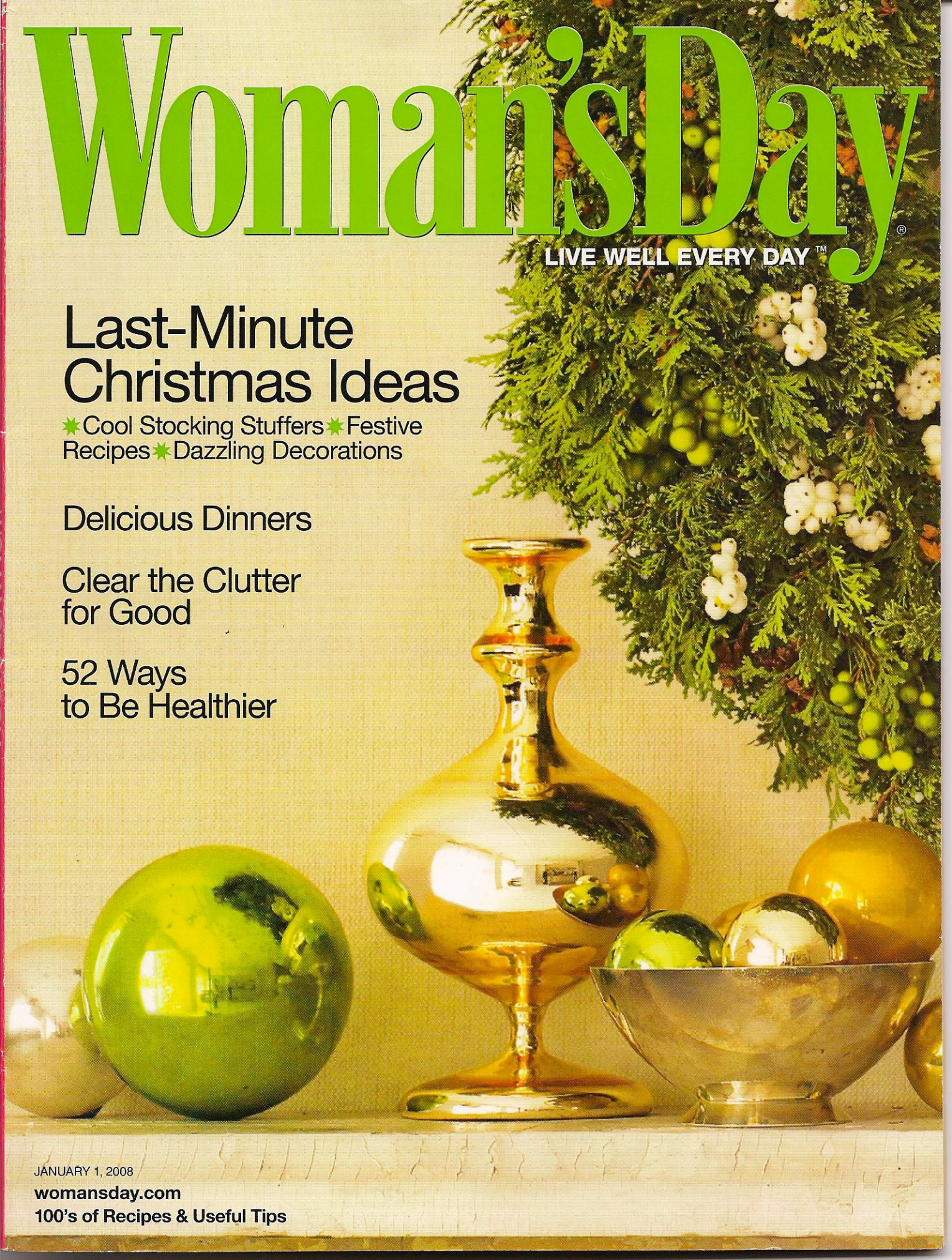


Woman's Day



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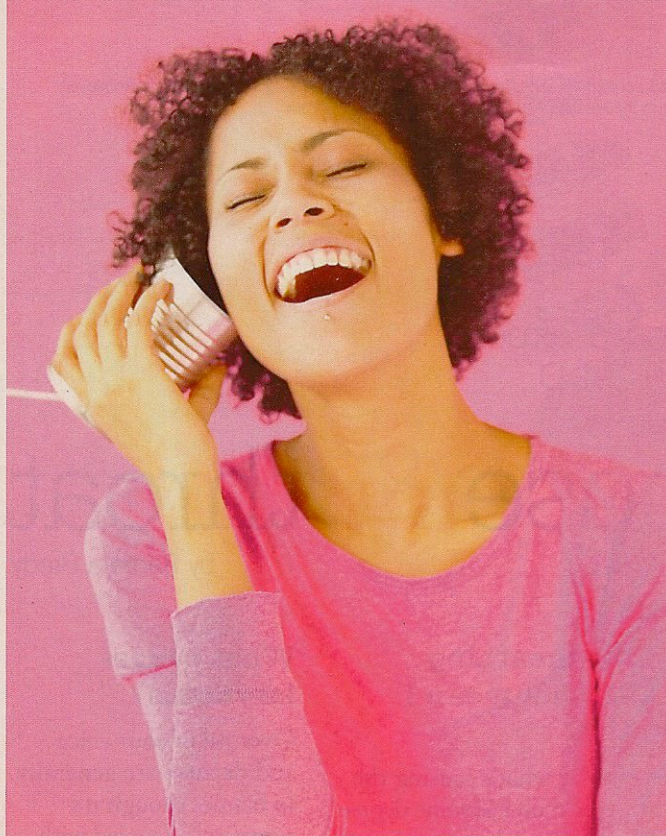
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hold the phone

