

God Bless America

# Woman's World

THE WOMAN'S WEEKLY

Feb. 18,  
2003

**Cook once,  
eat for  
2 weeks!**  
Time-saving  
recipe  
tricks!

**TIRED? GAINING WEIGHT?**

The **HIDDEN THYROID PROBLEM**  
your doctor missed

**Get your hidden \$7,184!**

Give-me-my-money  
numbers to call

Breakthrough age-reversers that will  
erase 20 years  
from your face!

**PREVENT CANCER** with  
aspirin and *hot dogs!*  
Surprising new medical research

Feeling blue?  
Try the hot new  
coffee cure!"



*Just 4  
ingredients  
...and  
incredibly  
delicious!*  
**Cookie-  
Pudding-  
Whipped  
Cream  
Cake**

**Are  
junk food  
cravings  
making  
you FAT?**

Melt 20+ lbs eating the  
miracle weight-loss foods that  
**Turn off your hunger  
for cookies and chips!**

Rebecca  
lost  
3 sizes!



\$1.49

**EMERGENCY  
DELIVERY!**  
Baby Easton  
couldn't wait to  
be born. Thank  
goodness his mom  
is a paramedic!

## MEDICAL UPDATE

### Caution: hot tubs can make you sick!

Doctors report they're seeing more and more cases of "hot tub lung," a respiratory condition causing breathing problems and allergy-type reactions. Symptoms are triggered by bacteria buildup in the tubs, so be sure to clean yours and change the filter properly, as often as recommended by the manufacturer.

### Cat got your finger (or ankle, or arm)? Do this fast!

You may think a cat nip is nothing to worry about, but experts say they're up to four times as likely to become infected as dog bites. Deep infection at bay by washing the wound thoroughly, applying an antibiotic cream and calling your doctor if you notice redness or swelling.

## PREVENTION

### Reduce your risk of... ELECTRIC SHOCK

Never use blow-dryers or other styling tools while bathing or even when running water, and unplug and store them when not in use.

If an appliance has something stuck in it, has a damaged cord or otherwise isn't working properly, unplug it immediately, and have it repaired professionally if needed. If you have small children, consider installing covers on all outlets. Pull plugs from sockets by the gripping handle, not the cord, and make sure your hands are dry first.

## WHAT YOU SHOULD DO ABOUT...

### MELASMA

If you are on the Pill, ask your doctor whether it is contributing to the condition. High estrogen levels can produce these darkened spots on the face, and switching to another form of birth control may help. Wear sunscreen with

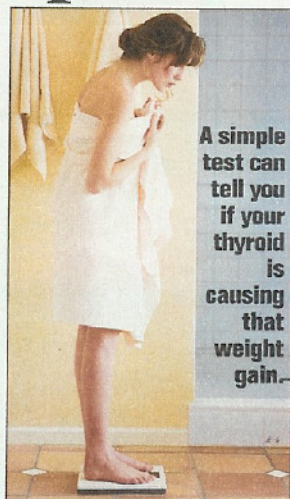
an SPF of 15 or higher daily and avoid direct sun or UV-light exposure. Get help from the latest meds; studies show that Retin-A creams, bleaching agents, cortisone and even a combination of them can clear up the patches.

# Tired? Gaining weight? A hidden thyroid problem could be to blame

You've been struggling with fatigue, depression and menstrual miseries. You can't think straight and can't lose weight. You may think your hassles are all in your head, but there's a good chance they're really all in your thyroid.

As many as one in eight women between 35 and 65 has been diagnosed with hypothyroidism, a condition in which this butterfly-shaped gland in our neck produces too few of the hormones necessary to help regulate our moods, metabolism, energy and menstrual cycles. But many women suffer for years without knowing what's wrong, and "the standard diagnostic test can miss millions of women who are suffering from the condition," says internal medicine specialist Raphael Kellman, M.D., author of *Gut Reactions*.

Is a thyroid problem to blame for your health hassles? Here's how to tell:



A simple test can tell you if your thyroid is causing that weight gain.

