



Poison ivy rashes may be prevented by washing the area immediately after contact with the plant.

HEALTH



DO IT NOW

Don't be rash

WHEN YOU'RE HEADED OUTDOORS, keep an eye out for "leaves of three" and bring along **IvyBlock**, the only FDA-approved product to prevent poison ivy, oak and sumac rashes. The active ingredient, bentoquatam, absorbs the plant's oil before it reaches your skin. If you forget to slather it on beforehand, the **IvyComplete** pack (\$24.99 at drugstores) contains cleansing wipes to prevent reactions after exposure, as well as an anti-itch cream if it's already too late.

Get safer surgery

When scheduling surgery, ask how many times the hospital performs your procedure per year. According to a recent study from Korea, 94 percent of breast cancer readmissions occurred at hospitals performing fewer than 100 breast-tumor removals yearly. Check hospitals' volume rates against national averages for more than 100 procedures at healthgrades.com.

Score a free checkup

Before you hit the beach this year, get a skin cancer check by a dermatologist—you can do it for free on May 6, when the American Academy of Dermatology will attempt to break the Guinness World Record for the most people screened in a single day. The private exams take place in malls, offices and other locations; visit aad.org/worldrecord to find a location near you.

18%
of facial plastic surgeons report moms and daughters coming in together for consultations.
American Academy of Facial Plastic and Reconstructive Surgery