# NEWS IT'S ABOUT YOUR LIFE APRIL 2008 ISSUE 85 COMPLIMENTARY

Eat Cookies, Lose Weight! Secret Soy Revolution

# HELSEA, Understanding Addiction THE LONG ROAD HOME

E! ENTERTAINMENT'S Chelsea Handler on Diets, Pilates and Her New Book, "Are You There Vodka? It's Me, Chelsea"

L.A. Dentists on Invisalign, Oral Conscious Sedation, Dentures & More

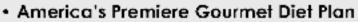
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## editor's letter

## Tough Love

ARENTS WHO TEACH "TOUGH LOVE" by disciplining their children with spankings could be making them more likely to have sexual problems as teenagers and adults, a leading researcher said last month.

Professor Murray Straus, of the University of New Hampshire, found that children who are spanked or experience other corporal punishment have a raised risk as teenagers and adults to verbally or physically coerce a partner into having sex.

"It's more evidence that parents should not spank if the well being of their children is at stake," he said in an interview.

Straus analyzed the results of the International Dating Violence Study, a survey of more than 14,000 university students at 68 universities in 32 countries. The students were asked if they had been spanked or hit frequently before age 12 and if they had coerced a sexual partner in the previous 12 months.

Men who had experienced corporal punishment were four times more likely to physically coerce a partner into having sex, than those who had not experienced a lot of corporal punishment.

Physical coercion includes holding someone down or hitting them. Women who had experienced corporal punishment were also more likely to coerce sex from a partner than those who had not been spanked.

"People generalize that the use of coercion, physical coercion, is okay. They learn that from people they love and respect their parents," said Straus, who presented the findings at a summit of the American Psychological Association.

Spanking children can lead to problems later in life.

Both men and women who had experiencedcorporal punishment as children were less than 10 percent more likely than those who had not been spanked to

verbally coerce sex from a partner.

Straus said studies have shown that corporal punishment leads to low self control and self esteem, as well as aggressiveness, antisocial personalities and the understanding that violence is okay which may lead to sexual coercion.

Headdedthattherearealternativeways to discipline children that work better and do not have side effects.

Editor-In-Chief







A CHEMICAL USED TO GIVE BUTTER FLAVOR to popcorn can damage the lungs and airways of mice. Tests on mice show that diacetyl, a component of artificial butter flavoring, can cause a condition known as lymphocytic bronchiolitis, said the team at the National Institute of Environmental Health Sciences, part of the National Institutes of Health. The condition can lead to obliterative bronchiolitis—or "popcorn lung"—a rare and debilitating disease seen in workers at microwave popcorn packaging plants and at least one consumer. At least two microwave popcorn makers—ConAgra Foods Inc and Weaver Popcorn Co Inc—have said recently they would stop using diacetyl.



A gene that helps the brain make connections may underlie a significant number of autism cases, researchers in the United States reported last month. Disruptions in the gene, called contactin 4, stop the gene from working properly and appear to stop the brain from making

proper networks, the researchers reported in the Journal of Medical Genetics.

## SHORTER RADIOTHERAPY COURSES WORK

A shorter radiation course at a lower overall dose appears as safe and effective as the standard treatment delivered over a longer period of time for women with early breast

cancer, British researchers said last month. Their study of nearly 4,500 women with early breast cancer showed that the key was giving fewer -- but larger -- treatments during radiotherapy treatment. The researchers reported their findings in the journal Lancet Oncology.

#### NOSE TRIGGERS ALLERGIC EYE SYMPTOMS

The itchy, watery eyes that plague allergy sufferers may be, at least in part, a reflex response triggered by the nose, a new study shows. Researchers have previously demonstrated that when an allergen is introduced into one nostril, the other nostril will respond, demonstrating what's known as a "nasonasal reflex," Dr. Fuad M. Baroody and colleagues from the University of Chicago explain in their report in the Annals of Allergy, Asthma & Immunology.

## GROWTH HORMONE NO ATHLETIC BENEFIT

People who take human growth hormone in the hope of boosting athletic performance are not only breaking the law and risking their health, but likely are not even achieving their objective, U.S. researchers reported last month. While some reports show that some illegal steroids may help athletes bulk up and train harder, human growth hormone is not one of them, the report in the Annals of Internal Medicine suggests.

## FACE-LIFT SUPERBUG INFECTION WARNING

A dangerous drug-resistant bacterial infection has been showing up in a small number of patients who undergo face-lifts, doctors reported last month. When infections do occur at surgical sites following such procedures "the facial plastic surgeon should have a high suspicion" for MRSA (methicillin-resistant Staphylococcus aureus), as the source, they said.

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## **Praying for Patrick**

"DIRTY DANCING" STAR PATRICK SWAYZE HAS PANCREATIC CANCER. RISK FACTORS INCLUDE SMOKING, OBESITY ctor and dancer Patrick Swayze, star of such hit films as "Dirty Dancing" and "Ghost," has been diagnosed with pancreatic cancer but is responding well to treatment, his publicist said last month.

By Dan Whitcomb

The 55-year-old performer was working during his treatments, pub-

licist Annett Wolf said, dismissing reports in the tabloid media that portrayed him in grave condition with only weeks to live.

Wolf issued a written statement from his physician, Dr. George Fisher that said: "Patrick has a very limited amount of disease and he appears to be responding well to treatment."

"All of the reports stating the timeframe of his prognosis and his physical side effects are absolutely untrue," Fisher said in the statement. "We are considerably more optimistic."

Wolf said Swayze deeply appreciated the "outpouring of support and concern" he has received from the public.

Though Swayze has had dozens of film, TV and stage roles, he is best known for starring as dance instructor Johnny Castle opposite Jennifer Grey's character, infatuated teenager Frances "Baby" Houseman, in "Dirty Dancing."

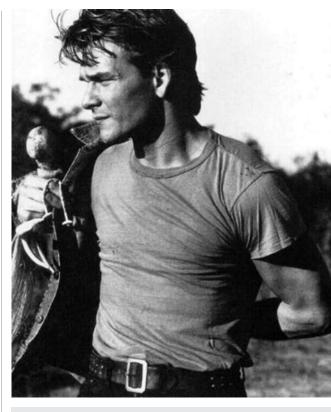
The film, which centers on an unlikely romance between the pair at a 1960s resort in the Catskills of New York, defied expectations to be come a massive hit, earning both actors Golden Globe Award nominations.

Swayze performed the song "She's Like the Wind" for the movie's soundtrack and his signature line, "Nobody puts Baby in the corner," has become a pop culture staple.

Swayze went on to star alongside Demi Moore in the 1990 tear-jerker romance "Ghost," which also became a huge box office hit and was nominated for an Academy Award for best picture.

Pancreatic cancer is difficult to catch early, and 95 percent of patients die within five years of being diagnosed. Because of this dismal prognosis, researchers consider it particularly important to pinpoint the modifiable risk factors for the disease.

Smoking is one such risk factor. Some studies have also implicated obesity and physical inactivity in contributing to pancreatic cancer.



SIGNS AND SYMPTOMS of pancreatic cancer often don't occur until the disease is advanced. When symptoms do appear, they may include:

- Upper abdominal pain that may radiate to your middle or upper back.
- Loss of appetite and unintentional weight loss.
- Yellowing of your skin and the whites of your eyes (jaundice).
- · Itching.
- Nausea and vomiting.
- Digestive problems.

See your doctor if you experience any of the above symptoms. Many problems other than cancer may cause similar signs and symptoms, so your doctor will check for these conditions as well as for pancreatic cancer. If cancer is present, early diagnosis and treatment offer the best chance of recovery.

