

PARADE's

healthystyle

MARCH/APRIL 2010

Test Your
Diet IQ

Is Hypochondria
Making
You Sick?

Vitamins:
What You
Need, What
You Don't



House's
Lisa Edelstein:

'I've Finally
Learned How to
Conquer
Stress'

healthstyle cheat sheet

* For more, go to healthstylemag.com



Exercise Relieves Patients' Anxiety

Having a chronic illness can take a toll emotionally. But researchers at the University of Georgia have found that people who are suffering from a chronic medical condition can greatly reduce their level of stress with regular exercise. Scientists studied people with a range of conditions from heart disease to cancer and found that those who worked out experienced a 20% reduction in anxiety. The benefits were evident in just three to 12 weeks.

Know When to Call 911

HEART DISEASE IS THE LEADING cause of death among women. Nevertheless, many women remain reluctant to seek early intervention. In fact, a new study by New York Presbyterian Hospital found that half of women who experience symptoms of a heart attack would not call 911. This may be because they are apt to ignore the warning signs, which include neck, shoulder, or chest pain, shortness of breath, dizziness, nausea, and rapid heartbeats. Early intervention is critical, so when in doubt, call.



How safe is it to...



* **Reuse the same water bottle?** It is usually safe to reuse a bottle for two or three days. But Florida physician Dr. Sasson E. Moulavi says, "Certain bottles may release chemicals into the water if left in sunlight or used repeatedly. A University of Calgary study also found higher levels of bacteria in bottles that were refilled."

* **Drink milk past its expiration date?** "The risk is low but it increases every day," Dr. Moulavi says. "I wouldn't go over three days. Milk left unrefrigerated will expire sooner. Many kids leave the milk out for hours. Parents find it on the counter and put it in the fridge not knowing how long it's been out. Check the temperature—if it feels warm, throw it out."



* **Stand next to a microwave?** Radiation is not likely to leak from a microwave in good condition, according to the FDA. As an added safety precaution, though, the agency warns, "Don't stand directly against an oven (and don't allow children to do this) for long periods of time while it is operating." Never use a microwave with a broken door or damaged hinge.



Families Lose Weight Together



New research using data from the National Center for Education Statistics shows that 4-year-olds who took part in three simple routines had a 40% lower prevalence of obesity, regardless of whether other risk factors were present. The habits are eating dinner as a family five times a week, getting enough sleep, and limiting television time. Adopting one of these will have a beneficial effect, but the strongest results were seen when families committed to all three.