

God Bless America

Womans World

THE WOMAN'S WEEKLY

July 1, 2003

The fruit that w
Make you
ski
perfect

Save
we
dow
3 size

Stay-healthy attitude secrets
of people who
LIVE FOREVER!

The "cactus cocktail" that
Ends arthritis pain!

**ENJOY YOUR
DREAM VACATION**
for hundreds less!

Can't sleep?
5 hot new cures for
summer insomnia

Boost your confidence
by reading this kids' book!

LOSE 50 lbs in 45 days!

with the doctor's discovery
that rejuvenates
your metabolism!

ALL
AMERICAN
HERO
Shelly
husban
saved the
whole tow
from
tornado

Have fun on the 4th!



★ **Easy
Sparkler
Cake!**
★ **Star-
spangled
picnic
treats!**

\$1.49

2 63



MEDICAL UPDATE

lifesaving treatment for risk babies

ature births have increased atically in the last 20 years, but treatment could prevent them. Forest University doctors report weekly injections of the hormone sterone reduced the risk of ature birth by 34% among n with high-risk pregnancies.

he doctors' vice MS patients could question

ie is a common problem among e with multiple sclerosis (MS), octors often advise they avoid ng themselves. But a new n Health & Science University has shown that regular exercise cantly improved energy among with early forms of MS. Talk to doctor about it.

PREVENTION

duce your risk of... ATHLETE'S FOOT

y your feet thoroughly after g and apply an absorbent pow- fore slipping on shoes.

id antibacterial soaps and gels, can reduce the helpful bacteria ur skin's surface that normally ff the fungus that causes ath- foot.

w your shoes to air out for at least between wearings. ar things or other footwear in showers and pool facilities.

HAT YOU SHOULD Do ABOUT...

RAZOR BURN

oly a hydro- one cream area to e irritation. v with a rich 1 to moistur- id help heal ss. ce duller s can be irritating, e your razor or blade three to ses, and putting too i pressure

on your skin when you shave. ● Smooth a moisturizing shaving cream on warm, damp skin a few minutes before you start shaving to soften hairs and make removal easier. ● If you're prone to razor burn, avoid shaving creams and lotions with dyes and fragrances.

BREAKTHROUGH The miracle that permanently erases wrinkles!

Move over, collagen. Bye-bye, Botox. There's a new wrinkle-eraser on the block called Artecoll, and thousands of women around the world already know what a potent age-eraser it can be. Now it's nearing FDA approval here under the name Artefill, and women across the country are lining up to get it.

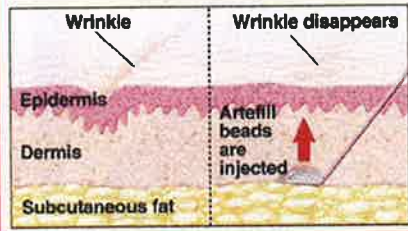
Should you join them? Here's everything you need to know to decide if Artefill is right for you:

● **How does it work?** Artefill is made up of tiny plastic beads suspended in collagen, and "when injected into the skin, the beads settle into wrinkles and prompt the skin to produce its own collagen," explains plastic surgeon Joseph B. O'Connell, M.D., of the American Society of Plastic Surgeons. "Within months, the lines and grooves are filled in with new collagen for good."

● **Where can you use it?** Artefill can erase everything from fine lines and wrinkles in the face and neck to frown lines, nasolabial folds around

HOW ARTEFILL WORKS

Artefill is injected under the skin of a wrinkle and migrates upward, plumping the skin and smoothing it out.



the nose and even acne scars. "But it's not recommended for anyone who's allergic to collagen or lidocaine, is susceptible to keloids or who has thin, flaccid skin," Dr. O'Connell says.

● **What's the procedure like?** It takes just 15 to 45 minutes, and "since an anesthetic lotion is applied beforehand, the injections are almost painless," says plastic surgeon Robert S. Patterson, M.D., of Ontario, Canada.

Afterward, your doctor may apply a skin tape, which usually remains in place for 48 hours, to help keep the treated area im-

mobile. "The implant may feel firm initially, but it'll soften as the body produces collagen," says Dr. Patterson. ● **How safe is it?** Artefill is very safe. "The plastic that the microbeads are made of has been widely used in everything from pacemakers to bone implants," says Dr. Patterson.

Side effects can include temporary swelling, bruising, tenderness or itching, but acetaminophen and cold compresses can alleviate them. In rare cases, small lumps under the skin called granulomas may occur, which can be treated with corticosteroids.

Artefill could be available by July, and injections are likely to cost \$800; for more information, log onto www.plasticsurgery.org.

—Linda Hamilton

HEALTH TIP

ONE WATER THE KIDS SHOULDN'T DRINK

If your kids will be in the pool this summer, make sure they keep their mouths shut. Even well-chlorinated pools can easily become contaminated with bugs like cryptosporidium, experts say, and swallowing just a few mouthfuls can cause a severe stomach illness.

HEALTH ALERT

How to protect yourself from SARS

Troubling headlines and close-to-home outbreaks have made us all worry about the new respiratory illness called SARS (severe acute respiratory syndrome), and wonder what we should be doing to protect ourselves and our families from it.

The good news: the average person's risk of contracting the virus that causes SARS is very low, says infectious disease specialist James M. Hughes, M.D., of the Centers for Disease Control and Prevention. And as *Woman's World* went to press, none of the U.S. cases had proved fatal.

Scientists have been working around the clock to stop SARS, and "we've discovered it may be spread like a common cold is," says infectious-disease specialist Joseph Dalovisio, M.D., at the Ochsner Clinic Foundation in New Orleans. Avoiding travel to places where outbreaks have occurred, and contact with people known to be infected, are the best ways to protect yourself—and you can also stay safe by:

■ **Dodging coughers and sneezers.** It appears that coughs and sneezes can release droplets

containing the virus into the air, which could possibly transmit the virus if you breathe them in. So stay at least an arm's-length away from people who appear sick.

■ **Adopting a hands-off policy.** The SARS virus may be able to survive for up to 24 hours on surfaces like telephones, door handles, computer keyboards and the like. "But it can only penetrate your body through your mucous membranes," says Dr. Dalovisio, "so keep your hands away from your eyes, nose and mouth to prevent infection."

Also, disinfect shared objects like telephones and doorknobs at least once a day, say experts. "Household disinfectants like Lysol will effectively kill most viruses," Dr. Dalovisio says. ■ **Washing your hands frequently.** "Rubbing your hands together vigorously for at least 15 seconds with soap, and rinsing with warm, running water, can get rid of nearly all viruses or bacteria you may have picked up," says Dr. Dalovisio.

■ **Boosting your immunity.** Sleep deprivation weakens the immune system, so aim for at least eight



hours of sleep a night. Exercising for 30 minutes, three to five times a week, will also protect you by enhancing the activity of white blood cells.

Taking a daily multivitamin supplement will help ensure you get your quota of immunity-enhancing nutrients like zinc and vitamin E, and taking time for yourself daily can also help by reducing stress. High levels of stress hormones like cortisol can make you up to five times more likely to contract a respiratory-tract infection.

—Linda Hamilton

WEEK: "Time" yourself for perfect health!