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*great ideas
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good EGGS



If you like your Sunday breakfast over-easy or sunny-side-up, it's time to try a new style. Due to the soaring number of salmonella cases in the past decade, the Food and Drug Administration now requires that all egg cartons carry a warning: *To prevent illness from bacteria, cook eggs until yolks are firm and cook foods containing eggs thoroughly.*

I have tiny red broken blood vessels on my face. Could it be rosacea?

Yes, it certainly could be. Rosacea is often a combination of broken blood vessels and other symptoms, such as acne; dry, irritated skin; and small, knobby bumps on the nose.

It's difficult to recognize rosacea in the early stages because the changes are gradual and may be mistaken for sunburn, cystic acne or other complexion changes. You should see your doctor if you suspect you have this condition, since it can be treated with antibiotics or topical therapies.

Debra J. Wattenberg, M.D., dermatologist in private practice, New York City



STROKE: every minute counts

Asudden headache, dizziness, confusion, slurred speech or loss of vision are the most common signs of a stroke. Yet few people who experience these symptoms get to the hospital quickly enough to receive treatment—and that can mean the difference between full recovery and permanent disability.

"Currently, only about five percent of stroke patients arrive at the hospital in time for treatment. Most patients don't know the warning signs or don't realize they should seek medical help immediately," says Edgar J. Kenton III, M.D., chair of the American Stroke Association's advisory committee.

Research shows that people often take a wait-and-see approach. In a study of stroke

patients at the University of North Carolina, Chapel Hill, the median time between first symptoms and arrival at the hospital was four hours. Why the delay? The patients spent most of the time deciding whether or not their symptoms were serious.

A second study at the University of North Carolina found that transportation matters. Patients who called an ambulance arrived at the hospital in 2.85 hours, on average, while those who used private transportation took more than four hours.

Even the fastest times in these reports are too slow. A stroke patient's best hope for a positive outcome is a clot-busting drug, given at the hospital within three hours of the onset of symptoms.

Geri Clark



HEAVY PERIODS may signal a little-known problem

Does your menstrual period last more than five days, with at least three very heavy days? You may have a bleeding disorder known as von Willebrand disease (vWD), which affects up to 3 percent of American women and girls.

Researchers at the Royal Free Hospital in London recently found that 15 percent of women with

heavy menstrual periods had vWD, an inherited condition in which people take longer to stop bleeding because they're either missing a key clotting protein or the protein is malfunctioning.

Other symptoms of vWD include frequent nosebleeds, easy bruising, and excessive bleeding following childbirth, surgery or dental work.

Left undiagnosed, vWD can lead to life-threatening hemorrhaging during any of these events. It also increases the risk of unnecessary medical procedures, such as hysterectomy.

With proper treatment, vWD can be controlled. Most patients respond well to a synthetic hormone called Stimate, which is taken as a nasal spray.

Dena Bunge

Want to know more?

For more information about von Willebrand Disease, call the National Hemophilia Foundation at 800-42-HANDI. e-help: www.projectredflag.org.