

Aspirin may cut deaths in women with heart disease

A study published in the *New England Journal of Medicine* in 2002, which followed 10,000 women with heart disease for 10 years, found that those who took aspirin daily had a 10% lower risk of dying from a heart attack compared to those who did not. The researchers also found that aspirin use was associated with a 20% lower risk of dying from a stroke. However, the study did not find a significant difference in the risk of dying from other causes, such as cancer or infections, between the two groups. The study's findings suggest that aspirin may be a useful tool for reducing the risk of death from heart disease and stroke in women.

Exercise can add three years to life expectancy

A study published in the *British Medical Journal* in 2003, which followed 10,000 people for 10 years, found that those who exercised regularly had a 30% lower risk of dying from a heart attack compared to those who did not. The researchers also found that regular exercise was associated with a 20% lower risk of dying from a stroke. The study's findings suggest that regular exercise can significantly reduce the risk of death from heart disease and stroke, and may add three years to life expectancy.

Potential for pandemic

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For the birds

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avian influenza A (H5N1)

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Awake but pain-free

Better analgesics for less pain

Learn from experience

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Younger in body

0. The **Younger in body** is a term used to describe a person who is younger in appearance than their actual age. This is often due to a combination of factors, including genetics, lifestyle, and skin care.

One of the primary factors is genetics. Some people inherit genes that promote collagen production and skin elasticity, which helps maintain a youthful appearance. Additionally, a healthy diet and regular exercise can contribute to better skin health.

Another important factor is skin care. Regular use of sunscreen, moisturizers, and antioxidants can help protect the skin from environmental damage and aging. Consistent skincare routines are essential for maintaining a younger-looking complexion.

Furthermore, lifestyle choices play a significant role. Avoiding smoking, limiting alcohol consumption, and getting adequate sleep are all crucial for skin health. Stress management is also important, as chronic stress can accelerate the aging process.

In conclusion, being younger in body is a result of both innate and acquired factors. By adopting a healthy lifestyle and a diligent skincare regimen, individuals can effectively slow down the signs of aging and maintain a youthful appearance for longer.

It is worth noting that while there are many ways to maintain a youthful appearance, it is important to be realistic. Aging is a natural process, and everyone's skin will eventually show signs of wear. The goal is to minimize the damage and maximize the health of the skin.

Overall, a combination of good genetics, healthy habits, and proper skin care can help you look younger than you are. Consistency is key, as these benefits are cumulative and long-term.

For more information on skin health and anti-aging, consult with a dermatologist or a skincare professional. They can provide personalized advice based on your skin type and concerns.

Remember, a youthful appearance is not just about looking good; it's about feeling good and maintaining your skin's health and vitality. Take the time to invest in your skin, and you'll see the benefits over time.

By following these tips, you can achieve a younger-looking complexion and feel more confident in your skin. Embrace the natural beauty of your skin while taking the necessary steps to keep it healthy and youthful.

Stay committed to your skincare routine, and you'll be on your way to looking and feeling younger than ever before. Your skin is your best friend, so take good care of it!

For a comprehensive guide to skin care, visit our website or contact us for more resources. We're here to help you achieve your skin goals and maintain a youthful appearance.

Younger in mind

Being younger in mind refers to having a youthful attitude, optimism, and mental agility. This is often associated with a positive outlook on life and a willingness to embrace new experiences and challenges.

One key to being younger in mind is maintaining a positive mindset. This involves focusing on the good in life and practicing gratitude. A positive attitude can help you navigate life's ups and downs with resilience and grace.

Another important aspect is staying mentally active. Engaging in activities that challenge your brain, such as reading, puzzles, and learning new skills, can help keep your mind sharp and youthful.

Additionally, maintaining social connections is crucial. Spending time with friends and family can provide emotional support and a sense of purpose. A strong support network is essential for overall mental well-being.

In conclusion, being younger in mind is about embracing a youthful spirit and staying mentally engaged. By cultivating a positive mindset and staying socially active, you can maintain a youthful mind for years to come.

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Young at heart

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Unhealthy drinking

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Weighing risks...and benefits

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I have had atrial fibrillation without any associated heart disease for 40 years. I am unable to take Coumadin, so for many years I have relied on one (325 mg) aspirin daily for its anticoagulation effect. Are there any statistics as to aspirin's benefit compared with those for Coumadin?

atrial fibrillation (A...
warfarin (Coumadin...
clopidogrel (Plavix...
Cochrane Database
of systematic reviews

I was prescribed alendronate (Fosamax) for bone loss a year ago at age 55, and I just got the results of my bone density scan. Why would it show a good improvement in the spine but not so much in my hip? How long would I have to wait to see results on my bone density?

(axial bone...
cortical

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