

{health} discuss

NURSE THOSE FEET

Want to help prevent knee pain? Muscle fatigue? Back problems? Great, wear nursing shoes! We know what you're thinking: *So bulky. So hideous.* But a new line of corrective sneakers called Align (\$90, nursemates.com) is, wow, actually chic! No chunkiness, seven styles, tons of colors and patterns, can be worn with jeans! Check out what our testers had to say.



1/ Gabrielle Porcaro, WH senior fashion and market editor
"At first, it was hard for me to get past the fact that they're nurse shoes. But all-white, low-platform sneakers are hot now, and I got tons of compliments on the Fenton style. I'll wear them on long photo-shoot days with jeans or dresses."

2/ Kaitlin DeFalco, R.D., registered nurse at New York-Presbyterian Hospital
"I've worn the Faxon style for six shifts, and I felt much more comfortable after being on my feet for 12 hours. I love that they're slip-ons, yet my feet felt fully secure. They were definitely the talk of the unit!"

3/ Cathryne Keller, walking commuter in New York City
"They felt a bit stiff at first, but after two days they molded to my feet and softened up a bit. Usually my feet throb after running around the city all day in my regular sneaks, booties, or flats, but I notice significantly less aching with the Fleet style—plus, the heart on the sides is so cute!"

THE FUTURE IS

FEMALE... INSPIRED

As if we need more reason to support girls in the sciences, a new study found that patients treated by female doctors are less likely to die or be readmitted to the hospital. The authors estimate that 32,000 lives could be saved each year if male physicians followed similar patient-care practices! Although the exact reasons for this gender divide are unclear, look for these qualities to ensure you're getting the best care, whether your doc's a woman or a man:

UNDIVIDED ATTENTION

This means attentive listening, genuine interest in your requests and concerns, and clear answers and explanations—if he or she seems hurried or distracted, dock major doc points.

OPENNESS

Watch for lack of defensiveness, willingness to refer you to another expert, familiarity with your medical history, and a receptiveness to reconsidering your diagnosis or treatment if new information develops.

ACCESSIBILITY

You should expect to be seen the same day if your health problem requires it, and your primary-care doctor (or a member of his/her practice) should be readily available by phone 24/7.

ORGANIZATIONAL COMPETENCE

The best pros will report test results in a timely fashion. They'll schedule a follow-up for the near future, or the office will contact you to go over any abnormalities.

RESULTS ARE IN—SHE KNOWS WHAT SHE'S DOING.

Sources: Pamela Yee, M.D., integrative internist, Blum Center for Health; William Branch, Jr., M.D., professor of medicine, Emory University School of Medicine

BUMP WATCH

NOT PREGO?

Start eating like you are. A new report from The U.S. Preventive Services Task Force recommends that "all women who are planning or capable of pregnancy" should get at least 0.4 milligrams of folate, a B vitamin that can prevent certain birth defects. Timing is crucial since it's most beneficial between one month pre-conception through the first trimester. Since most of us fall short on folate, help get your daily fix through food:

15 1 cup of spinach in your breakfast scramble
PERCENT

35 ½ cup of pinto beans in your burrito bowl
PERCENT

29 1 papaya for your afternoon snack
PERCENT

22 ½ cup of asparagus with dinner
PERCENT