**Find out where you stand.** The thyroid-stimulating hormone (TSH) blood test is the standard method for diagnosing hypothyroidism; a normal result is generally in the range of 0.4 to 4.8 IU/mL. But experts say some patients at the higher end of the "normal" range, such as those with a TSH of 3 or 4, find themselves suffering a whole host of symptoms and can benefit from treatment that brings them closer to a 1.

Your best bet: Find out exactly what your score is. "In general, if your TSH is three or higher, I would recommend following up with a more accurate test," says holistic medicine specialist Richard Shames, Ph.D., co-author of *Thyroid Power*.

**Request a follow-up.** About 40% of women with symptoms who test normal with a TSH test actually do have

hypothyroidism, says Dr. Kellman. If you think you might be one of them, ask your doctor about a TRH blood test. It determines how much TSH your pituitary gland keeps in reserve, and is considered more sensitive and more conclusive than the TSH test.

**Support your thyroid.** Prescription thyroid hormones can provide symptom relief within three weeks, says Dr. Kellman, but there's a lot you can do to give your thyroid a boost until then—including exercising regularly, getting enough sleep and using alcohol and caffeine only in moderation.

—Marilyn Kukula

## HEALTH TIP A MORE A-PEELING BANANA

They're one of our favorite fruits, but bananas are often grown with chemical fertilizers and pesticides that can get on your skin when you handle them. Washing bananas while they're still in the peel can help (especially if you're giving them to children), or look for organically grown bananas, now available nationwide.

## MEDICAL BREAKTHROUGH: Throw away your reading glasses!

In recent years, laser vision correction has enabled millions of nearsighted Americans to toss their glasses. But what about the 60 million of us who are farsighted? Good news: a brand-new procedure called conductive keratoplasty (CK) can correct this vision problem—known as hyperopia—within minutes, and without a laser coming near your eye. Here's what you need to know:

**How does it work?** "The cornea tends to flatten as we age, which causes images to be focused behind the retina, instead of directly on it," explains eye surgeon Brian Boxer Wachler, M.D., at the Boxer Wachler Vision Institute in Beverly Hills. "CK uses radiofrequency energy to shrink and tighten collagen in the cornea, which increases its curvature, so images are focused directly on the retina."

It's the first vision-correction procedure developed specifically for farsightedness, and it works without cutting into the eye or removing any eye tissue. It takes just three minutes and requires only a topical anesthesia to numb the eye.

**How effective is it?** "Patients notice an immediate improvement in their close-up vision after the procedure, although they may experience a little blurriness from time to time for several weeks, until the eyes stabilize," says ophthalmologist and clinical researcher Robert K. Maloney, M.D. In clinical trials, 93% of patients achieved normal or near-normal close-up vision within four weeks of treatment. (A follow-up enhancement procedure is available for those who aren't satisfied.)

**Is it safe?** Because CK is minimally invasive, experts consider it very safe. "The most people feel during the procedure is a sensation of pressure on the eye," says Dr. Maloney.

**Who's the best candidate?** "CK is best for people over 40 with mild to moderate hyperopia, and whose eyeglass prescription hasn't changed for at

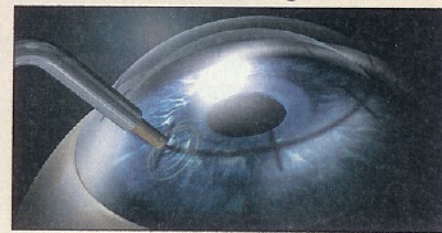
least a year," says Dr. Wachler. The procedure is not recommended for anyone suffering an eye condition like glaucoma, severe dryness or herpes of the eye, or who has diabetes, a vascular or autoimmune disease or is pregnant or nursing.

For more information, visit [www.refractec.com](http://www.refractec.com) or call 800-752-9544. It costs anywhere from \$1,800 to \$2,400 or more per eye, and is not covered by most health insurance.

—Linda Hamilton Paris

## HOW CK "CURES" FARSIGHTEDNESS

Doctors apply radio waves to the cornea in a circular pattern with a small probe. The heat from the waves shrinks and tightens collagen in the cornea, pulling it tighter, like a belt, and restoring vision.



**THIS WEEK: Slash your stroke risk 80% or more!**