

WHAT MAKES A **STRONG** WOMAN? LOCAL EXPERTS, CELEBS RESPOND (PG.18)

# LA HEALTH NEWS

October 2009 | ISSUE 103  
COMPLIMENTARY

IT'S ABOUT YOUR LIFE

## BEATING BREAST CANCER

Surprising  
New Research

### THE GREAT SOY DEBATE

CANCER  
FIGHTER  
OR ENABLER  
Dr. Anju Mathur

## PUMPING PINK IRON

The Hottest Bodies  
In Hollywood

### MELT THE FAT AWAY!

## SMARTLIPO LASER

Dr. Alex Liu

## STEM CELL SEXUAL REJUVENATION

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On Finding Balance

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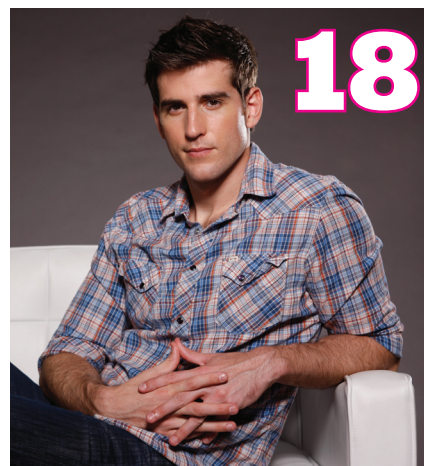
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Subscription rates:  
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\$25 for 12 months (12 issues)

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## editor's letter

# Think Pink

**O**ctober is National Breast Cancer Awareness Month.

Breast cancer is the most common cancer in women in the United States, aside from skin cancer. According to the American Cancer Society (ACS), an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year. An estimated 40,170 women are expected to die from the disease in 2009 alone. Today, there are about 2.5 million breast cancer survivors living in the United States.

If you're worried about developing breast cancer, or if you know someone who has been diagnosed with the disease, one way to deal with your concerns is to get as much information as possible. In this issue of **LA Health News** you can get breast cancer prevention tips ("Beating Breast Cancer," on page 10) and read about the debate regarding soy consumption and breast cancer ("Soy Cancer Controversy," on page 13).

Breast cancer is a malignant tumor that grows in one or both of the breasts. Breast cancer usually develops in the ducts or lobules, also known as the milk-producing areas of the breast.

Breast cancer is the second leading cause of cancer death in women (after lung cancer). Although African-American women have a slightly lower incidence of breast cancer after age 40 than Caucasian women, they have a slightly higher incidence rate of breast cancer before age 40. However, African-American women are more likely to die from breast cancer at every age. Breast cancer is much less common in males; by comparison, the disease is about 100 times more common among women. According to the American Cancer Society, an estimated 1,910 new cases of invasive breast cancer are expected to be diagnosed among men in the United States in 2009.

**One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt**

One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast; abnormal thickening of the breast; or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer. Additional changes that may also be signs of breast cancer include:

- Any new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness or warmth that does not go away
- Pain in one spot that does not vary with your monthly cycle
- Pulling in of the nipple
- Nipple discharge that starts suddenly and appears only in one breast
- An itchy, sore or scaling area on one nipple

**For more information visit the National Breast Cancer Awareness Month web site at [www.nbcam.org](http://www.nbcam.org).**

Mark Ariel  
Editor-In-Chief

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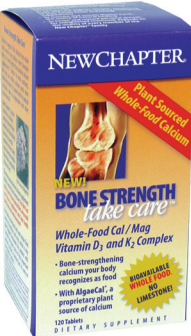
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# CA lawmaker Sen. Alex Padilla plans hearings on soda-obesity link



The California lawmaker who spearheaded a high-profile anti-obesity effort across the state is now training his sights on sugar-sweetened drinks.

Sen. Alex Padilla, who led a campaign requiring big restaurant chains to disclose calories in meals, said last month he planned to hold hearings in November on the link between soda consumption and obesity.

The announcement from Padilla -- who chairs the California Senate's Select Committee on Obesity and Diabetes -- coincides with the release of a study that shows nearly two-thirds of children aged 12 to 17 gulp down at least one sugar-sweetened beverage daily.

According to the UCLA Center for Health Policy

## California was the first state to pass menu labeling rules and has been among the pioneers of public health initiatives

Research and the California Center for Public Health Advocacy, 62 percent of children aged 12 to 17, and 41 percent of children aged 2 to 11, drink at least one sugar-sweetened beverage a day.

"I don't think that most parents truly appreciate the role soda pop has in causing weight gain," Padilla said. "It is unfortunate that soda is actually cheaper than milk and even bottled water in many instances."

California was the first state to pass menu labeling rules and has been among the pioneers of

public health initiatives such as bans on artery-clogging trans-fats in restaurant cuisine and on soda sales in public schools.

Experts say the U.S. obesity epidemic has turned into a public health crisis and overweight adolescents are starting to suffer problems that used to plague mainly middle-aged adults -- early heart disease and type 2 diabetes.

The American Heart Association in August took on the \$115 billion soft drink industry, recommending that Americans cut back dramatically on sugar and singling out soft drinks as the top source of "discretionary" sugar calories.

The group said women should eat no more than 100 calories of added processed sugar per day, or six teaspoons

of all medical spending in the United States, or an estimated \$147 billion annually. Health experts increasingly are calling for taxes on soft drinks and other sweetened beverages to offset medical costs and fund public health efforts.

"If we are serious about curbing the obesity epidemic, we have to start with the biggest culprit," said Harold Goldstein, executive director of the California Center for Public Health Advocacy.

The American Beverage Association has opposed efforts to tax soda and other beverages. An industry group called Americans Against Food Taxes -- whose backers include soft drink maker PepsiCo Inc, the American Beverage Association, the

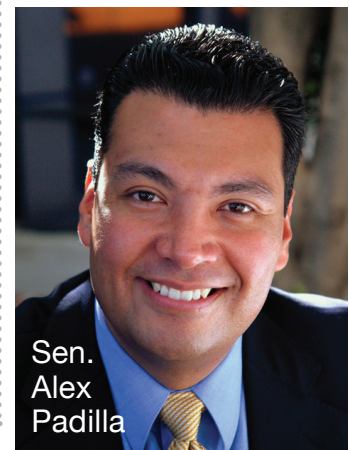
(25 grams), while most men should keep it to just 150 calories or nine teaspoons (37.5 grams).

To put that in perspective, one 12-ounce (355-millilitre) can of soda can contain as much as 13 teaspoons (54.6 grams) of sugar, often in the form of high fructose corn syrup.


That's more than half the total 22 teaspoons (90 grams) or 355 calories of added sugar consumed by the average American each day, according to a 2004 government survey.

Obesity-related diseases account for nearly 10 percent

Corn Refiners Association and McDonald's Corp -- has taken to the airwaves with anti-tax advertisements.



Sen. Alex Padilla



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## Don't supersize him.

Childhood obesity is a growing epidemic that increases death and disability from heart disease. Requiring minimum standards for physical education, such as 150 minutes per week of physical education for elementary schools and 225 minutes for middle schools, gives children a fighting chance against obesity and heart disease. And, coordinated school health programs will ensure that children have sound minds and healthy bodies. You can prevent supersized children who suffer more health problems and grow into unhealthy, less productive and disabled adults. Don't miss your chance to shape a whole new generation of Americans and stop the nation's No. 1 killer—heart disease.

**Heart disease. You're the Cure.**



# Beating Breast Cancer

## HEALTHY HABITS MAY PREVENT BREAST CANCER ACCORDING TO NEW STUDY; BREAST CANCER DRUG CUTS RISK OF SECOND CANCER *By Victor Melamed*

**N**early 40 percent of all breast cancer cases in the United States could be prevented if women kept a healthy weight, drank less alcohol, exercised more and breastfed their babies, according to a report published last month.

