

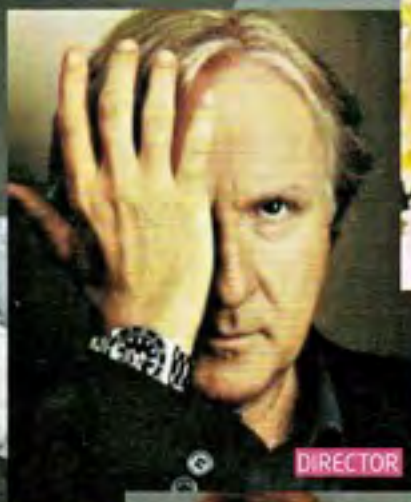
# SKY

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# Faces of Change

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50s

## Health Care

- In your 50s, sleep—in quality and quantity—is crucial. Garcia suggests turning in by 10 or 11 p.m., sleeping in a room that's completely dark and never dozing off to the television. "Losing sleep when you're older can age you more quickly and contribute to weight gain, stress and depression," he says. "Eight hours is essential." If you struggle to fall asleep, try chamomile tea before bed or a 5 mg dose of melatonin.
- Signs of heart disease can be subtle and difficult to detect in women, according to Thielen. That's why cardiovascular testing is important after age 50.



## Exercise

- Studies indicate that exercise, especially as you age, plays a central role in maintaining a youthful mind. "The human brain can continue to regenerate itself as long as you're fit," Garcia says. "Running, fast walking and weight-bearing exercises help regenerate neurons." This keeps your mind sharper and helps you maintain focus.
- Use an exercise band at home to work your torso, core and upper arms. "Lower abs and arms are always the bane to women as they age," Kirsch says. Just 10 minutes a day while you're watching television can dramatically improve muscle tone.



## Nutrition

- A glass or two of red wine a day is rich in resveratrol, a phytonutrient that helps protect the heart from disease and reduce the risk of Alzheimer's. Resveratrol also is available in supplement form.
- Vitamin D can improve immune system function and reduce depression, Garcia says. After age 55, aim for 3,000 to 4,000 mg a day, either through milk and orange juice or a supplement. If you're not eating a well-balanced diet, add in a general multi-vitamin.





# Eat Well. Get Fit. Stay Healthy.

No matter what your age, our custom health guide will show you how. *By Alyssa Giacobbe*

When it comes to growing old gracefully, most experts agree that the best wellness practices are those that are established early on. But it's never too late to learn how to maximize your health potential. The consistent secret to feeling good at any age is actually quite simple: Listen to your body.

"You know what's going on with you better than anyone else," says Jacqueline M. Thielen, M.D., an internist at the Mayo Clinic in Rochester, Minnesota, and co-author of the *Women's Health Encyclopedia: An Integrated Approach to Wellness for Every Season of a Woman's Life*. "In my experience, women who embrace the journey are the ones who age best." Read on for tips on how to feel your best at any stage of life.

## 20s

### Health Care

- Simply put: Safety first, says Thielen. "Your 20s are a time when there's a lot of experimentation as you're trying to figure out yourself and your relationships," she says. Practice safe sex, become aware of control issues with new romantic partners and take caution when walking home or to your car after dark.
- Consider the HPV vaccine. According to the Centers for Disease Control and Prevention, 50 percent of sexually active men and women will contract some form of the human papillomavirus (HPV) within their lifetime. HPV is the leading cause of cervical and oral cancers. Available to women who have had few or no sexual partners, the HPV vaccine can help prevent contraction.

### Exercise

- When you're younger, it's important to work out to manage stress and stabilize your moods, says Oz Garcia, Ph.D., a New York-based nutritional counselor and author of *Look and Feel Fabulous Forever*. As you age, exercise becomes more about keeping weight off.
- Establish a routine, says David Kirsch, a personal trainer in New York who has helped celebrities such as Heidi Klum, Ellen Barkin and Anne

Hathaway achieve and maintain their famous figures. Aim for at least 30 minutes of sweat-inducing activity every day, with more intense workouts three to four times a week. "Exercise needs to become a lifestyle choice, not something optional," he says.

