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## Dear Patient, Supporters and Friends,

As we wind down 2013 and gear up for 2014, many of us are making resolutions - resolutions to lose weight, eat healthier or stop a bad habit - all to be healthier. This year, I challenge you to make a resolution in a place many don't when it comes to making healthy choices: the bedroom. Our sex lives play important roles in our overall health, so I encourage you to make a resolution to enjoy sex more. Try new things. Don't hesitate to have fun (safely, of course). The articles that follow may just illuminate how helpful a healthy sex life can be to your physical and mental health. A good sex life can even add to your [income](#).

Have a healthy and safe holiday!

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Lucy Davies Treene, MSHS, PA-C

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## Get Your Sex Life Buzzing

Vibrators are often the punch line of the joke; the gag gift at the bridal shower or the cause of an embarrassing situation in a sitcom. But, the reality is, personal massagers are no joke. Vibrators can be an important part of a healthy sex life. Used alone or with a partner, they enable many women to have a happy, enjoyable sex life. And that's nothing anyone should be embarrassed about. [Read more](#).

## The Joy of Sex

I think we all know sex is, or should be, enjoyable. Then why do lawmakers insist on giving it a bad rep? Sometimes we're the culprit, claiming food, coffee, shopping, dancing, or just about anything can be better than sex. And that seems to be the only time we're not too embarrassed to talk about sex - when we talk about what's better than it. Margot Kaplan, assistant professor of law at Rutgers School of Law-Camden, recently wrote an op-ed piece in the Washing Post that should serve as an eye-opening reminder for women and men about the value of talking about sex. [Read more](#).

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