

You may not be in the clear.

WHAT'S ON TAP?

Dangerous chemicals may be lurking in your drinking water—and new research shows that the filter you're using may not remove them. "Check your city's annual water report and choose filters that are certified for removing contaminants in your area," suggests Cheryl Luptowski, a home-safety expert for NSF International. The most common culprits:

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| <p>1 ARSENIC
High amounts in water can cause lung damage comparable to decades of smoking tobacco; exposure to even low to moderate amounts can impair lung function.</p> | <p>2 COPPER
This material, used in water pipes, can cause a buildup of amyloid beta, a protein that appears to spark brain changes associated with Alzheimer's disease.</p> | <p>3 CHLORINE
It kills bacteria, but water treated with this chemical can combine with organic matter, like decaying vegetation, to form trihalomethane—a carcinogen in high levels.</p> | <p>4 LEAD
The metal can be picked up by water traveling through service lines (especially in homes built before 1950), potentially risking increased blood pressure and kidney problems.</p> |
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WHAT IS IT?

dy-ad-ic with-draw-al \ dahy-ad'-ik with-draw'-uhl \ n. Breaking ties with your friends once you're in a serious relationship. Close bonds with pals fend off stress and illness, but a new study shows only 25 percent of Americans are satisfied with their friendships—which may be a reason you lost touch. Schedule a girls' night now for your own health and some fun! Source: GetItLeboat.com

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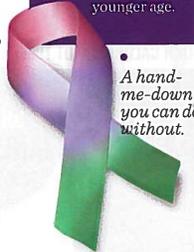
PERCENTAGE INCREASED RISK FOR TYPE 2 DIABETES AMONG WOMEN WHO REPORTED EXPOSURE TO FOUR OR MORE HOURS OF SECONDHAND SMOKE PER DAY
Source: Diabetes Care

THIS JUST IN (Bad) Family Ties

Having cancer in your immediate family may up your risk of developing the same cancer or a different kind, reports a new study in the journal *Annals of Oncology*. "Along with shared environmental factors, such as a sedentary lifestyle or smoking and drinking habits, inherited susceptibility may play a role too," says Eva Negri, Sc.D., of the Mario Negri Institute for Pharmacological Research in Milan, Italy. Review your family's cancer history with your M.D., and ask if you should start screenings at a younger age.

LOSING SIGHT OF SLEEP

Lack of z's has been linked to high blood pressure, heart disease, and depression. Now researchers say we can add eye problems to the list. People with sleep apnea (a condition that causes you to stop breathing for short periods during the night) are nearly twice as likely to develop glaucoma—a leading cause of blindness—within five years of apnea diagnosis, reports the journal *Ophthalmology*. Why the odd connection? The lack of oxygen associated with the sleep disorder may damage blood vessels, including those to the optic nerve. Talk to your doctor if you notice any signs of sleep apnea (gasping for air during the night, loud snoring, or feeling tired during the day), and get your eyes checked once a year by an ophthalmologist.



A hand-me-down you can do without.

FROM TOP: CHRIS HEADY/TRINK ARCHIVE; ALAMY

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