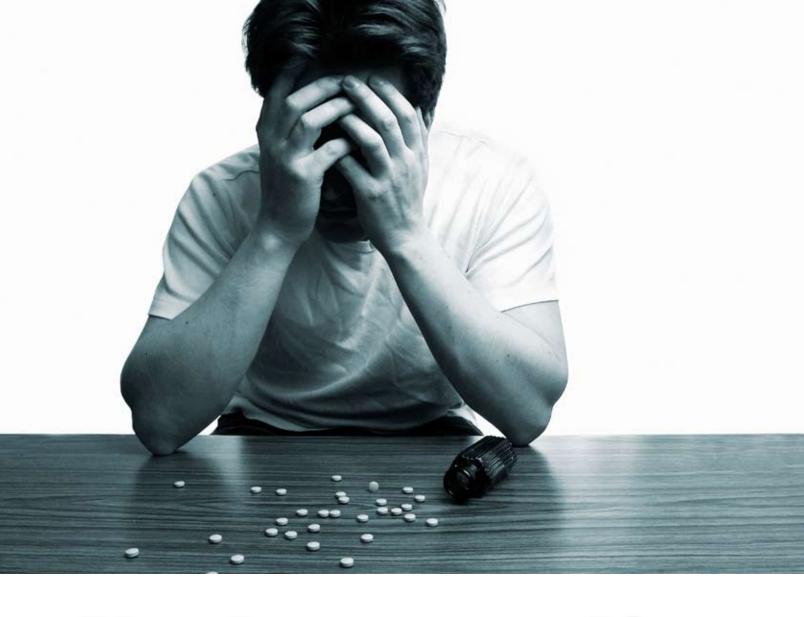
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# Understanding Addiction

ADDICTION IS A BRAIN DISEASE, AUTHOR SAYS. "TAKING DRUGS BECOMES, FOR AN ADDICT, LESS A MATTER OF PERSONAL CHOICE AND MORE A MATTER OF SURVIVAL"

ByTerri Coles

r. Gabor Mate sees ghosts.
They're not the paranormal kind; rather they are regular people afflicted by a condition that Mate says originates in the brain: addiction.

In his book "In the Realm of Hungry Ghosts," Mate argues that addiction defies easy fixes and requires compassion ahead of judgment or punishment. Mate, who worksin Vancouver's notorious Downtown Eastside, said in an interview he aimed to show his patients have turned to drugs and alcohol to set right an imbalance in their brain chemistry that often stems from a life of neglect and abuse.

The book, which has attracted mainstream media attention and is now on Canadian bestseller lists, derives its name from the Buddhist Wheel of Life, with six realms depicting different aspects of human life. The characters in the hungry ghost realm are scrawny, emaciated creatures driven by a constant search for something to calm an internal hunger that can't be sated.

To treat addiction, Mate said, it needs to be recognized as a condition of the brain, one that often begins in childhood or even in the womb. "When the brain is diseased the functions that become pathological are the person's emotional life, thought processes, and behavior," he writes.

The case for the connection between brain function and addiction has been well made, Mate said. "Any human activity has to have some control mechanism in the brain," he pointed out, "otherwise it can't happen."

When someone takes a drug like cocaine, their brain gets a rush of dopamine, which provides a "high" that otherpleasurable experiences can't quite match. An addict's brain is wired to depend on that high just for normal functioning, despite the destruction caused in its pursuit.

Taking drugs becomes, for an addict, less a matter of personal choice and more a matter of survival, he said. "It's not a choice they make," Mate said. "That's a false distinction." Choice implies a measure of options, he said, ones that addicts don't have.

In his book, Mate points out that many people who try drugs, even narcotics like

People turn to drugs and alcohol to set right an imbalance in their brain chemistry that often stems from a life of neglect and abuse

opiates, do not become addicted to them. A survey published in the journal Clinical and Experimental Pharmacology and cited in "Hungry Ghosts" shows that 32 percent of those who have tried nicotine have gone on to regular long-term use, where the rate is about 23 percent for heroin and 15 percent for cocaine and alcohol. Something about those who do become addicts must be different in some way, Mate contends, or at least, the effects of the drugs themselves can't be the only cause of addiction.

"If you look at the street kids that use crystal meth, it does something for them," Mate said. It doesn't just make them high, butitalso keeps them awake during nights on the street and provides them with a community of other users. Moreover, studies have shown an association between Attention Deficit Disorder and crystal meth use, he said.

If they could get the things they needed in another way, the crystal meth might eventually become less appealing, Mate suggested. The fact that so many factors are at play -- personal history, brain chemistry, social status -- explains the need for a holisticapproach that doesn't over-simplify addiction treatment -- and the addicts themselves, he said. "There's no single explanation, because it's a multi-faceted, multi-layered phenomenon."

Karen Minden, the CEO of Pine River Institute in Ontario, Canada, says, "Addiction is not a criminal issue. The criminal issue is the consequences of high-risk behavior. Addiction is a mental health issue and it needs to be squarely in that realm."

Pine River's holistic approach is proving successful in students who have left the facility and gone home, Minden said. More than 80 percent of the students they've been

able to follow up on are back in school, she said, and many of them are participating in new extracurricular activities in sports and the arts.

Mate described the addicts he treats at the Portland Hotel, where he has been a staff physician for a decade, as "the hardest of the hardcore." They are marked by abuse in their personal histories, many of which are related in "Hungry Ghosts."

Mate said he realizes that most of his patients will die young due to their addictions. His aim, he said, is to treat them and alleviate their suffering, because social and political conditions put a cure out of reach for most. "I could cure a lot of people — at least, I could do much more towards a cure, if I had the right tools, the right conditions to work with," he said. "That's not a personal issue, that's a social issue."

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**Child Care** 

n an unprecedented step, nine of the nation's leading pediatric medical research institutions, including Childrens Hospital Los Angeles, have come together to support an innovative new approach to the continued under funding of federal support for persearch. This situation has

diatric research. This situation has been described as a crisis in terms of finding cures for children's diseases and averting the staggering financial burden on a stressed U.S. health care system, as ill children become even sicker adults.

The Coalition for Pediatric Medical Research, which has the support of all the major pediatric research societies, represents lead-

ing children's research hospitals across the U.S., from Boston to Los Angeles. Coalition leaders say that while children represent 20 per cent of the U.S. population, only five per cent of the funding from the National Institutes of Health is allocated for research on pediatric diseases. They are lining up behind a bill introduced today by Sen. Sherrod Brown (D-OH) and Sen. Christopher "Kit" Bond (R-MO) that would not only authorize increased funding, but also create a new structure to maximize the efficiency and effectiveness of pediatric disease research.

"Research into early development, both in healthand disease, can be nefit all age groups, since even a dult diseases have their foundation in early life," says Roberta G. Williams, M.D., vice president of Pediatrics and Academic Affairs at Childrens Hospital Los Angeles and professor and chair of the Department of Pediatrics at the Keck School of Medicine of the University Southern California.

"And, the investment in producing healthier children pays dividends over a lifetime of productivity and reduced health care costs."

"The funding situation is unacceptable for today, and tomorrow," said Dr. David Williams, Chief, Division of Hematology/Oncology, Department of Medicine and Director of Translational Research at Children's Hospital Boston, a spokesperson for the Coalition.

"Currently there simply isn't enough funding to find cures and better therapies for children who are suffering right now. In addition, when you consider the many serious, life-threatening health conditions that affect millions of adults, like heart disease and diabetes, which have their roots in childhood, you realize that without a concerted focus on pediatric research today, the costs of health care in the future will be enormous."

There simply isn't enough funding to find cures and better therapies for children who are suffering right now

Dr. David Williams also noted that "The consequences of inaction are clear-we see them already today, as children continue to suffer and bright and talented young researchers are discouraged from entering careers in pediatrics because of a lack of funding for their work. But we can also envision the consequences of investment - not only helping ill children, but also making discoveries that will help advance adult health, particularly adult diseases with genetic components."

For more info visit: www.ChildrensHospitalLA.org

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By Patrick Tsakuda





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## Magnesium Intake May Cut Risk of Gallstones

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artichokes, oat

bran, almonds and

A DIET RICH IN MAGNESIUM APPEARS TO reduce the risk developing painful gallstones, according to recent study findings.

Consumption of magnesium has been declining over the years, due in part to the overprocessing of foods, Dr. Chung-Jyi

Tsai and associates note in their report in the American Journal of Gastroenterology.

Magnesiumdeficiency is known to raise triglyceride levels and decrease HDL ("good") cholesterol levels in the blood, both of which may increase the risk of developing gallstones. Still, thelong-termeffectofmagnesium on the risk of gallstones in humans was not

known.

To investigate, Tsai, from the University of Kentucky Medical Center in Lexington, and colleagues analyzed data from 42,705

men, between 40 and 75 years of age, who were enrolled in the Health Professionals Follow-up Study. The men were followed from 1986 to 2002.

The subjects were surveyed every 2 years to assess the occurrence of new illnesses,

including gallbladder disease. Magnesium consumption was deter-

minedwithasemiquantitative foodfrequencyquestionnaire sent to the participants every 4 years.

During follow-up, 2195 men were diagnosed with gallstonedisease, the researchers found.

Compared with the lowest level of total magnesium intake, the highest intake reduced the risk of gallstone disease by 33 percent. The same risk reduction was seen when considering just dietary magnesium, when supplements were excluded.

