

Health

Happy Begins Here

EAT, DRINK, SHRINK

No-Diet Ways
to Fight
Holiday Gain

LOOK FLAWLESS FAST

Pro Hair
and Makeup
Hacks

**4 GYNO
SYMPTOMS
YOU MUST
NOT IGNORE**

**17 BEST
FAT
BLASTERS
EVER**

NO MORE GUILT!

Stop Dwelling,
Start
Enjoying

*The
Walking
Dead's*

LAUREN COHAN

How She Got
THIS Sculpted



10

MINUTES
TO A BETTER
BUTT

HOT MOVE

FINALLY, FLAT ABS!

There's no getting around it: We are gaga over Lady Gaga's abs. And, apparently, so is the 30-year-old *American Horror Story* star, considering she likes to show off that svelte stomach every chance she gets. What keeps Gaga looking great? **Russian twists**, says Harley Pasternak, who's trained her. "This move really hits those corset muscles that pull in the abs," he explains.



Sit with knees bent, palms together and arms extended straight out. Lean back slightly and lift feet off the floor (A). Pull navel to spine and twist slowly to the right (B). Return to center, then twist slowly to the left (C). Do 3 or 4 sets of 20 to 30 reps. (Make it harder: Hold a 5- to 10-pound medicine ball.)

The Best Laser for Your Skin

Dermatologists love lasers. Not only do they yield immediate results in most cases, they're also highly targeted. "No other technology is so consistently precise in addressing an issue, whether it's a brown spot or an acne scar," says dermatologist S. Manjula Jegasothy, MD, CEO of Miami Skin Institute. Match your complexion concern with the right light:



HEALTH 411

NEW THINK ON MAMMOGRAMS

Some women may be able to get their mammograms every three years instead of every two (as many current guidelines recommend), reports a new study in *Annals of Internal Medicine*. The suggestion applies to women ages 50 to 74 who are at average or low risk of developing breast cancer and have low breast density. (Women at average risk with high breast density could continue going every two years; those at high risk would benefit from yearly screenings, the study found.) The takeaway: "It's important that women and providers consider breast cancer risk *and* breast density when they decide on screening intervals, rather than relying on age alone," says co-lead study author Karla Kerlikowske, MD, a cancer epidemiologist at UCSF School of Medicine. As always, talk to your doc about what makes sense for you.

SKIN GOAL	TRY	HOW IT WORKS
Smooth acne scars →	Fraxel Dual	This fractional laser creates microscopic holes in the skin; during the recovery process, new collagen is produced, filling in indentations.
Treat existing acne →	Isolaz	Variable amounts of intense pulsed light are applied to kill acne-causing bacteria and reduce blood vessel dilation and inflammation surrounding each pimple.
Fade sun spots on lighter skin →	Nd:YAG	The light beam targets dark patches below the skin surface, breaking down the pigmented cells that cause the spot. (Because of the way it affects pigment, it's not a good option for darker skin.)
Erase broken capillaries →	Vbeam	It's a pulsed-dye laser that emits light at a wavelength absorbed by red blood cells, heating up and destroying the blood vessel.

GAGA: JAMES DEVANEY/GC IMAGES/GETTY IMAGES