

# USA WEEKEND

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# Special Health Report

## YOU AND YOUR PILLS

- Quick answers that could cut your prescription bills — and possibly save your life
- Are you taking the right combinations of medication? How to find out
- Plus much more

## FERTILITY: Men, keep laptops off your lap

Hey, guys: If you use your knees to support your laptop, you might want to stop. Researchers from the State University of New York at Stony Brook report that even an hour of laptop computer use might hurt fertility.

Clamping your thighs together to balance the machine, combined with the heat it emits, raises scrotal temperature. After an hour of tapping on your lap, the temperature can rise 5 degrees. European studies show fertility is compromised when the temperature rises just 1.8 degrees.

"Until further studies provide more information," says Yefim R. Sheynkin, M.D., lead author of the study, "teenage boys and young men should avoid using [laptops] on their laps."

Instead, lay your laptop on a desk, counter or couch.

— Susan T. Lennon



HEALTH BRIEFS, *continued on next page*