



Share the health

New wellness websites help you connect MySpace-style

Social networking isn't just for tracking down your 10th-grade crush. Taking a cue from interactive sites like Facebook, new health-focused URLs let you link with people who have similar health interests, upload video testimonials (like how you felt about last summer's laser hair removal), or even get feedback about which doctor to choose. A few of our favorite places to connect:

**> CLICK ON
DAILYSTRENGTH.ORG**

Why join It's a virtual clearinghouse of health support groups (more than 500 to date) for issues ranging from diabetes to sports injuries. You can participate in discussions, add friends, start a journal, and send virtual hugs. The Treatments section lets you compare notes on side effects or success rates with others taking the same meds as you.

**> CLICK ON
CAREPAGES.COM**

Why join Whether you're battling cancer or chronicling your pregnancy, this site makes it easy to keep friends and family up to date. Once you create a personal page, you can upload news and photos, and visitors can leave supportive notes. Your friends can also get e-mail alerts when you post something new. The search

function lets you find other members who live in your area or have the same condition.

**> CLICK ON
ICYOU.COM**

Why join It's like YouTube for the health-conscious. This site currently boasts 10,000 videos on subjects ranging from anxiety to Alzheimer's. In addition to user-generated clips featuring personal stories and advice, you can search for expert-created videos that answer common Qs. Click on "The Pulse" to give feedback and post responses to videos.

**> CLICK ON
RATEMDS.COM**

Why join Here's the place to get the low-down on your new

dermatologist or ob-gyn before you set foot in the waiting room. And if you stumble upon a really great (or really bad) doc, you can send the word to everybody. Or use the Doctor Search tool to locate physicians by region, specialty, and percentage of happy patients.

**> CLICK ON
HEALIA.COM**

Why join Bustling communities help you find like-minded members. Search results can be sorted by age, location, ailment, or health interests (such as herbal medicine). Healia also has more than 20 health professionals ready to answer anonymous questions, and every query gets a response, usually within two days.

SAVE YOUR SMILE

Are your teeth disintegrating faster than the polar ice cap? A recent Tufts University study found that 46 percent of adults over age 23 have at least one tooth with significant enamel damage. Caused by acidic foods (like soda, OJ, and yogurt), enamel loss can leave your choppers dingy, sensitive, and more cavity-prone. One new solution: **Crest Pro-Health Enamel Shield** toothpaste, the first product designed to protect teeth against erosion, not just reduce sensitivity after the damage is done.



THE DOCTOR IS IN



By Brunilda Nazario, M.D.

Q+A

From Joan C., of Eugene, OR: Why does my face turn bright pink when I drink?

A delicious glass of pinot contains toxic byproducts, and normally they get broken down by an enzyme in your digestive system. But in some people (it's most common in those of Asian descent), that enzyme is inactive, so the byproducts accumulate, causing redness and sometimes dizziness, nausea, and headaches. Try downing a glass of water between cocktails to help flush out the nasties.

From Hilary S., of Dayton, OH: I never got chicken pox as a kid. Should I get vaccinated now?

First ask for a blood test to find out whether you're already covered. You may have a natural immunity to the virus, or you may have had a very mild case years ago and not even know it. If you're not immune, get the vaccine. Being exposed as an adult puts you at risk for complications like shingles, an extremely painful nerve condition.

ASK THE EXPERT

WOMEN'SHEALTHMAG.COM
/DOCTORISIN SUBMIT YOUR QUESTIONS FOR DR. NAZARIO, SENIOR MEDICAL EDITOR FOR WEBMD HEALTH TODAY.