.

Now let me leave you with a guaranteed method to make your penis 1-1.5 inches longer. Let me ask you if I could offer you a pill that would lower your blood pressure, decrease your risk of diabetes, lower your cholesterol level, decrease your risk of prostate cancer and colon cancer, improve your mood and libido or sex drive, help you lose weight, and, yes, make your penis longer, would you take the pill?

Every man answers, “Yes, of course. Where do I get those pills? I then smile at the man and say, “I’m sorry, it’s not a pill, it’s exercise!” Why is this the case? When you exercise, lose weight and lose the girth of your abdomen, your penis will appear longer. If you don’t believe me, try it. Lose 25 pounds and see for yourself. You’ll also be able to see your shoes, too!

Bottom Line: It's true, use it or lose it. It's a good idea to have regular sex and to not be preoccupied with the length of your Johnson!

Presidential Fun Facts

Monday, February 17 is Presidents' Day in the United States. In honor of this occasion, we've compiled some fun facts about some of our former presidents.

Andrew Jackson Taught His Parrot To Curse

The parrot had to be removed from President Jackson's funeral because it wouldn't stop swearing.

Buchanan Was A Bachelor

James Buchanan was the only president to never marry, instead remaining a bachelor his entire life.

Ulysses S. Grant Got A Speeding Ticket On A Horse

The 18th President Of The United States was given a \$20 speeding ticket for riding his horse too fast down a Washington street.

Warren Harding Lost The White House China In A Poker Game

Harding really liked to gamble, although it seems he wasn't very good at it. In one poker game, he bet the White House china collection and lost it all in one hand.



Valentine's Day Celebration Ideas for The Family

Valentine's Day isn't just for lovers. Originally held to honor St. Valentine and express love to sweethearts, Feb. 14 has also come to be a celebration time for families in general. Read on to check out our family celebration ideas for Valentine's Day.

Scavenger Hunt. Write up little notes about how you feel for each family member and what they mean to you and place them around your house along with a candy heart or other treat. Add a riddle at the end of each note about where to find the next note.

Touch lives. Saint Valentine gave up his life to be of some assistance to his countrymen and Valentine's Day can be a splendid opportunity for you to touch the life of someone else and see if you can help that person in some way. You can visit a nearby hospital and give small Valentine gifts to the patients.

Valentine's Meal. Enhance your Valentine's Day festivities by preparing yummy recipes for the occasion. For a mouthwatering breakfast or brunch, make up a batch of heartshaped pancakes. For dinner, you can go for potato cutlets, raw fries or tomato-blended potatoes. Sounds great, right?

Balloon Goodies. Buy some red balloons and have them filled with candies. Add a folded-up Valentine's message and inflate each balloon. Attach a paper heart to the string of each balloon, with a note to your loved ones. Then leave them in spots where they are to be found by those you have addressed.

Throw a Valentine's Day party. Valentine's Day deserves a grand celebration and what better way to do so than to throw a splendid Valentine's Day bash at your home? No need to invite a crowd; you can keep it a family affair.

