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*Am I missing out on the benefits of drinking?*



**Laura Faeth, 44**, of Boulder, Colorado, stopped drinking three years ago after experiencing a ton of abdominal pain during a night of partying. "I took it as a sign that my body didn't want alcohol anymore," she says. Now she finds socializing just as much fun when she's sober. But since her father died of pancreatic cancer at age 53 and his mom died of breast cancer at 50, Laura can't stop wondering whether she could lower her cancer risks by having some red wine every few days.

••• **What the experts say**

Women who don't drink at all do have a slightly higher risk for certain diseases than women who drink just a little. But that's no reason for Laura to start having wine with dinner in place of, say, water, or to throw down a few at the holiday party while toasting good health. (For tips on avoiding alcohol, see "Sneaky Ways to Just Say 'No,'" page 56.) "We know so much about how to be healthy already," Rimm says. "If you're worried about the risk of diabetes and you're eating right, for example, adding alcohol won't do much more for you." The same goes for cancer: Ditching cigarettes, eating more fruits and veggies, avoiding too much sun exposure, keeping your weight under control, and getting regular exercise pack a lot more prevention than a bottle of Bordeaux. ☛

*With additional reporting by Laurel Naversen Geraghty.*

# You Need to Know

The good, the bad, and the ridiculous

↑ **Cheers**

**Workouts that kick cancer's butt**

More and more research shows that exercise is a survival must for women with breast cancer. Now Wendy Rahn, PhD, a breast-cancer survivor and an associate professor of political science and psychology at the University of Minnesota, is helping spread the word. Her new nonprofit, Survivors' Training, promotes exercise as "essential therapy." Learn more at [www.survivorstraining.org](http://www.survivorstraining.org).

**Teen pregnancy: Uncooler than ever**

Fewer teenagers are having babies, thanks in part to a 17 percent jump since 1991 in the number who use condoms, according to a new government report. And just 47 percent of high school students reported being sexually active in 2005, down from 54 percent in the early 1990s. The bare facts: Kids need to know that both condoms and abstinence help prevent pregnancy and sexually transmitted diseases.

**Junking the junk-food ads**

Twelve food-industry giants—think McDonald's, Kellogg, and Kraft—have pledged not to advertise supersugary and high-fat foods and beverages on TV shows designed for children. From now on, the 12-and-under crowd will see more ads for products that meet federal nutritional guidelines. But the war on junk food isn't over. Plenty of other biggies haven't taken the pledge yet.

↓ **Jeers**

**Child safety first ... or last?**

What's going on at Dorel Industries, the largest car seat maker in the United States? It took the company five years to stop producing a popular car seat model that a nurse fingered as having a serious problem: She believed a notch on the seat could fracture a child's skull in a wreck. It wasn't until two families filed lawsuits claiming their kids had suffered brain damage in an accident while using the seat that the company stopped production. Dorel Industries isn't owning up to any blame, although it recently recalled other models due to suspicions of defects and offered consumers replacement parts.

**Pricey prevention for college kids**

Federal government belt-tightening is hurting the wrong people. Due to Medicaid cutbacks, young women who depend on their campus health clinics for cheap contraception are now shelling out double or triple what they used to pay for popular forms of birth control like the Pill and NuvaRing. That means cash-strapped students might opt to go without—which could result in some really high costs.

**A supplement mess in Texas**

Dietary supplements that cure cancer and Down syndrome? That's what associates of Mannatech Inc., a Texas-based multilevel "global wellness solutions provider," were selling—with zero scientific backup for their claims. Investigators found that the misleading promotions may have hooked even seriously ill people. What's next? The state's attorney general is suing, and Mannatech has put a kibosh on their bogus claims.