

CHRISTMAS BLISS BRINGERS!

December 24, 2007

healthy living made easy



DELICIOUS!
Fresh & fast favorites



GORGEOUS!
5-minute decor tricks

YOUR TIREDNESS GONE FOREVER!

News! The inner inflammation that's making 20 million women feel exhausted—and a quick fix

STRESS CURED!

Martina McBride shares her best tension tamers

CONFIDENCE FOUND!

✓ Stylists' tips for looking slim

✓ Sara Evans on why older = better

✓ Great accessories

SUPERBUG SAFETY

If you shave, you must read this!!

YOU, 25 LBS SLIMMER BY CHRISTMAS!

FULL-THROTTLE METABOLISM

HOLIDAY OOPS SOLVED!

- ✓ Facial bloat—flushed away!
- ✓ Little "leaks"—prevented!
- ✓ Self-doubt—banished!
- ✓ Extra expenses—dodged!
- ✓ Regifting goof—finessed!

GOOD NEWS!

- Researchers ID genetic differences among 3 kinds of weight-gainers
- Discover the super-nutrients that will amp up YOUR fat loss

\$2.49

Display until 12/24/07



Alert! 5 things burglars wish we wouldn't tell you!



SUI breakthrough!

What works when



Mary Ann Bridger,
55, Wilmington, NC

"I wore pads
every day for
two years."

The most-prescribed remedy for *stress urinary incontinence* (SUI)—Kegel pelvic-floor exercises—is ineffective for 25 percent of the 30 million American women who experience leaks, according to experts. "Muscles, nerves and ligaments that become damaged because of childbirth, trauma or age may not respond to exercises, no matter how often or correctly women do them," says Daniel Kim, M.D., head of urogynecology at Sinai Hospital of Baltimore. But there's hope: Here, two women reveal how the latest procedure changed their lives.

"I can wear light-colored clothes again!"

Mary Ann Bridger picked herself up off the snowy ground and *knew*: Her stress urinary incontinence—not the spill she'd just taken on the ski slope—was to blame for her soaked pants. *I hope no one can smell the urine*, she thought, heading for the safety of her condo.

Leaks, triggered by sudden movements like sneezing and coughing, had become a near-daily occurrence for Mary Ann. "It was just humiliating," she says. "My grown children knew what it meant whenever I said, 'I've got to go change my clothes.' They'd lovingly joke, 'Mom wet her pants again.'"

Mary Ann wore pads and avoided light-colored garments, but she was still caught off guard sometimes, like the time she laughed at a party. "I went to the bathroom and tried to dry my panties, but I ended up finding my husband and telling him we had to leave," she recalls.

Though Mary Ann is a registered nurse, she still felt too embarrassed to seek help. "I'm also a physician's wife in a small town. I knew most of the doctors socially. If I went to one of them, I'd have to put a bag over my head," she explains.

In an attempt to self-treat, Mary Ann routinely practiced Kegels. But she admits, "They didn't do anything for me. I knew I needed a permanent solution."

"It made a tremendous difference in my life!"

After suffering for eight years and even resorting to wearing pads daily, Mary Ann became committed to getting her life back. She even drove six hours to see a urogynecologist. There, the specialist assured Mary Ann, "You could've done Kegels all day long and they wouldn't have helped this type of extreme leakage."

Then the doctor explained a new minimally invasive procedure called a *transobturator tape (TOT) sling*, in which a piece of mesh is inserted to support the urethra and prevent the uncontrolled loss of urine. Mary Ann was all for it.

The day after the surgery, Mary Ann was thrilled to be able to use the restroom normally. "I'm so much more comfortable," she raves. "I even bought khaki pants, which I haven't been able to wear in years!"

The 30-minute cure that
STOPS STRESS URINARY

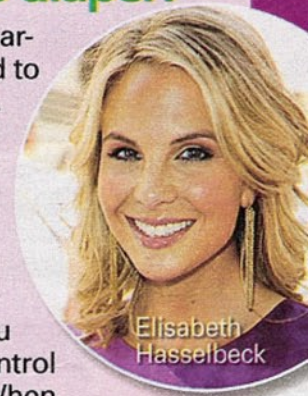
Just 10 years ago, women faced complicated surgery (and up to 6" abdominal incisions) to relieve stress urinary incontinence (SUI). Today women can opt for a trans-obturator tape (TOT) sling that requires three (or fewer!) tiny incisions to place supportive mesh beneath the urethra. "And since TOT avoids the 'danger zone' inside the belly wall, it reduces the risk

Celeb confession

"I had to steal my daughter's diaper!"

"Something embarrassing happened to me this weekend. We had to go out to New Jersey to our storage unit. This is my second pregnancy and I've been having a little, you know, bladder-control issue going on. When I laugh, a little tinkle comes out! So we were in the Lincoln Tunnel forever—tons of traffic. We get to the storage unit and all of the sudden it was like 0 to 60. It was sort of a medium-pee situation where I went from having to go soon to 'I'm going in two seconds. The floodgates are open.' So I reach into Grace's bag and pull out two Pampers. She says, 'Are you taking my diapers, Mommy?' 'Yes, I am, Grace!' So I'm in our storage unit, peeing in Grace's diapers. I went through two Pampers—would have gone through three, but I had to leave her one just in case! It was awful!"

