



Double-Duty Health Advice

These research-backed tips deliver twice the benefits, slashing your risk of heart disease *and* breast cancer.

BY GINA ROBERTS-GREY

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Sip wisely

Surprisingly, overdoing it on alcohol can lead to high triglyceride (fats in your blood) levels, which may contribute to a heart attack. Plus, alcohol can up your chance of breast cancer: One study found that women who have three to six drinks a week—whether wine, beer or spirits—have a 15% increase in risk compared with those who abstain.

MAKE-IT-STICK TRICK Set your glass on the table, then pour. People tend to be a little heavy-handed if they fill up their wine glass while holding it, serving 12% more vino. And limit yourself to three 4-oz drinks (or less) per week.

BEYOND BREAST CANCER

Your chest isn't the only body part that benefits from a heart-healthy lifestyle. Research found that people who practice ticker-friendly habits have a 38% lower chance of developing multiple types of cancer, including lung and colon.

1

Meditate for a few minutes each day

This calming technique can lower blood pressure, which is good for your heart and a smart idea for your breasts as well. Using a calcium channel blocker—a type of drug that controls high blood pressure—more than doubles the risk of breast cancer in postmenopausal women, says a new study. While you shouldn't stop taking the pills without a green light from your doctor, you may be able to eventually reduce your dosage if you focus on learning a relaxation method.

MAKE-IT-STICK TRICK Download the Mindfulness Meditation app (\$1.99; *iTunes.com*) for beginner-friendly instruction (such as how to find a comfortable sitting position) and easy exercises with clear directions.

3

Watch the scale

Reducing body fat can lower blood pressure and cholesterol, and getting to a healthy weight may also cut the likelihood of breast cancer. Some experts speculate that excess fat leads to extra estrogen production, which can be bad for breasts.

MAKE-IT-STICK TRICK Treat every meal like you're dining out by sitting down at the table instead of munching on the go. This will allow you to be more in tune with your body's "I'm full" cue. And while you're at it, place a napkin on your lap, even at breakfast. One study found that the habit is associated with a lower body mass index, perhaps because the visual reminder of better manners can help curb overeating.

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Move every hour

Sitting still for long periods of time can boost your chances of heart failure, and since inactivity contributes to obesity, staying put is a health no-no for your breasts, too. Luckily, a new study found that an hour of strolling at a moderate pace each day reduces your breast cancer risk by 14%. Experts think the exercise helps regulate estrogen and insulin, two hormones that may lead to cancer growth.

MAKE-IT-STICK TRICK Don't have time to fit a 60-minute walk into your day? It's just as beneficial

to divide your workout into shorter bursts. Get active for a few minutes every hour, whether you stroll around the block or walk in place at home. To stay committed to your exercise goal, stack hair ties or rubber bands on your right wrist and move one to your left arm for every mini session you complete. Or, for a stylish way to keep a tally, invest in the Count Me Healthy Bracelet (\$49 and up; chelseacharles.com), which allows you to keep track of your exercise stints by sliding a bead from one side of the bangle to the other.

SOURCES: Jennifer Litton, MD, associate professor, department of breast medical oncology, MD Anderson Cancer Center, The University of Texas. Dean Ornish, MD, professor of medicine, University of California San Francisco, and author, *The Spectrum*.

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- **serious skin problems.** Tell your doctor if you have any skin problems such as redness and peeling.
- **new or worsening breathing problems.** Tell your doctor if you have shortness of breath or coughing with or without fever.
- **high blood pressure.** Your doctor should check your blood pressure before you start taking AUBAGIO and while you are taking AUBAGIO.

The most common side effects of AUBAGIO include:

- increases in the results of blood tests to check your liver
- hair thinning or loss (alopecia)
- diarrhea
- flu
- nausea
- burning or prickling feeling in your skin (paraesthesia)

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of AUBAGIO. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-332-1088.

How should I store AUBAGIO?

- Store AUBAGIO at room temperature between 68°F to 77°F (20°C to 25°C).
- Keep AUBAGIO and all medicines out of reach of children.

General information about the safe and effective use of AUBAGIO.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use AUBAGIO for a condition

for which it was not prescribed. Do not give AUBAGIO to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about AUBAGIO. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about AUBAGIO that is written for healthcare professionals.

For more information, go to www.aubagio.com or call Genzyme Medical Information Services at 1-800-745-4447, option 2.

What are the ingredients in AUBAGIO?

Active ingredient: teriflunomide

Inactive ingredients in 7 mg and 14 mg tablets: lactose monohydrate, corn starch, hydroxypropylcellulose, microcrystalline cellulose, sodium starch glycolate, magnesium stearate, hypromellose, titanium dioxide, talc, polyethylene glycol and indigo carmine aluminum lake.

In addition, the 7 mg tablets also contain iron oxide yellow.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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