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## WHAT YOUR HOT FLASHES MAY BE TELLING YOU

*Got hot flashes?* Your bones could be at risk. A new study by researchers at UCLA found that women who experience hot flashes are more likely to have lower bone density than other women. What's the connection? One theory: Stress hormones, which have been linked to bone weakening, could play a role in the development of both problems,

### THE LOWDOWN

**1** **Want to help find ways to prevent breast cancer?** Go to [armyofwomen.org](http://armyofwomen.org) and sign up as a volunteer. After that, the Love/Avon Army of Women will e-mail you information about upcoming studies designed to help experts understand what causes breast cancer and how to prevent it. You can take part even if you have never had breast cancer. If you sign up for a study, in most cases you'll be asked to fill out a questionnaire or give a sample of blood or saliva. The organization's goals: recruit one million women and challenge the research community to do more work on preventing (rather than just treating) the disease.

**2** **Need a break from the gym? Try a dance class** According to new research presented at a meeting of the American College of Sports Medicine, dancing—particularly salsa—equals a real workout. One study found that salsa dancing increased participants' heart rates by as much as 75 percent and improved fitness; another suggested that less vigorous ballroom classics, like tango, can help people clock up to 2,000 steps toward the recommended 10,000 daily step goal. One place to boogie is in Zumba fitness classes, which blend Latin dance movements with conventional exercises. Go to [zumba.com](http://zumba.com) to find a class or buy a DVD.

says study author Carolyn J. Crandall, MD. But hot flash sufferers shouldn't panic, she notes. Those who participated in the study had not yet developed osteoporosis, which means you may have a chance to prevent the disease. "Women with hot flashes should be [especially conscientious] about meeting the daily requirements for calcium and vitamin D," Crandall says. For women over 50, that's 1,200 milligrams of calcium and between 800 IU and 1,000 IU of vitamin D; most women under 50 need 1,000 milligrams of calcium and between 400 IU and 800 IU of vitamin D.

Crandall also endorses the other recommendations issued by the National Osteoporosis Foundation: 30 minutes of weight-bearing, impact exercise (such as jogging) most days of the week, in addition to resistance exercise (like lifting weights) two to three times a week. For additional workout tips, go to [nof.org/prevention/exercise.htm](http://nof.org/prevention/exercise.htm).

## MORE SILENT NIGHTS

If you suffer from mild or moderate sleep apnea, help may come from a surprising source: Australian aborigines. A 2005 study showed that making music with a didgeridoo (an aboriginal wind instrument) reduced apnea symptoms such as snoring and daytime sleepiness. Building on this idea—that training muscles around the airways could improve sleep—researchers in Brazil created a series of exercises to strengthen the muscles of the mouth, throat and tongue.

In that study, speech pathologists taught the exercises to 16 sleep apnea patients, who practiced them for a half hour daily; another 15 patients did placebo therapies that did not strengthen the muscles. After three months, the severity of apnea was reduced by 40 percent among those in the true exercise group: They slept better, snored less and felt less sleepy during the day, according to the study authors.

If you suffer from sleep apnea, ask your doctor if these moves could help you. For a video demonstration of the exercises, go to [more.com/apnea](http://more.com/apnea).