

First for Women interview will hit newsstands in March

your **health**



HOW I STAY HEALTHY **Padma Lakshmi**

BETWEEN HOSTING Bravo's *Top Chef* and designing her new jewelry line, Padma Lakshmi champions a particularly personal cause: endometriosis awareness. After a 20-year battle with the condition, she finally got the right diagnosis and teamed up with her doctor to create the Endometriosis Foundation of America (endofound.org). Endometriosis occurs when tissue that normally lines the uterus grows in other parts of the body, such as the pelvis or ovaries. It affects more than 5 million women, yet many people go undiagnosed. That's because symptoms—such as excessively painful periods or abdominal pain—are often mistaken for something else, like gastrointestinal problems.

Once discovered, it's easy to treat (options range from hormone therapy to surgical removal of excess tissue). "For years I spent three days a month in bed with excruciating pain," says Lakshmi. "My life is so different now; I have fewer cramps, less swelling, and my mood is better." Last fall, she also found out she was pregnant, which was exciting because endometriosis can affect fertility. *A.L.C.*



FIGHT HEART DISEASE WITH STYLE

THE COUNT ME HEALTHY HELPING HEARTS BRACELET

is more than just a pretty piece of jewelry: It can help you keep track of a health goal. For example, to keep tabs on how many fruits and vegetables you're eating, just slide a sterling silver bead across the bracelet whenever you eat that apple or side of broccoli. Even better, 25 percent of the price (\$88) benefits WomenHeart (womenheart.org), an organization devoted to protecting women from heart disease. Order at countmehealthyjewelry.com

Enter to win this bracelet at womensday.com/giveaways

HERE'S HOW THIS FOODIE STAYS STRONG



1 I eat a lot...of the good stuff. "I love fruit—especially grapefruit and pomegranate—as well as veggies, salads, brown rice, chicken and fish."



2 Moderation is my motto. "Whether it's splurging or depriving, exercising too much or too little, the middle path is the best."



3 I really enjoy being active. "Before I was pregnant, I loved to box! I looked forward to those workouts so it kept me on track."

MEMORY LOSS: SIGNS IT'S SERIOUS

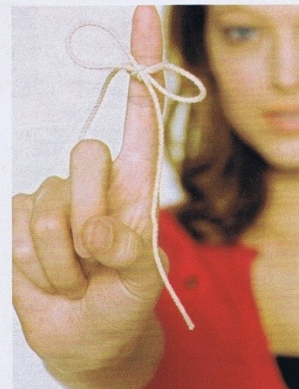
Misplacing your keys or forgetting someone's name are probably nothing to worry about, but there are red flags that could indicate more serious memory loss, says Paul Bendheim, MD, author of *The Brain Training Revolution*.

OK

- You forget the name of the hotel where you stayed on vacation last month.
- You relay the same story to both your mother and father.
- You can't find the can opener.

NOT OK

- You regularly struggle to remember the names of people you know well.
- You repeat the same story multiple times, to the same person, on the same day.
- You can't remember how to use a can opener. *A.L.C.*



TOP LEFT: MICHAEL LOCCISANO/GETTY; CENTER: SHUTTERSTOCK (3); BOTTOM: GETTY.

AB
ad
wh
Tall
of a

IM
Elde
takir
Anti
then
or w
espe
with

The
head
Thil
y
You
s
You
visit

Plea
*Lexap
Paxil
C

Bris