The report, which reviewed 81 new studies on the links between lifestyle and cancer, showed that 70,000 breast cancer cases could be prevented in the United States alone every year.

"We are now more certain than ever that by maintaining a healthy weight, being physically active and limiting the amount of alcohol they drink, women can dramatically reduce their risk," Dr. Martin Wiseman of the American Institute for Cancer Research/World Cancer Research Fund, who led the study, said in a statement.

"We estimate that almost 40

percent of breast cancer cases in the United States, or about 70,000 cases every year, could be prevented by making these straightforward everyday changes," added the AICR's Susan Higginbotham.

The report, posted at [www.dietandcancerreport.org/](http://www.dietandcancerreport.org/), recommends that people exercise for at least 30 minutes every day. Men should limit alcohol to two drinks a day and women should have just one.

Breast cancer kills 400,000 women and a few men globally every year, and 40,000 in the United States alone.

Many studies have shown a low-fat diet, regular exercise, keeping a lean weight and breastfeeding babies can prevent breast cancer. However, a significant percentage of cases are caused by faulty genes and not linked to lifestyle.

In related news - premeno-

pausal women with breast cancer who take the breast cancer drug tamoxifen significantly reduce the risk of developing a second cancer in the other breast, according to a Swedish study.

This is the first study to show this in younger, premenopausal women, Dr. Lisa Ryden from Lund University Hospital and colleagues note in the latest issue of the *European Journal of Cancer*.

Tamoxifen is commonly used to treat and prevent breast cancer. The drug slows or stops the growth of cancer cells present in the body. It helps keep the original breast cancer from recurring and helps prevent new cancer in the opposite breast. It also cuts the risk of breast cancer in women at high risk for developing the disease.

Ryden's team studied 564 premenopausal women treated for breast cancer who then received ei-

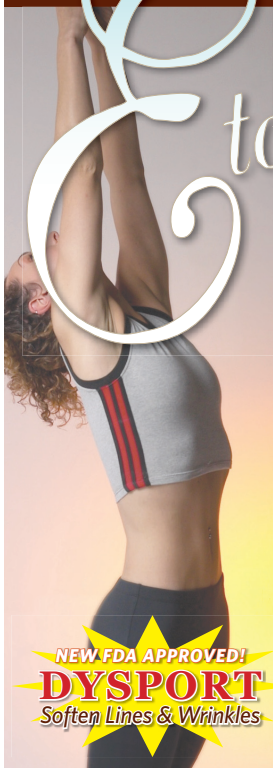
ther 2 years of tamoxifen or no additional treatment (the control group).

They report that 17 women taking tamoxifen developed a second cancer in the opposite breast, what doctors call contralateral breast cancer, compared with 35 women in the control group who were not taking tamoxifen.

The median time to the second cancers was 4 years. The women who did not develop contralateral breast cancers were followed for a median of 14 years.

The untreated women, regardless of age, had a 12 percent risk of developing a contralateral breast cancer during a median of 14 years, and in women younger than 40 the risk rose to 20 percent, the researchers report.

Tamoxifen for 2 years reduced this risk by 50 percent for the overall group and by 90 percent in women younger than age 40, they found.



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**See Page 33 for details**





## Eat More During The Day To Lose Weight, New Study

Midnight raids on the refrigerator may have worse consequences than indigestion -- a study in mice boosts the theory that when you eat affects whether the calories go to your hips or get burned off.

Mice fed during the daytime -- when they normally would be sleeping -- gained more weight than mice fed at night, researchers found.

They ended up weighing 7.8 percent more than night-fed mice. This held even though the mice were fed identical amounts of food and exercised the same

amount, they said in the study published in the International Journal of Obesity.

"Mice fed a high-fat diet only during the 'right' feeding time (i.e., during the dark) weigh significantly less than mice fed only during the time when feeding is normally reduced (i.e., during the light)."

Changing the timing of meals and snacks - eating more in the daytime and cutting back on the late-night ice cream and other nightly binges - will result in weight loss, researchers say.

**SIMPLY MODIFYING YOUR EATING TIMES CAN GREATLY AFFECT BODY WEIGHT**

### LOW-CARB BEATS LOW-FAT FOR HEART

Cutting calories, whether by trimming fat or carbohydrates, aids weight loss, but the low-carb approach may do a better job of reducing risk factors for heart disease, a new study suggests. The findings bolster evidence that moderately low-carb diets may be more effective at cutting certain risk factors for heart disease -- like high levels of fats in the blood known as triglycerides, and a large waistline. Still, researchers say that the real key to success is picking a lower-calorie diet you can live with for the long haul.

### HARD LINE ON SUGAR INTAKE

Americans need to cut back dramatically on sugar consumption, the American Heart Association said last month. The group said women should eat no more than 100 calories of added processed sugar per day, or six teaspoons



(25 grams), while most men should keep it to just 150 calories or nine teaspoons (37.5 grams). Too much sugar not only makes Americans fat

but also is a key culprit in diabetes, high blood pressure, heart disease and stroke. The Department of Agriculture dietary guidelines recommend taking in less food or drink with added sugars but do not give specific calorie limits.

## Broccoli May Protect Your Arteries



**I**t's long been thought that broccoli is good for your heart, and now British scientists think they know why. Researchers at Imperial College London have found evidence a chemical in broccoli and other green leafy vegetables could boost a natural defence mechanism that protects

arteries from the clogging that can cause heart attacks. In a study funded by the British Heart Foundation charity and conducted on mice, the researchers found that sulforaphane -- a compound occurring naturally in broccoli and other brassicas -- could "switch on" a protective protein

which is inactive in parts of the arteries vulnerable to clogging. The research, reported in the journal *Arteriosclerosis Thrombosis and Vascular Biology*, was conducted using purified sulforaphane, not broccoli. Researchers said the next step was to test the effect of the chemical as it is found in vegetables.

# Soy Cancer Controversy



## CANCER FIGHTER OR ENABLER? THE GREAT SOY DEBATE

By Dr. Anju Mathur, The Angel Longevity Medical Center

**T**he typical diet of women living in Japan includes soy consumption from early childhood through to adulthood. In comparison to American women, Japanese women have much lower rates of breast cancer. The reason for this phenomenon is that Japanese women eat soy beans and soy products such as tofu and miso soup in their daily meals.

Soy contains phytoestrogens that is a naturally occurring compound from plants that acts like estrogen in the body. In soy, there is a specific isoflavone called genistein that has preventive health benefits. In the diet of a Japanese woman, genistein is at consistently high levels.

A word of warning, the soya bean products produced in America are toxic because of genetic ma-

nipulation and being treated with pesticides. You can purchase the soy beans directly in from Japan frozen through the Marukai Corporation located in Los Angeles. You can call the store directly at 213-893-7200 and visit the website at [www.marukaistore.com](http://www.marukaistore.com). The Marukai Corporation does have an online store but does not sell the frozen soy beans online.

### So Why The Controversy?

Eating soy will not create a problem for you before or during menopause and it may help to reduce the risk of breast cancer during peri-menopause. The risks of soy come from the high concentrations in soy supplements.

The soy supplements with the high concentrations of isoflavone can be too high a dose. It is not a risk to eat natural soy products as it is nearly impossible to get too high a dosage. Enjoy soy in your meals, include other legumes, too. There are many benefits that you will enjoy from doing so including reducing cholesterol and reducing fat in your diet.

The bigger controversy revolves around popular soy based supplements that can interfere with breast cancer treatments. Some breast tumors depend upon estrogen to grow. The medical treatment use a type of medication that blocks or inhibits the amount of estrogen to prevent the growth of the tumors and cancer. The soy supplement has a high concentration of estrogen that can undo the effects of the drug and the cancer treatment.

