

LA HEALTH NEWS

MAY 2008 | ISSUE 86 | COMPLIMENTARY

IT'S ABOUT YOUR LIFE



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IRONMAN TRIATHLETE
BRENDAN BRAZIER'S
AFTER-WORKOUT
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MORNING ANGELS

KTLA News Anchors on Alleviating Stress, Finding Balance and Negotiating with the Alarm Clock

5 HOME SURVIVAL:
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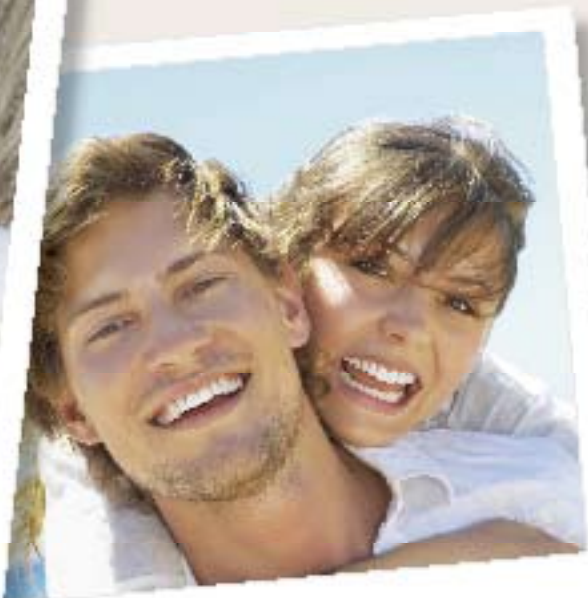


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editor's letter

Healthy Marriages

Marriage really can be a matter of the heart with a study finding that happily married couples have lower blood pressure than single people.

Professor Julianne Holt-Lunstad, of Brigham Young University, found that men and women in happy marriages scored four points lower on 24-hour blood pressure than single adults with a good group of supportive friends or relatives.

Holt-Lunstad and her colleagues were surprised to find that having a network of supportive friends did not translate into improved blood pressure for singles or unhappily married people.

"There seem to be some unique health benefits from marriage," said Holt-Lunstad, whose findings will be published last month in the *Annals of Behavioral Medicine*.

"It's not just being married that benefits health - what's really the most protective of health is having a happy marriage."

The study of 204 married and 99 single adults, who wore portable blood pressure monitors for 24 hours, found that unhappily married adults have higher blood pressure than both happily married and single adults.

The study involved recording blood pressure levels about 72 times over the 24 hours, even when participants slept.

Researchers found that blood pressure for married adults - especially those happily married - dipped more during sleep than happens with singles.

"Research has shown that people whose blood pressure remains high throughout the night are at much greater risk of cardiovascular problems than people whose

Happily married have lower blood pressure than singles

blood pressure dips," Holt-Lunstad said in a statement.

She said the results could partly be explained by the fact that spouses can promote healthy habits, such as encouraging each other to

see a doctor and to eat healthily, and also give each other emotional support in good and bad times.

The study was funded by the Anthony Marchionne Foundation, which supports research on the well-being of people who have never married and by the Brigham Young University's Family Studies Center.

Holt-Lunstad said her next step was to study couples participating in marriage counseling to see if improvement in the marriage translates into improved health.

Mark Ariel
Editor-in-Chief

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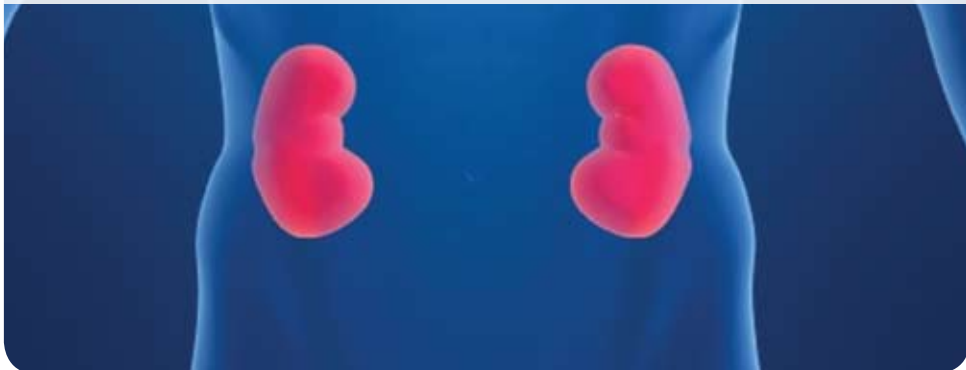
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Antigenics Wins Russian Approval of Cancer Vaccine

THE TINY BIOTECHNOLOGY COMPANY Antigenics Inc said last month it has won approval to market its kidney cancer vaccine, Oncophage, in Russia, making it the only cancer vaccine available in the world. The product was approved despite failing to win approval in the United States. It is the first time the Russian government has approved a drug that was not first cleared in its country of origin, Antigenics said.



FDA PROBES SINGULAIR SUICIDE RISK

Health regulators are probing a possible connection between Merck & Co Inc's blockbuster Singulair asthma drug and suicidal behavior in adults and children, the Food and Drug Administration said last month. The FDA said it is reviewing the issue after receiving reports of mood and behavior changes,

suicidal thinking and suicide in patients who took the drug, which is used to treat stuffy nose, sneezing and other allergy symptoms, as well as asthma.

SIMPLE REGIMEN ELIMINATES CHRONIC BAD BREATH

Brushing twice a day with antibacterial

toothpaste and using a toothbrush with a built-in tongue scraper can eliminate chronic bad breath, according to research presented at the 2008 annual meeting of the American Association for Dental Research. Chronic bad breath, or halitosis, is often caused by the breakdown of bacteria in the mouth, producing foul-smelling sulfur compounds.

TREATMENT REVERSES BLOOD DISORDER IN MICE

An experimental treatment in mice showed promise in reversing a rare blood disease that can cause leukemia, researchers said last month, offering a glimpse of how the drug may work as it begins testing in humans. In experiments at Harvard Medical School in Boston and the University of California, San Diego, researchers found the compound blocked a genetic mutation that causes three kinds of leukemias.

STEM CELLS FROM SKIN TREAT BRAIN DISEASE

Skin cells re-programmed to act like embryonic stem cells eased symptoms of Parkinson's disease in rats, researchers reported last month in a first step toward tailored treatments for people that bypass concerns about using human embryos. The experiment suggests it may be possible to take a small sample of skin and turn it into a transplant perfectly matched to patients with Parkinson's and other diseases.

KIDNEY DISEASE TIED TO SUDDEN DEATH IN WOMEN

Advanced kidney disease appears to increase the risk of sudden death in women with heart disease, according to findings from the Heart and Estrogen/Progestin Replacement Study. While previous studies have shown that kidney disease is associated with sudden death in patients with implantable heart devices, the current study extends the observation to a much healthier group.

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Water Fall

EVIDENCE WISHWASHY FOR HEALTH BENEFITS OF WATER

By Megan Rauscher

There is no clearcut scientific rationale for the average healthy individual to drink a lot of water -- and it may be downright harmful -- according to two kidney experts.

Drinking a lot of water is claimed to be helpful for everything from clearing toxins and keeping organs in tip-top shape to keeping weight off and improving skin tone. At best, however, the evidence to back up these claims is weak, according to a new scientific review published in the *Journal of the American Society of Nephrology*.

"There is what I call an urban myth that drinking a lot of water is a healthy thing to do and it leads to people toting around plastic water bottles all day drinking water," Dr. Stanley Goldfarb, of the University of Pennsylvania, Philadelphia, told Reuters Health.

"The source of this is the complementary and alternative medicine worlds. If you go on the internet and look up water-drinking and its

health implications, that's what you encounter," Goldfarb said.

As a kidney specialist, Goldfarb is interested in how the kidney handles fluids, which prompted him and colleague Dr. Dan Negoianu to review the scientific literature on the benefits of drinking water. In doing so, the researchers debunked four myths.

One is that drinking a lot of water suppresses appetite. "Many people drink water before and during the meal to try to suppress their appetite," Goldfarb explained, yet there is "no consistent evidence" that water suppresses appetite. "Because you absorb water so quickly and it moves through the GI tract so quickly, it probably doesn't fill you up the way people have proposed, nor does it lead to the release of hormones which suppress appetite as far as we know," the researcher said.

