



It's not easy to talk about your "private problems," so we did the talking for you. We asked top pelvic-health experts to tell us everything there is to know about what can go wrong down there at every age—and how to make it right.

your (very personal) health at 20 30 40 50

From painful intercourse (which strikes women even in their 20s) to unplanned pregnancy (which happens—surprise!—to about 40 percent of women who conceive in their 40s), a wide array of down-there concerns affect women in every decade. In fact, one third of us will be treated for a pelvic-health disorder by age 60, according to a report from the National Women's Health Resource Center (NWHRC), and experts suspect that many more of us are too embarrassed to tell our doctors about such concerns—and so suffer unnecessarily. Read on for age-coded info detailing which problems are most common in each decade, plus how to find relief.

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