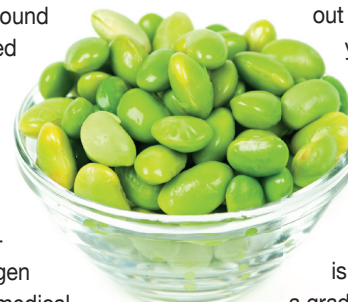
### What Can I Do?

Don't guess about your balance of estrogen, there is too much at risk such as your health and your happiness. There are technological advances that can help you to achieve and maintain the proper balance of estrogen.

Estrogen balances are vital to feeling youthful and full of energy. Estrogen is very beneficial during peri-menopause and menopause. Proper balance of estrogen is vital to reducing the risk of breast cancer.

The best way to maintain a balance of hormones, maintain multiple functions throughout the body, emotional health and even improve your well being is with BHRT - Bioidentical Hormone Replacement Therapy. Balancing your hormone levels helps to reduce the cancer risk.

Bioidentical Hormones are exactly the same hormones, molecule by molecule that your body produces and are created in a lab from plant sources. Your body does not consider them a foreign substance so you do not get adverse reactions.



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**For more information, and a free consultation, contact Dr. Anju Mathur at The Angel Longevity Medical Center at 323-661-7661.**

# Lose Up To 30 Pounds in 30 Days

**BIOLOGICA MEDICAL SPA'S AMAZING HCG WEIGHT LOSS PROGRAM** *By Patrick Tsakuda*

**T**he Biologica Medical Spa and Anti-Aging Institute in Pasadena offers a unique, safe way to fast track your weight loss right in time for the holidays! Lose fat from the most stubborn areas of the body—hips, thighs, and waist. This 3-6 week program follows Dr. Simeons' 500 calorie diet and intramuscular injection of HCG to "reset" your body's metabolism and help you lose the weight without feeling weak or hungry.

Here are a few commonly asked questions about the program.

#### **What is HCG?**

HCG stands for Human Chorionic Gonadotropin, a hormone produced by the placenta during pregnancy. During pregnancy, the substance almost completely controls the woman's metabolic functions.

#### **How much weight will I lose with the HCG diet?**

Most HCG dieters report a loss of 1 lb. per day and a few lose more.

#### **Is it healthy to lose 1 to 2 pounds a day with HCG shots?\***

HCG weight loss comes directly from fat and does not strip the body of much needed muscle, vitamins or minerals essential to maintain good health, while at the same time, releasing excessive amounts of fat-stored nutrients into the blood stream to be absorbed by the body. For this reason, HCG dieters report a feeling and appearance of great health and marvel at the loss of negative health risks they had as an overweight individual.

#### **Why the 500 calorie diet?**

HCG diet shots cause your hypothalamus to mobilize the fat out of the fat storage locations so that it is available for use. While you are only consuming 500 calories, your hypothalamus is continually releasing the fat stored in your body. Because of this, your body is actually operating on thousands of calories a day. The result is your body using thousands of calories of fat from your body each day, the reason HCG dieters lose 1 to 2 lbs of fat or more, per day.

#### **Will I be hungry on 500 calories a day?**

It is common for mild hunger during the first few days, however this will pass and by the 2nd week, you will find even very tiny servings, to be completely satisfying. This is partly due to your hypothalamus adjusting your metabolic rate, but largely due to the amount of calories circulating in your system from the fat being released. It is common that HCG dieters feel as though they are stuffing themselves in order to reach that 500 calorie limit!

#### **Will I gain the weight back after the HCG diet?**

After the HCG diet, you will find your appetite has changed, your eating behavior will be changed and your body will of course, have changed. This is the perfect opportunity to adopt that healthy lifestyle to maintain your weight.

#### **What do I need to know about The Biologica Medical Spa and Anti-Aging Institute in Pasadena?**

Biologica's founder-owners are Dr. Roberto Tostado, MD and Teresa Tostado, NP. Dr. Roberto Tostado has over 14 years of medical practice and has been exclusively practicing aesthetic medicine in Pasadena. He is part of a new breed of innovative physicians practicing non-surgical cosmetic medicine. Dr. Tostado received his BA from Columbia University and his medical degree from the University of Michigan School of Medicine. He completed his residency at California Hospital Medical Center/ USC School of Medicine. His extensive training in aesthetic medicine integrates knowledge and the newest technology available from various parts of the globe. He is board certified in Family Practice. Teresa Tostado is a board-certified nurse practitioner with over 20 years of clinical experience. She obtained her masters degree in nursing and served as associate professor at UCLA school of nursing.

**For more information on the HCG Weight Loss Program and other treatments, including SmartLipo, Zerona Fat Reduction Laser, acne scar revision, laser hair removal, skin tightening, rosacea reduction and more call 626-564-0300 for a FREE consultation or visit their web site: [www.mybiologica.com](http://www.mybiologica.com)**



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## Breakfast May Alter Fat Burning During Exercise

A small group of healthy, but sedentary, women who began to exercise appeared to burn more fat after eating a high-fiber, low-glycemic index breakfast, the findings from a small study suggest.

If confirmed by larger studies, these findings could have important implications for weight management, researchers report.

Researchers assessed post-exercise fat oxidation among eight non-dieting, healthy women after eating either a low-glycemic index or a high-glycemic index breakfast.

Each breakfast provided equal amounts of carbohydrates, protein, and dietary fat, but the low-glycemic index breakfast contained 3.5 grams of fiber from “muesli and milk, yoghurt and canned peaches, and a small amount of apple juice,” researchers said.

**EAT  
A HIGH-  
FIBER, LOW-  
GLYCEMIC INDEX  
BREAKFAST  
TO BURN  
MORE FAT**

During exercise, the women showed higher total fat and lower total carbohydrate oxidation levels after eating the low-glycemic breakfasts.

These preliminary findings suggest a high-fiber, low-glycemic index breakfast may increase fat oxidation and help satiation.

### WEIGHT LIFTING GOOD FOR LYMPHEDEMA

Women who develop arm swelling following surgery for breast cancer -- a bothersome condition known as lymphedema -- derive significant benefits from participating in a slowly progressive weight lifting program, a study shows. In the study, weight lifting did not lead to a significant increase in arm swelling and was associated with fewer lymphedema flare-ups and increased muscle strength, researchers report.

### ACTIVITY ADDS YEARS TO LIFE

Old people who are physically active are apt to live longer than their couch-potato peers, and are more likely to maintain their independence, new research shows. And people who had been sedentary but became active -- even those who started when they were well into their 80s -- cut their risk of dying and lengthened the



amount of time they were able to live on their own, researchers found. “The take home message is that even among the very

old, it never is too late to start exercising,” researchers said.



## Exercise May Curb Breast Cancer Risk

**A**fter age 30, exercising for more than an hour a week may help cut a woman’s chances of developing breast cancer, according to a study.

In the study, researchers asked 4296 women to recall their physical activity levels during four key stages of life: 10 to 15 years old, 15 to 30 years old, 30 to

50 years old, and 50 years old and older.

The odds of developing breast cancer did not appear to change in relation to exercise levels between ages 10 and 30, but women above age 30 significantly cut their chances of developing breast cancer if they were more active, the researchers found.

“An average amount of exercise was defined as 60 minutes per week,” researchers told Reuters Health, “so anyone exercising less than 60 minutes was below average, above 60 minutes was above average, and anyone that considered themselves ‘highly competitive’ chose that category.”



# Pumping 'Pink Iron' with Holly Holton

**HOLLY HOLTON AND THE PINK IRON PERSONAL TRAINERS ARE RESPONSIBLE FOR SOME OF THE HOTTEST BODIES IN HOLLYWOOD. BUT DON'T BOTHER SHOWING UP TO THE GYM, GUYS – PINK IRON IS LADIES ONLY.**

**P**ink Iron just opened in April of this year and has quickly become THE place to get your sculpt on for everyone from Hollywood starlets to Sherman Oaks soccer moms.

