



a helping hand

There's a new tool in the fight against breast cancer: the In Touch glove (\$9; www.bathandbodyworks.com), sold at Bath and Body Works stores nationwide. Use the reusable liquid-filled glove during a monthly breast self-exam; it's designed to help your fingertips glide across the surface of your breast and detect abnormalities more easily. "Combining a self-exam, an annual clinical exam, and age-specific mammography is still a woman's best defense in early detection of breast disease—and early detection saves lives," says Neil B. Friedman, M.D., director of the Hoffberger Breast Center at Mercy Medical Center in Baltimore and a proponent of the In Touch glove.

Because women often experience breast tenderness and swelling before and during their periods, most experts recommend doing a monthly exam the week after your period ends. Make small circles with your fingertips to examine every part of your breast, from your armpit to your breastbone. If you need a refresher course, visit the American Breast Cancer Foundation's website (www.abcf.org) and click on "Keys to Early Detection" under the Breast Cancer Info tab for an instructional video. —Sarah Schmidt

Smart Scents

In a recent *Environmental Health Perspectives* study of more than 950 adults, researchers discovered that exposure to the volatile organic compound 1,4-dichlorobenzene (1,4-DCB), commonly found in home fragrances, was associated with weakened lung function. "Unfortunately, it's tough to know if your brand contains 1,4-DCB because labeling loopholes allow manufacturers to lump chemicals together as a 'proprietary formula,' so individual compounds aren't always listed," explains study author Leslie Elliott, Ph.D. To avoid 1,4-DCB, use room sprays that are scented with essential oils instead of artificial fragrances. We like (from left): Thymes Lavender Bergamot Home Fragrance Mist (\$16; www.thymes.com), Orangemate's new Grapefruit Mate Mist (\$6; www.iherb.com), and Caldrea's Citrus Mint Ylang Ylang Home Fragrance (\$15; www.caldrea.com). —Elizabeth Barker



EASE NAUSEA WITH ACUPRESSURE

Stimulating a point on your wrist with acupressure can help counter postoperative nausea, according to new research. Known as PC6 or Nei Kuan, the point is two finger-widths down from the crease of the wrist, between the two tendons at the center of the wrist. Anesthesiologist Mark Shulman, M.D., recently distributed an adhesive acupressure wristband known as Pressure Right, which targets the PC6 point, to more than 100 surgery patients at St. Elizabeth's Medical Center in Boston and found the bands helped ease post-op nausea and vomiting—and provided longer-lasting relief than drugs. His findings are in line with earlier research published in *Anaesthesia* and other medical journals that showed similar results.

To relieve occasional day-to-day nausea on your own, massage the PC6 point for several minutes on each wrist, repeating as often as necessary, says Santa Monica, Calif.-based acupuncturist and homeopath Mindy Boxer, Ph.D., L.Ac. —E.B.