

Forgetting to floss or forgetting to brush?

Missing out on brushing is a bit worse, since brushing affects more total surface area of your teeth and gums, says Farmington, Minnesota, dentist Kimberly A. Harms, D.D.S. But still floss!



● **TWICE A DAY!** Yep, brushing is basic, but so important.

Staying up really late on Friday night or getting an hour less sleep every night?

Losing any sleep isn't ideal, but recovering after a string of late nights without enough rest is harder on your body, says Meir Kryger, M.D., a sleep expert at Gaylord Hospital in North Haven, Connecticut. "You know how credit card debt accumulates and becomes

a monster? The same thing happens with sleep; that hour 'debt' makes you sleepier each day," he says. By week's end, your mood, mental function and energy will tank, while your stress and hunger levels will soar.

Having a dirty kitchen or a dirty bathroom?

Your kitchen is more likely to harbor illness-causing germs than

your loo, says microbiologist Charles Gerba, Ph.D. In fact, the three germiest spots in your entire house are your kitchen sponge, your kitchen sink and your cutting board—so run your sponge through the dishwasher every few days to disinfect it, and scrub down your sink and food-prep areas with hot, soapy water after meals.

Being in a tough job or a tough relationship?

The stressful relationship is worse. "Your boss may be a jerk, but you can leave that at the office," says Dr. Peeke, author of *Body for Life for Women*. "If you're in a stressful relationship, you carry that anxiety with you 24/7." —*Shaun Dreisbach*

HEALTH ANSWERS, PLEASE!

FROM JOANN E. MANSON, M.D.



● **MOOD MEDS** may work better for some women than others.

I read that antidepressants don't help in mild cases like mine. What should I do?

—C.O., SAN CLEMENTE, CALIF.

One recent study found that some drugs were no more effective than sugar pills for mild depression—but frankly, I'm not convinced. And there is strong evidence that meds *do* work for severe cases.

Got a Q of your own? E-mail Dr. Manson at healthhelp@glamour.com.

So what's my best option?

First, make an appointment with a psychologist or psychiatrist to get a diagnosis. Many general practitioners don't have the training needed to evaluate whether you have mild, moderate or severe depression, and it can be easier for some of them to prescribe a pill than to spend time getting to the root of the problem. In the meantime, get enough sleep, exercise regularly and consider talk therapy—we *know* these things will improve mood.



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

Eat...more!

◆ **YOU CAN HAVE THIS**

From Red Lobster: a bowl of New England clam chowder and a Cheddar Bay biscuit
630 calories, 41 grams fat

◆ **OR ALL THIS** ◆

Also from Red Lobster: 6-piece jumbo-shrimp cocktail, seafood-stuffed flounder, a side of broccoli and a Cheddar Bay biscuit
635 calories, 20 grams fat

SO REMEMBER: Choose your starters wisely! You can have an entire meal for about the same amount of calories in some creamy soups. —*Marietta Lippert, R.D.*

health quickie Young women are getting neck and shoulder pain from too much texting, docs say. Give it a rest!