

Women's Health

October 2008 Issue

Circulation: 1,350,000

SLIM WITHOUT THE GYM! *Free At-Home Fitness Guide*

It's Good to Be You™

Women's Health

LOSE YOUR BELLY!

See results in just 12 days!

14 AMAZING SEX SECRETS

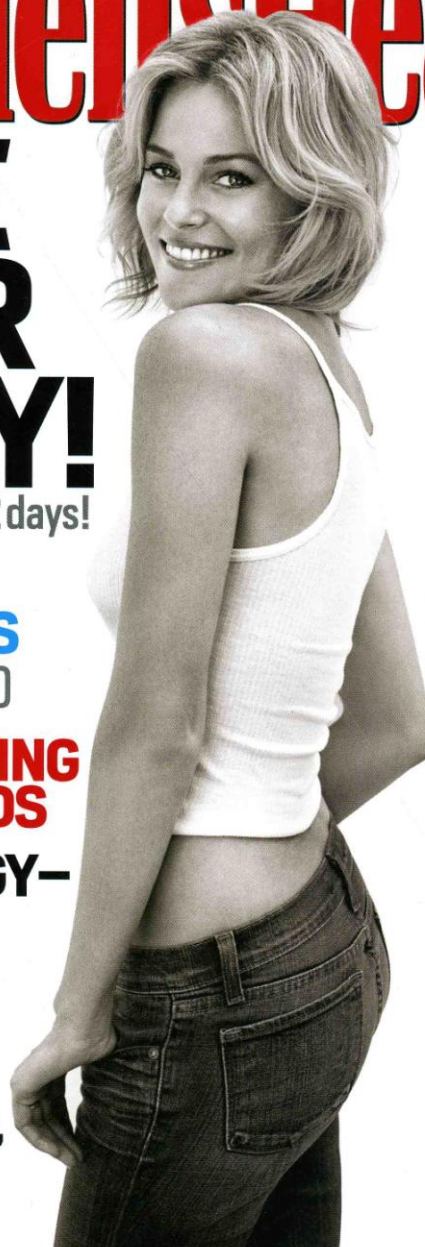
(Use 'em or lose him)

15 FAT-BURNING POWER FOODS

MORE ENERGY—INSTANTLY!

1,132

Smart New Beauty, Fitness, Nutrition, Health & Sex Tips!



SUCCESS WITHOUT STRESS

DISCOVER A HEALTHIER, HAPPIER YOU!

FLAT ABS! FIRM BUTT! LEAN THIGHS!

LOOK YOUR BEST BUYER'S GUIDE

Actress **ELIZABETH BANKS**

"Every man wins the lottery when he gets a woman to love him." Page 120

October 2008



DISPLAY UNTIL OCTOBER 21, 2008



Lindsay Avner

AGE 25

HOME BASE
Chicago, IL

DAY JOB Founder and executive director, Bright Pink

WHY SHE'S AN ACTION FIGURE

After testing positive for the breast cancer gene, Avner decided to take a drastic step: removing, at age 23, her two healthy breasts. Last year she founded Bright Pink, a support and education network for young women at high risk for breast and ovarian cancer.



ACT NOW

PHONE IT IN

If you've tested positive for the breast cancer gene and are looking for private, anonymous support, the free helpline FORCE (Facing Our Risk of Cancer Empowered) will connect you to a peer trained to listen to your concerns. 866-824-7475, facingourrisk.org

WANT MORE? READ ABOUT ALL OF OUR ACTION FIGURES AT WOMENSHEALTHMAG.COM/ACTIONFIGURES.

"When I was 11, my mom was diagnosed with breast cancer. I was sure she would die—that's what happened to her mom, her grandmother, and seven other women in her family," says Avner, who took bold action to break the cycle. But she became the first to beat it. Ten months later, she was diagnosed with ovarian cancer and kicked that, too. Three years ago, at my mom's urging, I went to a genetic counselor to find out if I had the breast cancer gene. I'm built like my dad—we both have skinny arms and legs, carry weight in our tummies. Obviously, it was naive to make assumptions about my health based on my looks, but it was how I'd convinced myself that things would turn out OK. I was shocked when I tested positive."

Defying a death sentence

"The news turned my world upside down. I became focused on piecing my life together—*fast*. I felt I had to find a husband before the cancer hit. I was getting

migraines from waiting for the other shoe to drop. After a year, I started investigating double prophylactic mastectomy [preventive removal of both breasts followed by reconstructive surgery]. I thought, "What are a few scars in exchange for my life?" In August 2006, I had the procedure done."

