

LIVE WELL EVERY DAY™

Woman's Day®

372

Big Ideas
For 2009

Save or Toss?
Clear Out
The Clutter

Start Walking Now,
Get Thin
By Spring



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100s of Recipes & Useful Tips

fight itching this winter

DRY AIR AND HOT SHOWERS can make anyone start scratching, but some people are extra-itchy thanks to skin conditions that flare up this time of year, says Debra J. Wattenberg, MD, associate professor of dermatology at New York City's Mount Sinai School of Medicine. Some clues you might have one:

You have itchy, silvery scales on your scalp (and maybe on your face, elbows and knees, too). If you've tried a dandruff shampoo with pyrithione zinc (like Head & Shoulders) but you're still scratching, you may have psoriasis. Using a tar shampoo, drinking lots of fluids and applying cortisone cream may help.

You have little itchy red bumps on your face. If antiacne creams and gels have made the problem worse, you may have rosacea. Try using a gentle moisturizer and cleanser, as well as a topical med that contains sulfur.



If at-home treatment doesn't help, see a dermatologist.

You have red, swollen, itchy skin. If slathering on lotion hasn't helped, you may have eczema. Switch to a thicker cream moisturizer, avoid fragrance and apply cortisone cream. *Dana Gottesman*



mental health matters

RELAX ALREADY!

Our brains need to take regular breaks—ideally once a day—so that we stay mentally healthy, but quieting a busy mind doesn't always come easily. Chicago-based certified hypnotherapist Karen Erickson suggests these do-anywhere techniques.

- Tense one muscle group at a time (going from head to toe) and hold for 5 seconds, then relax for 30 seconds.
- Sit in a quiet spot for 5 to 15 minutes and imagine that you're resting by the ocean. Hear the waves; imagine the smell of the salt water.
- Close your eyes and put your hands

on your stomach. Take a slow deep breath in and hold for a few seconds. When exhaling, let out a loud, deep "Ahhh." Repeat at least 3 times. *D.G.*



BETTER BREAST TEST?

Digital mammograms are the best bet for most women, and those with a very high risk of breast cancer are also urged to get an MRI—an imaging test that highlights suspicious patterns of blood flow. But a new test, called MBI (molecular breast imaging), may soon take MRI's place, perhaps within the next three to five years, says Kristi Funk, MD, chief of breast surgery at Pink Lotus Breast Center in Beverly Hills and former director of the breast center at Cedars-Sinai Medical Center. During the MBI test, the patient is injected with a sugar solution that circulates in the blood; after an hour, abnormal cells will light up, because cancer cells collect sugar faster than healthy cells. Both MBIs and MRIs can detect very small tumors, but MBIs may be less likely to produce false positives. Once the technology becomes mainstream, MBIs should also be cheaper. *Barbara Brody* ▶