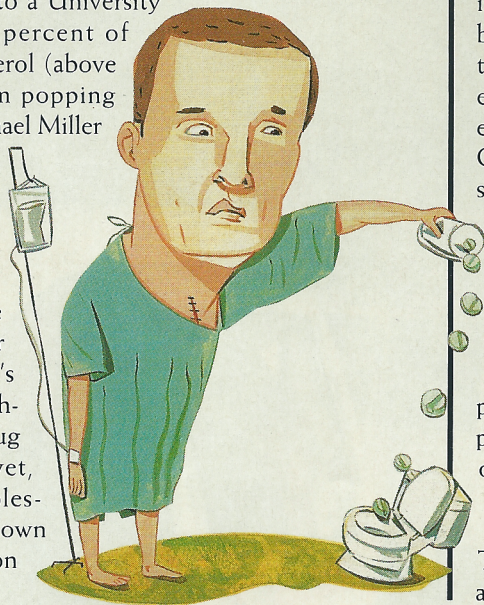


PREVENTION

THE ASPIRIN MYTH

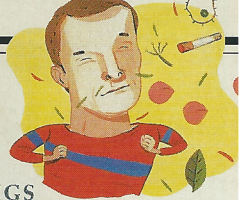
TAKING an aspirin a day has long topped the list of heart-attack-prevention strategies. It's cheap, easy, and virtually risk-free. There's just one problem — for those who need it most, it usually doesn't work. According to a University of Maryland study, 60 percent of people with high cholesterol (above 220) saw no benefit from popping Bayer. Co-author Dr. Michael Miller says the implications of this still are unclear, but a few possibilities exist: People could hike their daily dosage to 650 mg, although that might cause more problems with their digestive systems than it's worth. They could try switching to the anti-platelet drug clopidogrel. Or, better yet, they could get their cholesterol down. That's been known to be good for the heart on a few fronts.



DRUGS

NEWS FOR YOUR NOSE

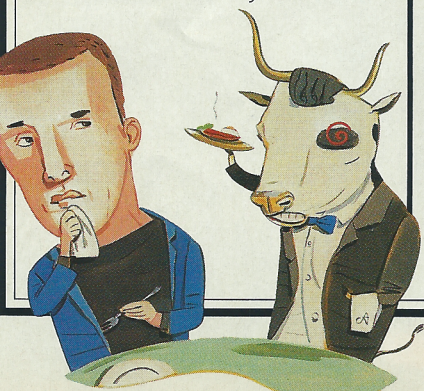
FOR the millions of people who spend this time of year sneezing and rubbing their eyes, the imminent release of Xolair is a breakthrough about as big as they come. Potentially the most effective allergy medication ever, the new drug from Tanabe Genentech, and Novartis represents a whole different approach to hay fever and allergic asthma. Instead of addressing symptoms or provoking a controlled immune response, Xolair binds to the antibodies that trigger reactions — and prevents them from ever taking place. "Most of the people in our trial liked it so much they didn't want to stop," says investigator Dr. Thomas Cassa. The monthly shots could be in allergists' offices by summer.



TRAVEL MEDICINE

HOW NOW, MAD COW?

MAD-COW is Europe's problem. We've got enough to worry about without worrying that our brains are going to dissolve every time we eat a hamburger. But what about those European-summer-vacation plans? The risk is not as bad as it may seem, say health officials at the European Union. But to be on the safe side, stay away from sweetbreads, sausage, burgers, and cuts of meat on the bone, like T-bones. And when in Portugal and Greece, total abstinence from beef wouldn't be a crazy idea.



After a recent 18.4 percent spike in sales, pork rinds are now the second-fastest-growing snack food in the U.S. — THE SNACK FOOD ASSOCIATION

GRADING THE NEW SNORING CURES

It probably says something about the mood of the country, but there are. Top otolaryngologists helped us rate the treatments on a scale of one to five.

	RADIOFREQUENCY ABLATION	INJECTION SNOREPLASTY	DISEASE
WHAT	Doctor stiffens the uvula with radio waves	Doctor injects sclerotherapy agent into soft palate	S
WHERE	ENT specialists nationwide	Starting next month at ENT docs nationwide	8
COST	\$2,000-\$3,000	Less than \$400	\$
RATING	ZZZZ	ZZZ	Z
COMMENTS	Mostly painless; tuneups necessary	Cheap, effective; risks unknown	S

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