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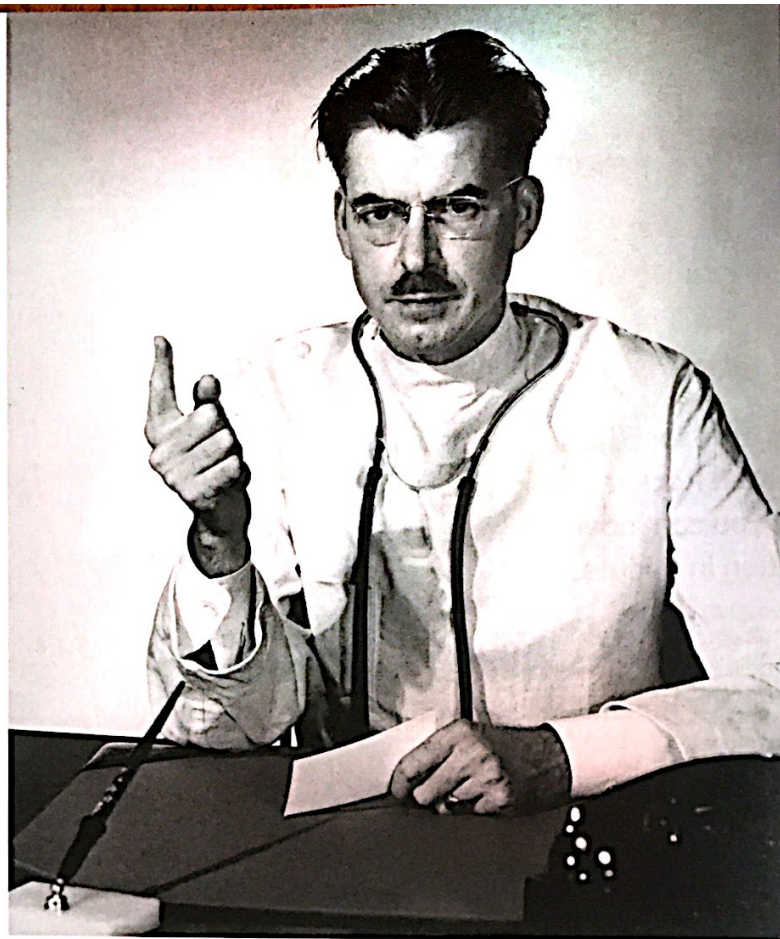
How Many Calories Do I Lose When I Take a Dump?

Ideally, zero, although you do burn a few through muscle effort. Your small intestine is nicely designed to absorb all the calories from the food you consume, after which every calorie is either burned for energy or stored as fat. It's a very efficient system in which nothing is wasted, says Dr. Caguiat. However, there is a condition called steatorrhea, in which the body struggles to absorb dietary fat, causing greasy, foul-smelling stool. As a result, hundreds of calories (9 per fat gram, to be exact) go down the toilet. Generally, steatorrhea results from pancreatic conditions, a low level of bile salts, or such weight-loss drugs as Alli. Fat malabsorption can lead to diarrhea and, in some cases (yikes!), anal leakage.



Why Do Old People Smell So Darn Funky?

Certain conditions that tend to be more common among older people, such as kidney and liver disease, can cause toxins to



Why Would Anyone Choose To Become a Proctologist?

They come for the \$400,000+ average salary and stay for the huge impact they can have on people's lives. (Colorectal cancer has up to a 90 percent survival rate if it's caught early.) And just so you know: They're no longer called proctologists; they're colorectal surgeons.

build up in the body or acidity to increase, which can lead to a distinctive, unpleasant smell, according to William Dale, M.D., Ph.D., who teaches geriatrics at the University of Chicago. Also, with diabetes, excess sugar in the blood can cause a sweet smell and result in bad-smelling fungal infections of the skin. Your grandpa may not notice these odors because people's sense of smell tends to dull with age. So if you suddenly detect something funky (and it's not Wild Cherry on the oldies station), you may want to diplomatically suggest that he schedule a checkup. Incidentally, humans may be able to determine age ranges based on body odor, a 2012 *PLOS One* study suggests.



Why Is Popping a Pimple So Satisfying?

Even though dermatologists warn about the risk of infection and scarring, pimples beg to be popped just like Everest beckons to be climbed. Popping rids the skin of acidic pus and eases pressure, says plastic surgeon Julius Few, M.D. And as the pain eases, you get a shot of dopamine, the feel-good brain chemical also linked to sex drive.



If Cleaning My Ears with a Cotton Swabs So Bad, Why Does It Feel So Wonderful?

The skin covering your ears has lots of extremely sensitive nerve endings, and many of them ultimately connect with internal organs. So getting your Q-tip on sends a cascade of pleasure signals throughout your body's various sensor tissues and organ systems, says Amber Luong, M.D., Ph.D., an associate professor of otorhinolaryngology (which sounds much better than it looks) at the University of Texas McGovern Medical School. Those ultrasensitive nerve endings are one reason why ear kisses (and having sweet nothings whispered into those ears) is such a big turn-on for men as well as women, adds sex therapist Tammy Nelson.



Why Does My Penis Shrink When I Exercise?

When you hit it hard in the gym, all of those muscles swell with 15 to 20 times more blood than they have when they're at rest, says exercise physiologist Mike Nelson, Ph.D., C.S.C.S. The blood has to come from somewhere, so parts of the body not directly involved with the effort give up some of their share—including the luxury tissue like your penis. The resulting dip in bloodflow in the area is so dramatic that it can make grown men look prepubescent, says urologist Brian Steixner, M.D. That won't change much even if a spandex-clad beauty starts doing squats nearby. Adrenaline, which is released during exercise to increase work capacity, blocks dopamine's efforts to pump blood back into your penis.