### Nutrition

- Yogurt—rich in probiotics or "good" bacteria, such as immune system-strengthening acidophilus—is critical at any age. Garcia says. In a small Swedish study, participants who took a probiotic in a pill form missed less work than employees who did not. Yogurt also helps ward off yeast infections and is a good source of bone-building calcium.
- A plant-based diet that includes lots of flowering vegetables—such as kale, broccoli, cabbage and Brussels sprouts—provides phytochemicals that help prevent cancer, as well as enough fiber to encourage colon and liver health. Garcia suggests eating at least two large servings of vegetables a day, making sure to enjoy them raw as well as cooked.



Your 20s are a perfect time to establish healthy living habits. Starting a regular workout routine now will help you stay healthy later in life.

### Meet the Experts //

We consulted the following professionals to compile our women's health guide:



**OZ GARCIA, PH.D.**  
A nutritional counselor and best-selling author of three books, including *Look and Feel Fabulous Forever*  
[ozgarcia.com](http://ozgarcia.com)



**JACQUELINE M. THIELEN, M.D.**  
An internist at the Mayo Clinic and co-author of the *Women's Health Encyclopedia: An Integrated Approach to Wellness for Every Season of a Woman's Life*



**DAVID KIRSCH**  
A New York based personal trainer whose client list has included Heidi Klum and Anne Hathaway  
[davidkirschwellness.com](http://davidkirschwellness.com)



Planks are a great way to build core strength, and they won't strain your neck.

## 30s Health Care

• According to a study by the National Center for Health Statistics, 14 percent of women in the United States give birth at age 35 or older—up from 9 percent in 1990. But the older you get, the more difficult it can be to conceive, Thielen says. Learning to track and understand your menstrual cycle can increase your chances of getting pregnant—and also will help you determine more quickly whether or not you should be concerned about your fertility.

• Ask for an HPV test. Doctors now say that the annual Pap smear can be reduced to once every three years if you've tested negative for HPV. Annual pelvic exams, to screen for vaginal, vulvar and ovarian health issues, are still essential. In addition, discuss any changes in your menstrual cycle with your doctor, says Thielen, who points out that differences in this decade can indicate possible fibroids or polyps.

### Exercise

• In your 30s, exercise becomes key to helping manage weight, reducing the future risk of osteoporosis and osteoarthritis and maintaining a healthy libido. Emphasize core strength with planks rather than crunches, which can strain the neck and promote bulky abs.

• To maintain interest and keep workouts fun, Kirsch suggests cardio-intensive circuit training. Variety, he says, is key. "Working out on a machine can be like watching paint dry," he says, doing little for motivation. Boot camp-type workouts, boxing, dancing and other forms of movement that are less repetitive encourage consistency.

### Nutrition

• Omega-3 fatty acids—found in fish, nuts and sea vegetables such as kelp—are important at any age, but particularly relevant in a woman's 30s, Garcia says. For those concerned with mercury content, Garcia points out that unless you're pregnant, the value of fish outweighs the risks of mercury. Check out the seafood nutrition calculator at [howmuchfish.com](http://howmuchfish.com) for up-to-date information on mercury levels. Fish that's relatively low in mercury includes fresh-caught salmon, sardines and halibut.

• Cut your coffee intake. "Coffee is a very crude instrument for producing energy," Garcia says. "Some studies indicate coffee provides the delusion of energy and can produce afternoon energy crashes and disrupt sleep." Opt for green tea instead.



If working out on a machine seems boring to you, try boxing or boot camp-type workouts. They're a great way to stay engaged.



## Tailored Treatment //

Since its founding in 1982, the Betty Ford Center in Rancho Mirage, California, has successfully treated thousands of people for alcoholism and other drug dependencies. The center also developed treatment programs and services geared specifically toward women.

Sky spoke with Dr. Johanna O'Flaherty, vice president treatment services, about the center's history and its longstanding commitment to women.