The second myth is that filling up on water flushes toxins from the body. "In fact, that is not how the kidney works," Goldfarb said. "When you drink a lot of water you end up having a larger volume of urine but don't necessarily increase the excretion of various constituents of the urine."

The third myth is that it reduces headaches. It does not, according to the evidence. The fourth myth is that water drinking improves your skin. "There are no data to suggest that it actually improves the water content of the skin," Goldfarb said.

Goldfarb and Negoianu did find solid evidence that people living in hot, dry climates, as well as some athletes, have an increased need for water, and people with certain diseases like kidney stones may benefit from increased water intake -- but no such data exist for average, healthy individuals.

Furthermore, there are a couple of circumstances where drinking a lot of water may be actually unhealthy. "In long-distance runners, for example, more harm is done by long distance runners over-drinking during races than by long distance runners who under-drink," Goldfarb explained.

He also cited the case of a woman who developed swelling of the brain and died when she drank water continuously and very rapidly for several minutes as part of a contest.

Goldfarb also said there is no rational basis for the widespread belief that people need to drink eight glasses of water a day, and it is unclear where this recommendation came from. †



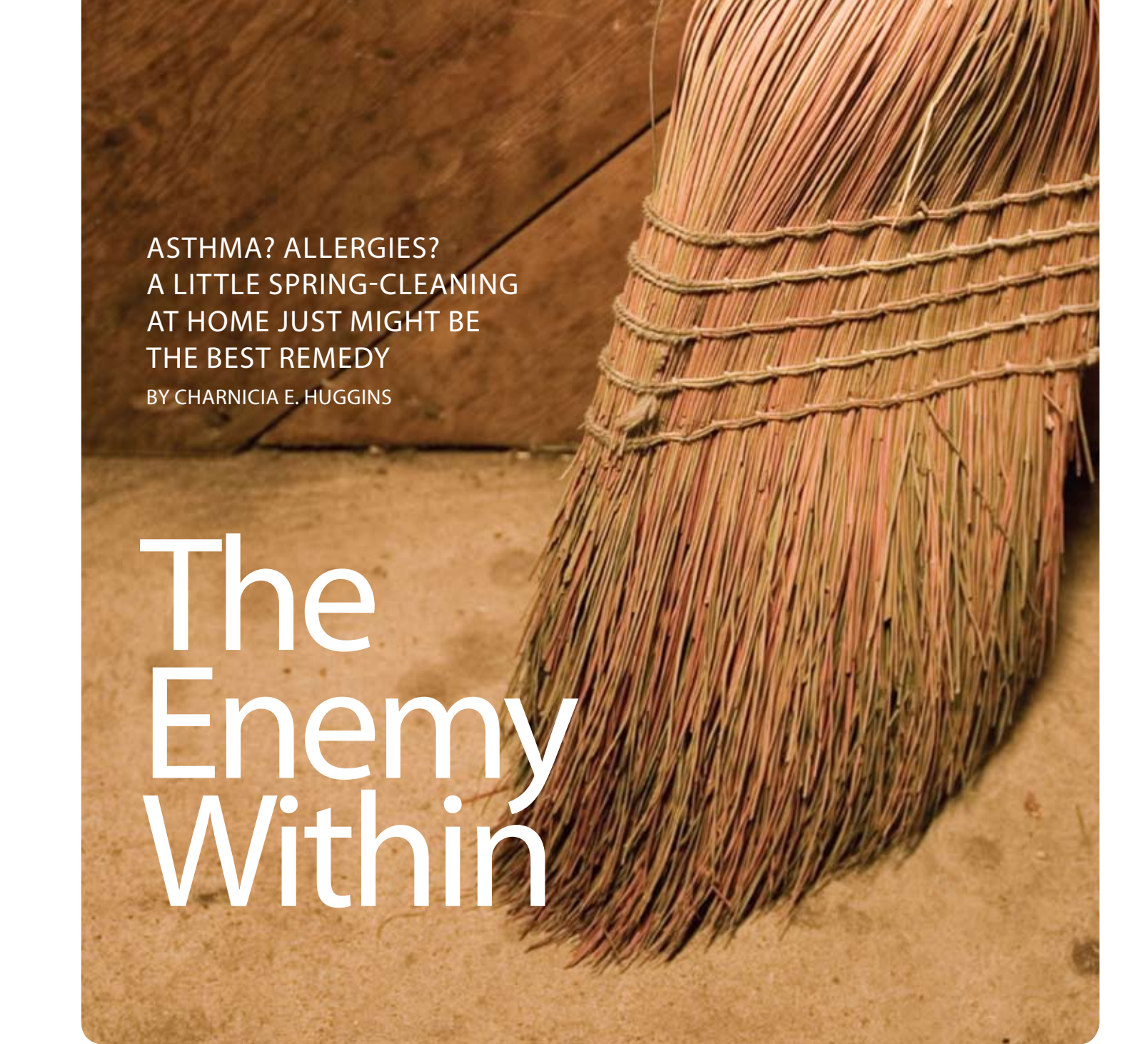
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ASTHMA? ALLERGIES?
A LITTLE SPRING-CLEANING
AT HOME JUST MIGHT BE
THE BEST REMEDY

BY CHARNICIA E. HUGGINS

The Enemy Within

A tailored approach, involving cockroach extermination and using air cleaners to reduce dust, smoke and levels of other indoor allergens may consequently reduce asthma symptoms in inner-city children, new study findings suggest.

"My bottom line is that you can change the environment in inner-city homes," study author Dr. Peyton A. Eggleston, of the Baltimore, Maryland-based Johns Hopkins University School of Medicine, told Reuters Health. As the level of allergens is reduced, "asthma symptoms of the kids living in those

homes is improved," he said.

Various reports have pointed to indoor allergen and pollutant levels as important contributors to the disproportionate burden of asthma carried by inner-city children. In the current study, Eggleston and his colleagues created a multifaceted intervention that combined strategies to reduce children's exposure to allergens and other asthma triggers.

They randomly divided 100 children with asthma, who were 6 to 12 years old, into a treatment group or a comparison group. The treatment, or study group, received home-based education, cockroach extermination

as needed, rodent extermination, allergen-proof fitted mattress and pillow coverings and a high-efficiency air cleaner, while the comparison group received none of these interventions. The children underwent home evaluations six months after the start of the study, home and clinic evaluations at 12 months and quarterly telephone interviews.

At the start of the study, over half (54 percent) of the children said they experienced daytime asthma symptoms and 39 percent said they had experienced nighttime symptoms at some point during the previous two weeks. About one third of the children

had visited a health care provider for their asthma symptoms within the previous three months and a similar, albeit slightly lower, proportion took daily medications to control their symptoms.

By the end of the 12-month intervention, levels of household dust and smoke -- which has consistently been shown to be primarily due to smoking or cooking -- decreased by up to 39 percent in the study group, but increased in the comparison group. Cockroach allergen levels dropped by 51 percent in the study group, Eggleston and his team reported in the *Annals of Allergy, Asthma & Immunology*.

Nighttime symptoms, emergency department use and other measures of asthma severity were not significantly different between the two groups. However, the treatment group experienced a decrease in daytime asthma symptoms, while the comparison group experienced an increase. "As a family, you can notice this -- that the kid is getting better through the stuff you're doing," Eggleston said.

There may be several explanations for why the intervention did not provide more "striking" health effects, the researchers speculate, including problems with the study's design, or with their inclusion of children with mild asthma and no evidence of allergies.

Citing a 2004 study, previously reported on by Reuters Health, which also showed an improvement in asthma symptoms via changes to the home environment, Eggleston said, "the fact that there are two studies and both improved asthma without using medication, I think, is a really important finding." †

FIVE ALLERGY-FREE HOME TIPS

1. Carpets

Dust mites, mold and, pollen get caught in carpet fibers. Try to limit the number of throw rugs in your home. Vacuum one or two times weekly.

2. Window Shades

Dust and dirt tend to collect on blinds and curtains. Consider washable roll-up shades. Window shades are as easy to install as blinds and are relatively inexpensive.

3. Air System

Change out your air filters about every three months. Air conditioners are especially useful on those hot spring days; they keep pollen from coming in through the windows and dust mites can't survive in the cold.

4. Junk

Clutter generates dust so if you were ever thinking about going minimalist, here is the perfect excuse to do it now.

5. Laundry

Use hot water wash in place of cold water wash for all bed linens including mattress pad every 1-2 weeks.

