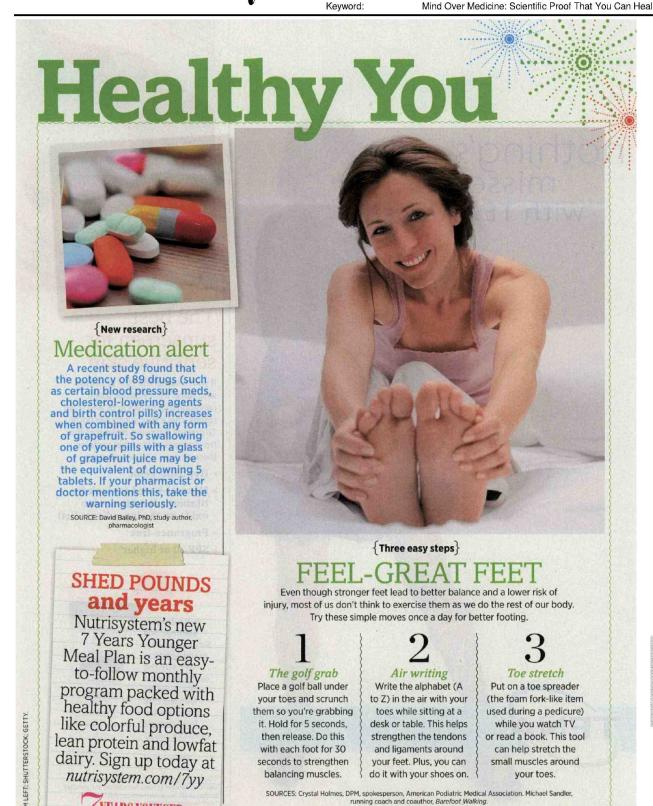
Woman's Day

Date: Location: Circulation (DMA): Type (Frequency): Page: Section:

Saturday, June 01, 2013 NEW YORK, NY 3,374,479 (N/A) Magazine (15Y) 115,116,117

Mind Over Medicine: Scientific Proof That You Can Heal



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ZYEARS YOUNGER

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Mind Over Medicine: Scientific Proof That You Can Heal

HEALTH News



The best sunscreen for sensitive skin

If you're one of the 20% of people who suffer from eczema, a skin condition that causes itchy and scaly rashes, check your sunscreen bottle. To prevent flare-ups, make sure the front or back of the label contains these phrases before you apply:

- ► Hypoallergenic
- Mineral-based (or look for titanium dioxide or zinc oxide on the ingredients list)
- ► Fragrance-free
- ► SPF 30 or higher



SOURCE: Peter A. Lio, MD, scientific advisory board member, National Eczema Association, and assistant professor of clinical dermatology and pediatrics, Northwestern University ARE HOME TESTS WORTH IT?

Do-it-yourself kits for checking cholesterol and diagnosing urinary tract infections are now common in drugstores. Here's what you need to know.

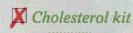
Urinary tract infection strips

Cost: About \$10 for a box of 3

HOW IT WORKS At the onset of early symptoms of a UTI—burning while urinating and the constant urge to go—you urinate on a small piece of paper, which checks for common UTI indicators, like white blood cells.

FYI Call your doc or ob-gyn if the results are positive, as she may be able to call in a prescription without a visit or recommend an over-the-counter option. If you also experience symptoms like fever, chills or nausea, it may mean that the infection has already traveled to your kidneys. In this case, you'll need to visit your physician for antibiotics.

BOTTOM LINE These tests are OK to use (along with doctor contact) in the early stages of an infection to possibly save yourself an office visit and get relief fast.



Cost: Most options are about \$28 for 2 devices

HOW IT WORKS Using a finger prick, you obtain a drop of blood and put it on a small plastic or cloth strip that determines your total cholesterol. Some people use it to keep tabs on their cholesterol and stay motivated to maintain lifestyle changes.

FYI These tests are sometimes inaccurate and provide mixed results, so don't rely on the kit as your only monitoring option.

BOTTOM LINE The best place to check your numbers is at your doctor's office. The testing is more reliable, and she can interpret the information (along with other factors) and offer personalized advice.

SOURCES: Barbara Doty, MD, board of directors, American Academy of Family Physicians, Sandra Adamson Fryhofer, MD, clinical associate adjunct professor, Emory University School of Medicine. Jessica Shepherd, MD, assistant professor of obstetrics and gynecology, University of Chicago.



10 SECONDS TO SERENITY

Overwhelmed? Repeat a word, sound or phrase (like "everything is fine" or "relax") to yourself or out loud for at least 10 seconds. Why it works: Research shows that repetition can help you calm down and combat your body's urge to go into panic mode.

SOURCE: Lissa Rankin, MD, author, <u>Mind Over</u> <u>Medicine</u>; Scientific Proof That You Can Heal Yourse

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