

Gotta Go and Go...

Noticed a change in how often you need to go tinkle, and is the need urgent? Many women suffer in silence from frequent urination because they believe it's a normal part of aging. But since one in three women younger than 35 also has this problem, is this really about the normal aging process, or is going and going and going abnormal for all of us?

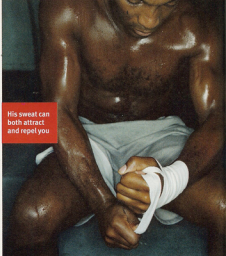
According to Jay S. Copeland, M.D., a Washington, D.C., urologist, frequent urination is not about age, because there can be many different possible causes, including undiagnosed diabetes, urinary infection or a bladder that has lost its support, which, he says is common. Also, women who have given birth by vaginal delivery usually do not recover normal elasticity and tone, he says.

"Women, regardless of age, should be concerned if there is a change in the way they urinate," Dr. Copeland says. "Lots of women are told to drink eight to 10 eight-ounce glasses of water a day, which results in frequent urination. Not that anyone should walk around dehydrated, but many women create their own problem by drinking too much."

If your frequent urination is caused by a urinary tract infection or bladder cancer, you'll need to see a doctor immediately. If an unstable bladder is the culprit, there's no need to suffer since medicines are available to treat the problem. Here's what else you can do:

- Drink less fluids
- Reduce caffeine and alcohol consumption
- Lose weight
- Quit smoking —Sharon Dukes

His sweat can both attract and repel you



Does his sweat induce stress?

Survey says: yes. Believe it or not, we may have yet another cog in the cat and mouse, love and attraction wheel that keeps the world wildly spinning. A new UC Berkeley study has discovered that just a few whiffs of a chemical found in male sweat is enough to raise levels of the stress hormone cortisol in heterosexual women. Cortisol increases the risk of developing deep belly fat.

The study provides the first direct evidence that humans—like rats, moths and butterflies—secrete a scent that affects the physiology of the opposite sex. The same compound found in male sweat (and an additive in perfumes and colognes) changed mood, sexual arousal, physiological arousal and brain activation in women. There is, however, no hard evidence that humans respond to this chemical or any other in a subliminal or instinctual way similar to the way many insects and other mammals respond to pheromones. More studies need to be done to reach conclusive results. —Kennedy Spencer



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