

# Woman's Day®

**free**  
Recipe Cards  
Brownie  
Desserts

## Get Organized

Top 10 Problems Solved

Eat-Whatever-  
You-Want Diet

Kitchen  
Ideas That  
Work PAGE 32

Stay Cool...  
16 Look-Great  
Tricks

DOCTOR APPROVED  
Best Drugstore Picks

"We Survived!"  
3 Inspiring Stories of Triumph

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100s of Recipes & Useful Tips



No-Bake  
Cheesecake  
and 5 more  
scrumptious  
strawberry treats

## before you refill

Whether you've been taking a medication for six months or 10 years, Joyce Generali, R.Ph., director of the Drug Information Center at Kansas University Medical Center, recommends five questions to ask before getting a refill.

**Do I still need to take this medication?** Discuss any change in symptoms since you've been on the drug. You may need to be taken off, given a smaller or larger dose, or put on a different medication altogether.

**Are there any new treatments that would be appropriate for me?** There may be a drug that's just been approved. Or, if you've been taking your medication daily, a new formulation may allow you to take a weekly or monthly dosage.

**Are there any new side effects or warnings?** The FDA continues to study drugs after they're on the market, and you should be aware of the latest information.

**Can I take a generic version?** For most drugs, generics can offer the same benefit at a fraction of the cost.

**Are there any new interactions?** Inform your doctor of additional medications that you're taking, so you can be aware of potentially dangerous interactions.



Using the new food labels to avoid trans fats, which have been found to increase the risk of heart disease.



good idea  
**BAD IDEA**

Assuming that 0 g of trans fats means a food is good for you. A zero-trans-fat snack can still be high in calories, sugar or saturated fat.



**BEDROOM TROUBLE = HEART TROUBLE?** If your partner suffers from impotence, he may need to be screened for heart disease. A recent study from the University of Texas Health Science Center found that men age 55 and older who have erectile dysfunction are more likely to experience chest pain, heart attack or stroke within the next seven years.

wdtakeaway

### screenings at every age

You know you should take care of your body with regular medical screenings. But sometimes life gets in the way and you lose track of the tests you should have received. Use the chart below, developed with Marie Savard, M.D., author of *The Body Shape Solution*, to help stay on schedule.

Addie Strong

starting in your...	for everyone	if you're at risk for...
20s	Breast exam Pap smear Chlamydia test Lipid profile/cholesterol screening Blood pressure test	<b>heart disease:</b> Blood glucose test Measure of abdominal obesity
30s	HPV test Blood glucose test Measure of abdominal obesity	<b>breast cancer:</b> Mammogram
40s	Mammogram	<b>colorectal cancer:</b> Rectal exam Colonoscopy/sigmoidoscopy
50s	Rectal exam Colonoscopy/sigmoidoscopy	<b>osteoporosis:</b> Bone density scan <b>heart disease:</b> EKG Stress test

### Reality Check

## Can cracking your knuckles cause arthritis?

**The truth is:** The noise might make your friends cringe, but it won't give you arthritis. Some doctors believe the cracking is due to gas bubbles in the lubricating fluid in between each of your joints. When you crack your knuckles, you're pulling the bones of the joints apart, which causes these small bubbles to form. The sound you hear is the adhesive seal in the joint breaking. However, as long as it does not cause pain, there is no medical evidence that joint cracking is harmful.