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Don't forget: your package has two parts. You already go through great lengths to protect one (your penis) but sometimes neglect the second (nuts). If you want to provide healthy sperm and a vibrant sex life, start showing your testicles some TLC. stat. Here's how. KEEP THEM COOLA laptop on your lap raises the temperature of your balls, which can harm sperm quality, fertility and sterility research found. Set the devices on the table, said MH Urology Adviser Larry Lipshultz, M.D. HIT SACKLess Sleep means more stress hormones that can juice sperm production, said Tobias Kohler, M.D., M.P.H., F.A.C.S., an associate professor of urology at the University of Southern Illinois. EYE THEIR SIEDDER men with an egg volume of 20 milliliters or more risk heart problems, the Journal of Sexual Medicine Research reports. The authors say that damage to blood vessels can up to the size of the Yaites. GET A SAFE SNIPA vasectomy will not cause ED, a new study published in the Journal of Sexual Medicine has found. That is, if you don't have sex for 72 hours. Possible pain or bleeding can leave you limping. MOVE YOUR PHONENumerous research has linked mobile phone exposure to reduced sperm count and quality. So keep the phone in your back pocket, not in the front, says Dr Lipshultz. KILL SPIDERSDilated veins in the scrotum, which are similar to spider veins, can cause infertility and shrinkage of the testicles, says Dr Kohler. Having planned a meeting with a urologist. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content piano.io Getty Images Baby is back! Sir Meeks-A-Lot may have tapped these texts more than 20 years ago, but our fascination with homelessness still remains. In fact, from Iggy Azalea's curvy derriere to Sofia Vergara's ridiculously tinted carcasses, behind replaced breasts like this is the body part of the decade. But there's no reason to worry if you think your not on the same level: whether it's pain in the butt of problems to focus on health issues (radiculitis, anyone?) or more cosmetic issues (hello, cellulite!), we have them covered. What is pain (often found in the lower back or hip) that travels along the sciatic nerve that runs from the lower back down through each of your legs. Most of the time, sciatica is due to a herniated disc that bulges and compresses the nerve. But sometimes it is caused by piriformis syndrome, which is when the striped muscle piriformis (it extends from the sacrum to the upper femur) compresses the sciatic nerve. You are more likely to experience the first signs between the ages of 30 and 50. Years of sitting can increase the risk of sciatica, says Wellington Hsu, MD, professor of orthopedic surgery at Northwestern Feinberg School of Medicine. There is also a genetic component. Ishias can sometimes occur during pregnancy, when the enlargement of the uterus can push against the nerve. What is it like everything from blunt pain to shooting or burning with a knife the pain is electric shock. An Rx primary care physician or podiatrist should be able to diagnose sciatica through a physical examination. Usually the condition improves with over-the-counter or prescription anti-inflammatory drugs or muscle relaxants, stretching exercises or physiotherapy. Cortisone injections can work for short-term relief. If your pain persists for more than six weeks, you may need an MRI to determine the cause. Problem No. 2: Sacroiliac Joint Pain What is the pain around the sacral joint located in your lower back where your spine and pelvic bone meet. Although it is common to have discomfort in the area during and after pregnancy (as your pelvis expands to prepare for birth, ligaments stretch and tug at the joint, causing pain), many women experience it due to muscle tightness or weakness. Don't ignore the pain: This may mean that the cartilage between the bones wears out, which can lead to arthritis. What it feels like is pain in the lower back and hips (often on one side) that worsens with a bend or activity; it tends to get more serious after you sit for a long time and feels better when you go to bed. Rx It can be diagnosed by your attending physician or orthopedic specialist with physical examination and X-ray. Treatment is usually conservative: over-the-counter anti-inflammatory drugs and, if necessary, cortisone injections directly into the joint to relieve pain. The best prevention is a strong core, which helps to relieve pressure from the joint, strengthening the surrounding muscles. Talk to your paper about movements (such as planks and thigh lifts) to do on your own. What's a hole?! If you notice blood in the stern