



Extra credit!

You've had your healthiest week ever; now keep going. Try out the tips below for bonus body boons. The more you do, the healthier you'll be! **By Marisa Cohen**



Do you run in the sun? Use the LoveMySkin app to track moles between skin checks.

Do it often



Sleep more. People who logged fewer than six hours a night were 50 percent more likely to develop colon cancer than those who got more than seven, a study in *Cancer* reports. "Sleep helps cells repair themselves," says Marisa C. Weiss, M.D., president and founder of BreastCancer.org.



Eat takeout off real plates. BPA, a synthetic estrogen linked to cancer, is in many plastic food containers and can leach into your meal when the container is heated and possibly when simply exposed to hot food. Transfer your pad thai to a ceramic plate before digging in.



Take a desk break. "Too much sitting can lead to insulin resistance and metabolic syndrome, both of which may up cancer risk," says Brigid M. Lynch, Ph.D., a postdoctoral fellow at Alberta Health Services. "Standing for a few minutes every half hour may be enough to minimize the effects."



Run on side streets. The highest concentration of air pollutants is found near busy intersections and heavily trafficked streets surrounded by tall buildings, research from the University of Leeds finds. Also, check AirNow.gov: If the air-quality index score is above 150, hit the gym.



Make a date. Texting and tweeting are great but shouldn't replace actual face time. "A strong social network helps people take better care of themselves," says Alyson Moadel, Ph.D., director of the psychosocial oncology program at the Montefiore-Einstein Center for Cancer Care.



Don't top off your gas tank. Squeezing out that last drop of gas can release toxic fumes into the air, including benzene, which has been tied to leukemia, the Environmental Protection Agency says. When you fill up, stand upwind of the pump and stop when the nozzle clicks, even if it's at \$29.97.

Do it this year



Open wide. Poor dental hygiene can increase your risk for gingivitis, an inflammation of the gums. Over time, high levels of inflammation may increase your risk for cancer, Dr. Weiss says. Another good reason to see your dentist: She can screen you for early signs of oral cancer.



Find Dr. Nice. A rude doc can mean poorer health for you. To provide the best care, "physicians need to have good social skills, because medicine is all about teamwork," says Johns Hopkins University Civility Project cofounder P. M. Forni, Ph.D. If yours doesn't measure up, make a switch.



Schedule an HPV test. If you are 30 or older, request a human papillomavirus test along with your Pap smear. HPV causes most cervical cancers; as you get older, your body is less able to clear the infection on its own. If both tests are negative, you can wait three years before checking again.



Test your home. Exposure to radon is the second-leading cause of lung cancer in the United States after smoking. The odorless gas can seep through cracks in your home from the surrounding soil. Ensure your space is safe by using a home-testing kit, available at hardware stores.



Create a virtual medical log. Create a detailed diagram of your relatives' health history by clicking on the Family Health Portrait Web tool at www.hhs.gov/familyhistory. Upload it to the free Microsoft HealthVault, then email the link to loved ones.



Do a vitamin check. Vitamin D appears to help breast cells grow normally, Dr. Weiss says. Ask your M.D. for a blood test. If levels are low, she may recommend dietary changes and a supplement to help you get the suggested 600 IU daily. (Don't tan to up your dose: It can cause cancer!)



MEET OUR EXPERT Dr. Weiss, an oncologist in Philadelphia, and her team at BreastCancer.org have reached millions. You're next. Ask her anything!

FREE ADVICE (AND FREEBIES)

Head to SELF's Facebook page October 3 through 7. Marisa C. Weiss, M.D., will share tips from BreastCancer.org's Think Pink, Live Green campaign to help you avoid disease by lowering your chemical load. Plus, scoop up these green giveaways:

- OCTOBER 3** Win one of 200 \$10 coupons from Amy's Kitchen.
- OCTOBER 4** Snack! Get a coupon for one of 500 Stonyfield yogurts.
- OCTOBER 5** Pretty lips, no ugly chemicals: We're giving away 500 tubes of First Aid Beauty Ultra Repair Lip Therapy.
- OCTOBER 6** Snag one of 250 adorable, reusable Re-Pac bags. Never put food in plastic again.
- OCTOBER 7** Fifty fashionable, BPA-free coaster sets from Modern-twist will be up for grabs.