

Why Do They Call It PCOS?

Polycystic ovarian syndrome (PCOS) isn't just a clunker of a name, it's also totally confusing. Caused by hormonal imbalances that—when untreated—raise your risk for infertility, type 2 diabetes, heart disease, and depression, PCOS doesn't always give women polycystic ovaries. And ovarian cysts alone aren't enough to diagnosis it. Instead, PCOS may cause irregular periods, acne, weight gain, and a hairy face or body. (And if you're on the Pill, you may not show *any* symptoms.) That's why the National Institutes of Health wants to give PCOS a new name that better reflects the condition and would help women and their docs catch it so it can be treated with prescription hormones and dietary changes. A new name will help, but talk to your doctor if you've noticed any of the symptoms above...or if you were put on birth control for irregular periods without being tested for PCOS.

—LIZ PLOSSER



It feels like a yeast infection: itching, burning, strong vaginal odor, pain during sex, brownish discharge, or frequent peeing. **But these symptoms may indicate trich, the most common curable STD—more common than syphilis, chlamydia, and gonorrhea combined.** A guy passes the infection via a parasite in semen, urine, or the skin of his penis. That sounds memorable, but only 1 in 5 women knows what trich is, an American Sexual Health Association survey found. Not your fault: Most docs don't include it in standard STD tests or talk about it in appointments, maybe because symptoms can be minor or nonexistent. If you don't treat it, trich causes genital inflammation, increasing your risk for HIV, pelvic inflammatory disease, and for preggos, low-weight babies. Antibiotics clear it up, but you have to know you have it. Ask your doc for a test.

—MARISSA GAINSBURG

SOURCE: PAUL NYIRJESY, MD, PROFESSOR OF OB-GYN AT DREXEL UNIVERSITY COLLEGE OF MEDICINE AND DIRECTOR OF DREXEL VAGINITIS CENTER



BRA CANDY

There's a new implant called—wait for it—the Gummy Bear. The recently FDA-approved Natrelle 410 uses the same silicone gel as previous types (so it's still squishy), but its silicone molecules have more cross-linking, making the gel firmer and more stable. This stability means the implant holds its teardrop shape, mimicking a natural breast. The super-cohesive gel is also less likely to leak, possibly reducing your chances of revisiting the OR.

—M.G.

SOURCE: ADAM KOLKER, MD, A PLASTIC SURGEON IN NYC; THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY



The breakfast you now wish you'd been eating since age 13.

← PMS Kryptonite

Women who consume high amounts of iron daily have about a one-third lower risk for premenstrual syndrome than do those who get less of it, reports a new study in the *American Journal of Epidemiology*. Researchers think iron boosts serotonin levels, regulating moods and potentially easing pain symptoms like cramps. And no, you don't have to eat steak every day: Aim for 20 mg daily, which you can get from most beans or 1 cup of fortified cereal. —M.G.

SOURCE: ELIZABETH BERTONE-JOHNSON, ASSOCIATE PROFESSOR OF EPIDEMIOLOGY AT THE UNIVERSITY OF MASSACHUSETTS