

FLASH!

Want better sex? Nonsmoking couples have more than twice as much sex as couples in which one or both partners smoke, say researchers from the Kentucky Center for Reproductive Medicine in Lexington. Possible reasons: Chemicals in cigarettes may alter sex hormones, people who light up also may lack the stamina of their nonsmoking counterparts. Healthy lungs, better sex. What more could you ask for?

Road rules: Designate a driver More than 16,600 people died in alcohol-related car crashes in 2000—up 4 percent from 1999, according to the latest statistics. **Consuming just two glasses of wine in an hour can impair driving skills.**

STEPPING OUT SAFELY Hospitals and doctors' offices treated more than 118,000 dance-related injuries (commonly to the foot and ankle) in 2000, according to the U.S. Consumer Product Safety Commission. So go ahead and do your lindy—just give your muscles a stretch before kicking up your heels.

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cost care, try a clinic, and remember that **regular exams can catch problems early, when they're easier to treat.**

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Time to get pregnant The Fertilix OI, a watchlike device that measures precovulation surges in sweat-gland activity, is expected to be FDA-approved soon. Worn six hours a day, it **gives a four-day heads-up before ovulation, so you have more time to plan your evening activities**—wink, wink. (Ultrasound-based test kits provide about a day's notice.) The cost: \$200, plus \$30 for monthly replacement sensors.