

DAILY LIFE

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2E Technology

Micro Machines are back — in video form — and just as before, they're fun for the whole family.

3E Relationships

Donna Erickson explores ways to make the most of quality time with the grandchildren.

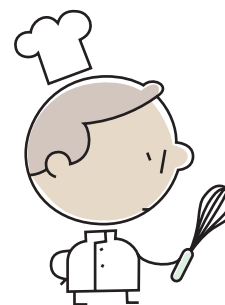
7E Money

When it comes to personal attention, service and low fees, credit unions clean the clocks of other financial-service providers.



8E Food

Upgrade your dorm dining: Always eat breakfast, stockpile lots of nutritious snacks and be creative with small appliances.



better, older, you

A decade-by-decade look at **women's health** issues.

BY FAITH DAWSON
Cox News Service

Watch your diet. Get plenty of exercise. Quit smoking. These are just some of the things you can do to stay healthy as you age.

Just as important is monitoring your health through yearly physicals and gynecological exams.

We face more issues as we age — obesity, diabetes, impaired vision and cancer — but if we stay on top of our health, we're more likely to either avoid the problems or catch them early enough to make them manageable.

Women in their 20s typically aren't troubled by many health problems and, therefore, might be lulled into thinking exams are a waste of time and money. But this is the age where you need to obtain a baseline view of your health and make sure you're as healthy as you think you are.

Some late-life diseases are the result of choices made early on. As you age, the likelihood of developing a condition or disease increases. So when you're young, for example, you may be able to eat fast-food meals without gaining weight, but you're still working against your heart and blood vessels. That can contribute to heart disease, stroke and diabetes earlier than expected.

Each age poses specific health challenges and concerns. We asked a variety of doctors — a family practitioner, orthopedic surgeon, dermatologist, cardiologist and gynecologist — to help create a general guide of common health concerns for women.



A LOOK AT HEALTH CONCERNS BY AGE, 3E

MICHELLE KUMATA, SEATTLE TIMES

SAVVY SHOPPER | ASK ALLISON

Q. I'm looking for information on hair transplants for women with thinning hair. Where can I have the medical procedure done safely and affordably?



ALLISON KAPLAN

A. Start with the **International Society of Hair Restoration Surgery** (www.ishrs.org), a non-profit medical association that connects candidates with doctors and provides the latest reliable information on various treatment options. One new nonsurgical alternative is called Virtual Reality. It involves a breathable, second-skinlike surface being attached to the scalp so that hair can be injected into it. Any length; any color. And you can shower or swim without hesitation. "It gives people instant gratification," says Karen Moe, co-owner of the **Hair Restoration Institute** in St. Paul and Bloomington, which has the exclusive on this hair-replacement system in the Twin Cities. It costs \$850 to \$1,500, compared with \$8,000 to \$10,000 for hair transplants. And right now, you might be able to get a Virtual Reality makeover for free. The Hair Restoration Institute is looking for 30 women and men who are bald or have thinning hair to receive a complimentary Virtual Reality makeover Sept. 17 and 18. Interested candidates should contact Karen at 651-628-9724 or 952-698-3415 by Sept. 1.

Have a shopping or style question for Allison? Visit the Savvy Shopper forum at www.twincities.com/living. By posting your question, you give us permission to print and edit.



HAIR RESTORATION INSTITUTE

FUNNIES BUSINESS

They brighten your day or give you a smile. They sometimes strike a nerve, too. Now, we want your opinion on a selection of Pioneer Press daily comics as we consider eliminating some strips to make room for different ones. If you don't see your favorites on the list, don't worry — they're safe.

Instructions

From the comics listed, pick **one** "Must Keep" and **one** "Must Drop." Print your choices in the spaces provided below and mail the ballot to Comics Survey, 345 Cedar St., St. Paul, MN 55101 by **Friday, Sept. 1**. You can vote more than once and mail the ballots together in one envelope, but each ballot must only have one choice in the two categories to be valid. You can also e-mail your choices from this list to comics_survey@pioneerpress.com. **One e-mail ballot** per day per e-mail account will be accepted. Watch for survey results later this fall.

PRINT YOUR CHOICES HERE

Must Keep (one choice)

Must Drop (one choice)