Another incentive to stop the constant cell phone chatting: A recent study found that it can cause inner ear damage and hearing loss, especially if you use your phone for more than an hour a day. Denver otologist Robert S. Feehs, M.D., says that more rigorous research is needed before we can definitively say whether cell phones are truly dangerous to our inner ears. In the meantime, it probably can't hurt to cut back—strangers in restaurants and on public transit will thank you—and remember to see your doctor if you have ringing in your ears (a possible sign of hearing loss).

Eleanor Gilman

other reasons to take an antidepressant

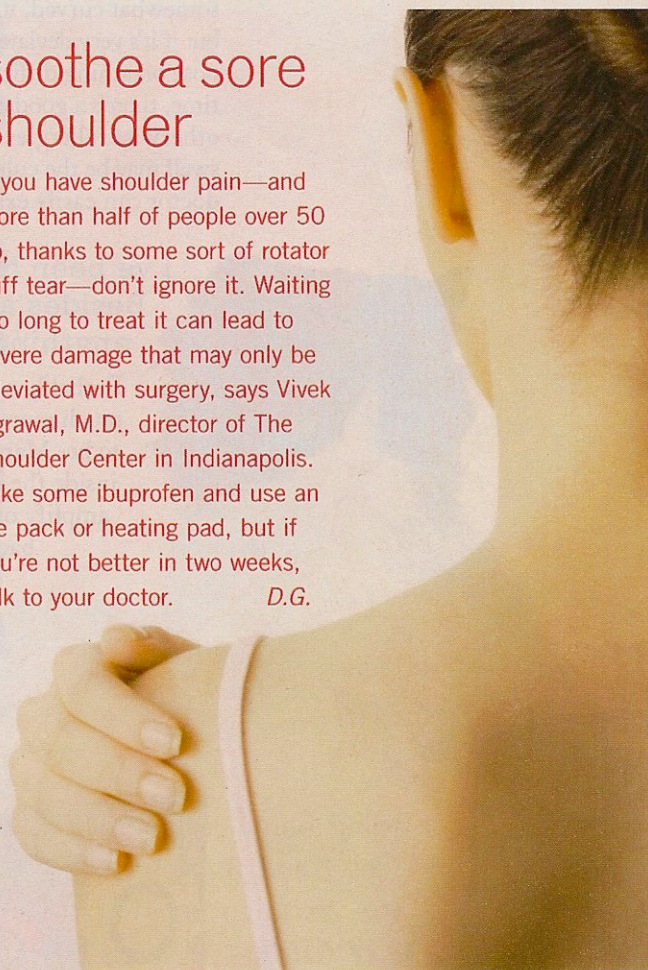
Millions of Americans take antidepressants, but not always for the reasons you may expect. In fact, a growing number of doctors are prescribing these medications for a wide variety of physical ailments.

Karen M. Lynch

ANTIDEPRESSANT	WHY IT WORKS
Duloxetine (Cymbalta) ALSO PRESCRIBED FOR: Chronic pain and diabetic nerve pain	Your body sends chemical messages to your brain when you feel pain. Cymbalta adjusts these chemicals so you perceive pain as less severe.
Venlafaxine (Effexor) ALSO PRESCRIBED FOR: Hot flashes	May rebalance serotonin and norepinephrine in your brain, preventing your internal thermostat from thinking you're overheating.
Fluoxetine (Prozac) ALSO PRESCRIBED FOR: Binge eating	Balances serotonin levels, helping your brain recognize when you've had enough to eat.
Bupropion (Wellbutrin, Zyban) ALSO PRESCRIBED FOR: Smoking cessation (sold as Zyban)	Thought to affect levels of norepinephrine and dopamine in the brain, which reduces craving and withdrawal symptoms.

soothe a sore shoulder

If you have shoulder pain—and more than half of people over 50 do, thanks to some sort of rotator cuff tear—don't ignore it. Waiting too long to treat it can lead to severe damage that may only be alleviated with surgery, says Vivek Agrawal, M.D., director of The Shoulder Center in Indianapolis. Take some ibuprofen and use an ice pack or heating pad, but if you're not better in two weeks, talk to your doctor. *D.G.*



JACK HOLLINGSWORTH/GETTY IMAGES (top); MASTERFILE