

JUNE 6, 1995

Woman's Day

Don't Be a Victim! **67 CRIME STOPPERS**

85 Ideas to Simplify summer!

THE EASIEST WAYS TO

- Cut Chores ● Get Rid of Ants
- Treat Bug Bites ● Light the Barbecue
- Keep Picnic Foods Fresh ● Have Fun!


"How I Lost Those 5 Tough Pounds"

Is Your Bank Robbing You? Page 44

Work Miracles with Garage-Sale Finds Page 101

You're Hot, They're Hungry
50 Cool Ways to Feed Them Fast Page 111

20-Minute No-Bake Cool Lime Pie



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Great Clothes, Great Prices

How Doctors Stay Healthy

Can a Pill Prevent Breast Cancer?
Page 74

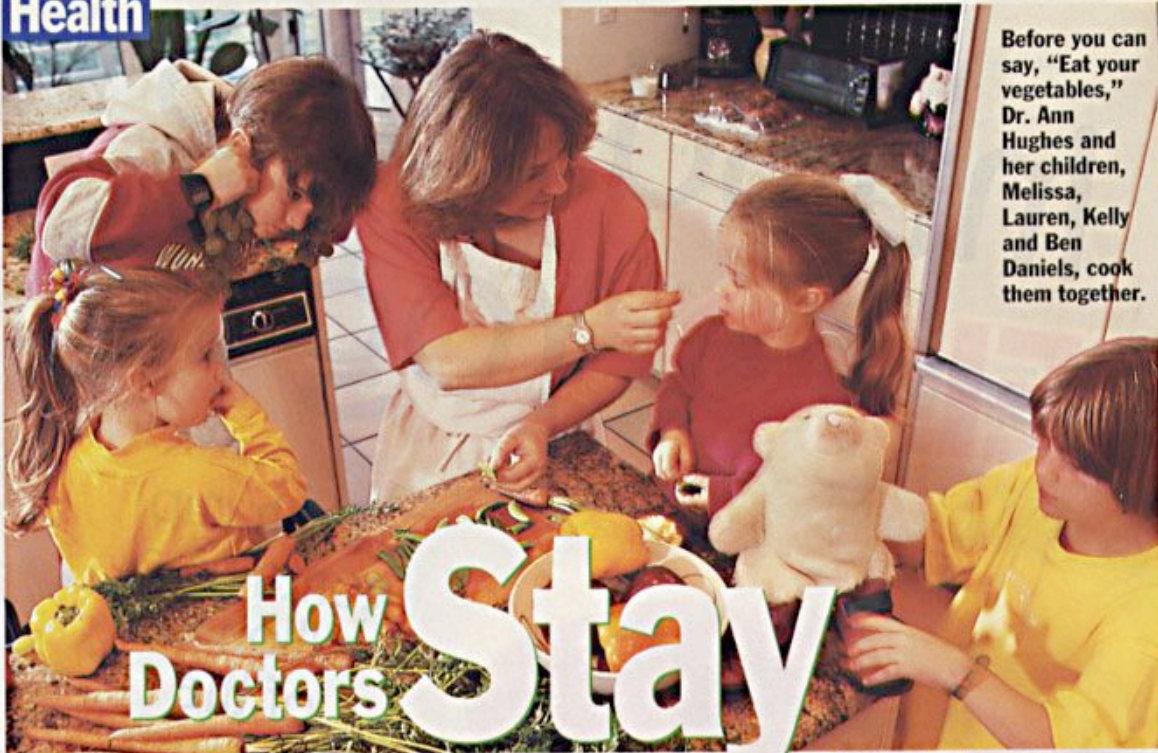


Easy ICE-CREAM DESSERTS
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Before you can say, "Eat your vegetables," Dr. Ann Hughes and her children, Melissa, Lauren, Kelly and Ben Daniels, cook them together.

How Doctors Stay Healthy

You may be surprised.

