

# Advice for Couples

## Revving Up Your Romance

(NAPSA)—Keeping the romance alive day to day needn't be challenging, even for couples who have been together for a long time. It may just be time to rethink the flowers and chocolates routine and try something different to rev up your romance.

"There are a lot of creative ways to be romantic," says Dr. Pepper Schwartz, relationship expert and author of "Everything You Know About Love and Sex Is Wrong." "Even little things like sneaking love notes in unexpected places for your partner to find or calling during the day, just to say 'I love you,' can do wonders in helping you connect with each other."

Dr. Schwartz gives the following tips, handy for Valentine's Day and throughout the year:

- Even if you're a parent, spend 20 minutes a day on your own as a couple talking and connecting, whether it's on your front porch before dinner or later on after the children have gone to bed.

- Set up a date night, a time for you and your partner to focus exclusively on each other.

- Enjoy your favorite dinner in an unexpected place—picnic under the stars or create a fancy spread on your bed.

Once couples know how to romance each other, they need to make an effort to rid themselves of distractions, such as busy schedules and stress, and embrace spontaneous intimacy. Dr. Mary Jane Minkin, clinical professor of obstetrics and gynecology in the Department of Obstetrics and Gynecology at Yale University School of Medicine, and attending physician at the Yale-New Haven Hospital, says one thing couples can do is to make sure that contraception doesn't interfere with their intimate moments.

"One of the contraceptives I prescribe is the intrauterine contraceptive Mirena<sup>®</sup>," Dr. Minkin said. "It gives women effective



**Spending 20 minutes a day on your own—talking and connecting as a couple—can go a long way toward keeping the romance alive in a relationship.**

birth control without a daily, weekly or monthly regimen to follow. Mirena is more than 99 percent effective and provides up to five years of birth control, yet it is easily removed, which makes it a good option for women who are thinking about the possibility of adding to their family."

With today's demanding lifestyle, many couples put romance and spontaneity on the back burner, but by making a concerted effort to focus on each other, couples can reclaim their passion and continue to keep the fires burning.

While only you and your doctor can determine what method is right for you, most women who have a child are typically good candidates for Mirena. You should not use it if you are at risk for or have a history of ectopic pregnancy or pelvic inflammatory disease. It does not protect against HIV (AIDS) and other sexually transmitted diseases.

Check with your doctor to see what's right for you. For more information, go to the Web site at [www.mirena-us.com](http://www.mirena-us.com).