or on toilet paper, or itching and swelling around the anus, you may have hemorrhoids. The most common risk factor, says Steven Naymagon, MD, gastroenterologist at Mount Sinai Hospital: constipation. Your MD can tell if you have an external hemorrhoid (under the skin around the anus) by exploring the area; Hemorrhoids inside the rectum can also usually be diagnosed by manual examination, but if there is bleeding, you may need a colonoscopy or flexible sigmoidoscopy to rule out something scarier like colon cancer. Treatment is usually over-the-counter products with hazelnuts or hydrocortisone to relieve swelling and/or itching, as well as soaking in a warm Sitz bath. Also key: Slowly up your fiber intake to 25 to 30 grams a day, and drink lots of water. If that doesn't work, Dr. Naymagon adds, your paper can perform an office procedure known as band band binding, where it puts a strip around the hemorrhoid to cut off its circulation (strip, and roid, fall within a week). That it's an injury to one of your hamstring muscles that are running the back of the thighs from the pelvis. While it can happen to anyone who is active, you're more receptive as you get older because your muscles tighten as you age, says Jordan Metz, MD, Sports Sports doctor at the Special Surgery Hospital in New York. What it feels like a sharp pain in the back butt or foot during activity (when the actual tension occurs) and also afterwards, along with swelling and bruising. Rx Your first step OF RICE: rest, ice (use cold packs 20 minutes at a time, several times a day), compression with a bandage around your hips and height. If you've been poo for more than a few days, look at your GP or sports medicine specialist. You can do an X-ray or MRI to see if it is a complete tear or tension, and can get crutches or a prescription for physiotherapy. September 26, 2019 1 min read Disclosure: Our goal is to show products and services that we think you will find interesting and useful. If you buy them, the entrepreneur can get a small share of the sale income from our trading partners. Presentations are tough enough without having to fumble around with any conference room tools your team or the client you visit uses. Remove the hassle by providing your own tool: P'O Powerful 1080p Mini Projector.This remarkable pocket-sized device has an ultra-powerful 200-lumen lamp that allows you to project in 1080p HD on a screen or flat surface up to 240 inches. It's probably a lot more than the TV you have at home. The projector has built-in WiFi and Bluetooth, so you can sync with your computer or smartphone to soar through presentations without jumping between different screens or apps. It even has hi-fi speakers built in, eliminating the need for any external sound sources if your presentation has a video or audio component. The projector has a 5-hour projection length and supports 50 hours of music playback, so you can wind through a few presentations before refill. Better yet, when you're not working, PISO makes an amazing addition to your entertainment repertoire, allowing you to bring movie night to the world. This high-tech projector usually sells for \$799, but you can save 64 percent when you buy today for \$279.99. Summary of last week's poll: Last week, we asked you what is the best battle royale game: PUBG or Fortnite. Of the more than 48,000 votes cast, roughly 65 percent of voters on Facebook and Instagram said they preferred PUBG. On the website, YouTube and Twitter polls, about 45 percent said they preferred PUBG over Fortnite, while many people said they didn't care about any game. Check out the full results here. The LG G3 was one of the first phones with a quad HD screen. From the first time I saw him in real life, I was hooked. 1080p screens just couldn't do it for me anymore. Yes, I know - if you're really looking, it's hard to tell the difference between a Full HD display (1920 x 1080) and a quad HD (2560 x One. But for me, the display is one of the most important aspects of the phone. This is one component that you look at every day. If your phone has a bad screen, you'll notice it every Day. After years of fawning over these high-res screens, though, I have since come around to the idea of sporting a 1080p display. After all, the phone doesn't have to power as many pixels, which often leads to improved battery life. What do you prefer: Full HD screens or quad HD screens? Are you ready to donate the battery to a more promising display, or are you just fine with the 1080p panel? Throw your vote in the poll below and talk in the comments if you have something to add.

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