Taking a stand

"Just a few weeks after the surgery, I felt so much more like my old, fun self. I even started dating! I had taken control of my situation and wanted to help others do the same. In January 2007, I launched Bright Pink, a support network that encourages women who have a family history or a genetic predisposition to either disease or who've received a diagnosis to be proactive about their health. We host social events where women can chat about their concerns. We've already grown to more than 5,000 women nationwide. But what's really amazing is that when I have a little girl, she won't have a mom with breast cancer."

"For decades, doctors have relied on biopsies to diagnose breast cancer," says Drezek, a researcher whose technology promises to make detecting the disease a lot easier. "They take a tissue sample from the suspicious lump (with a needle or during surgery) and analyze it under a microscope. If cancer is present, the patient begins treatment. Ultrasound can be used to monitor progress. We're developing a new device: a needle with a probe at the end that's injected into the area and enables us to see individual cells. This way, doctors can determine the exact location of suspicious cells, see if they've changed in shape and size, and decide on the best treatment—all without removing tissue. This same needle can also track the progress of treatment as frequently as once a week."

Rebekah Anna Drezek, Ph.D.

AGE 34

HOME BASE
Houston, TX

DAY JOB Associate professor of bioengineering, Rice University

WHY SHE'S AN ACTION FIGURE

Last year Drezek received the Era of Hope Scholar Award and a \$2.8 million grant to support her work developing less expensive, less invasive methods for detecting, diagnosing, and treating breast cancer.

Bright future

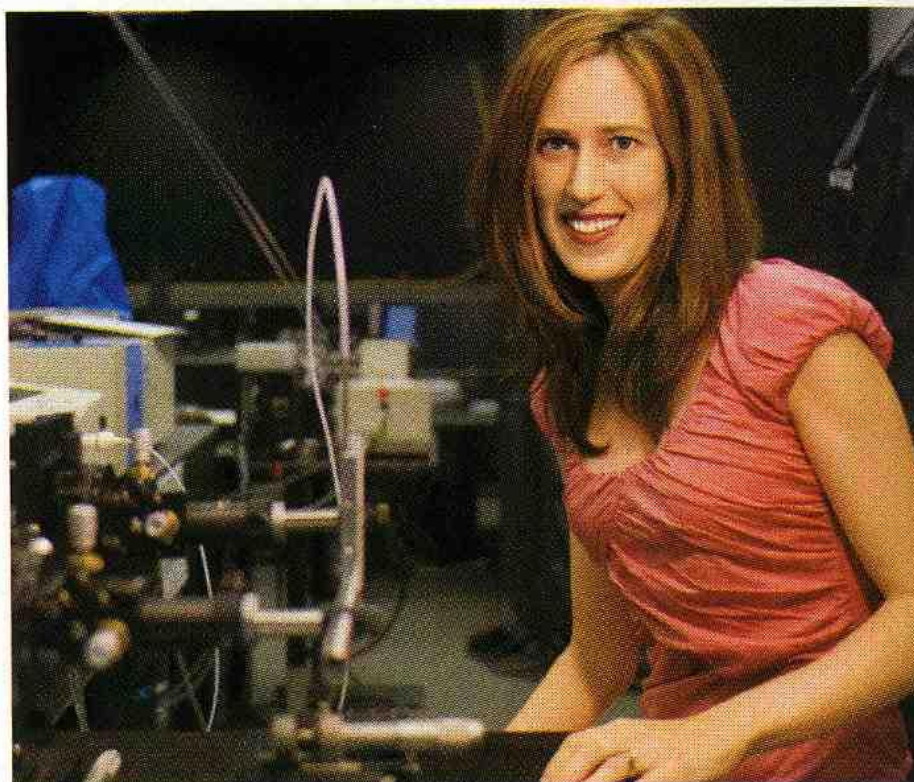
"It will take about a decade before we see large-scale use of it, but I wouldn't be surprised if someday optical imaging is as popular as ultrasound."



ACT NOW

A FUTURE BREAST CANCER VACCINE?

Join the Love/Avon Army of Women campaign to aid breast cancer studies. Researchers will need women to donate things like blood or hair samples to learn what causes the disease. armyofwomen.org



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