

health news



Ask Dr. Ashton

Q Will anti-biotics mess with the Pill?

A Not unless you're taking rifampin, rifabutin, or rifapentine, the only ones known to make the Pill less effective. More common drugs like amoxicillin could slightly change your hormone balance but won't change how well your oral contraceptive works.

Q Help. I have sore boobs during PMS!

A Estrogen and progesterone fluctuations can cause breast tenderness before your period. OTC acetaminophen and oral anti-inflammatory drugs may help. You could also try a more supportive bra, and some evidence suggests that cutting out caffeine can ease discomfort.

SOURCE: JENNIFER ASHTON, MD, OB-GYN AND ABC NEWS CHIEF MEDICAL CORRESPONDENT

Healthy Obsession

These comfy kicks—they're like foot pillows—are genius. They track your speed, distance, and stride as you run, phone-free. *Under Armour HOVR Phantom Connected Women's Running Shoes, \$140, underarmour.com*



YAY, SCIENCE!

Breast-Milk Breakthrough

The new company Lactation Lab offers test kits for your mom juice. The basic version measures calories, carbs, protein, and fat. A fancier kit screens for nutrients tied to immune function (vitamin A) and brain development (vitamin B12), among others, so you can adjust your diet to make baby's meals more nutritious, says founder and family medicine physician Stephanie Canale, MD. *From \$79 (with 20 percent off code COSMO20 on your first order), lactationlab.com*



HOW BAD IS IT?

Wearing the Same Undies Two Days in a Row

You'll Live

It's less about how long you wear them than what happens while you wear them. That's because sweat (from, say, a gym sesh or walking outside on an extrahot day) and discharge in your underwear contain bacteria that can grow over time, says Raquel Dardik, MD, an ob-gyn at NYU Langone Health. "Prolonged contact with bacteria can cause itchiness, irritation, and possibly a yeast infection." And damp clothing can chafe your undercarriage's sensitive skin—*no bueno*. Bottom line: In a sleepover situation, rocking a single pair of panties for 48 hours probably won't have major consequences, but try not to make a habit of it.

Just Don't

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THE PERCENTAGE BY WHICH YOUR RISK FOR HEARING LOSS CAN DROP IF YOU EAT A DIET FULL OF VEGGIES, FRUITS, HEALTHY FATS, WHOLE GRAINS, LEGUMES, NUTS, AND FISH, ACCORDING TO A 22-YEAR STUDY IN THE *JOURNAL OF NUTRITION*.