

Women's Wellness



Moms + Kids = Better Bones

In an intriguing study, Australian researchers report that women—and their kids—became more active and consumed extra calcium after the mothers learned healthy habits



to avoid osteoporosis or were informed about low t-scores on bone mineral density tests. Among the mom-developed strategies: assess your children's likes and dislikes and work with these; emphasize a balanced diet and lifestyle, rather than focusing on factors specific to osteoporosis pre-

vention; ensure that calcium-rich foods are accessible; and consistently model the desired behaviors.

In other research findings, scientists say that the brain plays a role in how bones grow—a discovery that may open the door to new osteoporosis therapies in the future. Experts also report that people with high levels of omega-3s had denser bones than those with lower levels. Omega-3s may promote calcium metabolism or the formation of collagen, a sturdy protein found in bone.

So Long, "Bag" Pain

Troublesome shoulder and back pain linked to unwieldy book bags and carry-on cases is an all-too-frequent problem for students, professionals, and frequent travelers. Available in backpack and shoulder strap versions in a variety of colors and patterns, new laptop bags for women are designed to help protect expensive equipment while promoting better posture and back health.

Go Girl and Avion laptop bags are sold at select retail stores and online at www.pelophebags.com.



Life After Menopause

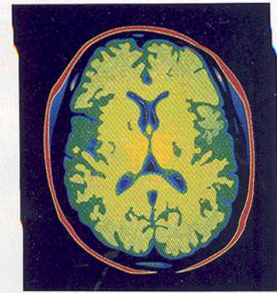
"For too many years, the focus in menopause research has primarily been on the ovaries," says Dr. Andrea Gore, a researcher at the University of Texas at Austin who recently

received a \$1.4 million NIH grant to study how the brain may play a role in controlling the timing of menopause.

Many menopausal complaints such as hot flashes, depression and memory issues that prompt women to seek treatment are neurological in origin.

"By understanding how normal brain processes change during aging," Dr. Gore explains, "we can intervene when things go wrong. Although menopause is a normal part of aging, it is accompanied by numerous symptoms that affect the quality of life in most women."

Dr. Gore adds that American women can expect to live for about 30 years after menopause. A century ago, the average life expectancy and onset of menopause were both slightly over 50 years of age.



Technology in Medicine

A web-based computer program provides a checklist of diagnoses for clinicians to consider when deciding what may be causing a patient's symptoms and signs. The Isabel clinical diagnosis decision support system was created after three-year-old Isabel Maude's worsening symptoms were linked to her initial diagnosis of chickenpox. The child, however, had developed a rare but serious infection with "flesh-eating" bacteria, and the misdiagnosis slowed her eventual recovery. Hospitals and physicians are purchasing advanced diagnosis support tools (such as Isabel) to improve patient safety and quality of care.

Hope for Health

The FDA has approved Tykerb (lapatinib), in combination with Xeloda (capecitabine), for the treatment of women with advanced HER2-positive breast cancer who have received prior therapy. In this type of cancer, breast tissue tests positive for a protein that spurs the growth of cancer cells. As a result, the disease tends to be more aggressive and less responsive to hormone treatment.

The new oral regimen, taken once daily, is the first targeted treatment option for this group of patients. For more about the drug and questions about insurance coverage, call Tykerb Cares at 866-489-5372.