**Q:** Approximately how many women in the United States struggle with alcoholism and other drug addiction?

**A:** According to national statistics, approximately 10 percent of the U.S. population suffers from the disease of addiction, and 50 percent of those people are women. An alarming statistic for all-female colleges is that binge drinking increased 124 percent between 1993 and 2001.

**Q:** How is treating women for alcoholism and drug addiction different from treating men?

**A:** We often see women who are a little older and farther along with the progression of addictive disease, due to denial by

the addict and their loved ones. Women have special needs that need to be addressed separately from men, such as trauma.

**Q:** How has the Betty Ford Center catered to women's needs?

**A:** Betty Ford's public admission of her alcoholism in 1978 forced the world to collectively expand its view of the archetypical female alcoholic. As a result, treatment is gender-specific, and special women's groups address subjects such as trauma, body image and self-esteem issues.

**Q:** What makes treatment at the Betty Ford Center unique?

**A:** BFC focuses on the entire

family, including intensive family treatment programs and a children's program. We focus on the whole person and on relevant issues such as chronic pain.

**Q:** What advice would you give to friends or family members who have a loved one struggling with alcoholism or drug addiction?

**A:** Alcoholism/addiction is a progressive, chronic illness. The earlier the intervention, the better the outcome. Our main message is hope.

For more information about the Betty Ford Center, visit [bettyfordcenter.org](http://bettyfordcenter.org).

—Kori Elzson



## 40s

### Health Care

• Menopause can occur any time between age 40 and 58, and most women start experiencing symptoms in their 40s. It's important to recognize whether certain issues—including hot flashes—are related to menopause or something more serious, Thielen says.

- Begin annual mammograms. Other tests that should be conducted regularly after age 40 include blood pressure and cholesterol. If you're experiencing excessive fatigue or exercise intolerance, tell your doctor. Thyroid disease, common in women, can strike in your 40s.



### Nutrition

- "As you age, you need to eat less and be more strategic if you're interested in maintaining your weight and energy," Garcia says. He recommends cutting back on gluten and wheat-based foods and eating a Mediterranean or Japanese diet rich in healthy fats, fruit and vegetables. Replace the morning bagel with an egg-white omelet and fruit. Opt for sushi over a sandwich for lunch, and limit pasta to no more than twice a month.
- Soy—found in foods such as tofu and tempeh—can help control hormonal imbalances related to menopause, such as hot flashes. But eat it in moderation, as there are certain chemicals in soy that can adversely affect hormonal function, especially in women who've survived breast cancer, Garcia says.



Many doctors recommend that women should start annual mammograms in their 40s.

### Exercise

- Menopause affects metabolism, resulting in a tendency to gain weight and a redistribution of fat. During and after menopause, weight-bearing exercise becomes more important in order to maintain muscle and bone mass, both of which decrease as women age, regardless of diet. "Women who work out more frequently have greater bone density," Garcia says.
- In your 40s, flexibility can start to decrease. It's important to stretch before and after every workout, Kirsch says, and incorporate flexibility-enhancing exercises such as yoga and Pilates into your fitness routine.



## Top 5 Health Risks for Women

Sources: Centers for Disease Control and Prevention, Mayo Clinic

- 1 Heart Disease //** It's not just a man's disease. This common killer accounts for nearly 29 percent of deaths in American women.
- 2 Cancer //** Cancers cause 22 percent of deaths in American women. The most common types include lung, breast and colorectal cancers.
- 3 Stroke //** Accounts for approximately 7 percent of deaths in American women. Common risk factors—such as age, family history, sex and race are out of your control. But a healthy lifestyle can reduce your risk.
- 4 Chronic obstructive pulmonary disease (COPD) //** This group of chronic lung conditions including bronchitis and emphysema causes about 5 percent of deaths in American women. Reduce your risk by not smoking and avoiding secondhand smoke.
- 5 Alzheimer's disease //** This disease causes the brain tissue to degenerate, leading to a steady decline in memory and mental abilities. Alzheimer's accounts for approximately 4 percent of deaths in American women.