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# Men's Health

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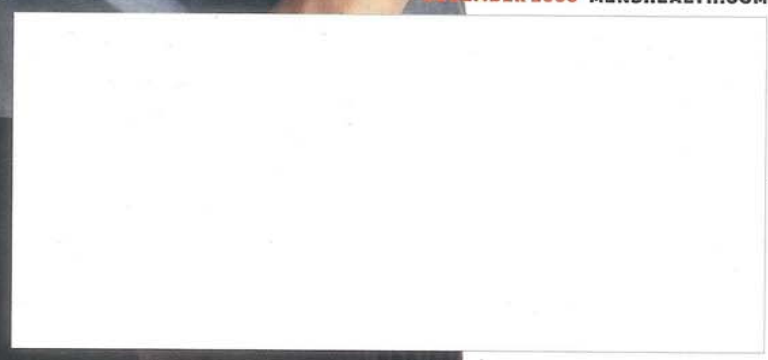
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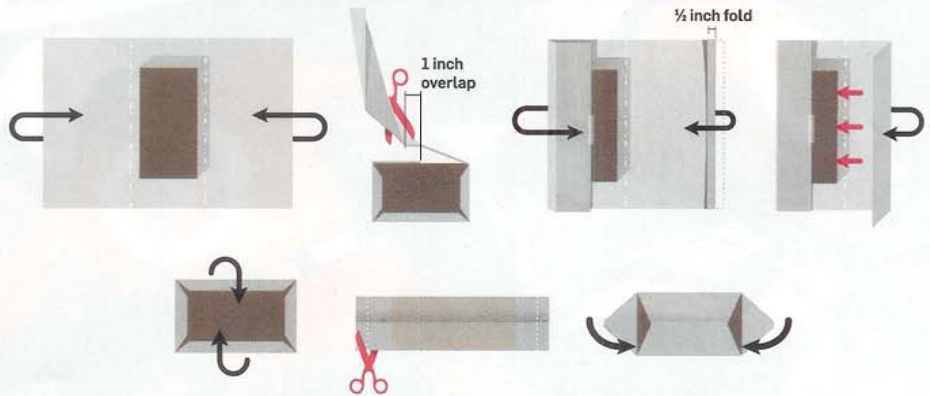
# ASK MEN'S HEALTH

## ESSENTIAL GUY SKILL

### How can I wrap presents like a pro?

TIM, SEATTLE, WA

Take a page from the origami handbook and learn the art of precise folding. "The ruler is your secret weapon: It helps you avoid bulky crinkles," says Lash Fary, the author of *Fabulous Gifts*. Use Fary's five-step technique to ensure that your gifts elicit oohs and aahs no matter what's inside.



**1** Clear a firm, flat work space and gather your tools: scissors, a ruler, transparent tape, double-sided tape, wrapping paper (not too thick), ribbon, and a bow. For the holidays, silver foil paper with red or blue ribbon is your go-to combo.

**2** If your gift is oddly shaped, box it up and secure any loose parts with tissue paper. Unroll the wrapping paper, place the box on it, and wrap the paper around it, allowing for an inch of overlap. Use scissors to slice the paper in a steady, gliding motion.

**3** Center the box facedown on the paper. Anchor one edge of the paper to the bottom of the box with a single piece of tape. (More than that looks messy and could ruin a nice box.)

**4** Before bringing the loose paper around, fold over  $\frac{1}{2}$ " of its lengthwise edge for a polished look. Pull the package toward you as you wrap the remaining paper around it. Apply double-sided tape along the perimeter of the paper's underside and press it to the box, making sure the paper's edges overlap.

**5** Turn one end toward you; fold down the top and bottom edges. If they overlap more than an inch, mark the paper, unfold the flaps, and trim away the excess. Refold the edges and adhere them to the box with tape. Fold one flap down and use tape to secure it to the box. Then fold the other flap's unfinished edge over  $\frac{1}{2}$ " before securing it to the box with double-sided tape applied on the underside. Repeat at the other end. Then tie a ribbon around the gift, cover the knot with a matching bow, and cap things off with a handwritten note.

