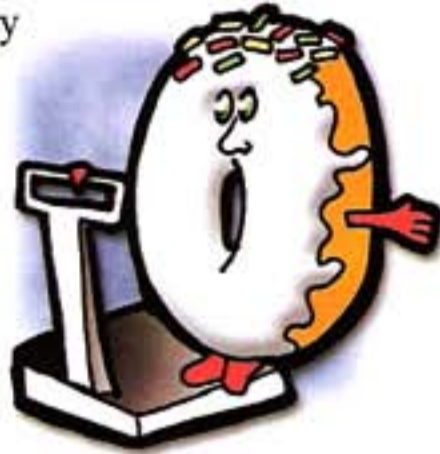


Are You Overweight?

According to the Centers for Disease Control and Prevention, being overweight puts you at an increased risk for many diseases and health conditions, including: • hypertension • high total cholesterol • high levels of triglycerides • Type 2 diabetes • coronary heart disease • stroke • gallbladder disease • osteoarthritis • sleep apnea and respiratory problems • some cancers such as endometrial, breast, and colon.

The key to having a healthier weight is reducing calorie consumption and increasing physical activity. It's recommended that you make smart choices from every food group, get the most nutrition out of the calories you consume, and find a balance between eating and physical activity.

To get a copy of the *Dietary Guidelines for Americans 2005*, visit www.healthierus.gov/dietaryguidelines.



Acne: What Many Adults Face

Acne is a skin condition which plugs pores, inflames skin, and creates embarrassing red lumps on the skin. It occurs on the face, as well as the neck, chest, back, shoulders, and upper arms. Although most teenagers get



some form of acne, adults in their 20s, 30s, 40s, or even older, can develop acne, too. Adult acne develops later in life and may be related to hormones, childbirth, menopause, or stopping the pill. It tends to be more common in women than in men.

Here are several tips from the American Academy of Dermatology on preventing acne: • Wash your face with a mild cleanser and warm water daily. • If you notice that certain foods aggravate your acne, avoid them. • If possible, avoid wearing cosmetics. If you do wear them, wear oil-free, water-based makeup and choose ones that are "non-comedogenic" or "non-acnegenic." • Remove your cosmetics every night with a mild soap or a gentle cleanser. • Protect your face when you use hairspray or gel on your hair. • Ask your doctor about treatment methods that may work for you.

For more information on acne and acne treatments, visit the American Academy of Dermatology at www.aad.org.

Shake Motion Sickness

Does the thought of summer travel leave you feeling a bit green? For many people, the fun of summer is dampened by motion sickness that produces dizziness, vertigo, nausea, and vomiting whenever they travel by car, ship, train, or plane. The symptoms can range from mild to incapacitating, depending on how susceptible a person is and how long and bumpy their travels are.

If you suffer from motion sickness symptoms, there are things you can do to take the queasy feelings out of travel and make your journey more enjoyable.

Prevention Is the Best Medicine – Motion sickness is caused by mixed signals within the body.

When the brain receives conflicting information from the senses about the location, movement, and position of the body, symptoms of motion sickness can result. The key is to take preventive action against motion sickness; once symptoms have set in, it's much more difficult to maintain equilibrium.

To prevent symptoms, it's necessary to minimize the conflicting signals the brain is receiving. Often, a few minor changes in routine and preventive medication can accomplish this. **To reduce your risk of motion sickness, use the following tips the next time you travel:**

24 hours before your trip: • Don't overeat. • Don't eat spicy, salty, or greasy food or dairy. • Don't overindulge in alcohol. • Get plenty of rest. • If you take preventive medication, take it about one hour before departure.

While you travel: • Choose a well-ventilated area to sit. • Keep your head steady by resting it on a headrest. • Focus on the horizon or another distant, stationary item. • Sit facing forward. • Choose a seat with the least movement (middle of ship or wing of plane). • Keep your mind occupied with music, conversation, etc. • Don't read or engage in any activities that require up-close focus. • Don't talk with people who have motion sickness. • Don't smoke.

With the right preparation, you can minimize your risk of unpleasant symptoms and make travel a comfortable and even pleasant experience this summer.

For personalized recommendations regarding your motion sickness symptoms, take the *RealAge Motion Sickness Health Assessment* at www.RealAge.com.

By Michael F. Roizen, M.D., author of *RealAge: Are You as Young as You Can Be?* and *The RealAge Diet: Make Yourself Young with What You Eat*. Roizen, an internist and anesthesiologist, has been listed for the last 13 years in *The Best Doctors in America*, published by Woodward/White. For more information on RealAge, visit www.RealAge.com.

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