### **LOW-FAT DAIRY MAY** HELP CONTROL BLOOD **PRESSURE**

Women who regularly consume low-fat milk or yogurt may have a lower risk of developing high blood pressure, new research suggests. In a study of nearly 29,000 women age 45 or older, researchers found that those who had the most low-fat dairy in their diets were slightly less likely to develop high blood pressure over 10 years. Calcium and vitamin D from supplements, however, were unrelated to blood pressure, the researchers report.

### **VEGGIES, ALCOHOL** MAY WARD OFF **PROSTATE WOES**

Men who want to avoid developing the benign but bothersome prostate enlargement that typically accompanies aging should cut their intake of fat and red meat, eat more vegetables, and have a couple of drinks a day, a new study suggests. Men who had two or more alcoholic beverages daily were 33% less likely to develop benign prostate hyperplasia than teetotalers, the researchers found, while those who consumed at least four servings of vegetables daily were at 32% lower risk than those who ate fewer than one serving per day.

#### **BREAKFAST KEEPS TEENS LEAN**

Teenagers who regularly eat breakfast tend to weigh less, exercise more and eat a more healthful diet than their breakfast-skipping peers, researchers report. The study involved 2,216 adolescents whose eating patterns, weight and other lifestyle issues were tracked for five years. They

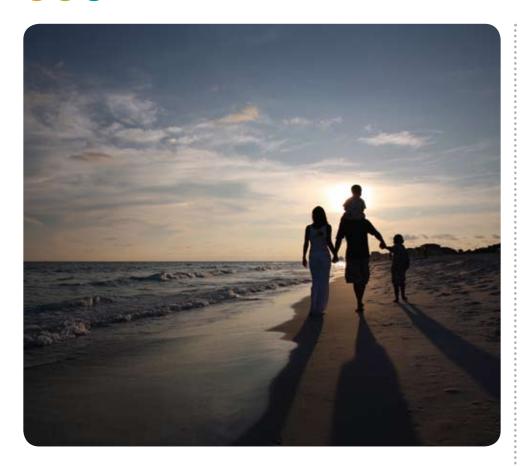
were just under 15 years old when they entered the study. The more regularly the teens

ate breakfast, the lower their body mass index was, according to the study.









## Feeling Tired? Go for a Walk

COUCH POTATOES WHO COMPLAIN THEY are tired all the time have an easy solution-a little light exercise.

Regular, low-intensity workouts such as a leisurely stroll can boost energy levels by 20 percent and decrease fatigue by 65 percent, a team at the University of Georgia found.

"Too often we believe that a quick workout will leave us worn out, especially when we are already feeling fatigued," researchers said.

"However, we have shown that regular exercise can actually go a long way in increasing feelings of energy, particularly in sedentary individuals."

Researchers at the university's exercise psychology laboratory studied 36 people who did not exercise regularly and who said they were always fatigued.

They were divided into three groups.

One did 20 minutes of moderately intense exercise on an exercise bike three times a week for six weeks, the second did similar workouts but at a much more leisurely pace and the third did no exercise.

> The low- and moderate-intensity groups had a 20 percent increase in energy levels over non-exercisers, researchers reported in the journal Psychotherapy and Psychosomatics.

To their surprise, the researchers found the lowintensity group reported better reduction in fatigue than those who

worked out harder.

A leisurely

stroll can

decrease

fatigue by 65

percent

"It could be that moderate-intensity exercise is too much for people who are alreadyfatiguedandthatmightcontributeto themnotgettingasgreatanimprovementas they would had they done the low-intensity

### **IMPROVING COPD** PATIENTS AEROBIC **CAPACITY**

Exercising one leg at a time can improve aerobic capacity more than two-legged exercise in patients who have stable chronic obstructive pulmonary disease (COPD), according to a report in the latest issue of the medical journal Chest. Researchers note that shortness of breath limits exercise intensity for most COPD patients. "One-legged exercise," at half the work load of exercise using two legs, "places the same metabolic demands on the targeted muscles." However the stress on the lungs is reduced, permitting patients to increase their exercise capacity, the researchers point out.

#### **EXERCISE BENEFITS** ARTHRITIS SUFFERERS

Arthritis sufferers who participate in three weeks of intensive exercise therapy after being hospitalized for their disease enjoy a better quality of life a full year after the treatment than those who don't, Dutch researchers report. And the exercise program actually saves money compared to standard care, researchers found. Arthritis patients often experience a decline in function while in the hospital, the researchers note in a report in the medical journal, Arthritis and Rheumatism.

#### **GOLF PUTS STRESS ON** REPLACEMENT KNEES

Swinging a golf club, considered a low impact activity, places as much stress on artificial knee joints as does jogging or tennis, according to a recent

> study. By contrast, exercising on a stationary bicycle generated relatively little force on the knee, even lower than walking on a treadmill. This information could help doctors decide which recreational activities are suitable for knee replacement patients.

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> By Marilyn Wayne, President, Hair Solutions of South Bay

hese photographs are before and after pictures of a client who started his treatments on 6/10/07. He came to our clinic twice a week, for 30 minutes each treatment. The dramatic results speak for themselves.

The client is a 36 year oldmale,who was obviously on a clear

path to baldness. After examining his scalp with our high powered computer, it was obvious his follicles were still alive, but lack of circulation, poor blood flow and little nourishment to his hair meant it was only a matter of time before the follicles went from dormant to dead.

Hair Solutions of South Bay offers a state of the art revolutionary hair regrowth program using clinically proven cool lasers, (Revage 670), to

revitalize limp and lifeless hair and stop thinning and balding, returning your hair to its natural beauty and health. We have enhanced our treatments with the combined use of two topical treatments, 33% stronger than Monoxidil but without the side effects. This combination is only used by Hair Solutions and has proven to produce miracu-

Hair Solutions of South Bay offers a state of the art revolutionary hair regrowth program

lous results. Our therapy has been successfully used in Europe for over 30 years and has been

the topic of many recent TV national newscasts.

The therapy is painless, safe and certainly a better alternative to transplants. The Low Level Laser has been cleared by the FDA for safety, cosmetic use and recently, the Laser Hair Max was approved for medical hair regrowth with an impressive 93% success rate. We work to regrow your hair from the inside up. For more information, go to our website, www. sobayhairsolutions.com and for live news coverage, goggle revage670+hair.

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DR. MANNY FERNANDEZ, DDS, on the Invisalign alternative

DR. HILLARD TORGAN, DDS, on overcoming denture frustration

DR. BRUCE BEARD, DDS, on cosmetic dentistry breakthroughs

DR. DAYAN, DDS, on dental implants

DR. WARREN J. GEROSA, DDS, on oral conscious sedation

## Should You Consider a Dental Implant?

By Dr. Dayan, DDS

henever I mention a Dental Implant as a treatment option I often get the following responses: "It is too painful.", "I heard that they are experimental.", "I can't afford Implants."

I decided to write this article to clarify some misconceptions about Dental Implants, and hopefully helpyou decide on the proper course of treatment if you are a candidate for a Dental Implant.

Dental Implants are the fastest growing method of restoring missing teeth. They are over 90% success-

**BEFORE** 



**AFTER** 



ful, making them one of the most predictable and successful procedures in all of Dentistry and Medicine. The drawbacks of DentalImplantsarethat the treatment time is longer than other restorative procedures, and there is pain associated with the surgical portion of the procedure. The benefits of Dental Implants far outweigh the drawbacks.

The most common indication for a Dental Implant is the replacement of a single missing tooth. In the past when a tooth was

lost due to dental decay, accidents, failed root canal, or if a tooth was missing from birth, a Dental bridge would be the most common method of replacing the missing tooth. This would entail preparing or shaving the teeth adjacent to the missing tooth, and fabricating two crowns or caps attached to each other with a fake tooth. Often the teeth that were shaved down to receive the crowns were healthy teeth and would otherwise not need to be restored. Bridges are also hard to clean under and around and when any portion of the bridge needs replac-

ing or repair, the entire bridge needs to be replaced. The Insurance Companies estimate that the average bridge lasts about 5 years. With a Dental implant a titanium root is placed in the bone in the site of the missing tooth. Following a period of time where the titanium root is allowed to fuse to the bone, a single crown is placed on the implanted root to restore the missing tooth. The advantages of this procedure are that healthy teeth are not shaved down, it is very easy to clean around a Dental Implant, and Implants never decay and often last a lifetime. The cost of a bridge as described is nearly the same as the cost of the single tooth Implant restoration, however you save a considerable amount of money in 5 years when you may have to replace the bridge with a new one, and have to pay for a new bridge. For replacing a single missing tooth, Dental Implants should be your first choice.

