

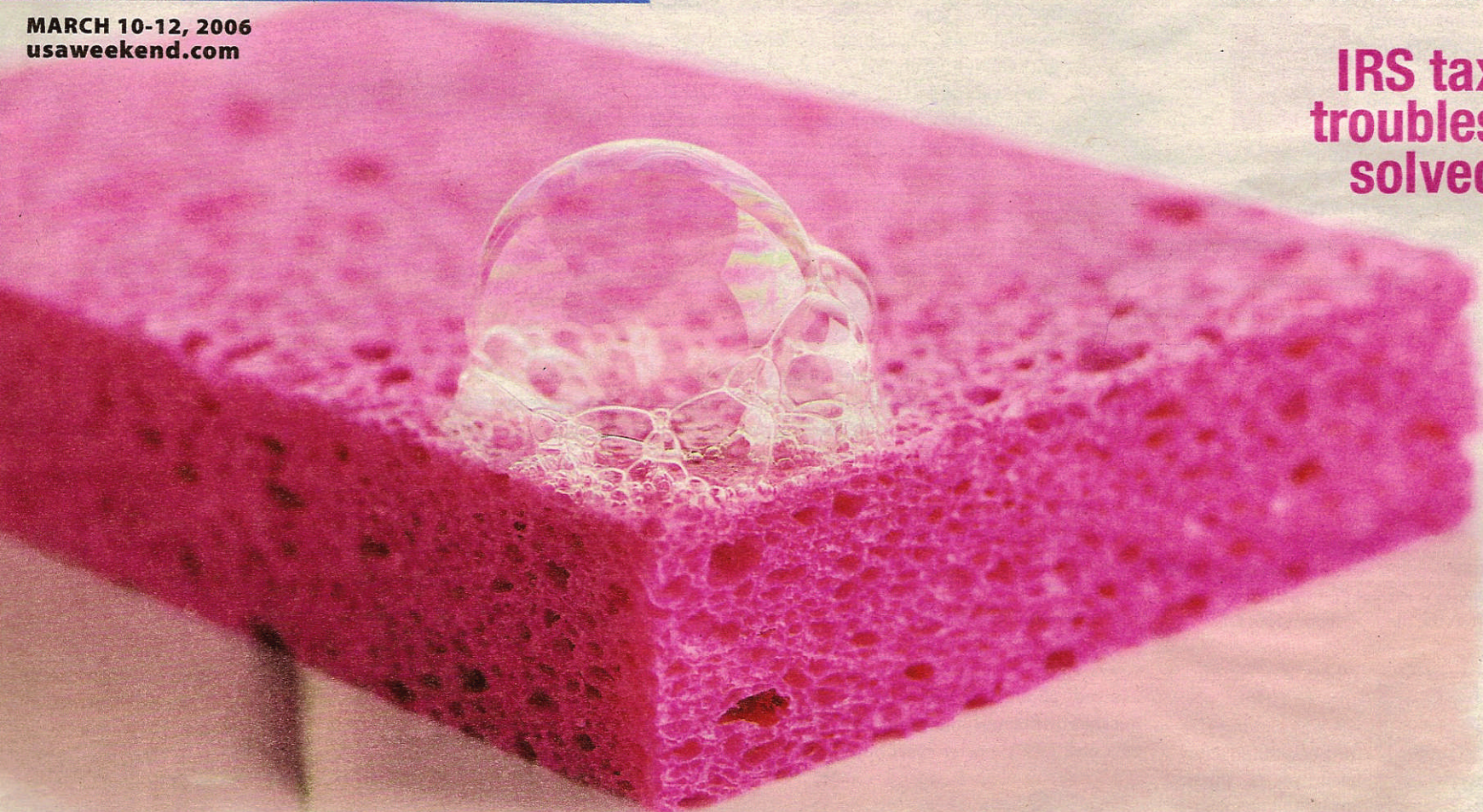
USA WEEKEND

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HealthSmart:
Dr. Tedd
on diabetes

What's the best
movie town?

IRS tax
troubles
solved



SPRING CLEANING **THE 42 SMARTEST TIPS**

We asked trusted experts for their best advice.
Their surprising solutions will make this season's chores a breeze.

Health Briefs

■ BACK PAIN: Sure steps to recovery

Sooner or later, an episode of lower back pain will knock 80% of us off our feet, according to Nicholas A. DiNubile, M.D., author of *Frame-Work: Your 7-Step Program for Healthy Muscles, Bones and Joints*.

WHEN BACK PAIN HITS, heed this advice from DiNubile:

■ **If you're experiencing pain for the first time**, see a doctor to rule out a more serious (but less likely) cause such as a tumor, gallbladder problem or kidney stone, or an aneurysm.

■ **If it's a minor repeat**, try physical therapy, massage or acupuncture, or visit a chiropractor.

■ **Once you "know" your back**, follow this four-step routine: Spend one day off your feet, but avoid sitting; apply heat if you're achy or ice if you're injured; try mild stretching and movement; and take over-the-counter anti-inflammatory medicine if you're allowed.

NEED A SPECIALIST? Check out the North American Spine Society's listings at spine.org/spinefinder.cfm.

■ COSMETIC SURGERY: Insist on a doctor with experience, focus

Cosmetic surgery's failure rate is under-reported, says Robert Kotler, M.D., author of *The Essential Cosmetic Surgery Companion*. The Beverly Hills cosmetic surgeon with 30-plus years of experience urges you to call the office manager and ask if the doctor has:

- ☒ Board certification in dermatology, plastic surgery, ophthalmology, or head and neck surgery
- ☒ Had a cosmetic surgery fellowship
- ☒ Medical school teaching experience
- ☒ A 100% focus on cosmetic surgery

If you don't hear "yes" on at least three counts, Kotler says, try a different doctor. **EW**

— Susan T. Lennon



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