And who's responsible for the Pink Iron success? Fitness powerhouse, Holly Holton. On top of owning Pink Iron, she's also a na-

tionally ranked fitness competitor and expert trainer.

**HOW SHE GOT HERE:** "At a young age, I found my passion in life and became a fitness junkie! I started competing in fitness shows and worked as a trainer in Louisiana (my home state) and Texas. But I always knew

I could make a bigger impact and dreamed of opening my own gym. What better place than LA- the fitness capital of the world?! I've been in LA for a few years but I'm still a southern girl at heart."

**HER DREAM:** "My dream was to build a gym where women could feel comfortable while getting an amazing workout in a motivating environment. But I wanted it to go beyond a simple gym – I wanted it to feel like a community. A community of women who support each other. Pink Iron is the realization of this dream for me."

## "My goal for Pink Iron is to improve Women's Lives"

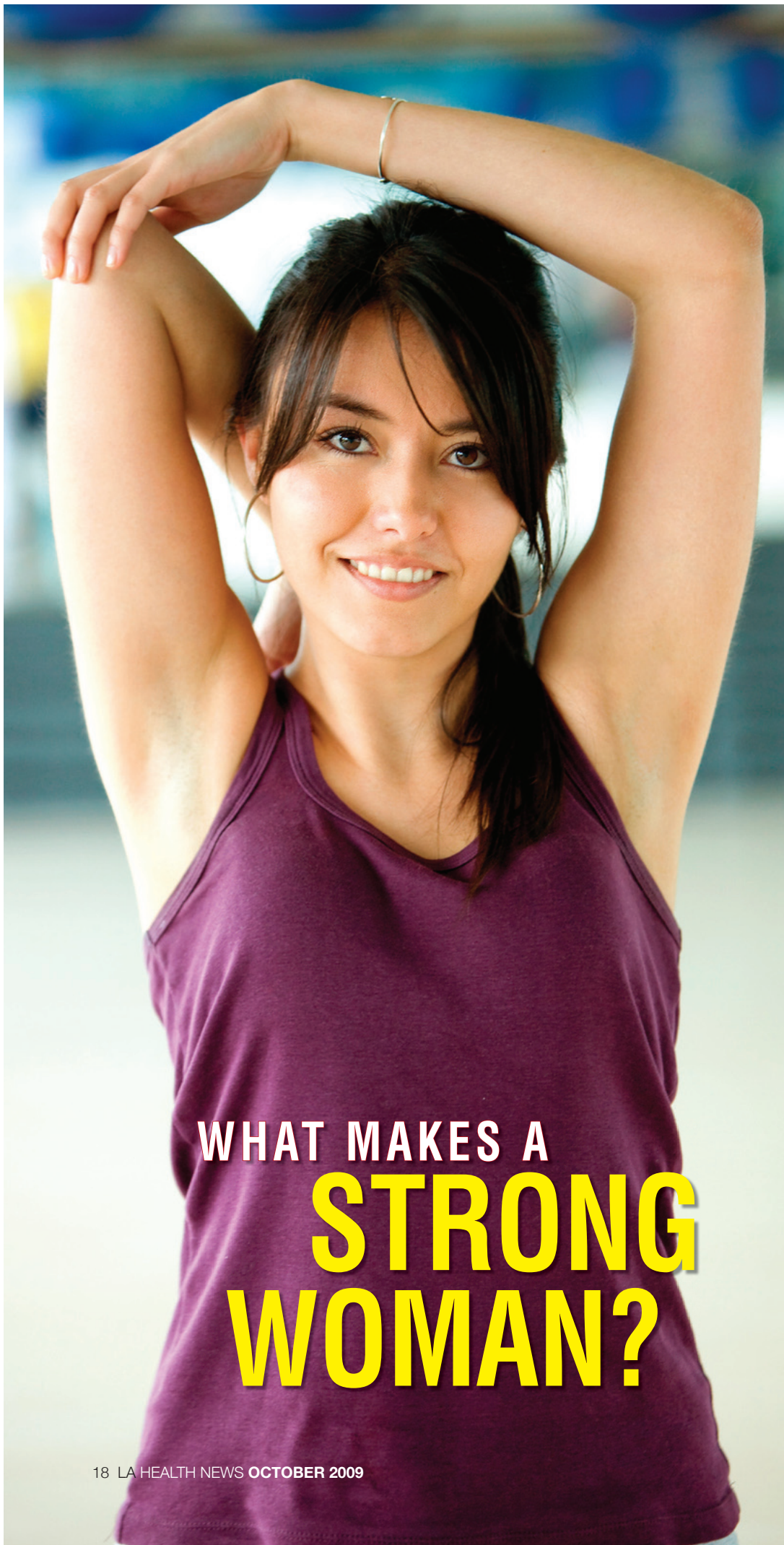
**WHY SHE RELATES:** "I'm like every woman, I battle with cravings, weight, balancing it all. I understand the challenges and what it takes to overcome them. My goal for Pink Iron is to improve women's lives. It feels good to know that I am doing that."

**PET PEEVES:** "Creepy dudes at gyms hitting on women when all we want to do is get a good workout!"

**ON HER MOTIVATION:** "I hear from our clients daily who tell me of the changes going on in their lives since they started on their fitness journeys. These women and their stories keep me going and working as hard as I can to make Pink Iron a huge success. I want Pink Iron to reach and impact as many people as possible."

**PINK IRON is located at 1106 N. La Cienega in Hollywood. For more information you can visit their website at [www.pinkiron.com](http://www.pinkiron.com) or call (310) 360-PINK (7465).**





# WHAT MAKES A STRONG WOMAN?

18 LA HEALTH NEWS OCTOBER 2009

## HEALTH PROFESSIONALS, FITNESS EXPERTS AND CELEBRITIES RESPOND. *LA HEALTH NEWS EXCLUSIVE*

By Patrick Tsakuda

### **Dr Nathan Newman**

[www.NathanNewmanMD.com](http://www.NathanNewmanMD.com)

(310) 273-3344



A WOMAN is strong from within. It is not necessarily what she has - it is the perception of herself. A woman is happy, secure and has self-esteem when she is emotionally balanced. Her appearance reflects, completes and supports her emotions and her self confidence...

Women are the strongest creature god has created, yet at the same time the most fragile ones. Go figure...

### **Jonathan Chase** Actor

I'LL DIRECT this answer toward the modern woman since strength has been defined differently thru each century. Though, I would agree that the same basic notion has always made women strong. It's a woman's beliefs and conviction. Strong ideals and the willingness to back them up or defend them makes a strong woman.



### **Brooke Hogan**

Singer, Actress

Being able to juggle a lot of things while, keeping a cool head and making it look easy.



**Dr. Alex Liu**  
www.awakencosmeticsurgery.com.  
(310) 791-2233

STRENGTH COMES from overcoming the constant obstacles that life throws at us. With each victory, we feel like we can handle more stress, challenges, tests... The great joy in my job is when I see the mental and spiritual impact I have on a patient; giving them a feeling of renewed life and inspiration. We only feel as good as we look and there is no greater critic

than ourselves. Hearing patients talk about their new plans in their lives or even just seeing them become more open with conversation is what makes my job worthwhile.

**Dr. Anju Mathur**

Angel Longevity Medical Center  
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ALL WOMEN should see an anti-aging specialist and get their hormones in balance. This will make a woman strong. Do this along with proper nutritional supplements and a good, common sense fitness program. All of this together will make a woman unbeatable.



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"I THINK OF a strong woman today as possessing both personal and physical strength. She knows she can think more about WHO she is than WHAT she is and she knows that sweat and muscle aren't just the boy's game anymore. In my training business I see women all the time empowered to strength in their personal lives by tuning in to the strength of their bodies."