BY JENNIFER GRAHAM

Doctors, like all of us, live in a world where it is just all too tempting to eat fast food, drive everywhere and forget to floss. So when yours urges you to cut down on fat or take a daily stroll, do you ever wonder if—and how—she manages? We did, so we asked. We were relieved that not one physician eschews chocolate, spends hours at the gym or drinks those eight glasses of water every day. But all believe that healthy living can add *pleasure* to one's daily routine. How? Keep reading.

An Apple a Day?

"I'm very careful about my diet, but once a month I always eat something like Häagen Dazs ice cream. It makes it much easier to go without the rest of the time." —Loraine Stern, M.D.,

Woman's Day "Your Child's Health" columnist and pediatrician, Los Angeles
"Fast-food restaurants aren't a part of my world." —Toni Brayer, M.D.,

internist, San Francisco
"I drink three glasses of milk a day. I drink a glass of wine once in a while." —Polly Nicely, M.D., family

physician, Indiana State Women's Prison, Indianapolis
"I always eat three meals a day in a

normal pattern. That helps me to refuel, to concentrate and to sleep better."

—Ann Brown, M.D.,
emergency physician, Willamette Falls Hospital, Oregon City, OR

"I eat red meat in moderation and skinless chicken and fish."

—Steven K. Hamar, M.D., surgeon,
St. Alexius Medical Center,
Bismarck, ND

"I eat pretty close to vegetarian during the week. On the weekends, I let myself eat meat."

—Yank D. Coble, M.D.,
endocrinologist, Jacksonville, FL

"I like to cook with my children so they have an idea of what's going into dinner."

—Ann Hughes, M.D., radiologist,
Centrastate Medical Center, Freehold, NJ
"I drink alcohol very rarely, once or twice a month at most."

—Margaret Beahrs, M.D., cardiologist,
St. Paul (Minnesota) Heart Clinic

Staying Active

"My clinic has an intramural softball team. We'll play a team of district attorneys one week, the staff at the YMCA the next, and so on."

—Nancy W. Dickey, M.D.,
Woman's Day "Your Health" columnist and medical director,
Fort Bend Family Health Center,
Richmond, TX

"At least three times a week I start my day by jogging on a treadmill."

—Harry Greene, M.D.,
internist, oncologist, preventative medicine specialist, Holden, MA

"In winter I ski and throughout the rest of the year I bicycle and hike."

—Sharon Weinstein, M.D., psychiatrist,
Harvard Medical School and McLean Hospital, Belmont, MA

"Every night I have the usual working-mother routine: homework, dinner, baths and bedtime. Around nine o'clock I do twenty minutes of

exercises while I watch the evening news." —Dr. Hughes

"I ride my bike with a buggy attached for my two-year-old. My six-year-old bikes alongside me."

—Patricia Goen, M.D., pediatrician,
Scott and White Hospital, Temple, TX

Coping with Stress

"I carry a lot of responsibility for the health of children with serious injuries and illnesses. But when I attend our weekly church group, I'm reminded that the responsibility isn't on my shoulders alone. For me, spiritual health and physical health are intertwined." —Dr. Goen

"Like a lot of working women, I don't get enough sleep. I catch up on sleep when I can, grabbing a nap here and there." —Dr. Brayer

"I work with adolescents who have been abused and who are suicidal. When I witness their resilience, I am truly rewarded." —Dr. Weinstein

Staying out of Trouble

"I have a smoke-free home. I invite my smoking guests to enjoy our deck outside." —Dr. Dickey

"I wash my hands like crazy throughout the day to keep viruses away." —Dr. Stern

"When I'm under stress or coming down with a virus, I take vitamin C, beta-carotene and vitamin E." —Dr. Brayer

"I've turned my children into little policemen in the car. They enforce the seat-belt rule for each other and me." —Dr. Dickey

Little Extras

"Based on what I've seen in the emergency room, I'm definitely a more defensive driver than the average person." —Dr. Brown

"I take a one-a-day multivitamin, vitamin E, beta-carotene and an aspirin a day." —Dr. Greene

"I get all my vitamins from my diet, so I don't take supplements." —Dr. Beahrs

"Since menopause, I've taken estrogen and progesterone." —Dr. Nicely **WD**