

Smart ways to live well

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# Prevention

**SCIENCE-TESTED**  
**10 WAYS TO LOSE WEIGHT AND KEEP IT OFF**



**summer special**  
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## news & trends

### Cigarettes' double whammy

Cigarettes don't just cause cancer—the nicotine they contain actually shields cancer cells from chemotherapy. When scientists from the University of South Florida infused chemo-treated lung cancer cells with a pack-a-day's worth of nicotine, the cells increased production of treatment-resistant proteins. The study authors worry that other types of cancer cells may respond similarly, though more study is needed to confirm that. If you're a smoker who has been diagnosed with cancer, take a smoking cessation class. Though gums and patches may not be as harmful as smoking, experts say, cancer patients should try to avoid nicotine in any form. —Rachel Meltzer

### Doze away diabetes

Sleep has a sweet bonus: Getting just the right amount of Zzzs each night could protect against type 2 diabetes.

A Yale University study of 1,709 men found that those who regularly got less than 6 hours of shut-eye doubled their diabetes risk; those who slept more than 8 hours tripled their odds. Previous studies have turned up similar findings in women. "When you sleep too little—or too long because of sleep apnea—your nervous system stays on alert," says lead researcher Klar Yaggi, MD, an assistant professor of pulmonary medicine at Yale. This interferes with hormones that regulate blood sugar. A recent Columbia University study found that sleeping less than 5 hours also doubled the risk of high blood pressure.

For a good night's rest, avoid caffeine after noon, leave work at the office, and skip late-night TV. Oversleeping may be a sign of depression or a treatable sleep disorder, so talk with your doctor. —SNH



He's busy fighting disease.



### herbalRx

A tree in your backyard may soothe sore muscles and achy joints, suggest two new studies. German researchers gave 300 mg of a pine bark extract called Pycnogenol to 10 volunteers. After 30 minutes, blood levels of two inflammatory compounds associated with arthritis pain had dropped by as much as 23%. And when scientists in Italy gave 66 exercisers 200 mg a day prior to extended efforts, the volunteers had less soreness and 75% fewer muscle cramps afterward than a placebo group. Pycnogenol is available at health food stores. Dose 100 mg two or three times a day. Cost About \$35. —SA