

# Easy First Aid Tricks You Need to Know

Summer is accident season! Rule number one if you get hurt: Don't freak out. Next, follow veteran U.S. Navy medic Dave Hammond's advice on what to do if you...

**...get stung by a bee:** Remove the stinger ASAP by scraping a credit card across the skin in the opposite direction of the stinger.

Go to the emergency room if you have trouble breathing—that's a sign of a dangerous allergic reaction.

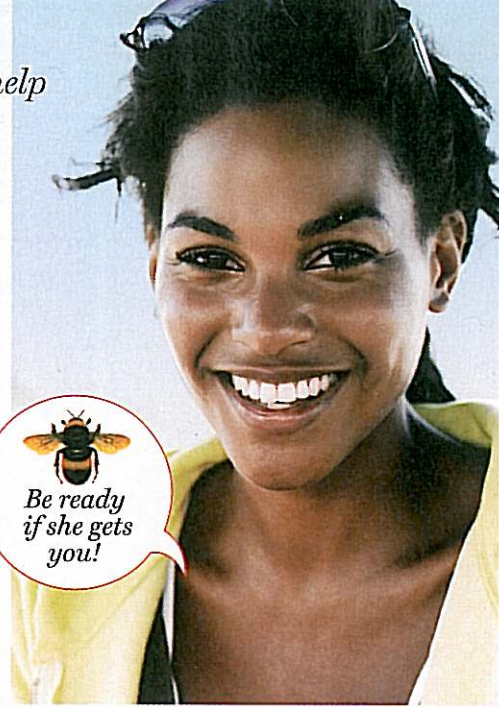
**...hurt your eye:** First, cover *both* eyes, not just the one that's hurt; otherwise the damaged eye will continue to move and become more irritated, says Hammond. If you get something scratchy in there, rinse it with water. Got smacked by a ball or Frisbee? Ice it.

**...have a cut that's gushing blood:** Don't waste time washing a wound like this, since the blood will actually



flush out dirt and bacteria on its own, says Hammond. Immediately apply pressure, and when the bleeding slows, put on a bandage. Then go to the hospital, since you'll likely need stitches.

**...get burned:** Run cool water over minor burns. For blisters, wrap them in gauze and don't use any ointments, since in some cases, they can increase the risk of infection, says Hammond. Change the bandage daily until the burn starts to heal. —*Alyssa Wells*



# HEALTH ANSWERS, PLEASE!

FROM JOANN E. MANSON, M.D.



## Could nicotine gum help me not gain weight while I'm quitting smoking?

—Q.G., SAN BERNARDINO, CALIF.

It's possible. A study found that quitters who used nicotine lozenges, which work like the gum, gained 45 percent less weight than those who didn't. But exercise works too, and it doesn't have the same risks as nicotine.

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

## Wait—what risks?

Nicotine in *any* form constricts blood vessels and increases stress hormones; plus a recent animal study linked it to insulin resistance (a precursor to diabetes). That said, nicotine gums, patches and lozenges are infinitely safer than cigarettes, which we know cause heart disease, stroke and cancer. And nicotine replacements can help you kick the habit, so I wouldn't hesitate to recommend them short-term to anyone who wants to quit smoking!



*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

1 cup traditional creamy macaroni salad  
390 calories,  
18 grams fat

### OR ALL THIS

A quarter-pound hamburger on a bun with mustard, lettuce and tomato, plus 1/4 cup tomato-basil pasta salad with olive oil and vinegar  
400 calories,  
12 grams fat



**SO REMEMBER:** Bypass mayo-based salads and you can have an entire picnic meal for about the same calories and *less* fat! —*Marissa Lippert, R.D.*

*health quickie* New research has linked a high-calcium diet to living longer. Now, who wants some yogurt?

MODEL: CHRIS CRAYMER; STYLIST: KIM CHANDLER; MAKEUP: SUSAN GIORDANO; HAIR: NOAH HATTON; BOTH FOR KRAMER + KRAMER; GUN, STUART TYSON; FOOD: JONNY VALLANT; FOOD STYLIST: SUSAN SUGARMAN; PROP STYLIST: KIM PICARO; MANSON: HEATH ROBBINS; BEE: CORBIS; NICOTINE STUDY SOURCE: ARCHIVES OF INTERNAL MEDICINE, JUNE 2002; HEALTH QUICKIE: THE AMERICAN JOURNAL OF EPIDEMIOLOGY, FEBRUARY 2010