

ANTI-AGING PRODUCTS THAT WORK

There are numerous products today claiming to reverse signs of aging, but you have to wonder: Do these products truly produce results or is it simply a marketing ploy? **J. Regan Thomas, MD**, professor and head of otolaryngology at the University of Illinois Chicago College of Medicine, conducted a study testing ingredients that claim to reverse the signs of aging: retinoid acid, glycolic acid (or alpha hydroxy acid), soy rejuvenating serum, Vitamin C and estrogen. "It turns out that all five products did help a little bit," Dr. Thomas reports. "What we saw microscopically is that they did tend to increase collagen strength and collagen organization. It tended to give you a smoother appearance." Of the five, Dr. Thomas says the most effective were retinoid acid, glycolic acid and estrogen. **Tegan Swift**

HOW FOOD INFLUENCES MOOD

Think about the times you eat mindlessly and without purpose – when you taste your cooking or snack from the office candy bowl. According to Elizabeth Somer, author of *Eat Your Way to Happiness*, four of those bites a day will add up to one pound a month. It's true we often try to break a habit of bad eating for our physical health, and Elizabeth reinforces that it's bigger than just shedding a few pounds. It's about your overall happiness. "Literally, what you eat or don't eat for breakfast will affect how you feel mid-afternoon," says Elizabeth. "It's also cumulative. What you're eating today will have a profound affect on things like depression down the road. I don't think people always realize how big of an affect they can have on their mood today," says Elizabeth, who adds that it can also affect your stress and energy levels, and how well you sleep at night. **Priya A. Shah**

Advancing Women's Health Research

"Even today, advances in women's health research are delayed due to a lack of knowledge about the sex and gender differences that exist beyond the reproductive system, insufficient funding for sex-based research, and limited policies mandating the inclusion of women in studies," notes Sharon Green, executive director, Institute of Women's Health at Northwestern University. To help reduce these barriers, the Institute for Women's Health Research at Northwestern University has developed programs for health professionals, scientists and the community. Women often say they want to participate in research but don't know where to go. To help recruit healthy women for studies that increase our knowledge of sex differences in areas like prevention, the Institute has created the Illinois Women's Health Registry, which matches women to studies seeking subjects. Illinois women can enroll at www.whr.northwestern.edu or by calling 800.984.IWHR. Twelve researchers have already identified women from the registry to participate in their studies. **T.S. ■**