Termite Control

BY TANYA MACAULAY



SWARMING TERMITES are mature eproductives looking for a new home to make a meal out of...it could be yours. There will be less each time they swarm until they empty their colony. If you're lucky they will die without establishing new colonies or damaging the structure. But are you willing to take that chance?

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Big Waist in Middle-Age Tied to Dementia Risk

PEOPLE WHO HAVE A LARGE belly in their 40s may face greater odds of dementia later in life, researchers reported last month.

In a study that followed nearly 6,600 adults for an average of 36 years, investigators found that those with the largest midsections in middle-age were nearly three times more likely to develop dementia than those who were trimmest around the middle.

The group with largest bellies included men and women with a sagittal abdominal diameter - the span of the waist from front to back - of roughly 9 to 16 inches

Having a large belly seemed to raise dementia risk even among men and women with weights in the normal range, re-

searchers said.

This study was not designed to answer the question of why, researchers said, but it's possible that there is something about deep abdominal fat that is damaging to the brain.

More research is needed to understand the reason for this - but there are clues from lab studies. For example, visceral fat, the fat that surrounds abdominal organs, has been shown to secrete certain hormones and inflammatory proteins that are associated with greater cognitive decline.

For now, researchers conclude, the bottom line is that all adults should pay attention to their waist size, even if they are not overweight. ❖

Large belly carries risk even if you're not overweight

VEGETABLES LOWER BREAST CANCER RISK

Cruciferous vegetables may help lower the risk of developing breast cancer, particularly for women who carry a particular gene variant linked to the disease, a new study suggests. Researchers found that among more than 6,000 Chinese women, those with the highest intake of Chinese cabbage and white turnips had a somewhat lower risk of postmenopausal breast cancer than those with the lowest intake. The findings, reported in the American Journal of Clinical Nutrition, add to evidence that compounds in cruciferous vegetables may help fight cancer.

COUNSELING MAY HELP DIETERS

A monthly counseling session, typically via telephone for 10 to 15 minutes, may help people in weight-loss programs keep the weight off, new research suggests. After achieving an average weight loss of 18.7 lbs, subjects who received personal counseling regained 8.8 lbs at 30-month follow-up. Subjects assigned to a Web-based intervention or self-directed control, however, regained significantly more weight, around 11.9 lbs.

PROGRAM PREVENTS EARLY OBESITY TREND

Investigators say an obesity prevention program that helps preschoolers get on the road to healthy eating has shown impressive results in early testing in subsidized inner-city childcare centers in Miami Dade County, Florida. At six "intervention" childcare centers, teachers made menu modifications such as promoting water as the primary beverage; offering only skim or 1 percent milk; limiting juices and other sweetened beverages; and serving fruits and vegetables at snack time. They also educated the children on how to eat healthy.





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Coenzyme Q10 May Enhance Exercise

THE POPULAR SUPPLEMENT coenzyme Q10 may give exercisers' endurance a lift, the results of a small study suggest.

CoQ10, also known as ubiquinone, is a compound the body naturally produces and uses as a part of cell growth. It also works as an antioxidant, which means it neutralizes cell-damaging substances called free radicals.

While the body produces CoQ10 naturally, some research has found that levels are low in certain medical conditions, including heart failure, Parkinson's disease and diabetes. CoQ10 supplement are, therefore, being studied for treating these conditions; one recent study found that the supplements seemed to boost exercise capacity in people with heart failure.

While more research is needed, the current study findings suggest that a newer, "fast-melt" formulation of CoQ10 may affect the body's short- or longer-term responses to exercise. Previous studies, researchers note, have similarly shown that this preparation gets

A new "fast-melt" formulation of CoQ10 may benefit exercisers

CoQ10 into the blood more rapidly than other formulations.

The compound has also not been carefully studied for safety and effectiveness. Because CoQ10 is sold as a dietary supplement, it is not regulated by the Food and Drug Administration.

The current study was funded by Switzerland-based Pharma Base, S.A., which also supplied the CoQ10. None of the researchers reported any financial interests in the results of the work. ❖

FITNESS, BODY WEIGHT IMPACTS DIABETES RISK

Lower cardio-respiratory fitness and higher body weight are independently associated with the development of type 2 diabetes in women, new research suggests. "These findings underscore the critical importance of promoting regular physical activity and maintaining normal weight for diabetes prevention," researchers said. In a report of the study in the journal *Diabetes Care*, the investigators note that "obesity and physical inactivity are two major contributors to type 2 diabetes in men and women."

MATERNAL EXERCISE BENEFITS MOTHER AND INFANT

Exercise during pregnancy has cardiovascular benefits not just for the mother but for the developing fetus as well, according to research presented Monday at the 121st annual meeting of the American Physiological Society, part of the Experimental Biology 2008 scientific conference. The results of this pilot study "imply an exciting potential benefit of maternal exercise on fetal cardiac autonomic nervous system regulation," Dr. Linda E. May from Kansas City University of Medicine and Biosciences told Reuters Health.

GYM CLASS MAY NOT HINDER ACADEMICS

Spending time in gym class is unlikely to detract from elementary school children's academic pursuits, a study suggests. In fact, government researchers found girls who spent more time in gym class showed a higher average performance in math and reading than girls who got little to no physical education.



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The Emotional Pain of Hair Loss

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By Marilyn Wayne, President,
Hair Solutions of South Bay

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traumatic. We live in a time however when there are simply too many options for a woman to feel that her life is over simply because of hair loss. There is no reason that this event has to be so completely life changing for her. Of the many clients we see daily and treat at Hair Solutions none are more devastated by hair loss and thinning than women, both young and old.

Dramatic feelings of loss of self esteem, self confidence, and sex drive are all part of the painful realization that we are losing our hair. We are obsessed, avoiding the mirror, constantly looking in the mirror, changing hair styles, counting what comes out in our brush and lands in the shower drain. We are consumed with worry and anxiety. We have questions, but doctors can't seem to answer them. I know, I've been there.

Low Level Lasers received FDA clearance in 2008,* and are proving to be the solution to the age old problem of balding and thinning hair. Cool lasers

stimulate blood flow to the scalp bringing needed oxygen and nutrients to the scalp. This increase in blood flow, (average increase 55%), stimulate hair follicles, pushing the thin, wispy ones out and replacing them with thicker, stronger and more hairs to produce two and three hairs per follicle thus adding to the overall density.

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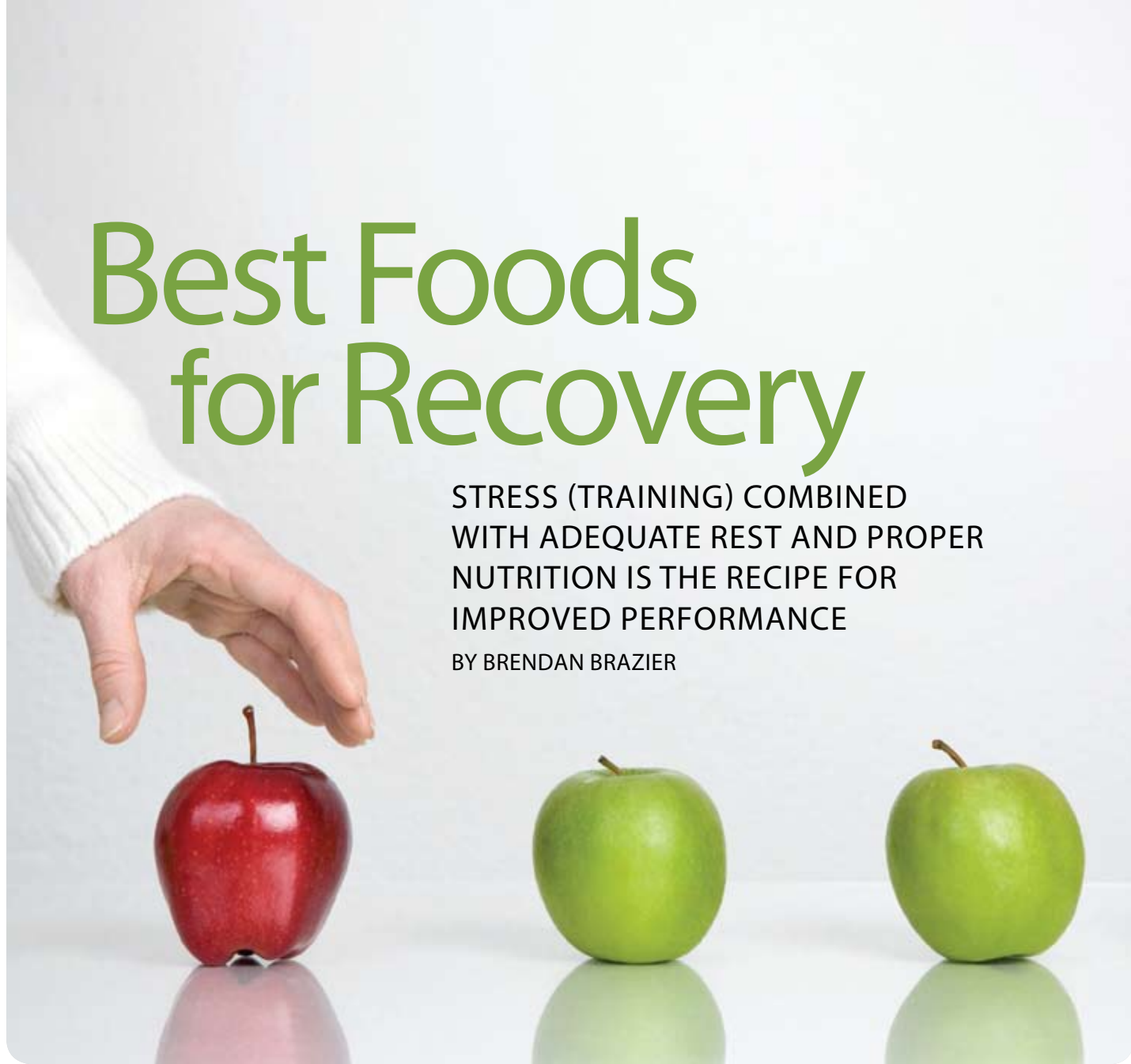
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Best Foods for Recovery