**Jessalyn Gilsig** Actress

I HOPE THIS doesn't come off as trite - but I feel passion is what makes a woman strong. Being passionate about your job, your life, your relationships - I believe bring about self-empowerment.



**Holly Holton** Owner, General Manager, Pink Iron

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IT TAKES A strong woman to know what she wants out of life -- to take action -- and go after it! As the owner of a woman's fitness center and a personal trainer, I meet women every day who have spent years putting themselves last and taking care everyone else's needs first. It takes real strength to stomp your foot down and stop that cycle.



*"I went in for her consultation and after thorough testing, she put me on bio-identical hormones. We age because our testosterone and other hormone levels drop. I had results almost immediately. I am in perfect health and very fit, with no problems, and have more energy like I had in my 30's. Also my sexual level is normal for a 30 year old. "*

*-RAYMOND , rugby player(62)*

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## Thin Thighs May Increase Risk Of Premature Death

People who have agonized over their fat thighs might be able to relax a bit -- Danish doctors said last month they found patients with the thinnest thighs died sooner than the more endowed.

Obesity, age, smoking and other factors did not reduce the effect, the researchers reported.

"Our results suggest that there might be an increased risk of premature death related to thigh size," researchers wrote.

The explanation may lie in many different studies that suggest where you gain your weight is a strong factor in how it affects health. People with lots of abdominal fat -- wrapped in and around the internal organs -- appear to be at higher risk of heart disease, dia-

betes, and other ills.

So-called pear-shaped people may have lower risks, even if they have more body fat overall.

Researchers studied 1,436 men and 1,380 women taking part in a larger medical research study who were examined in 1987 and 1988, then watched them for more than 12 years.

Men and women whose thighs were less than 24 inches in circumference were more likely to die during those 12 years, they found.

Those with the thinnest thighs -- less than 18 inches -- were more than twice likely to have died within 12 years, they reported in the study.

WHERE YOU GAIN WEIGHT IS A STRONG FACTOR IN HOW IT AFFECTS HEALTH

## CHEMO DRUG MAY TREAT SKIN CONDITIONS

A cream version of an intravenous drug used to treat colon cancers and other tumors can be used to fight the skin damage caused by years of sun exposure, according to a new report. The medication -- fluorouracil -- may also reduce the number of potentially precancerous skin patches known as actinic keratoses, researchers report. In the study, 21 healthy people, aged 56 to 85, with actinic keratoses and sun damage were treated with a 5 percent fluorouracil cream for 2 weeks. Subjects saw the number of actinic keratoses drop by about 90 percent, and saw an improvement in symptoms such as wrinkles and sallow skin.

## LADY IN RED

If a woman wants to drive the men wild, she might want to dress in red. Men rated a woman shown in photographs as more



sexually attractive if she was wearing red clothing or if she was shown in an image framed by a red border rather than some other color, researchers said.



## Whitening Strips Safe With Dry Mouth

**P**atients with dry mouth caused by medications they are taking can safely use 10% hydrogen peroxide whitening strips, researchers report online by the journal Gerontology. Reduced production of saliva is thought to make people poor candidates for tooth whitening, said Dr. Athena

**S. Papas in an email message to Reuters Health. "Tooth whitening is one of the most common cosmetic procedures, and for most individuals, the first step in aesthetic dentistry," Dr. Papas said. However, some elderly people have heard that dry mouth makes them poor candidates for tooth whitening. "This new clini-**

**cal trial demonstrates that peroxide-based strip whitening can be a viable first step in aesthetic treatment for older adults or individuals" who produce less saliva, she added. The whitening strips used in the study were manufactured by The Procter & Gamble Company, which employs two of the paper's five authors.**

# Stem Cell Vaginal Rejuvenation

RESTORING STIMULATION INTO YOUR SEX LIFE *By: Dr. Nathan Newman*



**Y**ou don't feel tight like before? Sex feels less exciting after kids? Scared or embarrassed to talk about it? Good news is you are not alone. Better news is you can do something about it.

Stem Cells from your own fat have opened an exciting new era in medicine. The stem cell revolution is allowing us to revolutionize medicine. Costly, risky, painful, and difficult operations have been transformed to safe, natural and affordable procedures. My innovative technique for scar free facelift and face sculpting using your own

stem cells will rejuvenate your looks. Now, I have developed a novel method using these same stem cells to rejuvenate your sex life. As one of my patients said, "This procedure should be mandatory after having children, it will save many marriages."

As with any part of the body, the vaginal area goes through changes with age and childbearing. The tissues lose their tonicity and volume making the area feel loose, therefore the sexual experience is less gratifying even painful at times for one or both partners.

## COMPARISON OF VAGINAL REJUVENATION AND LABIAPLASTY

	OLDER METHOD	STEM CELL METHOD
BLEEDING	YES	MINIMAL
COST	EXPENSIVE	COST EFFECTIVE
GENERAL ANESTHESIA	YES	NO
PAIN	YES	MINIMAL
RECOVERY TIME	6 TO 8 WEEKS	2 TO 3 WEEKS
SCARS	YES	NO
SCULPTS THE EXTERNAL GENITAL AREA	NO	YES
STITCHES	YES	NO
TIGHTENS THE ENTIRE VAGINAL CANAL	NO	YES
TIME TO RESUME DAILY ACTIVITIES	5 TO 10 DAYS	1 TO 2 DAYS

### THE PROCEDURE: OLD VS. NEW

Until today vaginal rejuvenation surgery used a scalpel or a laser to cut and sew the anterior and posterior area of the vagina, also known as an anterior/posterior repair. This procedure was fraught with complications and did not address the entire vaginal area circumferentially. Therefore, there is a drop-off or a step-off area that is palpable where the stitches end. In addition to the risk and complications there is a long recovery time of 6 to 8 weeks associated with this procedure, where you are to abstain from sexual intercourse.

In the stem cell vaginal rejuvenation the stem cells from your own fat are injected into the outside lips (labia) and into the vaginal walls with specially designed instruments. There is no scalpels used, no incisions, no stitches, no burning of tissues, no scars, no risk of general anesthesia, and a much shorter recovery time of about 2 to 3 weeks.

### ADVANTAGES OF THE STEM CELL VAGINAL REJUVENATION:

1. A major difference is that there are no scars and it looks and feels natural.
2. The fat and stem cells are injected on all sides and for the entire length so there is no step-off effect and therefore it provides for a better sexual experience.
3. It helps to restore the volume, the muscle tone and improve the blood flow in the area to tighten the vaginal canal and may make the "G-Spot" more prominent and responsive to stimuli. The combination of this makes the sexual experience much more exciting and pleasurable for both partners.
4. It is used to sculpt the shape of the external vaginal area, including the labia (the lips) and the mons pubis to provide proportioned and

attractive genitalia.

5. The stem cells and the fat can be taken from any part of the body which contains an undesirable amount of fat in that area, including the mons pubis.

6. It does not require general anesthesia, making it safer and much more cost-effective.

The stem cells and the fat taken for the vaginal rejuvenation can also be used on the same day to sculpt, lift and rejuvenate the face and the hands.

### A WOMAN'S PREROGATIVE

Today's women are educated and have much more responsibilities along with opportunities in life. Some of these opportunities are part of improved medical care that has allowed us to live better and longer. Cosmetic surgery has also greatly advanced and can today offer safe and natural solutions to maintain and restore our appearance and youthfulness that is in demand today. You no longer need to suffer from, be embarrassed about or simply endure the undesired changes that your body has undergone over the years. Now you have options and opportunities to restore your face, body and importantly your genitalia to a rejuvenated state and experience the excitement, the passion and the pleasure that life has to offer.



