

## It Hurts! Should I Worry?

*A guide to the pains and pangs that freak women out*

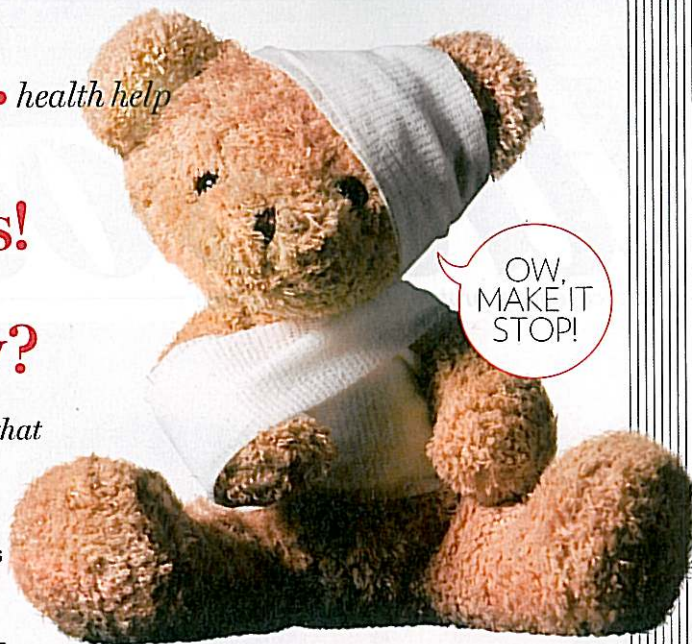
We women are a tough bunch: Research shows that we put up with more (and worse) pain than men do. But sometimes you *shouldn't* suck it up. We asked Lori Heim, M.D., president of the American Academy of Family Physicians, when to call a doc.

**If you feel a twinge in your breast:** As many as seven out of 10 women have breast pain, usually before their periods. For most it's a "heavy" or aching feeling, Dr. Heim says, but even stabbing pain could be normal. It's rarely serious, but if

you're sore for more than a week, see your M.D.

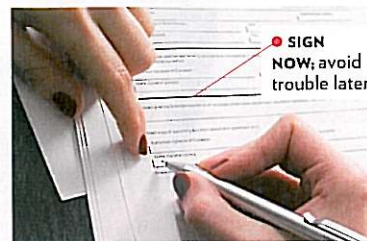
**If your belly hurts:** Severe, sharp pain in the lower right abdomen could be appendicitis, so you should go to the emergency room. But if you feel bloated or crampy, it's probably just something you ate. Call your doc if it doesn't clear up after a day—or if it's frequent, which could point to an issue like irritable bowel syndrome.

**If your chest aches:** A burning sensation down the middle is probably heartburn, while a racing heart paired with sharp pain is a hallmark of anxiety. If either of these things happens often, see a doctor; both reflux and panic attacks are treatable. While heart attack is rare in young women, if the pain is crushing or you're short of breath, go to the E.R. —*Leslie Goldman*



## HEALTH ANSWERS, PLEASE!

FROM JOANN E. MANSON, M.D.



### Do I need to pick someone to make health decisions for me if something terrible happens? —M.B., CHICAGO

You're talking about a health care proxy. While people think of this as an older person's issue, having one is smart for younger women, too, especially if you have strong opinions about procedures you would or wouldn't want. It's rare, but I've seen situations in which a young patient is incapacitated and the family isn't sure what to do.

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

### How do I go about it?

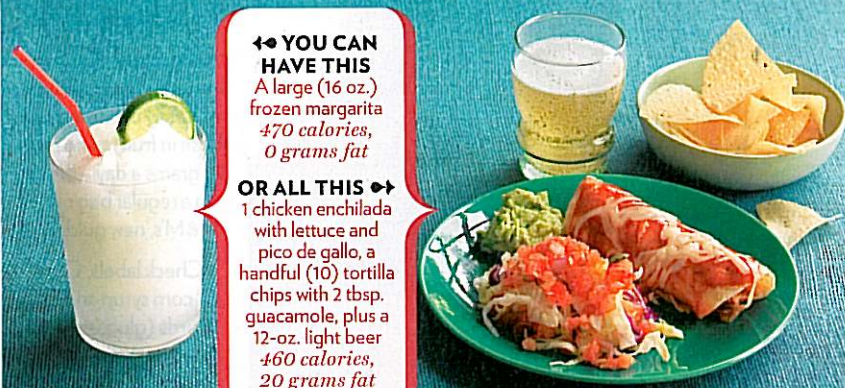
Just google "health care proxy" and your state for a free form. Fill it out and have your doctor put a copy in your file. Then give copies to your family. Naming a willing proxy isn't enough; you need to tell that person what your wishes are. It's a grim topic, but if doing this will give you greater peace of mind, it's worth tackling now.



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.

PHOTO: ROBBINS FOOD; JONNY VALIANT

## Eat...more!



◀ YOU CAN HAVE THIS  
A large (16 oz.) frozen margarita  
470 calories,  
0 grams fat

OR ALL THIS ▶  
1 chicken enchilada with lettuce and pico de gallo, a handful (10) tortilla chips with 2 tbsp. guacamole, plus a 12-oz. light beer  
460 calories,  
20 grams fat

**SO REMEMBER:** Frozen drinks can be loaded with sugar and empty calories. Have a light beer instead, and you can have a plate full of munchies, too! —*Marissa Lippert, R.D.*

*health quickie* Doing something active outdoors for just five minutes can boost mood, a new study found.