

# Health

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FOOD**  
FOR  
WOMEN

# WALK OFF BELLY FAT!

**RESULTS  
IN 3 DAYS**

**BREAKING NEWS**

## Breast Cancer Cure You Must Know About

# LOOK 10 LBS THINNER

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## AGE-PROOF YOUR FACE

See p. 30

## GET SLIM

WITH THIS  
SUPER SNACK

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Michelle  
Gellar*

Shares her  
surefire  
stress busters

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# 139 Quick Health Fixes

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OCTOBER 2011

## A Quick and Easy Breast-Cancer Test

Soon, a look at your breast fluids (including breast milk!) may reveal your chances of developing cancer—alerting you if you need to go in for screenings earlier, and possibly helping you catch the disease sooner. Nipple fluid is especially telling because it contains cells from the mammary glands, where approximately 95 percent of all breast cancers originate. While a procedure called ductal lavage is already available to high-risk women, tests for the general population are in the works, including an at-home risk kit scientists at the Dr. Susan Love Research Foundation are developing, which captures fluid on a Band-Aid-like strip. The foundation's president, Susan Love, MD, who's

### National Breast Cancer Awareness Month works!

A look at more than 30 years of data shows that breast cancer diagnoses rose during the post-October months in the 1990s, suggesting that the media blitz each fall prompted more people to get tested for the disease. Researchers believe this means awareness is spreading—and should keep being spread, so that screening rates stay high.

## FIVE WAYS TO CUT YOUR RISK

**Work out pretty hard, daily.** Moderate to vigorous exercise is linked with a 25 percent decrease in risk. Get moving for 45–60 minutes five days a week.

**Stay on the slim side.** Obesity is the biggest avoidable cause of breast cancer, according to a recent study. Even losing 5 to 10 percent of your weight lowers your odds if you're heavy, says Debbie Saslow, PhD, director of the Breast and Gynecologic Center at the American Cancer Society.

**Breast-feed if you can.** Research shows that moms who nursed for a lifetime total of a year were less likely to get the disease than those who never breast-fed.

**Eat more plants.** No single food has emerged as the one to beat breast cancer—though those filled with fiber seem to lower your risk, new Chinese research shows. But overall healthy eating can give you an edge. “You could reduce your odds of all kinds of cancer by 60 to 80 percent through diet alone,” says Joel Fuhrman, MD, author of *Super Immunity*. Fill your plate mostly with veggies, fruits, whole grains, and beans.

**Lose the vices.** A 2011 *Archives of Internal Medicine* study shows that smoking before menopause may be linked to a modest boost in breast cancer risk. Alcohol raises it, too, and the more you drink, the higher it gets.

also a clinical professor of surgery at the David Geffen School of Medicine at UCLA, hopes to make the kit as accessible as a home pregnancy test. “If a woman sees a positive test result and it prompts her to get screened, that could be transformative,” she says.

## The Promise of Radiation-Free Screening

“Nanotechnology” isn't just sci-fi mumbo-jumbo: It could be a way to spot cancer far earlier than ever before. A diagnostic test based on this technology uses zero radiation and, unlike mammography, has no risk of false positives, because the nanoparticles used in the test only bind to known cancer cells; magnetic sensors (which work like an MRI scan) pick up the location of the particles, giving an accurate picture of where the cancer lies. “It's 1,000 times more sensitive than a mammogram,” says test pioneer Edward R. Flynn, PhD,

chief scientist of the Senior Scientific Division, Manhattan Scientifics Inc. “I believe it has the potential to catch breast cancer an estimated two and a half years earlier than mammograms.” The test is currently being studied at a number of major research hospitals and could be available within three to five years.

## A Risk-Reducing Drug

For the past 10 years, a drug called tamoxifen has been the gold standard for helping to prevent breast cancer from developing in women at high risk. Now there's another option: In findings presented in June, a drug called exemestane slashed the incidence of breast cancer by a whopping 65 percent in post-menopausal women at high risk for the disease. Exemestane works by decreasing the amount of estrogen produced by the body, and unlike tamoxifen, it doesn't seem to increase your likelihood of developing blood clots

Photography: Previous page by Suza Scalora (Hair by Hikari for Redken/Celestineagency.com, Makeup Viktorija Bowers for Kate Ryan Inc.) This page by Brian Parslow, Fashion styling by Christine Sibilo, Hair by (R&B), available in December at wacoal-america.com

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Health's Medical Editor **Rashini Rajapaksa, MD**, is a board-certified gastroenterologist and internist, and an assistant professor of medicine at the NYU School of Medicine.

# What the Yuck?!

Suddenly teary? Constantly constipated? Dr. Raj is here with candid advice.

**Q** Is it true that you're more likely to get an STD from sex with an uncircumcised man?

**A.** Well, uncircumcised men *do* have higher rates of infection of certain sexually transmitted diseases (STDs)—like HIV, herpes, and human papillomavirus (HPV)—than circumcised men, according to research. This may be because the foreskin is more susceptible to tiny tears during sex, which allow more microscopic invaders in, and because the warm, moist environment between the foreskin and the head is especially hospitable to viruses (sexy!). So men with an intact foreskin might be more likely to transmit infections to their partners. Circumcised or not, though, safe sex—as in, using condoms and getting tested regularly—is the key to reducing your risk of getting an STD.

**Q** Sometimes I cry when I'm watching the news. Could I be depressed?

**A.** There's no shortage of sad news on offer, even if you're not tracking the life and times of Lindsay Lohan. Getting emotional once in a while means you're human. If you're seeking out dark stories, though, or are almost always dragged down by them, it may be a sign of depression. Other symptoms include feelings of hopelessness, lack of appetite, trouble sleeping or sleeping too much, and an inability to find joy in activities that used to give you pleasure. If these ring a bell, consider talking to a therapist, or



to your doctor. Otherwise, your weepiness could be a result of stress or hormonal shifts due to PMS or menopause.

**Q** I'm always constipated. Can that ever be dangerous?

**A.** Rarely. Some people poop up to three times a day, and others only three times a week. Anything between those ends of the spectrum is considered normal. But if your stools are very hard or you strain to get them out, you could develop problems like hemorrhoids, which can cause itching, pain, and/or bleeding, so consult your doc. (Very rarely, severe constipation can also lead to painful ulcers in the rectum.)

If you're not straining, but just feel icky from being backed up, try upping your exercise, drinking more water, and eating more fiber-packed fruits and veggies to get things moving again. 🍌

**Who Knew?** //////////////////////////////////////

**45%** of you have watched an X-rated flick with your partner to get in the mood.

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For more fascinating facts about your health, look for **What the Yuck?! The Freaky & Fabulous Truth About Your Body**, now in stores and at amazon.com.

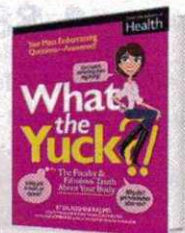


Illustration by Juliette Borde

Painful vaginitis: interceding your body

Importance

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