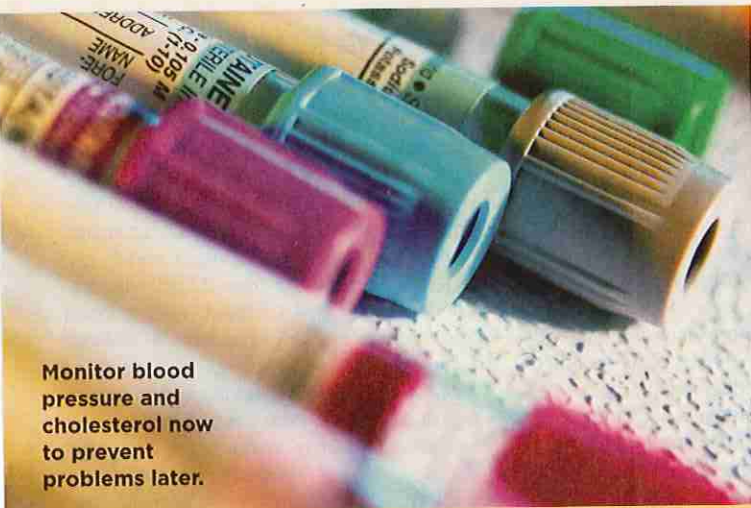


tests every woman needs

Forty-five percent of adult women have high cholesterol and 29 percent have hypertension, reports the National Institute for Health Care Management. And many women are unaware of their conditions. Untreated, high blood pressure and cholesterol can lead to cardiovascular problems, says Elizabeth Nabel, M.D., director of the National Heart, Lung, and

Blood Institute. But a simple lipoprotein blood test—which measures triglyceride levels and HDL (“good” cholesterol that protects the heart) and LDL (artery-clogging “bad” cholesterol)—and a blood pressure screening helps doctors monitor risk factors. Get cholesterol checked every five years and have a blood pressure screening every two years.



Monitor blood pressure and cholesterol now to prevent problems later.

	Total Cholesterol	LDL (bad cholesterol)	HDL (good cholesterol)	Triglycerides	Blood Pressure (systolic/diastolic)
good	Less than 200 mg/dL	100-129 mg/dL or less	60 mg/dL or above	Less than 150 mg/dL	Less than 120/80 mm Hg
borderline	200-239 mg/dL	130-159 mg/dL	n/a	150-199 mg/dL	120/80 mm Hg to 139/89 mm Hg
high	240 mg/dL or over	160-189 mg/dL or over	n/a	200-499 mg/dL or over	140/90 mm Hg to 159/99 mm Hg or over*

*According to the National Heart, Lung and Blood Institute, 130/80 or over is considered high for those with diabetes and chronic kidney diseases.

air bag alert

Air bags are dangerous for children under age 15. Researchers speculate that young teens’ still-growing bodies are more susceptible to injury. So even if your 13-year-old is taller than you, have him sit in the back.

Q&A My periods are very heavy. Is this something to be concerned about?

Heavy bleeding, also called menorrhagia, is bleeding that’s so excessive that women need to change their tampon or sanitary pad every hour for several hours straight. They may also have unusual clots (larger than a quarter) or bleeding that lasts longer than a week. Common causes include uterine fibroids, endometrial polyps and hormone changes during menopause or perimenopause. Rarely, it can also be a sign of uterine cancer. Heavy bleeding can be treated with hormones such as estrogen or progesterone, endometrial ablation (a procedure that destroys the uterine lining), uterine scraping, removal of the polyp or fibroid, or, in the most serious cases, hysterectomy.



brush away tooth sensitivity

You may think that the harder you brush, the cleaner and healthier your teeth will be. However, scrubbing too vigorously can remove gum tissue and expose root surfaces, causing otherwise healthy teeth to hurt when exposed to cold or hot foods, says Nico Geurs, D.D.S., associate professor of dentistry at the University of Alabama. Dr. Geurs suggests using a soft-bristle toothbrush with light force (in a gentle sweeping motion) and flossing daily. If your teeth are still sensitive, try a toothpaste like Sensodyne and see your dentist.

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