

MORE JULY/AUGUST 2006 ISSUE HIGHLIGHTS

-More Editors Available For Interviews-

MORE'S ESSENTIAL MIGRAINE MANUAL

Does choosing a migraine treatment make your head spin? *More* consulted doctors and real women to give you a range of pain-proofing strategies.

Ways to Tame Migraines Without Drugs

- Stay Hydrated – Research suggests that increased water intake can reduce the intensity and duration of migraines.
- Get Plenty of Sleep – Migraine sufferers who sleep about six hours or less a night are prone to more frequent and severe headaches than those who get more rest.
- Work Out Regularly – Studies suggest that women who did an hour of exercise three times a week reduced the frequency, intensity and duration of their headaches by more than half. Results often observed within two months.
- Maintain a Healthy Weight – A February 2006 survey revealed that obese people's migraines are more frequent, painful, disabling and more likely to make sound and light intolerable. These symptoms may be the result of fat-produced hormones and a heightened tendency to inflammation.

The Head Meds

To Stop an Attack:

- Ergotamines – Alkaloids, which constrict blood vessels, reduce swelling and head pain. Nausea is often a side effect.
- Isometheptene – This blood vessel constrictor is milder than ergotamine and results in fewer side effects. Can be combined with a pain reliever and sedative (Midrin).
- Narcotics – Opiates are not recommended for routine use since some are addictive.
- Nonnarcotic pain relievers – Milder migraines may respond to aspirin, acetaminophen, ibuprofen or naproxen, taken as directed. Overuse may lead to rebound headaches.
- Triptans – Constrict blood vessels and change the release of neurotransmitters. They also reduce nausea and intolerance to light and sound. These drugs include: sumatriptan (Imitrex), rizatriptan (Maxalt), zolmitriptan (Zomig), eletriptan (Relpax), frovatriptan (Frova), almotriptan (Axert), and naratriptan (Amerge).

To Prevent an Attack...

- Anticonvulsants – Reduce activity of excitable nerves.
- Antidepressants – Regulate serotonin or norepinephrine levels. The use of SSRIs in nondepressed migraine patients is controversial.
- Some blood pressure medications – Beta-blockers and calcium channel blockers relax blood vessels and improve blood flow to relieve pain.

Plus, how real women overcame their migraines in the July/August issue of *More*.

IT'S DIFFERENT AFTER 40

What worked in your thirties for such annoyances as acne, heartburn, itchy eyes simply doesn't cut it anymore. *More* cataloged the most common complaints of women over 40, and then zeroed in on the

fix for each, saving you time and frustration.

IRKSOME ISSUE: Undereye Swelling

QUICK FIX: Blink Away Bags

After 40, your skin doesn't flush away liquids as easily. To reduce swelling, blink 20 times to disperse fluids and reduce swelling. Then, try a mini massage by gently rubbing your finger in an outward motion around eyes for two minutes.

IRKSOME ISSUE: Dry, Itchy Eyes

QUICK FIX: Blink Use Moisturizer

The decline in estrogen produces less lubrication and leads to dry eyes. Try using a natural tears formula. If dryness lasts for more than a week, ask your doctor about prescription eye drops.

IRKSOME ISSUE: Hormonal Acne

QUICK FIX: Scrub Smarter

Shifting hormonal levels can result in breakouts. To deal with drier, more sensitive skin, switch to a mild cleanser and oil-free moisturizer. Your dermatologist may prescribe a topical cream like Differin or Retin-A, or even an oral antibiotic.

IRKSOME ISSUE: Weight Creep

QUICK FIX: Refigure Your Calories

When you stop menstruating, the 500 calories you were losing each month stay with you and could lead to weight gain. To maintain your weight, add a 30-minute walk to your weekly workouts.

IRKSOME ISSUE: Feeling Blah

QUICK FIX: Bring It Up With an MD

Tired? Thirsty? Short of breath? During midlife these complaints could be a sign of illness as rates of hypothyroidism, depression (both can cause fatigue), diabetes (thirst), heart disease and anemia (shortness of breath) all increase now.

IRKSOME ISSUE: Indigestion

QUICK FIX: Go With Your Gut

Heartburn and indigestion may be more prevalent. Instead of eliminating all spicy or greasy foods, pay attention to how you feel with different combinations. You may be able to drink a cup of coffee, but not while eating a Western omelet.

IRKSOME ISSUE: Lust for Lost Sleep

QUICK FIX: Learn the New ABC's of Your Nightly Z's

Try to go to sleep at the same time every day and write a to-do list early in the evening so you are not thinking about what needs to get done while trying to sleep. Think positive thoughts while you drift off. If that doesn't work, count to four while taking deep breaths until you feel drowsy.

IRKSOME ISSUE: Another UTI?

QUICK FIX: Try More Berries

The decline in estrogen thins the vaginal lining and dries the urethra leaving you vulnerable to infection. Consume half a cup of unsweetened cranberry juice or one cup of fresh or frozen blueberries daily. If you get an infection, antibiotics will resolve it quickly.

IRKSOME ISSUE: Suddenly Swollen Ankles

QUICK FIX: Fancy Footwork

Hormone therapy can result in swollen ankles. To reduce swelling, spend a few minutes each day tracing the letters of the alphabet with your feet using cursive first and then block letters.

IRKSOME ISSUE: Painful Feet

QUICK FIX: Pad Your Peds

Age-related fat loss can cause burning or shooting pains in the balls of your feet. Try adding pads to your shoes. For a long-term solution, podiatrists can inject Sculptra, or a filler material, which costs about \$500 per treatment, into the balls of your feet.

For more quick health fixes, check out the July/August issue of *More*.

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