

# LADIES' HomeJournal

CUTE HALLOWEEN CRAFTS AND TREATS

OCTOBER 2009

WHAT YOUR DREAMS ARE TRYING TO TELL YOU

→ The **HOT** Haircuts For Fall

SIMPLE WAYS TO BOOST YOUR HOME'S VALUE

Refresh Your Life

CUT STRESS, RECHARGE & FEEL HAPPIER

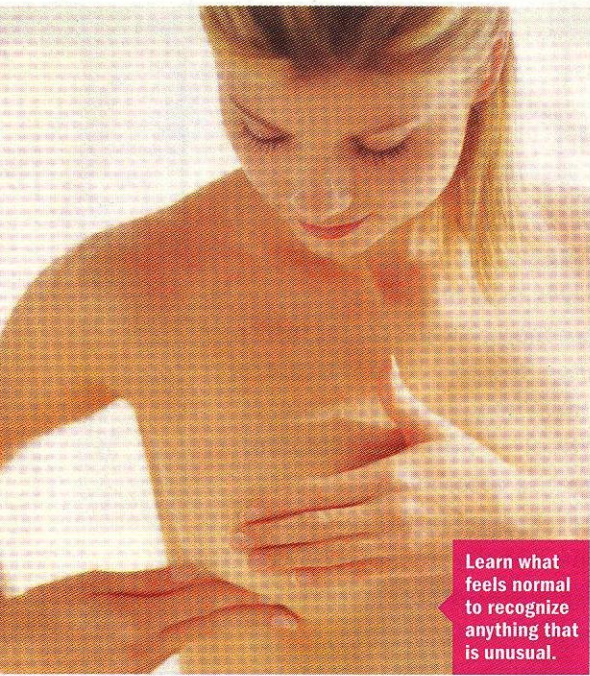
**THINK PINK** BREAST-CANCER SURVIVORS SHARE THEIR STORIES

THE WOMEN OF THE VIEW DISCUSS... EVERYTHING!

\$2.49 U.S.



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Learn what feels normal to recognize anything that is unusual.

## DO BREAST SELF-EXAMS WORK?

LHJ talked about this ongoing debate with Susan M. Love, M.D., clinical professor of surgery at the David Geffen School of Medicine at UCLA and president of the Dr. Susan Love Research Foundation.

**Q. We've heard breast self-exams aren't necessary. Is that true?**

There's no evidence that monthly "formal" breast self-exams—carefully examining each breast—help find cancers in a more treatable stage or decrease deaths. The American Cancer Society now calls them optional. This doesn't mean you shouldn't do informal checks.

**Q. So I should still look for lumps?**

Yes. Many women find their own cancer. It's important to know how your breasts normally feel so you'll know what's unusual. Touch them regularly when you shower or put on your bra. Studies show that casual touching alerts women to cancer as effectively as self-exams. Tell your doctor if you notice a disturbing change.

**Q. What else can I do to fight cancer?**

Discuss your personal risk factors with your doctor, who can help you decide when to start having regular mammograms. To help yourself and others, consider joining the Love/Avon Army of Women (armyofwomen.org), which helps breast-cancer researchers find women to be part of scientific studies.

## The Recessionista Workout

SALES OF WORKOUT DVDS HAVE BEEN ON THE RISE EVER SINCE THE ECONOMY TOOK A NOSEDIVE. IF YOU WANT TO SAVE MONEY ON THE GYM, WHY NOT FIND A HOME ROUTINE THAT SUITS YOUR STYLE?