**Nathan Newman, MD** is a world renowned cosmetic surgeon innovator of the use of your own stem

cells to rejuvenate and sculpt the face, body and genitalia. Schedule your personalized consultation with Dr. Newman and learn how you can benefit from his advanced innovative techniques today call 310-273-3344. info@NathanNewmanMD.com



# A Quicker, Safer Way to Remove Excess Body Fat

WITH THE SMARTLIPO LASER TECHNOLOGY, THE SURGEON NO LONGER NEEDS TO PHYSICALLY BREAKDOWN FATTY TISSUE ... INSTEAD THE LASER LITERALLY MELTS DOWN THE FAT INTO A LIQUID (THINK MELTED BUTTER) THUS MAKING THE PROCEDURE MUCH GENTLER ON THE BODY *By Dr. Alex Liu, Awaken Cosmetic Surgery Center*

**L**iposuction is a term most people have heard of and unfortunately invokes images of patients being beaten up by a surgeon with large metal probes. And when the fat is being aspirated or “sucked out” it looks more like blood than it does fat.

With new advances in technology, the old complications and risks associated with liposuction are drastically reduced. The revolutionary laser-liposculpture technology SmartLipo allows the surgeon to perform body sculpting and liposuction under local anesthesia with no downtime!

Fat is a solid substance in the body. In order to remove it from the body, you have to reduce it into a finer consistency. Traditional meth-

ods involved physically “mashing up” the fat into small pieces to remove. This was so traumatic to the body that patients had to be put under general anesthesia and sometimes had to spend time recovering in the hospital afterwards. Additionally, fat removed in this fashion often left the overlying skin wrinkly and saggy, leading patients to have to seek a secondary procedure such as a “tummy tuck” (abdominoplasty) to correct the appearance.

With the SmartLipo laser technology, the surgeon no longer needs to physically breakdown the fatty tissue which occurred with traditional liposuction. Instead the laser literally melts down the fat into a liquid (think melted butter)

thus making the procedure much gentler on the body. Additionally, the heat from the laser stimulates the undersurface of the skin, encouraging the skin to retract (shrink down) and to stimulate new collagen growth. This can help prevent the appearance of the “deflated balloon” look after traditional liposuction.

Another benefit of using the laser to sculpt out the body is that the laser can cauterize blood vessels in the fat during the procedure. This leads to less bruising, less swelling, and less bleeding during the procedure and recovery period. As the laser body sculpting procedure is gentler on the body, it can be performed under local anesthesia thus eliminating any risk of having to undergo heavy general anesthesia.

Having performed well over 1000 of these procedures now I can truthfully say it is one of my favorite procedures to perform. The ability to use the laser and fine instruments involved allow me to literally sculpt my patients with great detail. The technology really allows me to be artistic and cater to the patient’s desires for their body shape.

**Voted South Bay’s Best Cosmetic Surgeon 2009 by Daily Breeze, Awaken Cosmetic**

**Surgery Center’s Dr. Alex Liu is a board certified physician who has trained from the West Coast to New Orleans to New York to Miami at some of the top medical centers in the country. After specializing his residency training to surgery of the eyes and eyelids, he furthered his training with two fellowships; one fellowship was under the mentorship of general plastic surgeon and a second fellowship under an Oculoplastic & Liposculpture specialist.**

**Dr. Liu is the first in the South Bay to offer SmartLipo™, the revolutionary cutting-edge technology for fat removal as well as being the only physician in the South Bay to perform Thermage, the revolutionary non-invasive skin tightening procedure that requires only 1 treatment and no downtime. To schedule a consultation with Dr. Liu please call (310) 791-2233. For info visit [www.awakencosmeticsurgery.com](http://www.awakencosmeticsurgery.com)**



**Here is a table comparing Traditional Liposuction VS SmartLipo laser body sculpting:**

	<b>Traditional Liposuction</b>	<b>SmartLipo</b>
<b>Anesthesia</b>	General (high risk)	Local (minimal risk)
<b>Additional skin tightening/retraction</b>	None	Laser heats the skin
<b>Downtime</b>	Weeks to months	Few days
<b>Incisions</b>	Incisions with a scalpel	1.5mm circle
<b>Cost</b>	Higher due to anesthesia fees	Less fees

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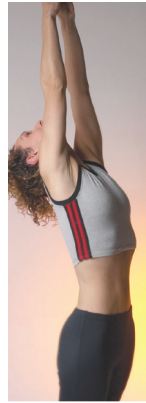
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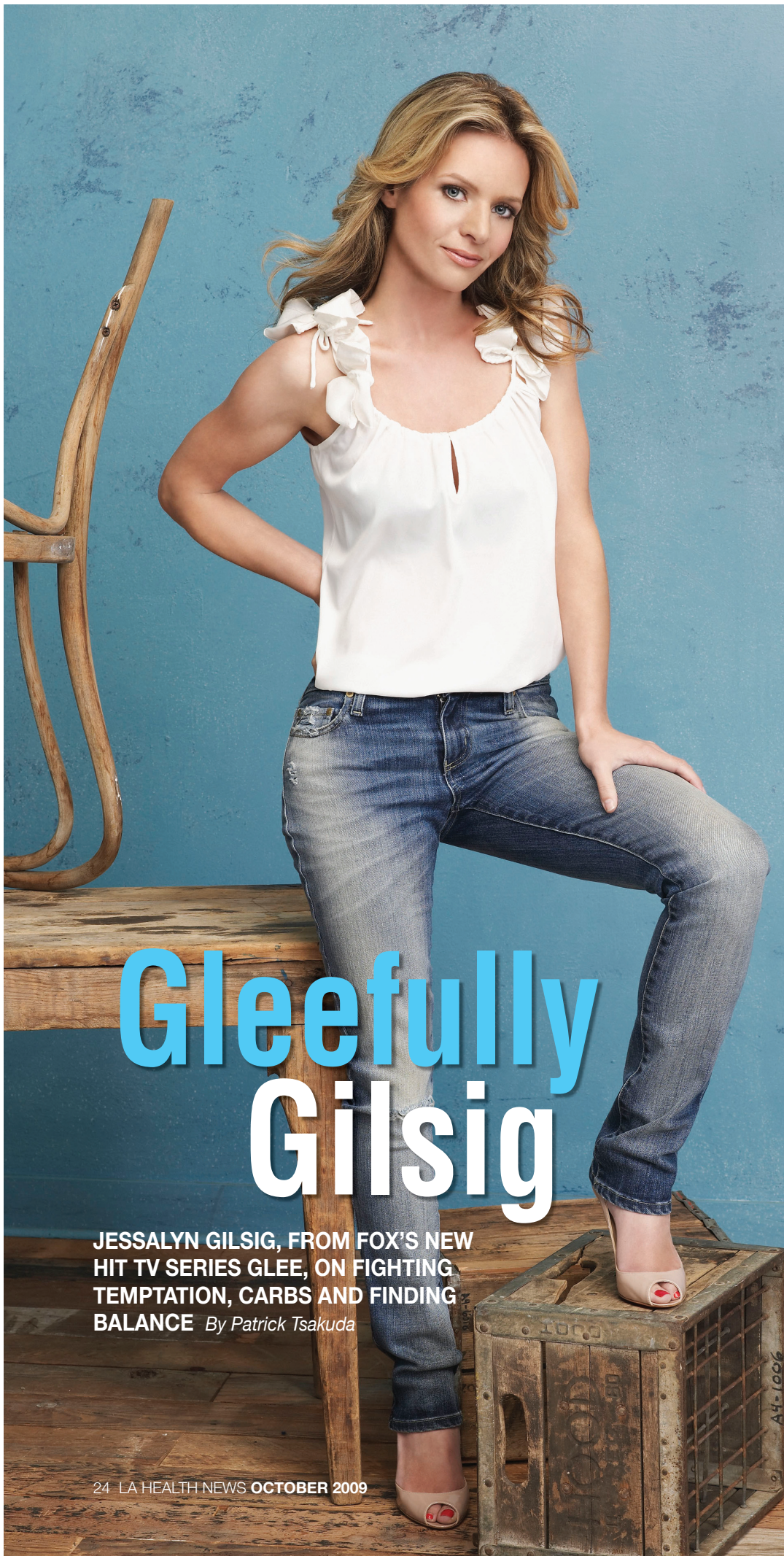
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# Gleefully Gilsig

JESSALYN GILSIG, FROM FOX'S NEW HIT TV SERIES GLEE, ON FIGHTING TEMPTATION, CARBS AND FINDING BALANCE *By Patrick Tsakuda*

24 LA HEALTH NEWS OCTOBER 2009

Canadian actress Jessalyn Gilsig, known for her roles in *Boston Public*, *Nip/Tuck* and most recently FOX's new hit series *Glee*, moved to New York City in 1995 where she appeared in several off-Broadway plays.

