

There's never been a simpler way to see whether you're at risk for the number-one killer of women. New research found that women with a resting heart rate (RHR) higher than 90 beats per minute are three times more likely to die of heart disease than those with an RHR below 60. How can heart rate reveal so much? "The fewer number of beats per minute, the stronger and more efficient your heart is," explains Suzanne Steinbaum, D.O., director of the women and heart disease division at Lenox Hill Hospital in New York City.

**HERE'S HOW TO FIND YOUR RHR:**

Grab a watch when you first wake up, before your feet touch the floor (and your heart rate changes from its resting

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state). Then, with the index and middle finger of your other hand, find your pulse on your wrist or neck and count how many beats occur in 10 seconds. Multiply that number by six to determine how many times your heart beats in one minute. If your number is 84 or higher, says Steinbaum, you need to take action. To get your rate into a lower, healthier zone: **Exercise!** Cardio workouts, such as jogging or swimming for 20 to 30 minutes at least three

days a week, are incredibly effective at lowering your RHR, says Patty Freedson, Ph.D., a kinesiology professor at the University of Massachusetts, Amherst. **Stay at a healthy weight.** The more excess weight you carry, the harder your heart has to pump. Getting to a healthy weight decreases the strain on it, Dr. Steinbaum says. **Do anything that relieves stress,** says Freedson, since stress can make your heart rate spike. Practice yoga or deep breathing, get massages or just enjoy more downtime. **If you smoke, quit.** Smoking makes your heart rate climb. Once you quit, circulation and lung function improve, and you can reduce your heart disease risk by 50 percent in just a year. —Carey Rossi

*Eat...more!*

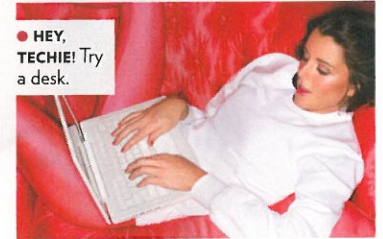
◀ YOU CAN HAVE THIS  
A 6-oz. serving of chicken parmigiana, 630 calories, 31 grams fat

OR ALL THIS ▶  
¾ cup of spaghetti with ½ cup tomato sauce and 3 golf-ball-sized beef and pork meatballs, a Caprese salad (tomato, fresh basil, and whole-milk mozzarella – with balsamic vinegar and olive oil), plus a 1½-inch piece of garlic bread, 610 calories, 25 grams fat

**SO REMEMBER:** Foods that are breaded and fried are loaded with fat and calories. Skip them and you'll have room for a pasta feast! —Marissa Lippert, R.D.

# HEALTH ANSWERS, PLEASE!

FROM JOANN E. MANSON, M.D.



● **HEY, TECHIE!** Try a desk.

**I rest my laptop on my stomach when using it. Is that bad? —M.K., NEW YORK CITY**

It's not smart. Laptops can get very hot—more than 100 degrees Fahrenheit (that's lightbulb-hot). While I haven't seen a case, I've read about "toasted skin syndrome," caused by contact with hot laptops. It's a chronic, low-grade burn and inflammation that can lead to permanent discoloration. Some experts fear it could raise the risk of skin cancer, but it'll be years before we have any good data.

Got a Q of your own? E-mail Dr. Manson at [healthhelp@glamour.com](mailto:healthhelp@glamour.com).

**Can it affect my ovaries?**

In men, a hot laptop can overheat the scrotum and cause fertility problems. But I doubt a laptop could transmit enough heat into a woman's body to harm her reproductive system. But why worry when it's so easy to avoid? Put some distance between you and the machine.



Glamour contributing editor JoAnn E. Manson, M.D., is chief of the division of preventive medicine at Boston's Brigham and Women's Hospital, a professor of medicine at Harvard Medical School and a lead researcher on several women's health studies.

*health quickie* Get your nightly 8: Sleep boosts creative thinking and makes memories stronger, a study found.

FOOD: JONNY VALIANI; FOOD STYLIST: MAGGIE MANN; PROP STYLIST: MELISSA FELDMAN/STROLL PRODUCTIONS; PLATES: FISHERY EDDY; FISHERY EDDY; TOP RIGHT: ARTHUR BELEBEAU; MANSON: HEATH ROBBINS; HEALTH QUICKIE: CURRENT DIRECTIONS IN PSYCHOLOGICAL SCIENCE, 2010