For patients that wear dentures or have been told that they need dentures, Dental Implants must be considered. With a minimum of 2 Dental Implants placed each in the upper and lower jaw, dentures can be stabilized by attaching them to the implants, allowing the patient to eat and function properly without the denture coming loose, or hurting the gums. Denture wearers know that every year the boneshrinks and the dentures get loose. When Dental Implants are placed, the bone no longer shrinks and the dentures become very stable. Whether you already wear dentures or are considering dentures, Dental Implants are a must for comfort, stability, and proper function.



Dr. Dayan, DDS. Cosmetic and Implant Surgery 9012 West Olympic Blvd. Beverly Hills. Tel: 310-246-4646

## The Invisalign Alternative

By Dr. Manny Fernandez

s we age, many things aren't quite what they used to. Our teeth are no exception, especially when it

comes to crowding in our upper and lower front teeth. As we mature our straight, white smiles give way to crowded and overlapped teeth that look dingy, making them harder to clean and floss.

A simple solution for this is orthodontics, but many adults avoid this option. They remember the hassle and look of the metal braces from their youth. Modern technologies have allowed this procedure to be done without metal and wires.

Invisalign (r) is an amazing alternative to the cosmetic issue of traditional braces. Thin, clear plastic aligners are used to move your teeth back the strait. These aligners are removable, so you can eat and maintain or al hygiene. If you have a critical social engagement, you can leave them in your purse or pocket.

Your dentist will take standard x-rays and special models of your mouth and teeth. The models are scanned and software allows for development and treatment of "virtual orthodontics." The end results can be viewed before you start treatment, and you will have accurate knowledge of how long the treatment will take. Treatment time is broken into two-week periods and most usually completed in under 9 months.



Dr. Manny Fernandez, DDS is a member of the American and California Dental Associations, Board of Trustees for the California Dental Association, Trained at Las Vegas Institute for Advanced Dental Studies, Trained Sedation Dentist (DOCS). For more

info visit the Torgan-Beard-Fernandez Dental Group at www. SensationalSmileCenter.com or call at 818-276-1798

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"My pain decreased dramatically...Thank you!" –Sally T. "I have even received compliments from strangers..." –Michelle J.

## Cosmetic Dentistry Breakthrough

By Dr. Bruce F. Beard, DDS

UMINEERS™ BY CERINATE® are the newest breakthroughin cosmetic dentistry. They are permanent, pleasant and painless. LUMINEERS are ultra-thin, permanent smile enhancers that transform worn, misshapen, broken, and discolored teeth into the most naturally, beautiful smile possible! Some of the reasons that LUMINEERS have become so popular are:

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- Minimal preparation required
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- \* A viable alternative to braces in many cases.
- \* Can be placed over crowns and can rejuvenate old dental bridge work. •



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 infovisit the Torgan-Beard-Fernandez Dental Group at www. SensationalSmileCenter.com or call at 818-276-1798

# Overcoming Denture Frustration

By Dr Hillard L. Torgan, DDS

re you frustrated with your dentures? Don't worry, you're not alone. Most denture wearers face many of the same problems that impede on their every day life. The most common issues among patients, is that their dentures don't fit correctly.

Dentures that don't fit correctly can cause major destruction to your jawbone. As we age our mouths slowly change. Your first set of dentures was made to fit over the jawbone when your teeth were removed. That strong, tall jawbone gradually shrinks over time, but your dentures remain the same size. This "Shrinkage" can lead to many issues including: Oral cancer, difficulty chewing, aging in your face, and speech problems. These issues can effect your diet, and even cause you to avoid engaging in conversation and meeting new people.

Fortunately the solution is simple. With regular dental checkups, your dentist can diagnose oral cancer, and many other infections or diseases. They will also refit your dentures, improving the agelines, chewing ability, digestion, and speech. A denture that's well fitted allows all of these components to work together properly.



Dr. Hillard L. Torgan, DDS,FACD, sits on the Judicial Council of the California Dental Association, Past Chairman of the Dental Peer Review and a member of the American and California Dental Association, Implant Restorative Dentist. For more info visit the Torgan-Beard-Fernandez Dental Group at www.SensationalSmileCenter.com or call at 818-276-1798





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hat makes a dentist special? In Dr. Warren J. Gerosa's case there are many things. Not only is Dove Dental's Dr. Gerosa an amazing dentist, healsooffers many different options catering to a wide array of people. From the coward to the courageous - he's got you covered.

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Dove Dental's Dr. Gerosa treats all of his

patients as if they were the only people in the world. His one on one time is second to none.

As Dr. Gerosa's main concern is your dental health, he only works with safe products, products he would use on himself. With his vast knowledge and gentle nature, Dr. Gerosa will have you returning time and time again.



Dr. Warren J. Gerosa has been practicing dentistry for 23 years and has perfected the art of Oral Conscious Sedation For more information or to set up an appointment contact Dove Dental Spa at 310-645-2886







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# **Ouick Fix**

## FEELIN' GROOVY: **EVEN A 10-MINUTE WORKOUT CAN HELP**

By Julie Steenhuysen

xercising as little as 10 to 30 minutes a day can make overweight or obeseolderwomengetmoredone and feel better about their lives, researchers said last month.

They said even women who only exercised 10 minutes a day saw significant improvements in quality of life -- they had more energy, less anxiety and were simply happier.

The study is among the first to examine how exercise can improve the quality of life of postmenopausal women who were extremely out of shape but otherwise healthy, said Dr. Timothy Church of the Pennington Biomedical

Rouge, Louisiana. "This is by far the largest

exercise trial which has ever looked at quality of life," Church said in a telephone

interview.

The results, which were presented at the American Heart Association's Conference on Nutrition, Physical Activity and Metabolism Colorado Springs, Colorado, update a 2007 study by Church and others in the Journal of the American Medical Association.

That study found women who exercised 10 to 30 minutes saw improvements in fitness. The latest findings look at other measures, such as mental health and social functioning.

The researchers studied 430 sedentary women pastmenopausewithanaverageageof57whowere assigned to one of three exercise groups: those who exercised 70 minutes a week; 135 minutes a week and 190 minutes a week.

A fourth group did not have an organized exercise program and served as a control group.

> At the beginning of the study, the women were asked a host of questions about their health status, their physical health, including any pain or physical limitations, and their mental health, including whether they werenervous, depressed, peaceful or happy.

After six months, the researchers found women who participated in the highest exercisegroupsawthegreatest improvements in most quality-of-life scales.

But even the women in the lowest exercise group saw significant improvements in general health, vitality, emotional health and social functioning.

"That's basically just 10 minutes of daily walking at a brisk pace," Church said of the low exercise group.

He said the women in the studyonlylostanaverageof3 to 6 lbs (1.5 to 2.5 kg).

"These changes in quality of life were not driven by weight. These changes were driven by changes in activity," he said. 🖶



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## beauty



## Millions of Cosmetic Procedures Performed

most popular

cosmetic surgical

procedure was

liposuction

THE ANNUAL REPORT RELEASED LAST MONTH by The American Society for Aesthetic Plastic Surgery indicates that 11.7 million cosmetic procedures were performed in the US in 2007 at a cost of roughly \$13.2 billion.

The popularity of cosmetic procedures exploded in the last decade. Since 1997, surgical procedures have increased by 114 percent, while nonsurgical procedures rose by an impressive 754 percent, according to the report.

Eighteen percent of the procedures performed in 2007 were surgical and 82 percent were nonsurgical.

The most popular cosmetic surgical procedurelastyearwasliposuction, with nearly half a million operations performed. Rounding out the top five were breast augmentation, eyelid surgery, abdominoplasty (better known

as a tummy tuck), and breast reduction.

Botox injections were far and away the most popular nonsurgical procedure with nearly 2.8 million treatments logged. Hyaluronicacidinjectionswerethenext

number of Botox procedures.
Other procedures making the top five were laser hair removal,microdermabrasion, and laser skin resurfacing.

mostpopularwithroughlyhalfthe

The vast majority of patientsundergoingcosmetic procedures were women, the reportindicates.Ninety-one percent

of the procedures (10.6 million) performed in 2007 were on female patients.

Compared with 2006, however, there was a much greater increase in cosmetic procedures among men than women: 17 percent vs. 1 percent. •

### ALLERGAN GETS SUBPOENA ON BOTOX PROMOTION

Allergan Inc said last month that it received a subpoena from the Department of Justice investigating the promotion of Botox, a drug best known for its cosmetic use. The drug maker said authorities were seeking documents regarding promotional, educational and other activities relating to Botox. Allergan said it believes the subpoena is related to alleged off-label promotion of Botox to treat headaches. Botox, which is best known for smoothing facial wrinkles, is not approved as a headache treatment. The subpoena comes a few weeks after regulators said they were reviewing the safety of Botox.