Although she had appeared in several Canadian productions in the late 1980s/early 1990s, her television career began during the late 1990s when she guest-starred in several television series, including *Viper* and *Seven Days*. However, it was her association with David E. Kelley that led to her starring role in *Boston Public*.

After guest-starring in two episodes of Kelley's *The Practice*, Gilsig was cast in two episodes of another Kelley program, the short-lived *Snoops*. Although the series was cancelled before Gilsig's episodes were broadcast, Kelley wrote the part of Lauren Davis in *Boston Public* specifically for her. The series premiered in September 2000 on FOX. Gilsig left the series after the end of the season in May 2002.

Following her departure from *Boston Public*, Gilsig joined the cast of *Nip/Tuck* in 2003 as Gina Russo, a role she continued until her character was killed off in 2008. In 2004, she appeared in five episodes of *NYPD Blue*, followed by four episodes of FOX's *Prison Break* in 2005. In early 2006, she guest-starred in an episode of *Law & Order*.

In addition to her extensive credits in television and theatre, Gilsig also has some experience with the big screen. She had a small role in the 1998 film *The Horse Whisperer* and provided the speaking voice for Kayley in the animated film *Quest for Camelot*, also released in 1998. In 2004, she appeared in *Chicks with Sticks* as well as *See This Movie*.

Health-wise Gilsig isn't particularly fanatic about her diet. "I like to cook and I don't have any strict restrictions on food," Gilsig tells **LA Health News**, however she admits that she doesn't keep bread in her house. "I try to keep fattening stuff out of my kitchen to avoid temptation - but I have no problem having dessert if I'm eating out," Gilsig confides.

While Gilsig enjoys different types of workouts at the gym, running is one of her favorite activities. She's done the half marathon at Griffith Park and the Disney Marathon. "Running, for me, is a great way to alleviate stress. It keeps me balanced."

PHOTO CREDIT: FOX/Robert Ascroft

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## Yoga May Ease Chronic Back Pain, Reduce Depression

“Oh, my aching back!” may be heard less frequently as people with chronic lower back pain find some relief from a therapeutic form of yoga, a new study suggests.

Yoga is often promoted as a way to ease lower back pain and other chronic body aches, but there have been few rigorously conducted studies on the subject.

For the current study, published in the journal *Spine*, researchers randomly assigned 90 adults (average age 48, range 18-70) with chronic lower back pain to either stay with conventional care or take six months of Iyengar-style yoga classes.

Iyengar is a form of yoga that emphasizes proper body alignment and uses “props,” such as blocks, blankets and the wall, to help support people in the various yoga postures. The

**IYENGAR IS A FORM OF YOGA THAT EMPHASIZES PROPER BODY ALIGNMENT**

certified Iyengar yoga instructors in this study had experience using yoga therapy for back pain.

Overall, the researchers found, the yoga group showed not only greater improvements in pain and mobility, but also a larger reduction in depression symptoms. And the benefits were seen immediately after the six-month yoga regimen ended, as well as six months later.

### CHINESE HERB RHEUMATOID ARTHRITIS BENEFIT

The Chinese herb *Tripterygium wilfordii* Hook F (TwHF) proved more effective than the anti-inflammatory drug sulfasalazine in a study of patients with rheumatoid arthritis. “The mechanism of action (of TwHF) is not fully understood but seems different from currently available drugs,” Dr. Raphaela Goldbach-Mansky, from the National Institutes of Health, Bethesda, Maryland told Reuters Health. TwHF, the researcher added, “may become an addition to the currently available treatment options for rheumatoid arthritis in the future.”

### VITAMIN B6 BETTER PROSTATE CANCER SURVIVAL

Men with earlier-stage prostate cancer may have better survival odds if they get a little more than the recommended amount of vitamin B6 everyday, a new study



suggests. Researchers found that among 525 Swedish men with prostate cancer, the one-quarter with the highest B6 intakes were 29 percent less

likely than those with the lowest intakes to die of the disease during the study period. Vitamin B6 is found in a range of foods, including beans, potatoes, bananas, meat, chicken, peanut butter and certain fish, like salmon and tuna.



## Green Tea Stomach Cancer Prevention

**As if you needed another reason to drink green tea: Japanese women, but not Japanese men, who regularly drink 5 or more cups daily appear about 20 percent less likely to develop stomach cancer, study findings hint. Researchers have studied green tea in cancer prevention because they**

**suspect that the drink's antioxidants may protect against the deadly disease. In particular, it may include compounds that fight bacteria that have been linked to stomach cancer. The researchers found no link between more tea drinking and reduced stomach cancer risk among men. The 20**

**percent reduced stomach cancer risk they saw among women drinking 5 or more, versus 1 or less, cups of green tea daily remained true even after the researchers took smoking into account. They note, however, that the decreased risk only applied to cancers in certain parts of the stomach.**

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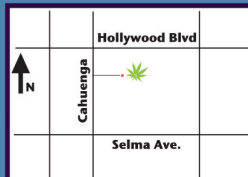
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# Brain Healthy Life Choices

## MIND GAMES. HOW TO KEEP YOUR BRAIN IN TOP CONDITION

**L**ike other parts of your body, your brain may lose some agility as you get older. It can deteriorate even more if you don't take care of it. The good news is there are things you can do to help keep your brain healthier as you age.

Increasing evidence shows that healthy lifestyle habits, such as being heart smart, eating a brain-healthy diet, staying physically and mentally active, and staying socially involved contribute to healthier aging and may also decrease your risk for Alzheimer's. While we cannot with 100% certainty prevent Alzheimer's disease and related dementias, the Alzheimer's Association offers the following advice on ways to live a brain healthy lifestyle and reduce the chances of developing it.

### STAY MENTALLY ACTIVE

Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells. Here are ways to keep your brain active every day:

- Stay curious and involved – commit to lifelong learning
- Read, write, work crossword or other puzzles
- Attend lectures and plays
- Enroll in courses at an adult education center or community college
- Play games
- Garden

### REMAIN SOCIALLY ACTIVE

Social activity can reduce stress levels, which helps maintain healthy connections among brain cells.

A recent study reported that

leisure activities that combine physical, mental and social activity are the most likely to prevent dementia. Other research found that sports, cultural activities, emotional support and close personal relationships appear to have a protective effect. Here are other ways to stimulate the mind and body:

- Stay active in the workplace
- Volunteer in community groups and causes
- Join bridge clubs, square dancing clubs or other social groups
- Travel

### STAY PHYSICALLY ACTIVE

Physical exercise is essential to maintain good blood flow to the brain and encourage new brain cells. It also can significantly re-

duce the risk of heart attack, stroke and diabetes, which are risk factors for Alzheimer's and other dementias.

Growing evidence shows that physical exercise does not have to be strenuous. Walking, bicycling, gardening, tai chi, yoga and other activities of about 30 minutes daily get the body moving and the heart pumping.

### ADOPT A BRAIN-HEALTHY DIET

According to the most current research, a brain-healthy diet is one that reduces the risk of heart disease and diabetes, encourages good blood flow to the brain, and is low in fat and cholesterol. Evidence suggests that an antioxidant-rich diet of dark-skinned vegetables and fruits helps protect brain cells.

