



## Tap Into Cat Naps

In need of a midday snooze? Make it a quick one, says a new analysis in China involving more than 300,000 people that was presented at ESC Congress 2020, a cardiology conference. Compared with not napping, regularly napping for longer than an hour was associated with greater risk of heart disease and all causes of death—but shorter periods of shut-eye didn't up those risks. The link between napping and heart health is still being discerned, but researchers think long naps may raise inflammation in the body, which has an effect on heart-health factors like blood pressure and diabetes. If you need a siesta, aim to keep it to under an hour.



## New Takes on Old Topics

Some good advice stands the test of time. In our first-ever December issue 70 years ago, we recommended a few things you'll find this month too, like vitamin C-packed citrus fruits (see our fresh ideas on page 26) and foods without artificial ingredients (Dr. Weil's take is on page 28). Will we cover them again 70 years from now? Only time will tell!

## A Better Deep Clean

We've all spent much of 2020 scrubbing household surfaces, but bleach may not be our best bet. Research shows that when bleach fumes are exposed to light and chemicals found in personal care products, air fresheners, and household cleaners, it can create airborne particles that may be harmful when inhaled. For a cleaner clean, consider adding this to your arsenal: Breathe, a new line of cleaning sprays that's approved by the Good Housekeeping Institute and meets the EPA's Safer Choice criteria ([breathecleaning.com](http://breathecleaning.com))



# Check Off Your Checkup!

You may schedule an annual physical each year, but how good are you at keeping up with other preventative health appointments, like mammograms and heart disease screenings? According to a new survey of 3,000 women by *Prevention*, the nonprofit HealthyWomen, and GCI Health, many of us need to up our game—just 24% of respondents said they got regular mammograms, 20% got screened for heart disease, 18% kept up with screenings for gynecological cancers, and only 13% underwent skin cancer assessments. If you're one of the slackers, consider this a gentle push and read on to see why you should make those appointments now.

### PUT YOURSELF FIRST

"Preventative care is a gift—when disease is detected early, you have more treatment options and negative outcomes are minimized," says Marsha B. Henderson, a board member of HealthyWomen. One more incentive: COVID-19 can hit people with underlying conditions harder, so know your status.

### BREAK DOWN BARRIERS

Figure out what's keeping you from getting important health screenings. If



COVID-19 makes you nervous, call and ask what safety measures the doctor's office has implemented. Financial concerns and lack of insurance are a common issue; remember, the Affordable Care Act covers all major preventative screenings under insurance, and you can visit [findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov) to locate free or low-cost services.

### FACE YOUR FEARS

Worrying about test results can be nerve-racking—almost one in 10 women said this caused her to skip screenings. If you need incentive, it's perfectly OK to give yourself a reward for making an appointment and following through with it (hello, new pair of earrings!).

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