STRESS (TRAINING) COMBINED WITH ADEQUATE REST AND PROPER NUTRITION IS THE RECIPE FOR IMPROVED PERFORMANCE

BY BRENDAN BRAZIER



What foods are best to eat after exercise to promote recovery? I hear this question with increasing regularity as people are becoming more aware of the importance of recovery. This is a good sign because it means most are starting to truly understand just how fitness is improved. Simply put, stress (training) combined with adequate rest and proper nutrition is the recipe for improved performance. Interesting to note, the better the nutrition, the less rest needed, therefore the faster performance improves.

Recovery from a workout actually begins before the workout has begun. What I'm suggesting is that it is not in the athlete's best interest to break down his/her body in a way that will not result in improved per-

formance. For example, if an athlete embarks on a run without being adequately hydrated, an unnecessary stress is being placed on the body. The athlete will experience a higher heart rate due to inadequate hydration, fitness will not improve as a result and fatigue will occur sooner. As a consequence, recovery will take longer, yet there will be no pay off in terms of improved fitness. For recovery time to be minimized it's important to make sure the body is properly prepared to take on the stress of exercise.

Immediately following a workout, once hydration has been achieved, the best foods to consume are fresh fruit with a small amount of protein. Fresh fruit is easy to digest and the naturally occurring sugar it

contains helps to quickly restock depleted muscle glycogen stores. The protein further speeds the up-take of sugar into the system. However, the amount of protein should be small at this meal, comprising of 25% or less of the total number of carbohydrate grams, and. A snack should be consumed within 45 minutes from the time the workout has ended. If the body is made to wait longer, recovery will be impaired.

Once about an hour and a half has passed since finishing the snack, a balanced, nutrient rich, easily digestible meal is optimal. I recommend a nutritious blender drink containing all the components of a complete meal. The reason I recommend a liquid meal is to further reduce the strain on the digestive system during the recov-

ery period. When the body is pooling all its resources to help repair damage done by training, it needs all the help it can get.

The best sources of protein are hemp, pea and rice in powder form, mixed with water. I like hemp protein especially because it is raw, chlorophyll-rich and contains anti-inflammatory properties that help soft tissue repair. pH is also an important factor to be aware of when making a recovery meal as lactic acid is a by-product of exercise. The consumption of plant-based alkaline forming foods will help to neutralize the typically acidic pH of a fatigued body, thereby speeding recovery.

The most alkaline foods are those with the highest chlorophyll levels - dark, leafy greens are ideal. I recommend a daily salad for this, among other, reasons. However since dark, leafy green vegetables aren't great for making blender drinks, I use chlorella. Chlorella is a fresh water algae from Japan. It possesses the highest amount of chlorophyll in nature, is rich in vitamin B-12 and contains almost 70% protein. An excellent addition for anyone, especially a vegan athlete, I recommend 1-2 teaspoons of chlorella in each blender drink.

Maca is also an excellent food to help speed recovery and promote energy without stimulation. Grown in the Peruvian highlands, maca is a turnip-like root vegetable. Available at many health food stores in powdered form, maca helps to nourish and rejuvenate the adrenal glands. After training or any other type of stress the adrenals become fatigued. If the stress becomes chronic and not enough time is allowed for recovery, common symptoms of stress become apparent. As with chlorella, I recommend adding 1-2 teaspoons of maca in each blender drink.

At right: an example (from my book THRIVE) of a blender shake I make to supply me with all the nutrients I need to optimize recovery, and therefore performance.



Brendan Brazier is a professional Ironman triathlete, two-time Canadian 50km Ultra Marathon Champion and bestselling author on performance nutrition. He is also the creator of the award-winning VEGA line

of whole food products. www.brendanbrazier.com. Brendan's latest book, *The Thrive Diet* (Penguin, 2007), includes 100 balanced, plant-based, whole food recipes. www.thrivediet.com



NUTRIENT-RICH SHAKE

3 cups water (or 2 cups water and 1 1/2 cups ice)

1 banana
electrolytes

1/2 cup blueberries
antioxidants

1/2 pear
natural sugar, fibre

1 tbsp hemp oil
essential fatty acids (3-6)

1 tbsp ground flax seeds
omega 3, fibre

2 tbsp hemp protein
complete protein

1 tsp (2.5 grams) maca, powdered form
sterols, alkaloids glucosinolates

1 tsp (2.5 grams) chlorella, powdered form
vitamin b12, chlorophyll, nucleic acids

Blend together until smooth.

For variety, add either a tablespoon of raw pumpkin or sunflower seeds. Raw carob powder is also a good addition. The ease of digestibility, the high pH (more alkaline), the raw protein source, and the nutrient density are all major advantages that post workout vegan food sources have over animal based ones. Vegan or not, for the first few hours after a workout, abstaining from animal products can facilitate a quicker recovery.



Body Satisfaction, Weight Worries in Adolescence

BLACK GIRLS ARE LESS LIKELY than white girls to diet or otherwise try to lose weight, but those racial differences are reversed among boys, a new study suggests.

Using national survey data collected between 1995 and 2005, researchers found that white high school girls were more likely than their African-American peers to diet, exercise vigorously, use diet pills or purge in an attempt to lose weight.

Past studies have consistently shown that young black women appear more resistant to eating disorders than young white women are. The current findings suggest that this pattern is holding firm.

In contrast, the study found, black and Hispanic boys were more likely to take weight-

control measures than white boys were.

What's more, boys of all races seemed to be developing more and more concern about body weight over time. Over the decade-long study, increasing percentages of boys were trying various ways to shed pounds, including using diet products and purging.

"All male adolescents are at increasing risk for developing eating disorders symptomatology, and black females appear to continue to resist pressure to pursue thinness," researchers conclude.

Past studies have suggested that compared with white girls, black girls accept a broader range of body types as attractive, and tend to be more satisfied with their own bodies. ❖

Black girls accept a broader range of body types as attractive

"MEDICAL TOURISTS" TALES OF WOE

Almost a fifth of British "medical tourists" have suffered problems after traveling abroad for treatment, according to a consumer group. A growing number of Britons are choosing to travel abroad for surgery, attracted by big cost savings, but 18 percent of them concede the experience was problematic. They included a tummy tuck patient who ended up with septicaemia and a liposuction patient whose stomach wound up "leaking cellulite."

FRIENDS HELP DEFINE VIEWS OF BEAUTY

Beauty may be in the eyes of the beholder but friends and family can influence a person's idea about what makes someone attractive, according to a recent study. When researchers asked adults to rate the attractiveness of various faces, they found that that siblings, friends and spouses were more likely to agree with each other than with strangers. The findings suggest that in addition to individual tastes and cultural influences, social circles may also play a role in perceptions of beauty.