### MANAGE YOUR BODY WEIGHT

A long-term study found that those who were obese in middle age were twice as likely to develop dementia in later life. Those who also had high cholesterol and high blood pressure had six times the risk of dementia. Studies also have shown that high intake of saturated fat and cholesterol clogs the arteries and is associated with higher risk for brain impairment.

For more information, visit [www.alz.org](http://www.alz.org) or call 1-800-272-3900.

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# YOUR ACHING FEET



## FOR LESS FOOT PAIN, PICK SNEAKERS OVER HEELS

By Anne Harding

**C**are about the future of your feet? You might want to consider your shoe choices carefully, new research shows.

Older women who said they usually wore athletic shoes or sneakers in the past were 67 percent less likely to have pain in the back of their feet than women who used other types of footwear, the researchers found.

“Obviously women aren’t going to give up their favorite high heels, but I think it’s important to pay attention to the shoes that you’re buying and make sure they fit,” Alyssa B. Dufour, a graduate student at the Institute for Aging Research Hebrew SeniorLife in Boston and one of the researchers on the study, told Reuters Health.

Foot pain is extremely common among older people, and can be disabling, Dufour and her

colleagues note in Arthritis Care & Research. Women are more likely than men to have pain in their feet, they add, and their choice of footwear could be a factor.

For women, Dufour said, the findings show that footwear choices throughout life “have long-term effects you wouldn’t even think about.”

And for times when high heels are in order, she added, women can prevent some of the ill effect of wearing them by stretching the back of their heels and calves to “give your foot the motion that you’re losing when you push your foot into the high heel position.”

High heel wearers can also try gel inserts or insoles, Dufour added. While shoes costing \$300 to \$400 provide better support than less expensive versions, she said, they may not be an option for some women.



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## Lead Threat Has Not Gone Away For Children

Lead pollution in the environment remains a health hazard for children.

Research released last month reveals that blood lead concentrations well below the accepted "safe" level harm youngster's intellectual and emotional development.

Researchers from University of Bristol in the UK measured blood lead levels in 488 youngsters at age 2 and a half and linked these levels to scores on standardized assessment tests at age 7 to 8.

There was a clear link between blood lead levels in early childhood and academic performance by the ages of 7 and 8, the researchers report.

Currently, the internationally accepted "safe" threshold of blood lead is 10 micrograms per deciliter, but Dr. Alan Emond, who led the current study, is now calling for this figure to be halved to just 5 micrograms per deciliter based on his team's findings.

**CHIEF SOURCES OF ENVIRONMENTAL LEAD INCLUDE WATER SUPPLIES, OLD PAINT AND SOIL**

The chief sources of environmental lead include water supplies (lead pipes), old lead paint and soil. To reduce lead content in the environment, old pipes should be replaced, as should old, flaky paint,

Emond said. "Any toys used in the garden, such as buggies and bikes that come into contact with soil, should be washed regularly," he added.

### TRAFFIC BLOOD PRESSURE LINK

Sitting in traffic can get your blood boiling temporarily, but living near it might raise your risk of long-term high blood pressure, a new study suggests. Researchers found that among more than 24,000 Swedish adults, those living near relatively noisier roads were more likely to say they had high blood pressure than those living in more peaceful surroundings. Middle-aged adults with the highest traffic-noise exposure -- averaging more than 64 decibels -- were almost twice as likely to report high blood pressure as their counterparts living near the quietest roads.

### AIR POLLUTION MAY RAISE PRETERM BIRTH RISK

Exposure to air pollution later in pregnancy may raise a woman's risk of delivering her baby too soon, a new study suggests. The findings, reported in the journal *Epidemiology*, do not prove that air pollution,



per se, triggers preterm labor in some women.

In theory, researchers say, exposure to air pollution later in pregnancy could activate an inflammatory response in the body that, in turn, might

trigger early labor. There is increasing evidence that inflammation is involved in preterm birth.



## Statins May Benefit COPD Sufferers

**T**here is "compelling evidence" that popular cholesterol-lowering drugs called statins have benefits in people who suffer from chronic obstructive pulmonary disease, more commonly known as COPD. However, the evidence is not yet strong enough to expand statin indications beyond lowering chole-

sterol, researchers caution. COPD is a progressive lung disease that makes it hard to breathe. Cigarette smoking is the leading cause of COPD -- most people who have COPD smoke or used to smoke, but it is also associated with long-term exposure to other lung irritants, such as air pollution and chemical fumes.

The two main components of COPD are emphysema and chronic obstructive bronchitis, which both damage the walls of the lung. In addition to a proven role in lowering high cholesterol levels, statins also have anti-inflammatory and immunomodulating effects postulated to be beneficial in COPD, researchers note.



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# PILATES: GETTING TO THE CORE OF THE MATTER

**L**et the group fitness gadflies flit from belly dancing to body sculpting to circus stunts. Pilates people opt to take long, steady aim at the core.

And they say the payoff is sweet: strength without bulk, slender thighs, flat-as-a-board abdomen.

"With Pilates, the focus is

- and the signature "hundred," which entails much flapping of the arms and legs.

And while they might look like sophisticated sit-ups, the moves are performed with precision, concentration, breath control and flow. In fact, Pilates was originally called Contrology.

"Because you're so aware of

ten compared, Pilates is the 20th century creation of one man.

German-born boxer, gymnast, and physical therapist Joseph Pilates originated his system as a rehabilitation tool in the 1920s. Some of the first people he treated were soldiers returning from World War I.

When he moved to New York

"I believe it's true," Bastos said.

"Pilates strengthens and lengthens muscles at the same time, so it's different from weight training, which only works concentric muscles. In Pilates the muscles get really long," she explained.

"Even in breathing we try to work the abs. We inhale through the nose and exhale through the mouth to get all air out of stomach," she said "We do not allow ribs to pop out."

Mat classes remain the most popular, but Bastos sees interest in the Pilates equipment growing.

"You start on the mat and move to the machines." Bastos said of the Reformer, the Cadillac and the Chair.

The founder himself created the forerunners of these wood-and-leather contraptions of levers, springs and pulleys when, working in an infirmary, he rigged hospital bedsprings to offer light resistance to bedridden patients.

"The mat works against gravity only. On machines you have spring tension," said Bastos.

Of course, similarities be-



core strength," said Jessica Matthews of the American Council on Exercise. "It concentrates on centering and encouraging improved posture and strength throughout the core."

The core, or powerhouse, refers to the muscles that gird the torso from the lower rib cage to below the beltline. Pilates is a system of over 500 exercises that promises to condition the total body by centering on that center.

The mat exercises comprise several series of leg lifts, chest curls, and roll ups - each one said to be the equivalent of six sit-ups

**"Pilates strengthens and lengthens muscles at the same time, so it's different from weight training, which only works concentric muscles..."**

where the exercise is coming from, you're really focused on where you're working," Michele Bastos, Pilates instructor at the Crunch national chain of health clubs, said of the regimen now practiced by an estimated 10 million people worldwide.

Unlike the 5,000-year-old practice of yoga to which it is of-

City in 1926, his studio was located near the New York City Ballet. Dancers, George Balanchine and Martha Graham among them, spoke of 'going to Joe's' to strengthen their bodies and ease their aches and pains.

The dance connection stuck. As did the notion that Pilates produces a dancer's long, lean body.

tween Pilates and yoga have spawned the inevitable hybrid: Piyo or Yolaties, by any other name.

Other so-called fusion classes provide the cardio workout missing from a Pilates. Something called Rock Star Pilates adds spinning. "It's perfect if clients only have one hour," Bastos said.



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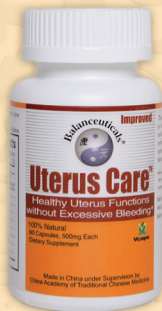


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