

# Stuff you can only ask **cleo**

No question is too embarrassing for our experts... fire away!

**Q** I contracted human papillomavirus (HPV) from a prior partner and it hasn't gone away. I'm worried about telling my new boyfriend. Help!

**A** There are more than 100 different strains of HPV, so almost everyone will get it at some stage (and go on to clear it). Unless you have active genital warts, it's completely up to you whether you tell your partner. Get Pap tests every two years – some strains are responsible for causing cervical cancers and Pap tests help pick up the changes that occur before a person actually has cancer. The Gardasil vaccine protects against the highest-risk strains of HPV. **Dr Kroman**



**Q** I occasionally find random long black hairs on my face and neck. Why is this?

**A** It's quite normal to have the occasional stray hair growing where it's not supposed to be, however sometimes it can be a sign of problems with your hormones. This is important if you have irregular or absent periods, acne, weight gain or an inability to lose weight even when you're doing all the right things, so see your doctor to have a chat about polycystic ovarian syndrome (PCOS). **Dr Kroman**

**Q** My boyfriend hates giving oral sex and it's making me self-conscious. What's wrong with me?

**A** You shouldn't be self-conscious and you need to discuss with him why this might be. Be careful not to attack, but let him know that this is something you enjoy and would like to explore. He might be insecure if he feels he lacks skill and is too shy. But there is no point in assuming why he won't go down south – it's one of those conversations you just have to have. **Dr Goldstein**

**Q** If I'm going to have a one-night stand during my period, do I have to tell the guy?

**A** It's important you tell your partner, but the key is to not make a big deal of it. If you react in a negative or shameful way, that might rub off on him too. Keep to the facts: "I have my period but I would still love to have sex with you, are you okay with this?" Don't be offended if he says no –

## Meet CLEO's expert panel



**GP**  
Dr Farah Kroman,  
Holdsworth House  
Medical Practice  
(holdsworthhouse.com.au)



**Clinical psychologist**  
Louise Adams,  
Self Essentials  
(self.net.au)



**Sexologist**  
Dr Nikki Goldstein  
(drnikki.com.au)

it doesn't mean he isn't attracted to you, it just means he doesn't want to have sex with you when you have your period. You can still have fun, there are plenty of other spots and actions that will make you feel good.

**Dr Goldstein**

**Q** My boyfriend has a drinking problem. How do I bring it up without upsetting him?

**A** It's interesting that you feel "not upsetting him" is important – surely it's affecting you as well? Many people with drinking problems are defensive when it comes to their habit, so I'd say expect him to react negatively. But don't let his reaction stop you from talking about the problem. Tell him you're saying this from a place of love and concern, and offer him your support. Don't be afraid to get help from friends or family. Often this problem is better managed with a team approach, rather than by one person. **Adams**



**ANY QUESTION, ANY TIME!**

Got a blushing question about your bod, sex, relationships or work sitch? Send it in to [cleo@bauer-media.com.au](mailto:cleo@bauer-media.com.au) or head over to [cleo.com.au](http://cleo.com.au) and hit the You section.