FLAWLESS SKIN TOP PRIORITY

Pampered, peeled and toned skin is the number one priority for image-conscious consumers around the world and they are going to increasingly extreme measures to get it, a recent survey reveals. A survey across 46 countries found that one in three people spend most of their beauty budget on skincare, with Asian and U.S. consumers leading the trend. Skin whitening is the most sought after treatment in Asia.



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LIPOSCULPTING THE
BODY TO CREATE
SLENDER CURVES
By Nathan Newman, MD

Hips, Thigh, Buttocks and Knee Sculpting



As the bikini season approaches my patients seek to improve the shape of their bodies as to not be self-conscious about their figures. Women tend to have genetically predisposed of fat collection that is usually not resolved with diet and exercise alone. The most common of these areas are the outer thighs where fat accumulates and gives a saddlebag appearance that even in cloth is not flattering. Other areas include the fat collection under the buttocks, on the back of the thighs, called the "Banana Fold," the inner thigh as well as the knee area. When fat accumulates in the areas, the buttocks appear undesirably wide and the skin on the thighs and buttocks show dimples, indentations and cellulite. In order to achieve a well-proportioned contour to the body liposculpting, cellulite correction, mesotherapy (lipodissolve), and liposhifting methods can be used to sculpt the thighs, buttocks and knees.

Liposuction alone will not necessarily yield a desired outcome. Liposculpting techniques must be utilized to contour the thighs and buttocks, while the cellulite correction methods may need to be used to smooth the skin. The secret to achieving a beauti-

fully contoured silhouette is to sculpt the body in a proportionate manner to create, a smooth natural curves that define and accentuate these features.

Hips and Saddle bags

Hips and saddlebags on the outer thighs need to be sculpted to yield a smooth slender curve from the hips and to the knees. Some patient's figures will need liposuction to remove fat from the bulging areas along with liposhifting of fat into depressed areas to attain the desired figure.

Inner Thighs

The inner thighs should not be touching each other when the feet are at their normal distance for standing at ease. The inner thighs must be contoured carefully to achieve this, while maintaining the natural curvature of the inner thigh.

Banana Folds

The banana folds are the fat pockets on the back of the thighs just below the buttocks. To have the best results, this fat must be removed and the area sculpted in a very

specific manner. This area requires technical finesse and skills of an expert liposculpture to shape the buttock and thigh in an optimal manner. Sculpting this area will improve the shape of the thighs and buttocks.

The Buttocks

There are different shapes to buttocks depending on one's genetic makeup and personal habits. The buttocks can be sculpted to be rounder, smaller, or plumper. If there is excess lateral thigh fat, the buttocks will appear wide and ill defined. Liposculpture of the lateral thighs, banana folds area under the buttocks and sometimes the lower back area as well, will defined and bring out a beautifully shaped buttocks.

Knees

The knees tend to accumulate fat and knob with time. Liposuction was developed to remove such fat pockets and to shape the area.

Front of Thighs

The front of the thighs must be kept in proportion to the rest of the thigh. If the inner and outer thighs are aggressively liposuctioned in a fuller thigh, the front thighs will appear to protrude unnaturally. If the anterior thighs need to be liposculpted, it must be done by an experienced liposuction doctor since it is a very technically challenging area.

Cellulite Correction

Liposculpture will not treat cellulite. There are different kinds of cellulite and there are different surgical and nonsurgical methods that are utilized to correct cellulite. These methods should be combined with liposculpting techniques for the best results.

Anesthesia

Most liposculpting and cellulite correction procedures are done safely with the tumescent technique local anesthesia. General

anesthesia can be given for larger cases or for patients who desire it.

Recovery

After the procedure, patients experience soreness that is similar to that of muscle soreness after a hard workout that does not require pain medication. Most patients are able to resume daily activities the next day after surgery and exercise within 2 weeks.

With advanced liposculpture techniques you can achieve a harmonious and well-proportioned figure. ✚



Dr. Nathan Newman is a renowned surgeon in Beverly Hills who is on the forefront of advanced cosmetic surgery. 310-273-3344 or www.orchidsurgery.com

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**MORNING
ANGEL**



KTLA NEWS ANCHORS MICHAELA PEREIRA, CHER CALVIN AND JESSICA HOLMES ON PILATES, BALANCE AND NEGOTIATING WITH THE ALARM CLOCK

BY MARK ARIEL

In a town where what you see is not always what you get and reality is more of a television genre rather than the state of things as they actually exist, KTLA's "Morning News at 9" is a breath of fresh air.

Michaela Pereira, Cher Calvin and Jessica Holmes keep this hour-long news segment candid, informal and easygoing, avoiding the typical pitfalls of morning talk. Focusing on topical issues of interest to Los Angeles-area viewers, including a mix of news and features targeted to women, this local version of "The View" maintains the perfect balance between light-hearted fun and informative health and lifestyle trends.

Maintaining the right balance, says KTLA's Michaela Pereira, is also a key factor in her personal health and wellness regimen. "I have several things that help me achieve balance - after all it is about mind, body and spirit," says Pereira.

"Connection with my family, friends and loved ones is really important. That translates to phone calls and visits. Face time is best but not always an option," reveals Pereira. "Because my family all live in BC Canada, I spend much of my vacation time enjoying the beauty of Vancouver Island. If you haven't been - go - it's one of the most tranquil spots on earth. But once or twice a year I need to find me an icy adult beverage, a hammock on a beach and a good book. Nothing spells tranquility quite like some tropical air in your lungs or sun on your skin," says Pereira.

"The third part of my health and well being tri-fecta - is exercise. I have done Pilates twice a week for the past 4 years and love it. I was a gym bunny for years, and still go as part of my weekly routine. But I find the small, focused work of Pilates so incredibly challenging and centering."

Pereira joined KTLA in February 2004 from TechTV, based in San Francisco, where she anchored

the technology program "Tech Live." Prior to that, she worked as a fill-in host as well as an Internet correspondent for Ebert & The Movies. Pereira has also worked for ZDTV in San Francisco and CHEK TV in Victoria, Canada.

Cher Calvin joined KTLA in 2005 from Las Vegas' FOX affiliate KVVU where she co-anchored "FOX5 News This Morning." While she's grown somewhat used to getting up at 2:30 in the morning, Calvin says it still feels like she's perpetually jet-lagged. "I can't always go to sleep at 8 in the evening, so I catch up by napping in the afternoon," Calvin reveals. For those of you with early morning jobs Calvin suggests drinking lots of water ("It keeps you hydrated, it's good for your skin and your general health") and finding healthy alternatives to the type of food you enjoy eating. "South Beach Diet's whole wheat pizza, for example, is a great alternative to regular pizza."

Jessica Holmes joined the team in November 2005 as weathercaster for the station's "Prime News," after winning "The Audition" - a reality show-like competition held during "Morning News." Holmes admits she's never been a morning person ("I negotiate with the alarm clock every work day") however she manages to catch up on weekends. "I'm truly lucky - I can sleep 9-10 hours straight on Friday nights - which makes up for my lack of sleep throughout the week." While Holmes doesn't adhere to any set workout plan, she stays active, ("I fidget a lot") and eats sensibly. "I don't have issues with food," Holmes confides, however she admits she's always been skinny ("A family trait"). While some of you may consider that to be a genetic advantage, Holmes provides a different outlook. "Actually, I've always been jealous of curvy women," she reveals.

For more on KTLA Morning News at 9 visit: <http://kta.trb.com>.

Mom's Aching Feet

FOOT SOLUTIONS OFFERS THE PERFECT GIFT FOR THE MOM WHO SAYS THAT HER FEET HURT

If your mom is always complaining that her feet hurt, Mother's Day is the perfect time to show her you care with a gift certificate from Foot Solutions, an innovative foot care store in West Los Angeles. Foot Solutions, an international franchise, offers a variety of

products all designed to help people's feet feel good. From custom orthotics to an extensive collection of athletic, dress, casual, walking and work shoes as well as sandals and clogs from Italian, Israeli and European designers, Foot Solutions is not your run of the mill shoe store.

