

Resolutions for a bright new year

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"Then all of the eagerness to do so went away," he said with a laugh.

Like McLaurin, Fox hasn't made any resolutions for '06 either.

Some people, like Wendy Covington, kept at least one

resolution.

"One of my resolutions was to keep a diary," she said. And when she read her list of nine resolutions from last year, the only one she kept was keeping her journal.

"This year, I'm not going to make as many resolutions,"

she said.

Covington said she's going to work out more, at least four times a week, read the Bible more and save money.

There is help if you want to keep your New Year's resolutions. To get a free e-mail reminder of your promise to

yourself, log on to www.hiaspire.com/newyear/. The service is free and sends a monthly e-mail message reminding you not to do whatever you resolved not to do.

Oversue of many pain pills is dangerous

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500 mg more of acetaminophen. Switch to Nyquil Cold/Flu at bedtime, another 1,000 mg.

Maybe you already use arthritis-strength acetaminophen for sore joints—average dose 1,300 mg.

Depending on how often they're taken, the total acetaminophen can add up fast.

That's the nonprescription realm. Surprisingly, 63 percent of unintentional overdoses involved narcotics like Vicodin and Percocet that contain from 325 mg to 750 mg of acetaminophen inside each pill.

Some were chronic pain sufferers taking more and more narcotics as their bodies adjusted to the powerful painkillers, not knowing they

were getting ever-higher acetaminophen at the same time. Or they added over-the-counter products for other complaints.

Just this month, Larson treated an 18-year-old whose liver crashed after using Vicodin for three or four days for car-crash injuries. "She was just taking too much because her pain was bothering her."

Led by Tylenol manufacturer McNeil Consumer & Specialty Pharmaceuticals, most over-the-counter products now voluntarily list acetaminophen on front labels.

McNeil also runs ads about the risk, saying "if you're not going to read the label, then don't buy our products," says spokeswoman Kathy Fallon.

But how strongly labels warn varies by product. A rule to standardize warnings, urged by FDA's scientific advisers in 2002, still is working its way through the agency.

While FDA runs a consumer education campaign about the liver risk, nonprescription drugs chief Dr. Charles Ganley says the new study suggests the agency may need to further target narcotic-acetaminophen combinations.

Lee wants to copy Britain, which saw a 30 percent drop in severe liver poisonings after restricting how much acetaminophen could be bought at once.

That's unlikely. Meanwhile, the advice is simple: Read drug labels and add up all your acetaminophen, avoiding more 4,000 mg a day. For extra safety, Lee advises no more than 2,000 to 3,000 mg for more vulnerable people, who regularly use alcohol or have hepatitis.

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Keep kids moving

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trician. She said parents can lead outdoor games such as snowball fights. Adams said time limits on TV, video and computer make it easier to keep kids active. She suggests keeping it under an hour for younger children.

If you think it's too cold outside, Adams and other pediatricians suggest taking kids to swim in an indoor pool, play indoor team sports such as volleyball or take up individual pursuits like karate. It doesn't have to cost money. Adams said that many cities have free recreation centers and that even a trip to the mall can be an opportunity to squeeze in some exercise.

"You take them up and down the stairs. You don't take elevators or the escalators," she said. "You power-walk them instead of just meandering along."

Fitness experts stress that it is important for parents to stay positive about exercise and be a good role model—don't tell your kids to go out in the cold if you're camped out on the couch, experts say. Go out with them.

"It's got to be something that gets the heart rate up," Adams said, "gets them sweating, gets them panting."

On the Net:

Motivating Kids to Move:

www.aacnortheast.com/pulse.php?ID40

Winter Activity Ideas:

www.mamashealth.com/exercise/winterfit.asp

Retention of looks

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And people are buying it.

"Now younger women are looking at these boomer women and saying 'Wow, it's not so bad growing older,'" says Denise Fedewa, a senior vice president at Chicago-based ad agency Leo Burnett who recently completed a study on women older than 45. "Maybe they're as much the trendsetters as younger women."

It's a phenomenon not just in this country but in much of the Western world, says Mair Underwood, an Australian researcher who's examined attitudes about aging among boomers and others in her country.

Still, while she applauds people who want to take better care of themselves, she worries that an obsession with fending off age will cause young people, in particular, to struggle with the inevitable changes in their bodies later in life.

"Will we end up with a whole generation of individuals with low self-esteem?" asks Underwood, who's based at the University of Queensland in Brisbane.

Amy Flink, a 24-year-old Chicagoan, agrees that societal expectations can go overboard. She recently went for a free department store facial, only to have the clerk berate her about her freckles and the beginnings of tiny lines under her eyes.

That kind of harsh response, she says, "adds an extra level of paranoia and self-doubt—and how many people in their 20s need that?"

In the end, she bought eye cream from another store—but says she plans to keep such preventative measures in check. "I don't think you always have to look 20 or 30," Flink says. "Aging is part of life and you should embrace it."

The Charlotte Post

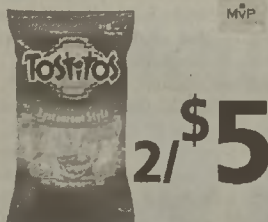
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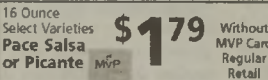
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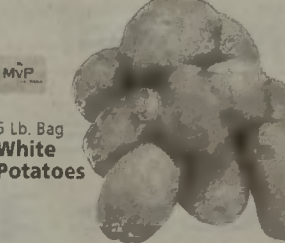


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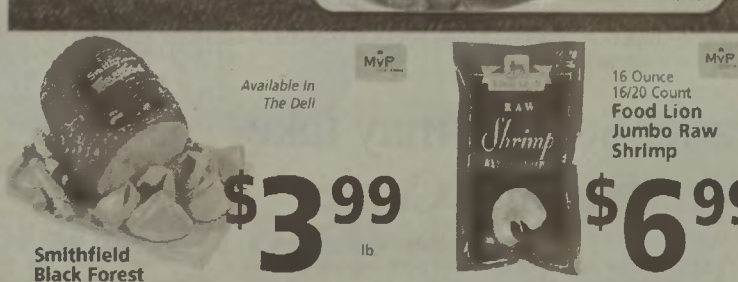


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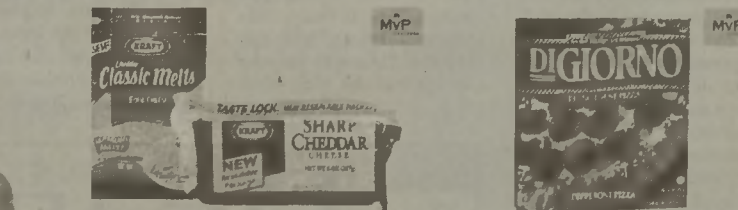
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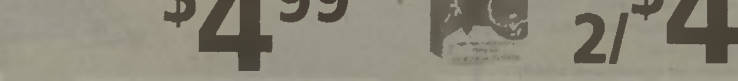


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