## DRUG COMBO TREATS SEVERE ACNE

The oral contraceptive Yasmin, plus a low-dose of the diuretic spironolactone, is a safe and effective treatment for women with severe facial acne, according to the findings of a small study. Hormones can play a role in the development of acne. "Several studies have demonstrated that combined oral contraceptives can be an effective treatment for acne in women," Dr. Aleksandar Krunic from Northwestern University Feinberg School of Medicine pointed out in the Journal of the American Academy of Dermatology.

#### EARPLUGS NEW FASHION ITEM

Earplugs may not be the most glamorous



fashion item around, but a charity for the deaf has asked designers to pitch suggestions to make them hip enough for young clubbers at risk of long-term hearing damage. The Royal National Institute for the Deaf (RNID) says 90 percent of young clubbers have experienced early signs of hearing damage.

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## "Scar Free" Breast Reduction

## REDUCE YOUR BREAST SIZE WITH THE SCARLESS LIPOSCULPTURING TECHNIQUE

By Nathan Newman, MD

omenwithundesirablylarge naturalbreasts often complain of back pain, shoulder soreness and an inability to fit into clothing. Traditional breast reduction surgery in women involved

large scars and a relatively risky and complicated surgery with a long healing period. Advanced liposculpting techniques has made possible a "scar-free" breast reduction method that is safe and effective in reducing breast size and weight with minimal discomfort and recovery time.

#### BENEFITS OF LIPO BREAST REDUCTION

The "scar free" liposuction breast reduction uses liposculpturing techniques and the tumescent local anesthesia method to safely and efficiently remove the excess fat from the breasts without unsightly scars. The "scar free" lipo breast reduction avoids the long scars that are made on the breast, in a traditional breast reduction, that may thicken, discolor, keloid or thin, stretch and widen. The scarless lipo breast reduction can reduce breast size by a third to a half in half the time of the traditional surgery without changing the natural shape and appearance of the breast. Breast reduction by liposuction will produce a smaller version of the breasts that existed before liposuction. The "scar free" liposculpture technique also can have a moderate breast lift effect by causing the skin to contract, thereby lifting the breast and the nipple. The recovery from the scarless lipo breast reduction is quick and much easier than traditional breast reduction surgery. Theamount of reduction in breast size and weight that is achieved by "scar free" liposculpting technique, typically eliminates most of the related health consequences of large breasts, including shoulder and back pain, difficulty exercising, skin rashes or infections, and inability to find properly fitting clothing or bras. Smaller breasts that fit your frame can improve self confidence and make it easier to be active and dress to your desire.

#### WHO IS A GOOD CANDIDATE?

A good candidate must have realistic expectations and a good understanding of the procedure and its



alternatives. Best results from the "scar free" lipo breast reduction is seen in patients with breasts that contain more fatthanglandular tissues. After menopause, the breast has an increased ratio of fatty to glandular tissues. The proportion of fat in the breast can be determined by a mammogram.

#### **MAMMOGRAMS**

Mammograms are recommended before the procedure to evaluate the fat ratio in the breast and to screen for growths. A mammogram is recommended 6 months after "scar free" lipo breast reduction procedure to establish a newbase-line mammogram for future reference and comparison.

#### **SUMMARY**

If you have large fatty breasts and wish to reduce your breast size with minimal risk, without unsightly scars, with little discomfort, with minimal recovery time and at a fraction of the cost of traditional breast reduction then the "scarfree" liposculpturing breast reduction procedure may be right for you.



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

## If You've Suffered a Stroke, You Know that a Mile Can be a Marathon.













Stroke is the nation's number three killer and the leading cause of long-term disability. On Sunday, March 2nd, people dedicated to fighting the ravages of stroke walked the last mile of the Los Angeles Marathon to raise stroke awareness and to cheer on a brave group of survivors who walked the last mile.

The event was the result of a partnership between the American Stroke Association, the Stroke Association of Southern California, and Rancho Los Amigos National Rehabilitation Center. It brought together nurses, staff members of the organizations, volunteers, and stroke survivors, and it was a day that no one involved will soon forget.

The American Stroke Association, and its Train To End Stroke and Power To End Stroke programs, want to thank our partners, and especially want to thank the Los Angeles Marathon for its incredible support in making this such a special day for so many people.

The smiles say it all.









ı

## alternative



## Moderate Selenium Levels Tied to Longer Life

The bad news:

may increase

mortality risk

WHEN IT COMES TO THE EFFECTS OF selenium on health and longevity, you may be able to get too much of a good thing. While moderate levels of the mineral are associated with longevity, once selenium levels climb past a certain mark,

the odds of dying from any cause, or from cancer specifically, begin to tip upward, a new study suggests.

high selenium levels The study, of nearly 14,000 U.S. adults, found that higher blood levels of selenium were linked to a lower risk of death over 12 years, at which point the risk appears to increase.

The findings, published in the Archives of Internal Medicine, support earlier studies linking selenium to lower risks of prostate, lung and colon cancers. But the

study also "raises the concern that highnormal levels of selenium may be associated with an increased risk of mortality," write the researchers, led by Dr. Joachim Bleys of Johns Hopkins University School of Public Health in Baltimore.

Selenium is a mineral that people require in small amounts; food sources include grains, certain nutsandsomemeatsand seafood, such as beef and

The body incorporates selenium into proteins called selenoproteins, which act as antioxidant enzymes; anti-

oxidants, in turn, help neutralize celldamaging substances called free radicals. Some studies have linked higher selenium levels to lower risks of certain cancers and heart disease. ❖

#### **RED ALGAE FOR ARTHRITIC KNEES**

A natural dietary supplement derived from seaweed could help improve pain and stiffness in people who suffer from osteoarthritis of the knee, according to a preliminary study. The supplement, Aguamin, is made from red algae and contains calcium, magnesium and other minerals that some research suggests could help ease inflammation and slow deterioration due to arthritis. Dr. Joy L. Frestedt of the Minnesota Applied Research Center in Edina and colleagues note.

#### **ACUPUNCTURE FOR** MENSTRUAL PAIN

Acupuncture can help relieve menstrual pain and improve the quality of life for some women, a new study from Germany shows. Because the acupuncture patients were compared with a control group who received no therapy, rather than a "sham," or fake, version of the treatment, the placebo effect could have played a role, Dr. Claudia M. Witt of Charite University Medical Center in Berlin and her colleagues acknowledge. "Nevertheless, our study showed that acupuncture was beneficial for women if offered as part of the health insurance system," the researchers write in the American Journal of Obstetrics & Gynecology.

#### VEGAN DIFT FOR **RHEUMATOID ARTHRITIS**

they said.

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



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## Eat Cookies, Lose Weight!

**HERE'S SWEET NEWS:** YOU MAY BE ABLE TO EAT COOKIES FOR **LUNCH OR DINNER** AND LOSE WEIGHT.

hat's the idea behind a line of cookies created by a chef in Japan from a special kind of soy fiber. Called "okara," it absorbs a very high amount of liquid, so that when eaten, it gives you a very full feeling for a long time.

Okara itself is very bland, so it can be added to a variety of other foods without changing their fla- vor. Also, unlike other dietary fiber, okara is an excellent source of high-quality protein and it's loaded with many other essential nutrients, including

nicely crunchy texture and the flavor of whole wheat flour. The high-fiber, low-calorie cookie, in plain,

potassium and selenium, as well as many other

vitamins and minerals. The cookies also offer a

chocolate and sesame flavors, fills you up so you don't eat as much.

It's important to drink plenty of liquid when you eat the cookies. For the soy fiber to expand properly, at least two glasses are recommended. Feeling full is an important part of weight-loss success.

Called The Soypal Cookie Diet Program, available through Kenkou USA, it's already sold more than 25 million cookie meals and is the No. 1 diet product in Japan.