The store is innovative because the highly trained staff uses digital computerized foot scanning technology to analyze and fit each customer and their specific foot care needs. Fitting specialists at the store have completed courses in foot pathology and physiology. Their 10-step fitting process means a fitting specialist will spend an average of 30 to 45 minutes with each customer.

"The analysis is all done free as part of our service to the customer," said Foot Solutions franchisee owner Martin Petersen. "Our motto is shoes can make you feel good and when your feet feel good, you will feel good and you will perform at your best."

Foot Solutions targets 18 health problems that are eliminated or greatly alleviated by their products including heel and arch pain; diabetic foot disorders, arthritis, sports injuries; and back pain.

"What makes Foot Solutions unique is that we're a one-stop solution to a wide variety of foot problems," Petersen said. "It's not just issues brought on by disease, sports injuries or congenital foot problems. People with chronic knee problems are often surprised that a custom footwear product eliminates their pain. A properly fitted supportive shoe, combined with an accommodative shoe insert can put your feet in balance and, in turn, improve the alignment of the rest of your body."

The store also features technology driven products including footwear such as Masai Barefoot Technology, Chung Shi shoes and Nordic Poles that improve health and wellness and can even help you lose weight.

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Foot Solutions: a one-stop solution to a wide variety of foot problems

beyond what normal walkers and joggers achieve in their workouts. It is low-impact, total body workout that is easy to do and is time efficient. In fact, within a one hour walk, your mom can burn up to 950 calories in comparison to jogging. †

Foot Solutions Los Angeles is located at 10873 W. Pico Blvd. They are open Monday through Friday from 10 a.m. until 6:00 p.m. and on Saturday from 11 a.m. until 5:00 p.m. Gift certificates may be purchased in any denomination.

For more information, call 310-234-3338 or visit the store's website www.footsolutions.com/westlosangeles.



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Vegan Diet May Help Ease Rheumatoid Arthritis

BLACK GIRLS ARE LESS LIKELY A gluten-free vegan diet full of nuts, sunflower seeds, fruit and vegetables appears to offer protection against heart attacks and strokes for people with rheumatoid arthritis, Swedish researchers said last month.

The diet appeared to lower cholesterol and also affect the immune system, easing some symptoms associated with the painful joint condition, they said.

The study suggested diet could play an important role for people with rheumatoid arthritis who are often more prone to heart attacks, strokes and clogged arteries, researchers said.

"These findings are compatible with previous results of vegetarian/vegan dietary regimens in non-rheumatoid arthritis subjects which have shown lower blood pressure, lower body mass index and lower

incidence of cardiovascular disease," the researchers wrote in the journal *Arthritis Research and Therapy*.

About 20 million people worldwide have rheumatoid arthritis, an autoimmune disease caused when the body confuses healthy tissues for foreign substances and attacks itself.

In the study, 38 volunteers were put on gluten-free vegan foods and had 28 other people eat a balanced but non-vegan diet for one year.

The people on the diet excluding animal products and gluten -- found in wheat, rye and barley -- had lower levels of low-density lipoprotein, or LDL, the so-called "bad cholesterol" that can lead to clogged arteries. They also lost weight while the volunteers on the other diet showed no change. ❖

The vegan diet also appeared to lower cholesterol and blood pressure

TRADITIONAL ACUPUNCTURE MAY EASE MIGRAINES

Acupuncture, as practiced in traditional Chinese medicine, may offer some relief from migraine pain, a new study suggests. Italian researchers found that regular treatments with "true" acupuncture helped improve symptoms in 32 patients whose migraines had been resistant to standard preventive medication. Moreover, the therapy worked better than two forms of "sham" acupuncture used for comparison, the researchers report in the medical journal *Headache*.

HEART-RISK UNALTERED BY PSYLLIUM SUPPLEMENT

Daily fiber supplementation with psyllium does not reduce levels of an inflammatory protein connected to heart disease in people who are overweight or obese, new research indicates -- in contrast to previous research that found lower inflammation in people with high fiber intake. "The current study ... emphasizes that people are likely to benefit most from fiber ingested as part of a healthy diet, and not as a separate supplement," researchers said.

CHRONIC ILLNESS SUPPLEMENT RISK

Having one or more chronic illness is the primary factor associated with the use of dietary supplements. Cancer survivors also use supplements to treat chronic medical conditions, but not specifically for cancer, a new study shows. Given the lack of information on the risks and benefits of many supplements, as well as their potential for interaction with drugs cancer survivors may be taking, such as tamoxifen, it's imperative for cancer patients to let their physician know about what non-prescription medications and natural products they may be taking.



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or problem free skin is easier than you might imagine. Dr. David Rahimi's practice, Forever Young, offers a full spectrum of cosmetic and dermatological services – including the revolutionary Tolly Lift – a less invasive facelift with less recuperative time and brilliant results. But Dr. Rahimi's latest innovative addition to his practice is not a procedure – it's his blog which he started because he found that patients were in need of answers and education.

Staying informed and learning about the latest developments in skin care – and offering the best advice and information available – is the best way to make educated choices about treatment.

"It's really helpful to the whole process," explains Dr. Rahimi "if the patient comes in knowledgeable about their condition.

It allows me to get to the solutions more quickly since I don't have to explain as much about the 'why'. When I offer my patient the solutions I think are best – I know whichever procedure they choose – the decision will be made from an informed position. I think it's very important for the patient to be an active participant in their care."

Dr. Rahimi started his blog with some simple facts about skin care which inevitably led him to explore more complex or even common, but irritatingly persistent skin issues. Either way, he enjoys being an educator and he's found the perfect forum to express some of his ideas on related subjects – all of which affect the skin.

"It's your skin - handle with care and stay informed!" says Dr. Rahimi "and all will be well.



Dr. David Rahimi, ForeverYoung-inc.com

"If you need us, we are always here to help you achieve beautiful skin – which by the way is more attainable for more people than ever before."

Certified by the American Board of Dermatology and Diplomate of the American Board of Cosmetic Surgery, Dr. Rahimi has also worked closely with medical pioneers like Dr. Theodore Sornick, MD who created Medical Epidermal Debridement (MED), a gentler alternative to chemical peels and lasers.

For more information, or to schedule an appointment with David Rahimi, M.D. (6333 Wilshire Blvd., Suite 405, Los Angeles, CA 90048) call (877) 438-7964 or e-mail him at david@foreveryoung-inc.com.



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Heavily Marketed Kids' Cereals Least Healthy

BREAKFAST CEREALS FOR CHILDREN are less healthy than cereals meant for adults, and those marketed the most aggressively to kids have the worst nutritional quality, according to a new analysis of 161 brands. "The cereal the parent is eating him or herself is probably better than what they're feeding their child," Dr. Marlene B. Schwartz, the lead researcher on the study, told Reuters Health. Schwartz and her colleagues also found that health claims made for kids' cereals were often misleading. Cereals sold as "low fat" or "low sugar" were not lower in calories, as parents might assume, and while brands touted as "whole grain" did

have more fiber, they had just as much salt, sugar and fat as other brands and the same calorie content. Children's cereals had more sugar, sodium, carbohydrate and calories per gram than non-children's cereals, and less protein and fiber. Sugar accounted for more than one-third of the weight of children's cereals, on average, compared to less than one-quarter of the adult cereals, Schwartz said. Parents hoping to choose healthy cereals for their kids should look for brands containing 4 grams of sugar per serving (about one teaspoon) or less, Schwartz advised, and should aim for 4 grams of fiber per bowl of cereal. ❖

Look for brands containing 4 grams of sugar per serving or less

TOO LITTLE CHILDHOOD SLEEP RISK

Getting too little sleep doubles a young child's risk of being overweight and raises the chances of later anxiety and depression, researchers report. Several studies published in the journal Archives of Pediatrics & Adolescent Medicine add heft to the notion that getting enough sleep has wide-ranging health benefits.

MOM'S FISH INTAKE CHILD'S BENEFIT

Preschoolers whose mothers regularly ate low-mercury fish during pregnancy may have sharper minds than their peers, a study suggests. Researchers found that among 341 three year-olds, those whose mothers ate more than two servings of fish per week during pregnancy generally performed better on tests of verbal, visual and motor development. Fish that are high in omega-3 but relatively lower in mercury include canned light tuna, which has less mercury than albacore tuna, and smaller oily fish like salmon.

