

## Sweating: Is It a Problem?



Sweating is an important function of the body. It helps regulate the body's temperature. However, for some people, sweating can become a problem. The condition is called *hyperhidrosis*. Factors that can cause excessive sweating include:

- fever
- wearing clothes made of synthetic material
- obesity
- drugs or alcohol
- emotional stress
- hormonal changes.

Here are several tips on how to control excessive sweating:

- Wear clothing that breathes such as cotton.
- Control your weight.
- Limit alcohol consumption or don't drink.
- Control stress in your life.
- Talk to your doctor about the side effects of any medications you take to see if they may be causing your sweating.
- Select an effective antiperspirant to help decrease sweating.
- Talk to your doctor about your problem to determine if the sweating is more serious.

## Save Your Sight: Get Checked

According to the Glaucoma Research Foundation, glaucoma is a group of eye diseases that gradually steal your sight without warning. In fact, it's estimated that more than 3 million Americans have glaucoma but only half of those know they have it.

Although glaucoma typically affects the middle-aged and the elderly, it can affect people of all ages. While everyone is at risk, certain groups are at higher risk than others. These groups include:

- African-Americans
- People over age 60
- Family members of those who have glaucoma
- Hispanics in older age groups
- Asians
- Steroid users
- People who have had injuries to the eye
- People who have high myopia (nearsightedness)
- Diabetics
- People with hypertension
- People with central corneal thickness less than .5 mm.

Glaucoma is the second leading cause of blindness in the world. In its most common form, there are virtually no symptoms. For those with glaucoma, they may not notice anything until peripheral or side vision loss is present. The best way to protect your sight from glaucoma is to get tested. Then, if you have glaucoma, you can be treated immediately. Medication or surgery can slow or prevent further vision loss in many cases. The treatment method will depend upon the type of glaucoma and other factors. Early detection is the key to stopping the progress of the disease.

To find out more information about glaucoma and your risk, visit the Glaucoma Research Foundation at [www.glaucoma.org](http://www.glaucoma.org).

## How Healthy Are Your Daily Habits?

What do wearing a seatbelt, flossing every day, and taking a multivitamin have in common? They all can make you younger! The way you live and the choices you make every day have an impact on your physiological age—the age of your body. Good choices mean your physiological age may be younger than your calendar age. Not sure what your physiological age is? Take the RealAge test and get your RealAge today at [www.RealAge.com](http://www.RealAge.com).

Once you've taken the test, make a resolution to "grow younger" this year by following the steps of your personalized RealAge plan. It's easy! Here are just a few examples of simple ways that research shows will help make your body "younger" than it actually is.

### Six Fast Ways to Grow Younger

- ◆ *Click it.* It takes just a few seconds to snap that seatbelt buckle into place when you get in a car. And your RealAge could be 3.4 years younger if you do it regularly.
- ◆ *Pop it.* Pop a multivitamin into your mouth every day and you could be as much as 6 years younger.
- ◆ *Thread it.* Slipping floss through your pearly whites takes just a few minutes a day. But good oral care—brushing, flossing, and regular dental checkups—can make you up to 6.4 years younger.
- ◆ *Read it.* Read the news over breakfast or coffee. Keeping your mind active and engaged helps your brain form new synapses, so your mind stays young. Learn something new every day by reading news stories, magazines, or books on topics outside your normal area of expertise.
- ◆ *Crunch it.* By grabbing fiber-filled fruits, vegetables, and whole-grains for your afternoon or evening snacks, you'll be well on your way to an age-reducing 25 grams of fiber per day. Good choices include crunchy apples, whole-wheat crackers (grab the trans fat-free kind), strawberries, broccoli spears, and green beans. For a treat, dip your raw veggies into hummus and your crackers or apples into peanut butter for a shot of heart-healthy unsaturated fats.
- ◆ *Tell it.* A funny joke, that is. People who laugh often have lower stress levels and stronger immune systems. All of which can make your RealAge as much as 8 years younger. Don't know any jokes? Watch funny movies or TV shows, spend a few minutes each day chatting with people who make you giggle, and above all—learn to laugh at yourself!

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](http://www.RealAge.com).