

live well

news & know-how



freebie...

HEALTH ON THE FLY The fleet of nine specially equipped buses that are performing health screenings across the country over the next year may not stay long in your town, but the benefits they provide are much more long-lasting. Funded by a partnership between AARP and Walgreens, the buses can provide screenings for bone density, total cholesterol, blood pressure, blood sugar levels, body mass index, and more. To find out when a big red bus is coming to your town, call toll-free 866/484-8687, or go to aarpwalgreens.com/tour. The screenings, with a value of about \$140, are free to everyone over age 18.

by the numbers:

10%

The percentage of pre-teen kids home alone in the summer.

Most parents would prefer not to leave their children home alone when school's out. But if it's unavoidable, keep them safe.

- 1. CARD THEM** Leave emergency and work contact information in multiple places: on the fridge, taped to the phone, and in their wallet or backpack.
- 2. PLAY "WHAT-IF?"** They should know what to do if a stranger calls or knocks (don't answer). Cover the basic crises too—toilet overflows, power outages, being locked out of the house.
- 3. PREPARE FOR EMERGENCIES** Have a plan for tornadoes, fires, or other major events. Practice drills frequently.
- 4. INSTITUTE RULES** Make it clear that rules change—for the stricter—when you're not around. No cooking, for example. Leave them with meals and snacks that are prepared ahead of time.
- 5. GET HELP** Sites such as that of the Home Safety Council, homesafetycouncil.org, have invaluable safety information.

look of the month



HEALING MOVES YOGA

For some beginners, yoga is a daunting activity because there are so many styles, poses, and preconceptions. In

her audio-only CD called *Healing Moves Yoga*, Carol Krucoff, a yoga therapist at Duke Integrative Medicine, keeps it refreshingly simple. The CD is split into five sections of about 15 minutes each: Centering and Breathing, Warm-Ups, Standing Poses, Lying-Down Poses, and Relaxation. Do one or more sections, depending on how much time you have and what you need most. About \$14 at amazon.com.

home remedy

SOOTHE A SUNBURN

If SPF slips your mind and the sun exacts its toll for your forgetfulness, remedies for your scorched skin are close by.

ALOE VERA—Apply some aloe gel, which increases blood flow to the skin and decreases pain and inflammation, says Dr. Amy Derick, a board-certified dermatologist in Barrington, Illinois. Use as pure a gel as possible—look for one with 98 percent or more aloe vera.

HONEY—Can't find pure aloe? Smear honey on the burned parts. It's another natural salve that promotes healing.

ASPIRIN OR IBUPROFEN—Both drugs ease inflammation and pain, and speed healing. Take according to package directions until the redness is gone, says Dr. Daniela Kroshinsky, a board-certified dermatologist in Boston.

WASHCLOTH—Once you peel, gently wipe away dead skin with a soft cloth after showering. Avoid exfoliants, bath salts, oils, and rubbing alcohol, all of which irritate tender skin.

If the burn is over a large area (such as your entire back), causes fever or achiness, or if it begins to blister or forms a honey-colored crust, seek medical help. —ALICIA WARDEN



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