### Yikes, I found blood in my semen. Is it serious?

TOM, SUNNYVALE, CA

Calm down, it's a routine plumbing problem. One in 100 men experience this condition, known as hematospermia, and it's usually nothing to worry about, says Judd Moul, M.D., the chief of urologic surgery at Duke University medical center. "The cause is likely to be harmless inflammation of your prostate or seminal vesicles." Hematospermia usually goes away on its own after about a month, although 25 percent of men will probably experience it again. (Urologists aren't sure why.) If it persists for 3 months, or if you're 40 or older, see your doctor for a PSA test. It could be something more serious; prostate cancer accounts for about 2 percent of hematospermia cases. If you receive a clean bill of health, follow doctor's orders—they can be fun. "Ejaculating at least once a week improves your urologic health, decreasing the chances of hematospermia and prostate cancer," says Dr. Moul.

### Why do I talk in my sleep?

ROY, BIDDEFORD, ME

Think of it as a kind of brain fart. "Your sleeping brain is actually very active, but it doesn't

have a censor, so random words can come out of your mouth," explains psychiatrist Carlos Schenck, M.D., the author of *Sleep: A Groundbreaking Guide to the Mysteries, the Problems, and the Solutions*. "Often the content is just reflective of your brain's sleep activity, and it can be words, sentences, or gibberish." If your unconscious utterings are bothering your bedmate, cut back on your evening alcohol and try to find ways to lower your stress level. Both booze and chronic tension can disturb your sleep patterns, and that in turn may amplify your verbal outbursts. Just one word of caution: If your pillow talk becomes more frequent, prolonged, or increases in volume or profanity, see your doctor ASAP, says Dr. Schenck. Any one of these changes could signal that you're suffering from a medical condition, such as sleep apnea, nocturnal seizures, or REM sleep behavior disorder (the acting out of dreams with yelling, punching, and jumping out of bed). ■

Have a question? Ask at [MensHealth.com/experts](http://MensHealth.com/experts).

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Illustrations by DOGO



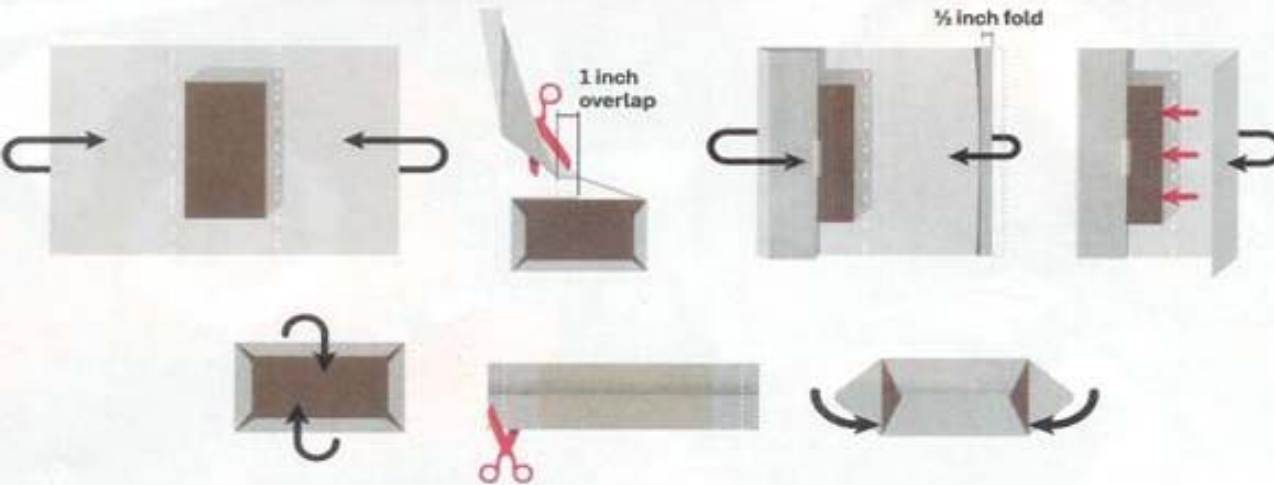
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