

# her world

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**HOT  
RIGHT  
NOW**

*Logo Mania  
Manga Style  
Glam Rock*

## SG'S HIPPEST MUMS

How they balance work,  
kids & fun while  
looking amazing

## PLEASE CC ME

17 CUSHION COMPACTS  
REVIEWED – FIND YOUR  
PERFECT MATCH

**"I GAMBLLED  
AWAY OUR  
SAVINGS"  
THE WORST  
RELATIONSHIP  
MISTAKES MEN MAKE**

**UNSUITABLE  
FOR THE  
YOUNG**

**HAVE YOU SEEN  
YOURSELF  
DOWN THERE?  
STOP BEING  
ASHAMED,  
LOVE YOUR V**

**NAILING IT**  
COOL-GIRL  
MANI TRENDS

**#SHOEFIE  
TIME!  
32 PAIRS TO  
SHOW OFF**



## HERE'S WHEN YOU SHOULD, ERM, BE MORE INTIMATE WITH YOUR PRIVATE ZONE.

### 1 You're bleeding, but it's between periods

This random spotting could be due to a hormonal imbalance, which happens when you skip a birth control pill. However, if abnormal bleeding happens more than once, it could be due to infection, abnormal growths or trauma to the vagina.

### 2 There's weird discharge

It lasts for more than three days, looks thick, greenish or yellowish, and smells. This could be due to a fungal infection.

### 3 You feel pain for more than two days

If the pain is accompanied by a lump, that could be a sign of an abscess caused by an infection, ingrown hair or oily skin, which can be treated with antibiotics if detected early. If there is a crop of painful blisters, this could be due to herpes, a sexually transmitted disease.

### 4 It itches

This is most commonly due to a fungal infection, which is usually associated with a greenish-yellowish curd-like discharge. It could also be part of skin conditions like psoriasis or eczema.

### 5 There is a bump

It could be a harmless skin tag, which looks like a skin-coloured bump hanging from a stalk, and is usually caused by chafing (when skin rubs against skin). A more serious problem might be genital warts, a sexually transmitted infection.

**EXPERT SOURCE:** Dr Chee Jing Jye, obstetrician, gynaecologist and medical director at The Obstetrics & Gynaecology Centre, a Singapore Medical Group clinic

## A HEALTHY VAGINA...

... is a happy one. Take note.

**Get him to change condoms when switching from oral to vaginal sex, so you don't introduce bacteria into your privates.**

**Pee after sex.** This is reportedly one of the best ways to ward off UTI because it helps to flush out bacteria in the urethra.

**See your gynae.** Go for a Pap smear once you turn 21 or become sexually active (whichever is earlier). Get one every three years until you're 65, advises Dr Ng.

**Skip panty liners.** They absorb vaginal discharge and trap heat down there, increasing your risk of a yeast infection.

**Keep it loose.** Avoid wearing too-tight jeans, thongs or wet bathing suits for prolonged periods. These retain heat and moisture, creating ripe conditions for a yeast infection, says Dr Christopher Ng, obstetrician and gynaecologist at Gynae MD Women's & Rejuvenation Clinic.

**Wash with caution.** When showering, clean just your vulva with a gentle soap - your vagina self-cleanses with discharge. Also, avoid douching, which can reduce the pH levels of your vadge, leading to yeast infections.

**Have a V-friendly diet.** Fill up on vitamin A-rich soya, tofu and flaxseed to relieve vaginal dryness. Love yogurt? Good - it contains lactobacillus, which could help stave off a urinary tract infection (UTI), says Dr Ng.

