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YOUR CHEATIN' HEART

Talk about karma: **Cheating could double your risk of a heart attack**, according to a new Italian study. The scientists tracked 1,000 men over 4 years and found that those having long-term affairs were more than twice as likely to suffer a major cardiac event. "Secret sexuality may increase blood pressure and heart rate," says study author Alessandra Fisher, M.D. But she adds that sex in a healthy relationship may improve life expectancy.

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PERCENTAGE BY WHICH YOUR CORONARY HEART-DISEASE RISK DROPS IF YOU'RE SATISFIED WITH YOUR SEX LIFE

Source: *European Heart Journal*

WOMAN ON TOP

Horny woman = happy couple. **Her libido affects your relationship more than the sex itself does**, a new BYU study found. High female desire but low sex frequency was still linked to high relationship satisfaction in 8,000 couples. "If women want more sex, they invest more in a relationship, which boosts happiness," says author Brian Willoughby, Ph.D. But long-term, unmet desires may lead to instability.



I wore these hair extensions just for you, sweetheart.

ON OUR RADAR

RU in 2 Me?

A woman who sends hot texts might *seem* confident. But sexting may actually indicate relationship anxiety, reports a new California State University study. An insecure lover may sext to keep you engaged or to seek reassurance, says study author Robert Weisskirch, Ph.D. How to spot an anxious sexter? "They expect a text to be acknowledged right away," he says.

PICKUP-LINE SELECTOR

Here's what women like to hear, according to a recent study in the *Journal of Social Psychology*.

WHAT'S YOUR GOAL?

"Do you have any raisins? No? Well, then how about a date?"

"Shall we talk or continue flirting from a distance?"

"Can I get a picture of you so I can show Santa what I want for Christmas?"

TO SHOW HER I'M funny or sociable

These lines work only if you're attractive, the scientists found. But they can start the ball rolling.

TO SHOW HER I'M smart or trustworthy

The perfect starters are direct and honest. Women love sincerity and flattery.

"I feel a little embarrassed about this... but I'd like to meet you. What's your name?"

"Hi, I saw you and thought, 'I'm going to kick myself all night if I don't at least say hi.' So... hi. What's your name?"

"I saw you across the room and knew I had to meet you. What's your name?"

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