You can learn more at www.soypalcookiediet.com or by calling: (888) 769-6569. ♣





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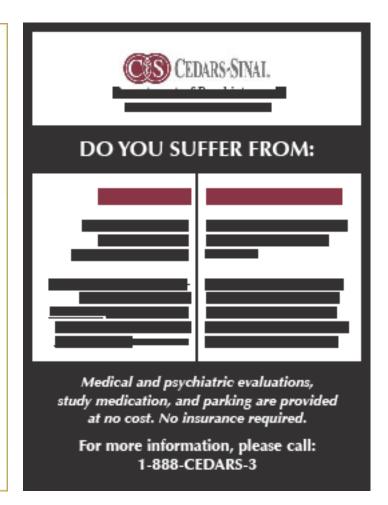
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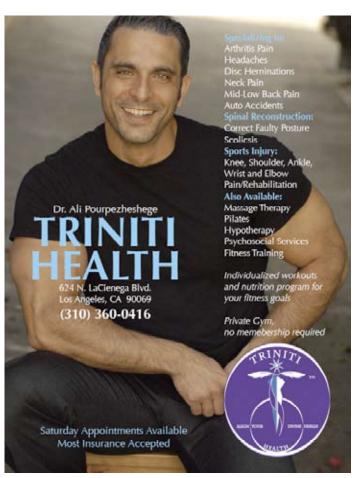
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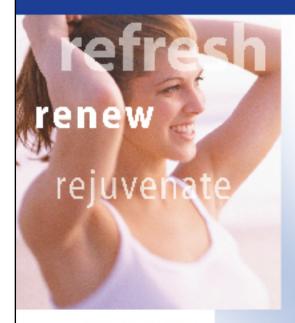
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A NEW STUDY SUGGESTS THAT BABY lotion, baby powder, and baby shampoo may be exposing babies to potentially harmful chemicals called phthalates.

"At this time, we do not know what the potential long-term health effects might be, but there is a largebody of animal studies to suggest developmental and reproductive toxicity (from phthalates) and a few human studies with changes in health outcomes as well," Dr. Sheela Sathyanarayana told Reuters Health.

Phthalates are used to make plastics flexible and stabilize fragrances, and are found in a plethora of consumerproducts including toys, personal care products and medical equipment.

Sathyanarayana, from the University of Washington, Seattle, and colleagues mea-

sured the levels of nine different phthalate breakdown products in urine from diapers of 163 infants aged 2 to 28 months.

Alloftheurinesamplescontainedatleast one phthalate at measurable levels, they report, and 81 percent of the samples had measurable amounts of

ad measurable amounts o seven or more phthalates.

"We found that reported use of baby lotion, baby shampoo, and baby powder was associated with increased concentrations of monoethyl phthalate (MEP), monomethyl phthalate (MMP), and monoisobutyl phthalate (MIBP) in infant urine," Sathyanarayana said.

"Ifparentswanttodecreaseexposuresfor their children, they can try to use lotions, shampoo, and baby powder sparingly unless otherwise indicated for a medical reason," Sathyanarayana suggested. •

## DEPRESSED TEEN MOTHERS BABY ALERT

Teenage mothers who suffer from depression are more likely to get pregnant again than their non-depressed counterparts, according to research published last month. "Depression may be an important malleable risk factor" for subsequent pregnancy in teenage girls, Dr. Beth Barnet and colleagues from the University of Maryland School of Medicine, Baltimore conclude in their report in the Archives of Pediatrics and Adolescent Medicine.

#### NOURISHING TODDLERS BOOSTS FUTURE EARNINGS

Better nutrition not only helps small boys grow up taller and stronger but can boost earning power, a long-term study in Guatemala showed on last month, with the researchers saying childhood feeding would help reduce poverty. They said the study, published in the Lancet medical journal, made a case for rich country donors, aid agencies and developing nations to target feeding at the very young.

## CAFFEINE IN PREGNANCY RISK

In a recent study, sons born to women who drank the equivalent of three cups of coffee a day during pregnancy were more likely to have undescended testes at age 2 years. The testes in male babies usually move from the pelvis into the scrotum shortly before birth, but sometimes this doesn't happen. The condition is termed cryptorchidism. The current findings, reported in the American Journal of Epidemiology, come from a study of 7,574 male infants. Persistent cryptorchidism, defined as one or two undescended testicles at birth persisting to at least age



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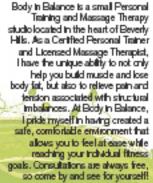
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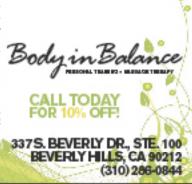
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diet with a regular exercise routine and you are on your way to a life with much less stress.

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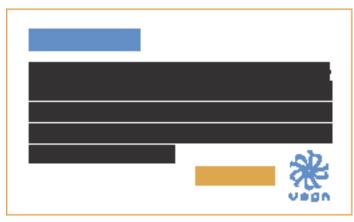




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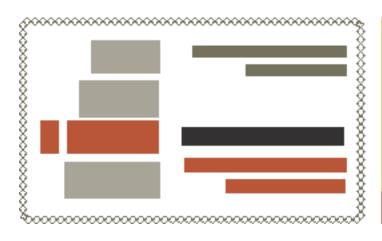
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tival in Aspen. Her comedy intermixes fearless honesty, ironicriffs and self-deprecations with no shortage

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A HEALTH NEWS **APRIL** 

anything - but to keep the bad stuff to a minimum. "I'm not a big dessert person - so it's not that difficult to keep the sugar intake pretty low - and I never eat white bread."

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Moreinformation on Handler can be found on her official MySpace page atwww.myspace.com/chelse a handler.

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## environment



# Home Air Filters May Improve Heart Health

Air pollution,

indoor and out, is

affecting

people's hearts

WHEN HIGH-EFFICIENCY PARTICLE air (HEPA) filters were used for just 48 hours to clean the air in the apartments of 21 older couples, their blood vessel function improved by about 8 percent, Danish researchers have shown.

While the couples were all non-smokers, the improvement seen in the study was "in the same ballpark" as would be seen after a person quits smoking, Dr. Steffen Loft of the Institute of Public Health in Copenhagen, the study's lead author, told Reuters Health.

There is a wealth of data on how breathing minute particles carried in the air, known as particulate matter, can worsen heart and lung disease and even increase mortality rates, Loft and his team note in the American Journal of Respiratory and Critical Care Medicine.

Indoor air pollution typically comes from heating sources, candles, cooking, nearby traffic and even a neighbor's cigarette smoke, for some apartment

dwellers, Loft said. The key finding of the current study, according to the researcher, is that "the level of particles in a regular, normal home actually affects the vascular function in elderly people."

"Air pollution, both indoor and out, is certainly affecting people's hearts," he added.

Loft and his colleagues now plan to investigate how particulate matter from wood stoves used to heat homes in Scandinavia and parts of the United States can affect health. �

#### DIESEL FUMES AFFECTS YOUR BRAIN

Inhaling diesel exhaust triggers a stress response in the brain that may have damaging long-term effects on brain function, Dutch researchers said last month. Previous studies have found very small particles of soot, or nanoparticles, are able to travel from the nose and lodge in the brain. "It is conceivable that the long-term effects of exposure to traffic nanoparticles may interfere with normal brain function and information processing," researchers said.

#### SOCIAL NETWORKS SPREAD DISEASE

The best way to stop the next influenza pandemic in its tracks could be to shut down schools and keep students at home, according to the authors of a new study of social contact networks. Based on the way they interact with one another, high school students "may form the local transmission backbone of the next pandemic," Dr. Robert J. Glass of Sandia National Laboratories in Albuquerque, New Mexico, and his daughter, Laura M. Glass, suggest.

#### AIRPORT NOISE BOOSTS BLOOD PRESSURE

Living near an airport isn't just irritating, it is also unhealthy, researchers said last month, in a study that showed loud noise instantly boosts a sleeping person's blood pressure. The louder the noise, the higher a person's blood pressure went, a finding that suggests people who live near airports may have a greater risk of health problems, said Lars Jarup, who led the European Commissionfunded

study.
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lead to stroke,
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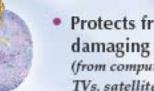
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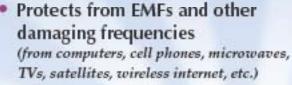
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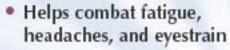
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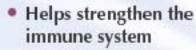












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HairDX reports about a genetic variant found in more than

95% of bald men. People with this genetic variant are at 60% risk of experiencing baldness by the age of 40 according to Professor Doron Lancet, PhD, head of the Crown Human Genome Center at the Department of Molecular Genetics, Weizmann Institute of Science in Israel. HairDX also reports on a less common genetic variant of the same gene, that if present indicates agreater then 85% likelihood of not going bald before the age of 40.

Earlytesting will prompt consumers to see kavailable treatments before hair loss becomes advanced. The test costs \$149 and is available only for male pattern baldness. The consumer orders the test kit, which is shipped to his home. He swabs his mouth inside the cheek and returns the swab to the Hair DX lab. A confidential analysis of the genetic variations related to pattern baldness is delivered via a secure and private Web site.

