

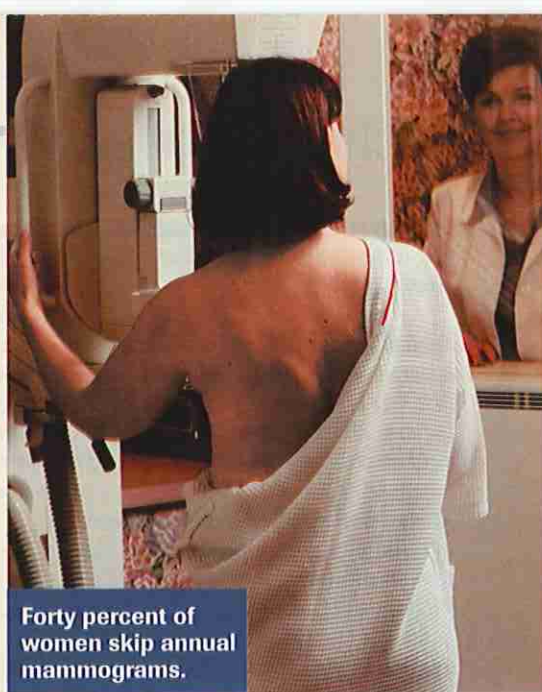
By Christine Brophy

# Painless Mammograms

It is now possible to make mammograms less painful, and any effort to increase the number of women getting them is a positive step in the fight against cancer. While the American Cancer Society recommends that women age 40 and over receive an annual mammogram, nearly 40 percent do not get one, partly because of their fear of pain or discomfort. The new FDA-approved MammoPad relieves common discomfort. The MammoPad is a soft, single-use

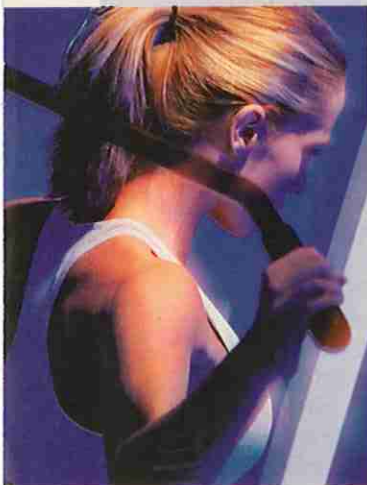
foam cushion that is placed on the mammography machine surface where the breast is positioned. In clinical studies the pad reduced discomfort by 47 percent. According to the ACS, mammograms can detect cancers long before physicians are able to feel a lump during a clinical breast examination and can reduce the risk of dying from breast cancer by over 60 percent.

Forty percent of women skip annual mammograms.



## Burn Fat Longer

Fight fat even after your workout is finished! New research shows that resistance training helps your body continue to burn calories after exercising. Arizona State University researchers studied women who completed 45 minutes of resistance training three times a week using a multistation gym. They found that the women had an elevated metabolism for up to two hours after their workout. But this is no excuse to drop your other exercise routines. It is also important to get 30 minutes of cardiovascular exercise daily, says Carol A. Binzen, M.S., C.P.T., lead author of the study. "To get the maximum benefit from exercise, women need a combination of cardiovascular workouts and resistance training."



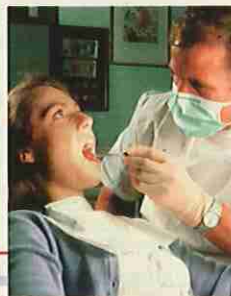
## Herb Warning

Many common herbs—even those considered mild—can cause adverse reactions during surgery, according to findings published in a recent issue of *The Journal of the American Medical Association*. In the study, eight common herbs were evaluated: echinacea, garlic, ginko, St. John's wort, ginseng, kava, valerian and ephedra. Researchers found that these herbs may alter the effects and duration of anesthesia, increase the risk of bleeding, and change heart rate and immune-system response. Because these herbs can affect the body for up to 7 days, patients should stop herb use a week before surgery.

## q&a

### Am I at risk for HIV transmission from a dental visit?

No. The dental office is a safe place to receive dental treatment and oral care. In fact, the risk of HIV transmission in dental offices is so low that the American Dental Association says it is practically undetectable. "Standard infection control precautions work at preventing disease transmission," says John Molinari, Ph.D., director of infection control at the University of Detroit Mercy School of Dentistry and an ADA spokesperson.



### Asthma and Obesity

Being overweight has been identified as a potential risk factor for asthma. Researchers studied 1,000 asthma cases and found a significant association between asthma and higher body mass index. *Archives of Internal Medicine*

### Hope for Bad Backs

Researchers are testing a new artificial disk for spinal disorders. This prosthetic disk may become an alternative to disk fusion surgery in adults 18 and over. The use of artificial disks has been shown to decrease recovery time, allowing patients to become active very quickly. Cedars-Sinai Medical Center

### Lessening Stroke Danger

Taking high doses of acetaminophen after an ischemic stroke may limit the stroke's debilitating effects and reduce mortality risk. Some patients develop a fever, which can raise the risk of complications. The drug lowers body temperature and benefits even those without a fever. American Stroke Association

Photos: Juan Silva Productions/Image Bank (top); Eyewire Collection (middle); Tim Brown/Stone (bottom).

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