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Men's Health

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COOL NEW HEALTH, FITNESS, SEX & NUTRITION TIPS!

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A MIND/BODY
WORKOUT

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AVOID
THESE
MISTAKES

STRIP AWAY MONEY STRESS

THE MEN'S HEALTH GUY

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of the new *Star Trek*

*"You can face fear head-on,
or hide in your bunker."*

Chris wears a Number Lab
T-shirt and Rag & Bone jeans

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Lick your wounds

The drugstore is packed with dozens of different products designed to cover a cut. We asked Basil S. Cherpelis, M.D., chief of dermatological surgery at the University of South Florida, to tell us which bandages are worth slapping on your next wound.

1 WATERPROOF
If water is trapped under a bandage, it can damage the skin around the wound. Since these bandages can withstand frequent washings, they're great for your hands.

2 ADVANCED HEALING
The clear fluid that can ooze from blisters may prevent proper healing. These strips contain hydrocolloids, chemicals that absorb the liquid and use it to form a protective gel.

3 SENSITIVE SKIN
Do bandages make your skin itch? Try a sensitive-skin version that uses a hypoallergenic adhesive.

4 LIQUID BANDAGE
Use this only on scrapes or nicks

that aren't bleeding; regular bandages are better at stemming the flow of blood.

5 HEAVY DUTY
Repeatedly bumping a wound may hinder the healing process. The thicker fabric of these bandages helps cushion injuries.

6 ANTIBIOTIC
Antibiotic ointment makes these ideal for wounds, such as scrapes from falls, that may harbor bacteria.

7 FLEXIBLE
Slap these on elbows, knees, and ankles—they move with you, not against you.



D-FEAT A COLD

Move over, vitamin C. The best nutrient for preventing a cold may be vitamin D, according to a new study in the *Archives of Internal Medicine*. "Without enough vitamin D, the cells in your immune system that kill viruses don't function as efficiently," says study author Adit Ginde, M.D. Have your doctor measure your blood level of 25-hydroxyvitamin D. If it's below 30 nanograms per milliliter, build it back up with 1,400 I.U. of D daily from a multivitamin and a supplement.

SPOT A STROKE

Here's a life-and-death reality: Some young stroke victims may be sent home from the ER without treatment. In a Wayne State University study, one in eight stroke patients under 50 were discharged with diagnoses of migraine, vertigo, or other disorders—even though later tests revealed that they had suffered a stroke. If you or a family member experiences dizziness, sudden numbness, a severe headache, or trouble speaking or seeing, make sure the ER doctor orders an MRI to rule out a brain attack.



9-TO-5 NIGHTMARE

Falling asleep at your desk? Canadian researchers found that sitting all day can set you up for sleep apnea, a condition that usually causes daytime drowsiness. The link: When you sit for long periods, water and blood pool in your legs. Later, when you lie down to sleep, gravity causes the accumulated fluid to flow to your neck, putting pressure on your upper airway that can cause it to collapse, says study author Douglas Bradley, M.D. The resulting mini-suffocations can leave you sleep deprived. To reduce your risk, take a walk each hour.



This is not a bad dream: Your job could sabotage your sleep.

[ON OUR RADAR]

SPIT AT DIABETES

Researchers from Oregon and India may have found a way to give people with diabetes the benefits of a blood-glucose monitor, minus the finger pricks. After first identifying 65 proteins that appear twice as often in the saliva of diabetic patients, the scientists then discovered that levels of these biomarkers rise and fall as the disease worsens and improves. A portable saliva test could be developed within a year.

FACTS OF LIFE

80

PERCENTAGE INCREASE IN A MAN'S HEART-DISEASE RISK IF HE HAS ERECTILE DYSFUNCTION
Source: Mayo Clinic Proceedings