DAYCARE MAY PROTECT KIDS FROM LEUKEMIA

Sending children to day-care at an early age could protect them against leukemia, perhaps by exposing them to certain infections, researchers said last month. Their analysis presented at a conference in London showed that children who attended daycare or playgroups have a 30 percent lower risk of developing the most common form of childhood leukemia compared to those who do not. And the earlier the social interaction the better because the review of 14 studies showed children who started daycare at age 1 or 2 had the most protection, researchers said.





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The Art of Living Well

BRIDGEPOINT, A SENIOR LIVING COMMUNITY, EXPANDS AND PROMOTES THE HEALTH AND WELFARE OF SENIORS

BridgePoint at Beverly Hills, a senior living community managed by Kisco Senior Living, utilizes the Art of Living Well philosophy in every component of its resident services and daily activities. This philosophy encompasses the six dimensions of wellness: vocational, spiritual, intellectual, emotional, physical and

social. In an effort to support a fully integrated living experience for seniors of all ages, each activity, dining opportunity and lecture series is based on one or more of the six dimensions of wellness -- whether it be a yoga class focusing on the physical dimension or our memory loss lecture series sponsored by UCLA for intellectual enhancement. "The essential goal of the program is to expand and promote the health and welfare of our seniors," said Jennifer Davis, Sales and Marketing Director of BridgePoint. "The Art of Living Well was thoughtfully created by Kisco's experienced team and is implemented at all our communities

throughout the U.S."

The Art of Living Well is also a way for BridgePoint to connect with community resources by establishing relationships and partnerships to better inform the public and potential residents of the new trends of wellness within the senior community. As the baby boomer generation approaches their 60's and 70's, BridgePoint has made it their mission to consistently improve and create a higher level of service and personalized care that will ultimately lead to a "more" fuller and healthy life our communities growing senior population. Within the Art of Living Well focused community, residents have the opportunity to follow their talents and passions by taking any variety of life long learning classes, volunteering for local organizations, and assisting other less active residents to stay involved in the community.

To learn more about BridgePoint and the Art of Living Well, schedule your personal tour by calling (310) 860-9234 or visit www.kiscoseniorliving.com.

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Head Up

FINALLY, A REASON TO
START DRINKING ALCOHOL
(IN MODERATION)

BY MAGGIE FOX



People who do not drink alcohol may finally have a reason to start-- a study published on Friday shows non-drinkers who begin taking the occasional tipples live longer and are less likely to develop heart disease.

People who started drinking in middle age were 38 percent less likely to have a heart attack or other serious heart event than

abstainers -- even if they were overweight, had diabetes, high blood pressure or other heart risks, Dr. Dana King of the Medical University of South Carolina in Charleston and colleagues found.

Many studies have shown that light to moderate drinkers are healthier than teetotalers, but every time, the researchers have cautioned that there is no reason for the ab-

stinent to start drinking.

Now there may be, said King.

"This study certainly shifts the balance a little bit," King said in a telephone interview.

King's team studied the medical records of 7,697 people between 45 and 64 who began as non-drinkers as part of a larger study. Over 10 years, 6 percent of these volunteers began drinking, King's team reported in the Ameri-

can Journal of Medicine.

King said he does not know why some of the volunteers started drinking. "This was a natural experiment," he said.

"Over the next four years we tracked the new drinkers and when we compared them to the persistent non-drinkers, there was a 38 percent drop in new cardiovascular disease."

The findings held even when the researchers factored in heart disease risks such as smoking, high blood pressure, obesity, race, education levels, exercise and cholesterol.

Several of the volunteers had more than one risk factor and still benefited from adding alcohol, King said.

Fewer than one percent of people in the study drank more than is recommended, King said. Recommended amounts equal a drink or two a day by most guidelines.

"Half of them were wine drinkers only. There was a much bigger benefit for wine-only drinkers," he added.

Now King's team has started a new study in which his team will randomly assign non-drinkers to start either having a glass of wine a day, a glass of grape juice, or grape juice

People who started drinking in middle age - one or two drinks a day - were 38 percent less likely to have a heart attack - however men who had five or more drinks a day were 30 percent more likely to die of a heart attack or stroke

spiked with antioxidants, compounds believed to help fight heart disease.

But the findings do not mean people should drink freely, King said. Another study published last month supports that advice.

Researchers at the National Institutes of Health found that how much and how often people drink affects their risk of death from several causes.

Their study of 44,000 people showed that men who had five or more drinks on days they did drink were 30 percent more likely to die of a heart attack or stroke than men who had just one drink a day -- regardless of what their average drinking intake was.

Writing in the journal *Alcoholism: Clinical and Experimental Research*, the team at the National Institute on Alcohol Abuse and Alcoholism and the National Cancer Institute found that regular, moderate drinking was healthier than having the occasional binge.

Even men who drank every single day of the year were 20 percent less likely to die of heart disease than men who drank just one to 36 days per year -- if they drank moderately.

"Taken together, our results reinforce the importance of drinking in moderation," the researchers wrote.



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Yoga Helps Older Women Balance, Stand Taller

OLDER WOMEN SHOWED measurable improvements in their walking speed and balance after a nine-week yoga program -- and they gained a centimeter in height, on average, Philadelphia researchers report.

"The only explanation may be that they are standing more upright, not so much crouching," study chief Dr. Jinsup Song of Temple University told Reuters Health.

While past studies have investigated yoga for helping improve balance in older women, Song noted, they have typically used a relatively demanding form of the practice. In the current study, he and his colleague Marian Garfinkel, a certified yoga instructor, worked with B.K.S. Iyengar, the originator of Iyengar Yoga, to develop a program specifically

designed for older people. "The poses were very basic -- how to stand upward, how to bend forward, sideways."

Song and colleagues enrolled 24 women aged 65 and older into their study. The women performed an hour-and-a-half yoga session twice a week, gradually building up the intensity of the exercise.

After the program, the women walked faster, used longer strides, and could stand for a longer time on one leg. They also felt more confident in their ability to balance while standing and walking.

Song, who is a podiatrist, noted that both strength and flexibility are important for helping people avoid falls, a leading cause of disability among older people, especially women. ❖

Strength, flexibility are important for helping people avoid falls

WATER PILLS BONE LOSS IN OLDER MEN

The use of potent water pills called "loop diuretics," which include drugs such as furosemide and torsemide, by men over the age of 65 may cause thinning of the bones, investigators report. "It is a plausible hypothesis, given that loop diuretics increase calcium excretion through the kidneys, that long-term exposure to loop diuretics could lead to bone loss," researchers said.

NEVER TOO LATE TO GET ACTIVE

For life-long couch potatoes in their 60s, 70s and beyond, the prospect of starting an exercise program can be daunting -- but it doesn't have to be, a researcher told the American College of Sports Medicine's Health and Fitness Summit last month. Almost anyone can do some form of exercise and reap the benefits, which in the immediate-term include relaxation, stress and anxiety reduction, and enhanced mood. Long-term benefits of exercise, in addition to weight loss, are increased strength and balance, and improvement in chronic ailments, including improved mental health, a sense of belonging, increased life span and overall quality of life.

HIGH BLOOD PRESSURE HARD ON AGING BRAIN

High blood pressure is associated with worse brain function than normal blood pressure in people aged 60 and older, according to a report by doctors at Howard University Hospital. "Optimal control of blood pressure may be beneficial in attenuating the risk of cognitive decline as the population ages," they conclude.







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Neuromuscular Dentistry

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Neuromuscular Dentistry is the science of dentistry that embodies accepted scientific principles of patho-physiology, anatomy, form and function. NMD objectively evaluates the complex relationship between teeth, temporomandibular joints and the muscles of mastication in order to achieve an occlusion (bite) that is based on the optimal relationship between the mandible (lower jaw) and the skull - Neuromuscular Occlusion. The goal of the Neuromuscular Dentist is to relax the muscles controlling jaw position to establish a true physiological rest position upon which treatment considerations are based. In summary, NMD is the science of occlusion encompassing not only the teeth, but the objective evaluation of the status and function of the jaw muscles and joints - before, during and after treatment - to achieve the optimal result.

Why is Neuromuscular Dentistry Important?
Occlusion is the foundation of dentistry. It is of key importance in the success of every major dental procedure. Occlusion is affected by a triad of factors - the teeth, the muscles and the temporomandibular joints. Traditional dentistry has focused on the teeth - what might be called "one-dimensional" dentistry. Neuromuscular Dentistry (NMD) is a term that has been applied to the additional consideration of the "second & third dimensions" - muscles and TM joints.

