

GET HAPPY!
 Cures for the summer blues

No more wrinkles!
 Breakthrough supplement rejuvenates skin



SL
 Try

BU
 Top wa

A
t

★ Jen

The he
Pre



● Your Good Health

Got the summer blues? Here's what to do!



Mood? Tired? Out of sorts? Here's how to

What to do if you sweat too much

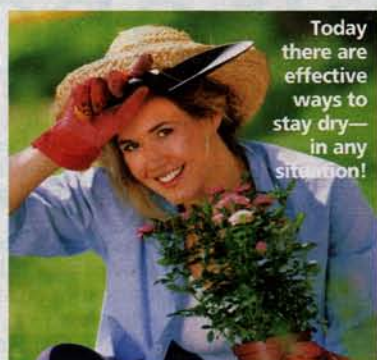
eras

Sure, we all get a little damp under the arms from time to time—especially in warm weather. But for eight million Americans, perspiration is anything but normal. They have a medical condition known as hyperhidrosis, marked by excessive sweating—even when the weather is cool or they haven't exerted themselves!

Surprisingly, although one in three sufferers call their sweating "intolerable," very few consult a doctor. "And that's a shame, since there are effective ways to stay dry," says New York City dermatologist and hyperhidrosis expert David Colbert, M.D. Keep it in check by . . .

✓ **Trying a super-strength antiperspirant.**

Prescription Drysol or Xerac, which contain higher concentrations of aluminum chloride—the effective ingredient in over-the-counter antiperspirants—block sweat ducts to prevent excessive perspiration. Until you see a doctor, try an over-the-counter



Today there are effective ways to stay dry—in any situation!

antiperspirant with the most aluminum chloride, like Certain Dri.

✓ **Chilling out.**

Find yourself perspiring profusely in certain situations—like a job interview? "Anxiety triggers the brain to produce hormones that cause sweat attacks," says Dr. Colbert. "And since stress is part of the equation, anything that can control it—whether deep breathing or yoga—can help stem the flow of perspiration."

Health News!
Are cellphones safe?
 Yes! A study in the journal *Neurology* reported no increased risk for brain tumors with cellphone use, no matter how frequently they were used.

✓ **Asking about the calm-down drug.**

Still stressed and sweating excessively? Treatment with certain drugs, like Ditropan and Anaspaz, can help stop sweat-gland stimulation by stopping stress-induced muscle spasms. In about 80% of cases, symptoms improve in two weeks.

✓ **Considering the red-carpet solution.**

If these strategies fail, consider Botox injections, which temporarily freeze the nerves that send the "Perspire!" signal. In a study led by researchers from St. Louis University School of Medicine, more than 80% of people treated with Botox cut their sweating by more than half. "And the effects can last anywhere from six to nine months," says plastic surgeon Steve Fallek, M.D.

—Denise Mann

Clothes make a difference!

"Wearing acrylic man-made fabrics is a big no-no, because they keep the heat in," says Dr. Colbert. "Choose cotton clothing that allows your skin to breathe."

dinnertime," adds Dr. Peeke.

—Brenda Kearns