—Elisabeth Hasselbeck, cohost of *The View*



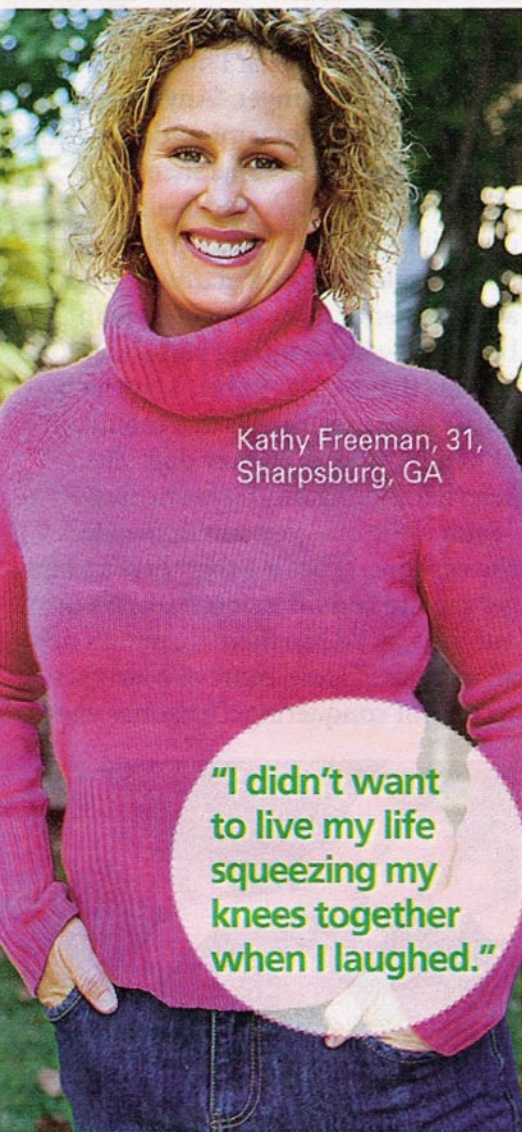
Elisabeth Hasselbeck

Leak news every woman needs to know

Even women who don't normally experience leaks can suffer mishaps during the holidays. Factors like unfamiliar foods and drinks conspire with activities like laughing and dancing to put undue stress on the bladder and urinary structures. One thing that can help: Skip bubbly beverages. According to John R. Miklos, M.D., ingredients like acids and caffeine in carbonated mixers can irritate the bladder, causing contractions that trigger "oopses"—especially when combined with alcohol, which is a well-known diuretic.

Kegels fail

"I wouldn't accept that leaks were normal."



Kathy Freeman, 31, Sharpsburg, GA

"I didn't want to live my life squeezing my knees together when I laughed."

After a few minutes on the treadmill, Kathy Freeman felt the sweat that had been forming at the seat of her pants suddenly become a trickle. *Holy cow, that's pee!* she realized, sprinting to the bathroom in the crowded gym. *There's no way this is normal.*

Although Kathy knew that her body would change after giving birth to her first child, she wasn't prepared for stress urinary incontinence. She came clean to her girlfriends, telling them about her accidents. "Oh, that's just part of being a mom," they assured. With her fears tamed, Kathy tried Kegel exercises. But the "clenching" she did while standing and preparing dinner didn't bring her the relief she needed.

Then the leaks got even worse after the birth of her second child. "It wasn't just a trickle anymore," Kathy confesses. "I would literally wet my pants when running." Through it all she wondered, *How am I going to handle this for the rest of my life?*

"Everything was back to normal the very next day!"

Convinced that squeezing her legs together when sneezing just wasn't the way to live her life, Kathy began searching for help. She visited a urogynecologist who confirmed that the ligaments supporting Kathy's urethra had been stretched by the strain of pregnancy and childbirth. Then the doctor informed her of several options. When he and Kathy agreed that Kegels weren't helping, they opted for a TOT sling procedure. "I was excited about taking care of it and moving on," Kathy recalls.

Now leak-free for a year, Kathy has been enjoying the results of TOT. "I'm more confident—I can be active without having to worry," she says. "I even bought a trampoline to use with the kids!"

INCONTINENCE

of injury to organs," says John R. Miklos, M.D., a urogynecologist in Atlanta. The procedure, which takes 10 to 30 minutes, has been proven to cure or markedly relieve SUI in over 90 percent of cases. And results can last for decades.

WE'RE HERE TO HELP!

To locate a specialist, log on to AUGS.org or go to AmericanMedicalSystems.com, the website of the company that manufactures the Monarc and MiniArc TOT slings.