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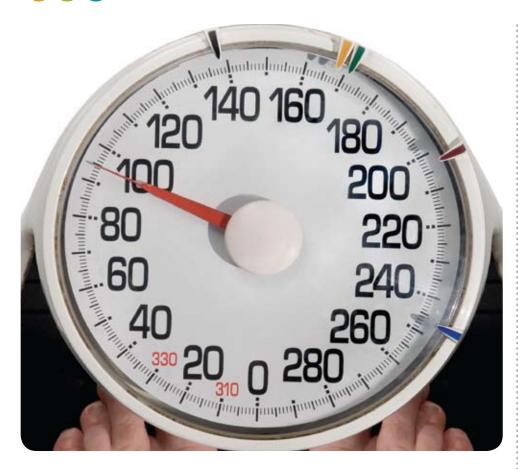
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## Over 60 & Underweight: Diabetes Risk

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BEING UNDERWEIGHT MAY PLACE MEN and women over age 60 at increased risk fordeveloping diabetes, Japanese researchers report. "Older people who are underweight may need to take care of their poor nutrition status," Dr. Toshimi Sairen-

chi noted in comments to Reuters Health.

To examine the association between underweight and diabetes risk, Sairenchiandcolleagues collected information in 1993 from 39,201 men and 88,012 women who were between 40 and 79 years old and who did not have diabetes. They followed the men and women for

an average of 5.3 years. Theresultssuggestthatbeingunderweight

is associated with about 30 percent excess risk of diabetes, reported Sairenchi, of Dokkyo

Medical University in Tochigi, Japan.

Sixty to 79 year olds who were underweight -- defined as a body mass index below 18.5 -- had an excess risk for diabetes compared with those of optimal weight (BMI between 18.5 and 24.9).

> Excess risk was 32 percent in men and 31 percent in women, after adjusting for other factors that affect diabetes risk such as age, blood sugar, blood pressure, cholesterol levels, smoking status, and alcohol intake. Underweight men and women aged 40 to 59 years old were not at increased risk for diabetes.

These findings highlight the health benefits of maintaining optimal weight, but additional research should further investigate the mechanisms behind these associations, Sairenchi concludes. �

#### FRACTURES COMMON AFTER FAILED THERAPY

Women who fail to respond to, or stop taking, their medication to fight the bone-thinning condition osteoporosis are at high risk of suffering a bone fracture, a new study suggests. Women who don't benefit from osteoporosis treatment, or who stop taking the medication, need to be aware of their fracture risk and get further evaluation and treatment, researchers said.

#### **FYF DISFASE STROKE RISK**

People with age-related macular degeneration, a leading cause of severe vision loss, have double the usual risk of dying from a heart attack or stroke, Australian researchers report. They found that for people under the age of 75 when the study began, those who developed early age-related macular degeneration had twice the risk of dying from a heart attack or stroke within the next decade. People with the late stage of the incurable disease at the start of the study had five times the risk of dying from a heart attack, and 10 times the risk of dying from a stroke, researchers found.

#### MELATONIN, LIGHT **ALZHEIMER'S BENEFIT**

A morning-time dose of bright light coupled with an evening dose of melatonin may help normalize the sleep-wake cycle in elderly adults with Alzheimer's disease, a study suggests. People with Alzheimer's commonly have disrupted sleep

at night and nap frequently during the day, which can keep them from activities and social interactions that could

alleviate some of

the effects of the disease.

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designed to get America up and moving. Signing up for The Challenge is FREE. Simply visit www.presidentschallenge.orgorwww.balancewalking.comor come in to your local Foot Solutions store.

After you've signed up, simply choose an activity and get moving. Foot Solutions suggests trying Balance Walking as your activity. The Balance Walking technique is based on Nordic Pole Walking using specially designed Chung Shi shoes that help increase your calorie burn in less time.

You can walk alone, with a friend or join a group. In fact, you can find a group to walk with at your local Foot Solutions stores. Balance Walking equipment and classes are offered at two convenient locations in West Los Angeles and in Long Beach.

There is also a new book on Balance Walking that is available in Foot Solutions stores, through footsolutions.com or on amazon. com. The title of the book is Balance Walking. It is written by Ray Margiano, PhD, Pedorthist, Entreprenuer and Founder and CEO of Foot Solutions.

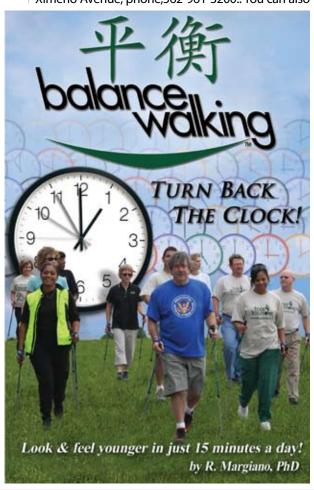
Margiano points to the fact that well over half of all Americans are not regularly active, and worse yet, 25 percent of Americans are not active at all. Balance Walking is an activity that appeals to many people who don't like other kinds of exercise because it is low impact, easy to do and it is very time efficient. You can burn up to 50 percent more calories than with regular walking, and use up to 90 percent of the muscles in your body in just 15 minutes per day.

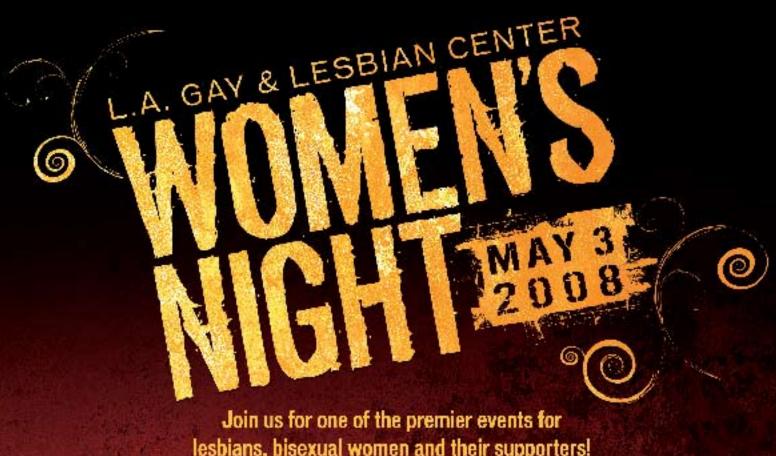
Unlike normal walking that is focused on the lower body, Balance Walking exercises the entire body. Participants use their arms to push off from their poles, engaging the entire range of upper body muscles. Foot Solutions Chung Shi shoes work together with the Nordic Poles to offer a more enhanced workout experience due to the unique design of the shoe which replicates walking on an uneven surface.

Foot Solutions Los Angeles owner Martin Petersen said there is a specific technique used to gain maximum benefit from the exercise. Foot Solutions provides tips on proper form as well as loaner poles for newcomers.

"One you get into the swing of things you really do not have to think about form or technique, it just happens naturally," Petersen said.

For more information, including scheduling a FREE trial class, visit Foot Solutions in West Los Angeles at 10873 W. Pico Blvd, phone 310-234-3338 or Foot Solutions in Long Beach in the Circle Center at 1811 Ximeno Avenue, phone,562-961-3200.. You can also





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# **Dangerous Dozing**

#### DAYTIME DOZING MAY BE WARNING SIGN OF STROKE

By Julie Steenhuysen

eople who have significant trouble staying awake during the day have more than four times the normal risk of having a stroke, researchers said last month.

They also found a higher risk of heart attacks and other cardiovascular problems in seniors who regularly nod off during the day without planning to.

"Even when we controlled for things like hypertension, diabetes, physical activity, obesity and socioeconomic status, we found that people who had significant daytime dozing were much more likely to end up with stroke," said Bernadette Boden-Albala of Columbia University in New York.

Her study of 2,153 adults with an average age of 73 found the risk of stroke was 2.6 times great-

Other studies have found that people with sleep apnea who briefly stop breathing throughout the night are at high risk of stroke. This can cause day-time sleepiness.

Boden-Albala's study involved mostly Hispanic men and women over 40 living in the same community in New York City. None had suffered a stroke.

The researchers asked people to rate how often they dozed in specific situations, such as watching TV, sitting quietly after a lunch without alcohol and stopping briefly in traffic while driving. Some 44 percent reported no dozing, 47 percent had some dozing and 9 percent reported significant dozing.

After 2 1/2 years, they checked to see how many had strokes or other vascular problems, such as a heart attack. They detected 40 strokes and 127 other vascular events.

They found those who had the most trouble staying awake had the highest stroke risk, but the biggest surprise was in the moderate dozing group.

