

JUNE 22, 1999

Summer Cooking Spectacular!

Woman's Day

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25

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AOL KEYWORD:

WOMAN'S DAY

WATCH "WOMAN'S DAY TV"

ON TNN AT 2:30PM (ET/PT)

the FEMALE FACTOR

Medical researchers continue to gain new insights into the way some health problems target women differently than men, according to a recent report from the Society for the Advancement of Women's Health Research.

HEART DISEASE. Women are more likely to die in the hospital after having a heart attack. The reason? They may put off going to the hospital because they don't always experience the classic heart attack symptom of crushing chest pain. **Take-Home Tip:** Women need to be aware of other symptoms such as heartburn-like pain, shortness of breath and fatigue.

DEPRESSION. Women are two to three times more likely to suffer from depression. Hormonal changes may be to blame. **Take-Home Tip:** Depression can be treated with medication, psychotherapy and even bright light.

AUTOIMMUNE DISEASES. Differences in how men and women process proteins may explain why women are two to three times more likely to develop diseases such as lupus, multiple sclerosis and rheumatoid arthritis. **Take-Home Tip:** Since these diseases can be hard to diagnose, women should keep a list of their symptoms to give to their doctors.

DRUG REACTIONS. In general, women are smaller than men, and that may influence the effect of drugs. But women, even after adjusting for weight and height, have higher blood-alcohol contents after drinking the same amount as men. Women also metabolize medications differently than men. **Take-Home Tip:** Women should expect stronger side effects from all drugs, and be extra-careful about drug interactions. **AMBER SMITH**

ask the expert

Woman's Day Health, Nutrition and Fitness Advisory Board member



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I've had a few minor basal cell carcinomas removed from my face. Does this increase my risk for melanoma, the more dangerous skin cancer?

Yes, you're more likely to develop melanoma than someone who has never had any type of skin cancer. The fact that you've had a non-melanoma skin cancer (either a basal or squamous cell carcinoma) shows that you have been exposed to the minimum dose of sun necessary to develop a skin cancer.

People with a history of skin cancer; people with fair skin, blond or red hair, and light eyes; and people who've spent a great deal of time outdoors need to take extra precautions. They should try to avoid the sun during peak hours (about 10 A.M. to 2 P.M.) and wear hats and long sleeves when in the sun. Everyone should apply a sunscreen of SPF 15 or higher about 20 minutes before going outdoors (even on cloudy days) and reapply it after perspiring or swimming.

enjoy THE RIDE

To get away from it all, many folks hop on airplanes, into cars or onto boats. Unfortunately, getting to where you're going can lead to queasy tummies. Baylor College of Medicine has some instructions on how to prevent motion sickness, which can cause vomiting, paleness, cold sweats, hyperventilation and headaches.



- Take an over-the-counter anti-motion sickness drug two hours before traveling. (Motion sickness decreases absorption in the stomach, so taking the drugs after you start feeling sick will probably not be very effective.)
- Don't eat a heavy meal for at least two hours before you begin traveling.
- During the trip, eat easily digestible foods, such as crackers or bread.
- Don't read while traveling in a moving vehicle.
- If traveling by car, sit in the front seat and look at the horizon.



fans of home remedies have long lauded cranberry juice as a cure for urinary tract infections (UTIs), and researchers at Rutgers University in Chatsworth, New Jersey, recently found that cranberries can indeed prevent and even cure minor UTIs. The chemical compounds in cranberries bind to bacteria in the urinary tract and flush it out before it attaches to the tract lining.

Just one 10-ounce glass of cranberry juice cocktail a day will help prevent UTIs and maintain good urinary tract health, says Amy B. Howell, Ph.D., principal researcher of the study and a research scientist at Rutgers. You may also halt a UTI by drinking cranberry juice as soon as symptoms appear. Full-blown infections still require a doctor's visit and an antibiotic.

"The juice should contain about twenty-five percent cranberry juice to be beneficial," says Dr. Howell. And cranberry juice may also be good for your gums. Preliminary studies have shown that the chemical compounds in cranberries could prevent bacteria from adhering to the gum lining.

MINDY BERRY