

health news



Ask Dr. Ashton

Q “Can wearing wet period panties all day give me a yeast infection?”

A Yeast thrives in moist areas, so having anything wet near your lady parts for hours on end can lead to a flare-up. When you have your period, menstrual blood also changes the pH levels of your vagina and vulva, making you even more susceptible to an infection. That said, period underwear won't create an issue in all women. For many, a little extra yeast in the vagina isn't cause for concern. If, however, you are prone to the itchy condition, it's best to avoid spending extra time in any type of soggy bottoms, be they period panties, wet bathing suits, or damp gym clothes.

Healthy Obsession Adidas UltraBOOST X All Terrain

Calling all treadmill haters! Adidas has transformed its running shoes into the snugly sneaker/slippers of your dreams, allowing you to jog outside all year long. The cozy knit uppers wrap around your ankles and repel water, while rubber bottoms—that work like snow tires by increasing traction—keep you from eating ice. \$220, adidas.com



Q “What does a breast lump feel like?”

A A marble, a grape, a pea...even a grain of rice. Lumps can vary in size but typically have smooth edges and move in between your fingers as you feel around them. If you notice something like this, stay calm. In young women, breast lumps are often benign cysts called fibroadenomas. The most important thing is to familiarize yourself with what your breasts feel like so you can detect and report any changes to your doctor.

SOURCE: JENNIFER ASHTON, MD, OB-GYN AND ABC NEWS CHIEF WOMEN'S HEALTH CORRESPONDENT



The Habit Expert

“Like all fixations, nail biting develops out of repetition and reward. If you bite your nails one day when you're feeling anxious, you may feel slight pain, which is distracting. That's the reward. The next time you feel anxiety, you do the same thing—until it becomes routine. Try substituting biting with another action, such as chewing gum, every time you feel the urge.”

Wendy Wood, provost professor of psychology and business at the University of Southern California

THREE WAYS TO CURE...

Compulsive Nail Biting



The MD

“Learn the consequences of your behavior: Chronic nail biting and skin picking can lead to numerous problems, including infections, pain, even disfigurement. Although not the coolest option, covering your fingertips with medical tape for two weeks will help you completely break the habit. Over-the-counter products that have a foul taste, such as Mavala Stop and Resist Nail Bite Inhibitor, can also work.”

Chris G. Adigun, MD, dermatologist and nail specialist in Chapel Hill, North Carolina

HANDS: MICHAEL THOMPSON/TRUNK ARCHIVE; GIRL EATING PIZZA: JESSE MORROW/STOCKSY.

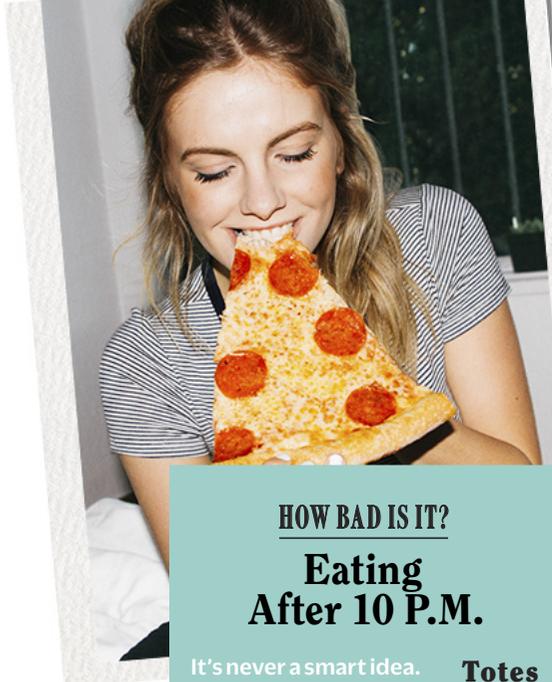


The Life Coach

"Hypnotherapy can help, but it takes anywhere from one to several sessions. Here's something similarly effective that you can try at home: Repeat positive affirmations (e.g., 'I can bite my nails if I want to, but I'm choosing not to'). This will instantly give you more power over the situation. Telling yourself 'No, don't do that' actually makes you want to do it more."

Alexandra Janelli, hypnotherapist and life coach in New York City

THE PERCENT BY WHICH YOUR CERVICAL CANCER RISK MAY DROP IF YOU USE AN IUD, PER A RECENT STUDY IN OBSTETRICS & GYNECOLOGY. DOCS SAY THE DEVICE COULD TRIGGER A HELPFUL IMMUNE REACTION.



HOW BAD IS IT?

Eating After 10 P.M.

It's never a smart idea. Research suggests that near-midnight munchies may cause your body to store even good-for-you calories as fat, since your digestive system is already in sleep mode. Perhaps more worrying, late-evening eats can wreak havoc on your belly's all-important microbiome. "We know that gut bacteria affect everything from your immune system to your odds of getting diabetes, heart disease, even cancer," says anesthesiologist Christine Gerbstadt, MD, RD, author of the *Doctor's Detox Diet*. (So let these bacteria get their zzz's...or they may turn on you.)

Since every person's body is different, there's no universal food last-call time. In general, the earlier you stop eating, the better. Try to cut yourself off at least one hour before you hit the sack. If you're seriously hangry, have a small serving of something with protein and fat, like a few spoonfuls of unsweetened yogurt or a handful of nuts. Then brush your teeth—that acts like a psychological kibosh on further grazing.

Totes Fine

Just Don't