Neuromuscular Dentists commonly report that taking muscle and joint status into consideration aids them in optimizing treatment, providing beautiful cosmetic results and gives them the added insight needed to treat complex cases. There is a significant body of literature published over the past 35 years that supports the efficacy of neuromuscular dental principles.

Could I benefit from Neuromuscular Dentistry?
Worn, chipped, or uneven teeth are often signs of a bite that is "off" and there may be a neuromuscular problem. Much like the legs of a table, if one is too short or tall there will be an imbalance or rocking. When this is beyond the range of tolerance, one may experience some of the following signs or symptoms: headaches, neck aches, shoulder or back aches, pain in the jaws, ringing in the ears, dizziness, clicking or grinding in the TM joint. A thorough examination is recommended before beginning any extensive dentistry. †

Bruce F. Beard, DDS, a member of the American Academy of Cosmetic Dentistry, Trained at the Las Vegas Institute of Advanced Dental Studies, California and American Dental Association and Past Chairman of the SFVDS Peer Review, is a leader in cosmetic dentistry. For more info visit www.SensationalSmileCenter.com or call at 818-276-1798.

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Walkable Towns Curb Obesity, Pollution

DESIGNING WALKABLE COMMUNITIES is a cost-effective way to address the growing epidemic of obesity in the United States and cut down on harmful car emissions and pollution, a researcher told the American College of Sports Medicine's 12th annual Health and Fitness Summit in Long Beach.

The problem, said Jim Sallis from San Diego State University, is that local zoning laws essentially prevent the development of walkable communities. "Zoning laws today," he told Reuters Health, "really enforce the separation of uses; they are designed to move cars as quickly as possible -- which is dangerous to pedestrians."

Sallis recently took a tour with urban planners in a new development in San Di-

ego designed to be walkable. "The developers told me they had to get 25 waivers from zoning laws to put in the development. All that kind of paperwork costs the developer time and money so it discourages them from building walkable neighborhoods," Sallis said.

He encourages people to "be a voice for walkable neighborhoods and parks in your area and help change local zoning laws."

Sallis would also like to dispel the misconception that walkable communities are more expensive to build. They aren't, he said, noting that money spent on building, maintaining and expanding roadways could be re-allocated to building sidewalks and trails. ❖

Be a voice for walkable neighborhoods and parks in your area...

CANCER RISK ASBESTOS EXPOSURE

The risk of lung cancer in people exposed to asbestos falls after exposure to the toxic substance ends, a new study in Italian asbestos cement workers shows. And while the risk of mesothelioma in the pleura -- the tissue lining the lung surface and chest wall -- also declined after exposure ended, the workers' risk of mesothelioma in the peritoneum -- the tissue lining the abdominal cavity -- continued to climb, researchers found.

CLIMATE CHANGE HEALTH CRISES

Climate change stands to exacerbate health crises in many countries already strained by inadequate hospitals, too few medical staff and uneven access to drugs, the head of the World Health Organization said last month. WHO Director-General Margaret Chan said that new patterns of global rainfall, droughts and storms could accelerate the spread of diseases such as malaria and dengue fever in some regions, creating serious problems for poor nations. WHO is setting aside \$10 million for an advocacy program to inform people and governments about the health dangers of climate change and steps that can be taken to address them.

MOUSE ALLERGEN TIED TO ASTHMA

Individuals who are prone to allergies and live in houses with high levels of mouse allergen are almost twice as likely to develop wheeze and other symptoms of asthma as those who live in mouse-free houses, researchers have shown. "For allergic individuals, reducing allergen levels is an essential part of asthma control and treatment," researchers said.



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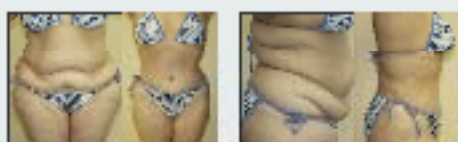
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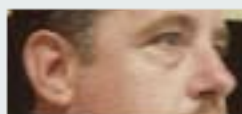


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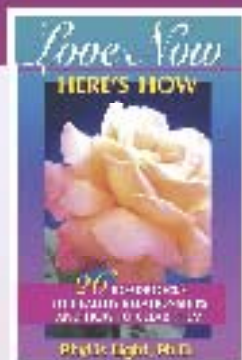
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Memory Loss and Aging Seminar

JOSH GRILL of UCLA's memory aging center explains how the memory works. This lecture covers the changes in memory as we age and tips on how to maintain and improve memory. **Tuesday May 13, 2pm-3pm.** Lectures will be held at the West Los Angeles VA, Building 500, Room 3232 unless noted otherwise. For more information on this lecture series, please contact Robin Catino at (310) 825-8253. www.geronet.ucla.edu.

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Saturday, May 10. The 2007/2008 XTERRA Trail Run SoCal Series continues with the XTERRA Malibu Creek Challenge XDURO in Malibu Creek State Park. Participants can choose between a challenging 22k or 6k trail run. The race takes place at Malibu Creek State Park, just south of Mulholland on Las Virgenes Road. For more info: <http://trailrace.com/>

ZOOT PLAYA DEL RUN AQUATHLON

Sunday May 18. Friendly competition, great beginner clinics, and a post event party that'll knock your socks off. Participants can choose between an open water swim, or 5k run, or combine both into an Aquathlon. Points will be awarded for the top finishers at each event. At the end of the season, awards to the King and Queen of the Beach Awards. The event takes place in Ocean Park, Santa Monica. The course features a 1000m swim course and a grassy, two-loop 5k run course. For more info: <http://playadelrun.com/>

FREE KIDNEY DISEASE SCREENINGS

The National Kidney Foundation of Southern California is reaching out

to the community and offering free health screenings to test for kidney disease. The Kidney Early Evaluation Program (KEEP) provides professional screenings to combat the disease through early detection, evaluation, and intervention. Those with high blood pressure, diabetes or a family history of kidney disease are at a greater risk and are urged to get tested. Screenings will take place on May 10, 2008 at the Sheraton Universal, 333 Universal Hollywood Dr., Universal City. For additional information, call the National Kidney Foundation of Southern California at (800) 747-5527 or (818) 783-8153 or visit www.kidneysocal.org.

PARKINSON'S DISEASE SUPPORT GROUP

First Thursday of every month. 2 to 3:30 p.m.***Cedars-Sinai Medical Center, Thalians Mental Health Center. 2nd Floor Cafeteria. Affiliated with the American Parkinson Disease Association Information and Referral Center at Cedars-Sinai Medical Center. For more info contact Linda O'Connor (310) 423-7933.

LA DOWNTOWN ART WALK

2nd Thursday of each month. The Downtown Art Walk is a monthly, self-guided tour of the art exhibition venues in Downtown Los Angeles, which includes commercial art galleries, public museums, and non-profit arts venues. For more info visit: downtownartwalk.com

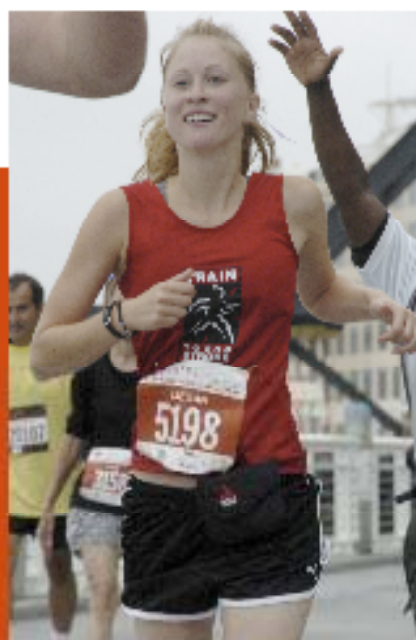
IRISH SET DANCE CLASSES

Every Tuesday 7:30pm - 9:30pm. Columban Fathers House, 2600 N. Vermont Ave, Los Angeles. The Los Angeles Irish Set Dancers offer ongoing adult classes in set dance. No previous experience is necessary, nor do you need to bring a partner—everyone is welcome! Phone: (818) 504-2210. For more info visit: www.irishdancelosangeles.com



American Heart Association | American Stroke Association

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READ THIS MONTH'S ARTICLE BY DR. NEWMAN ON PAGE 24

Dr. Nathan Newman is part of a select number of elite cosmetic surgeons across the world specializing in the latest surgical and non-surgical methods for scar-free face lifts and fat reduction.



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