"We found that group was also significantly associated with about a 2.5-fold increased risk of stroke and about a 60 percent increased risk of having any kind of vascular event," Boden-Albala said.

She said it is not clear what is causing the daytime sleepiness or if there is a link with sleep apnea.

"Whether it is sleep deprivation or sleep apnea, physiological changes are occurring that may be related to this increased risk. I think we may need to investigate that further," she said.

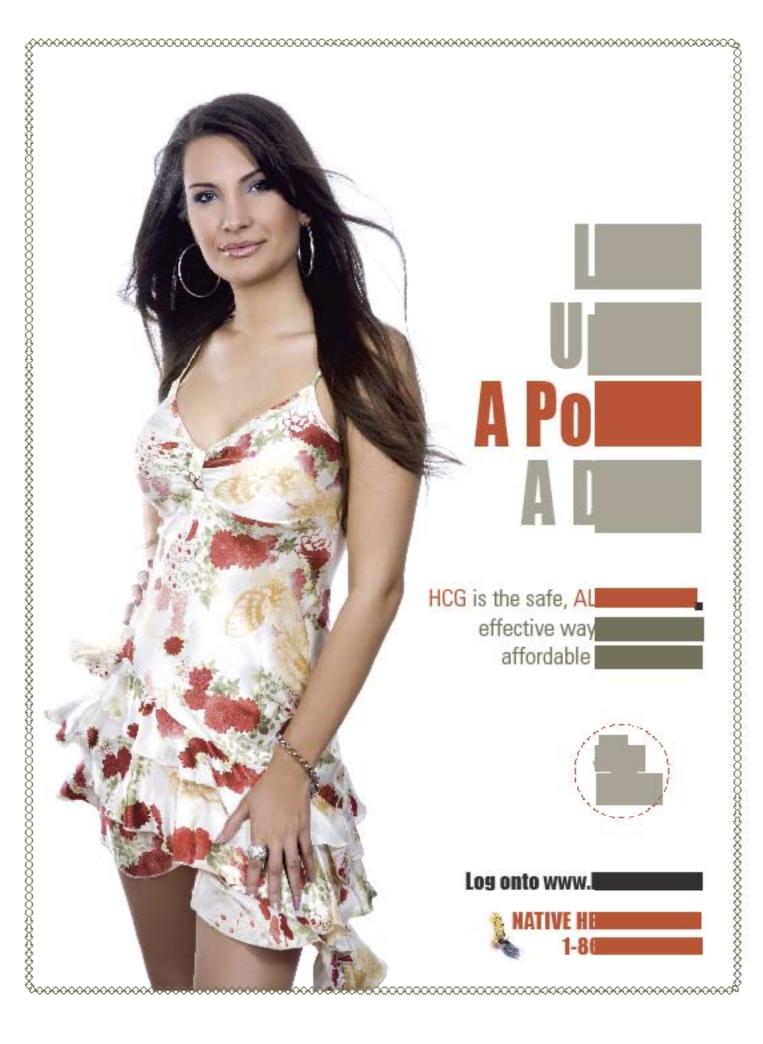
Aseparatestudyattheconferencefound moderate aerobic fitness helped protect people from stroke, even if they had other risk factors such as heart disease or diabetes.

"We found that a low-to-moderate amount of aerobic fitness for men and women across thewholeadultagespectrumwouldbeenough to substantially reduce stroke risk," said Steven Hooker of the University of South Carolina.

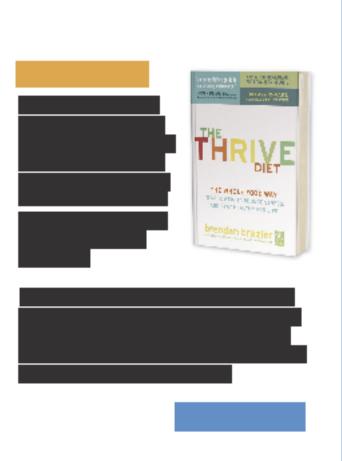


er for those classified as doing "some dozing" during the day compared to those with "no dozing." Those in the "significant dozing" group had a 4.5 times greater risk.

The study is one of the first to look at the relationship between unplanned napping and "vascular events" such as stroke.







# Discover Another Side of Your Sexuality...

Exotic pole dancing, an alternative way to work out!

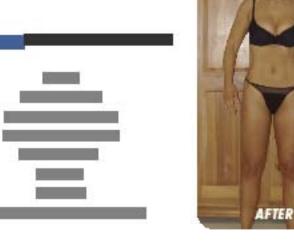
Get in touch with your mind body and soul. Pole dancing is a complete body work out, like no other. You will increase your upper and lower body strength, tone your abs, inner and outer thighs, take inches off your waistline while releasing your inner beauty and boosting your confidence all at the same time. Our classes are geared to fit women of all shapes, sizes and age groups. We have classes from begining to advance. Learn the art of pole and exotic dancing safely and correctly with our certified instructors.





X-Polesitions
11135 Weddington Street, Suite 113, North Hollywood, CA 91601
818.985.4474 www.xpolesitions.com











**TEAM EASTON GYM CO.** proudly presents "Bike Night A Cocktail Fundraiser Benefitting AIDS/Lifecycle." Enjoy an evening of cocktails, gift bags, amazing raffles and a Silent Auction all while rubbing elbows with celebrity friends. April 30, 2008 at Eleven Nightclub from 7-10 pm, 8811 Santa Monica Blvd. West Hollywood, California. For more information please visit www. brownpapertickets.com/event/30794



Please join the American Heart Association for the annual Heart Awards Gala. This year the American Heart Association will honor two pioneers in emergency medicine in Los Angeles County, Michael Criley, M.D. and William Koenig, M.D. Thanks in large part to them, Los Angeles is one of the few counties in the nation that has a county-wide emergency protocol in place to respond to the most dangerous and life-threatening type of heart attack, called a STEMI. During this special evening, the American Heart Association will also recognize the 32 designated STEMI receiving centers in Los Angeles County. Thursday, April 3, 2008, Regent Beverly Wilshire Hotel, 9500 Wilshire Boulevard,

Beverly Hills. 6:00pm - 7:00pm: Reception. 7:00pm - 10:00pm: Awards, Dinner & Entertainment, Live Auction. For more information contact: Sara Parenti, (213) 291-7048.

#### AMERICAN CANCER SOCIETY RELAY FOR LIFE

Saturday April 5th. Each year, across the nation, one event brings together entire communities to take part in the fight against cancer. That event is the American Cancer Society Relay For Life. It's a time and place where people come to celebrate those who have survived cancer, remember those we've lost, and fight back against a disease that touches too many lives. For more information please visit www.relayforlife.org/relay/findevent

#### **COED SOFTBALL**

Sunday April 6th. Swing till you get a hit, no strike outs, unless you get 4 fouls. 7 inning game or one hour and 30 minutes what ever comes first. All skill levels welcome. 4308 W Allan Ave, Burbank. For more information please visit www.coedsportsla.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.

#### LA DOWNTOWN ART WALK

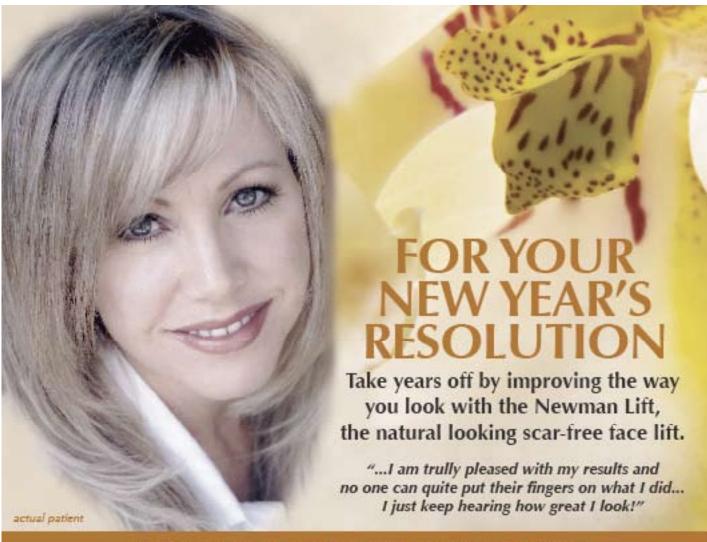
2nd Thursday of each month.

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 partnereveryone is welcome! Phone: (818)
504-2210. For more info visit: www.
irishdancelosangeles.com





#### READ THIS MONTH'S ARTICLE BY DR. NEWMAN ON PAGE 32

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.



#### **ORCHID SURGERY CENTER**

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