



Change your diet and feel better.

THE DIET CURE FOR INCONTINENCE

Feel as if you constantly need to urinate? Changing your diet may help. "Certain foods cause chronic inflammation of the urinary tract, which leads to 'urge incontinence': an intense sensation that you need to use the bathroom, even when your bladder isn't full," says Milton Krisiloff, a urologist at Saint John's Hospital in Santa Monica, California.

While no formal studies have confirmed a diet-urge incontinence link, Krisiloff says that more than 700 of his female patients have found relief by eliminating very spicy foods, alcohol, and all sources of caffeine (even chocolate) from their diets: "Ninety percent of those who make the changes are symptom-free after four or five weeks," he says. Since food avoidance is a no-risk option, it's worth a try. But before you overhaul your eating habits, see your doctor to make sure you don't have a urinary tract infection, which has similar symptoms.

EMBARRASSING QUESTION OF THE MONTH

Q: MY DOCTOR SAYS I HAVE A TIPPED UTERUS. WHAT DOES THAT MEAN?

A: It's nothing bad. In most women, the uterus tilts forward, toward the vagina. A "tipped" uterus tilts backward, toward the rectum. "It's very common, occurring in about 30 percent of women, most of whom are not even aware of it," says ob/gyn Adam Duhl of the MCP Hahnemann School of Medicine in Pittsburgh. Contrary to myths, a tipped uterus does not cause backaches, painful intercourse, or difficulty conceiving. In fact, there is only one minor complication associated with a tipped uterus: In fewer than 1 percent of women, a diaphragm cannot be used, since the angle makes ensuring a correct fit difficult.

On the Pill? You need more vitamins

Hormones in the Pill can sap your body of nutrients, says San Diego pharmacist Ross Pelton. Here's how to offset the Pill's negative nutritional effects.

Each day, eat:	Why you need it:	How to get it:
Folic acid (800 mcg)	To protect against precancerous cervical changes.	Leafy green vegetables, broccoli, asparagus, turnip greens.
Vitamin C (500-1,000 mg)	To keep your immune system healthy.	Two servings a day of citrus fruits, strawberries, red bell peppers.
Vitamin B ₆ (10-25 mg)	For normal brain function. Also for PMS relief.	Fortified cereals and breads, bananas, peanuts, beans.
Magnesium (300-400 mg)	To maintain strong bones, promote heart health.	Wheat bran, whole grains, nuts, milk.
Zinc (10 mg)	To boost the immune system, promote cell growth.	Pumpkin seeds, seafood, turkey (dark meat), mozzarella or Swiss cheese.

Get busy against breast cancer

Feel good about your packed schedule: Canadian researchers found that women who spent five or more hours a day doing chores and/or working had a 31 to 41 percent lower breast-cancer risk than the least active women.

Experts think a busy daily life may help slash your odds in the same way exercise is believed to help: Staying active, whether at the gym or with your kids, reduces hormones that may stimulate growth of breast-cancer cells, researchers say. "You don't have to run marathons to reap the health rewards of physical activity," says lead researcher Christine M. Friedenreich of Canada's Alberta Cancer Board. The running around you do to juggle responsibilities may be enough to benefit your breasts.

Keep moving, protect your breasts.

