

health news

HEALTHY OBSESSION

This total-body-toning weight doubles as chic decor! Choose one that matches your pad's lewk (in black, white, gold, or chrome) and your fitness goals (5, 10, or 15 lbs). For more inspo, watch the Ubarre workout vid online, *Best U Studio Ubarre Toning & Sculpting Tool*, from \$142, bestustudio.com



Ask Dr. Ashton

Q Will a yeast infection ever go away on its own?

A If your infection is mild, maybe. But if you're experiencing major redness, burning, swelling, or itching, you need meds. Other conditions can cause similar symptoms, so first confirm the diagnosis with your gyno. She'll then prescribe an antifungal, or you can pick up an OTC cream or suppository at your local drugstore.

Q I'm in an LTR. Do I really need an annual Pap smear?

A Women in long-term relationships can still get abnormal Pap results, either from latent HPV infections or because one partner slept with someone else. That said, a yearly screening isn't necessary for any young woman unless she's had previous abnormal results. The CDC recommends that women ages 21 to 29 get a Pap every three years.

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

YAY, SCIENCE!

THE PERCENTAGE BY WHICH REGULAR EXERCISE CAN LOWER YOUR RISK FOR GLAUCOMA, AN EYE DISEASE THAT MAY EVENTUALLY LEAD TO BLINDNESS.

SOURCE: 2017 UCLA STUDY



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HOW BAD IS IT? Forgetting to Floss

You'll Live

As with many things—your workout, your multi-vitamin—skipping it a few times isn't going to impact your well-being, says Carolyn Taggart-Burns, DDS, of Millard Oaks Dental in Omaha.

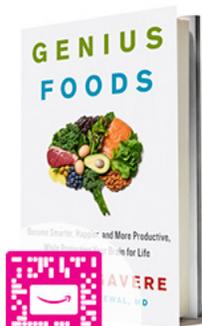
But flossing on the reg is important. Look at it this way: "If you're just brushing, you're in theory only cleaning half of each tooth," says Taggart-Burns. And food particles left between teeth (i.e., the remains of breakfast, lunch, and dinner) feed the bacteria in your mouth, creating plaque that can lead to cavities and gum disease. "If you go a couple of days without flossing, you are allowing that bacteria to colonize and flourish," says Taggart-Burns.

Aim to do it once daily. Wrap one end of the string around a middle finger and pinch the other end between the pointer and thumb of your opposite hand. Guide the string along one tooth until you reach your gums, then scrape it along the other side. And be gentle, because floss can damage your gums if used too harshly.

Just Don't

The Smart Salad

The right eats can power up not just your bod but your mind too, helping you tackle work or school like a boss. Here, Max Lugavere, coauthor of the new book *Genius Foods*, shares his top ingredients for a brain-boosting lunch.



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Genius Foods, by Max Lugavere with Paul Grewal, MD, \$19, amazon.com

Spinach

It's a big source of magnesium and folate, two micronutrients the brain uses to create energy and stay sharp.



Bell Peppers

Chomp these veggies for luteolin, a type of flavonoid that may help reduce inflammation in your brain.



Wild Salmon and Eggs

Besides muscle-building protein, these contain DHA, an omega-3 fatty acid that helps your brain create new connections as you age.



Beets

These contain nitrate, which dilates blood vessels and increases blood flow to your noggin. Studies suggest a high-nitrate diet can boost brain power.

Extra-Virgin Olive Oil

Fat on your salad increases absorption of important compounds in greens, like carotenoids, which protect your mind from aging and can even increase processing speed.



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