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## Sexual Intimacy in Couples is Associated with Longer Telomere Length

Running head: Intimacy and telomeres

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(AAP). **Note:** The first author has moved to the Division of Cardiology at the University of California, San Francisco.

### Highlights

- High-quality relationships are beneficial for physical and mental health
- Frequency of sex has also been linked to greater mental and physical health
- Sexual intimacy was associated with longer telomere length in whole blood and PBMCs
- Sexual intimacy was not associated with granulocyte telomere length and telomerase

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