

Library 01 - Women Vaginal Health

Sample List of Cases 01 - 04

- 1. When I'm in the bathtub, I love the feeling of the water hitting my clit, but it hurts when I do it for a long time. How can I stay in the tub for a long time and masturbate? (age 12)**

The clitoris is very sensitive. It hurts after too much stimulation. That's why I advise girls (and guys) to touch the area around it.

- 2. I've masturbated only once but I was afraid because I thought I could get pregnant. I was afraid I would have something on my fingers that would make me pregnant. I also avoid doing it after I have my period because I was afraid, I could get pregnant, can this happen? (age 14)**

Masturbating by yourself cannot make you pregnant, no matter what time of the month it is. The danger comes when you are with a male and his sexual fluids get on your fingers or his and then it comes in contact with your genitals.

- 3. Do you have tips on how to masturbate around the clit? (age 16)**

Many avoid touching the clitoris directly, preferring to stimulate the area around it and only brush lightly against the clitoris. It's like what I tell males to stimulate the shaft and stay away from the head of the penis.

- 4. I have been doing Kegel exercises for a year now and they are helping relieve pressure when I urinate. Web sites say the earlier you start doing these exercises the better. Should my 11 year old daughter start? (age 46)**

No. I've never heard of anyone that young needing them. Most women don't start until they're over 30. It might be inadvisable to bring it up until she's older.

This is a "Sample" list of records:

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