

DOUBLE ISSUE! DOUBLE COUPONS & PRIZES!

Good Housekeeping's

quick & simple

Bargain Buy!

July 1 & 8, 2008

Weekly



Bobby Paul and Jami Deen

Paula Deen's Family Barbecue!

INSIDE! The Deen Brothers' Secret Ingredient Burger!

2 WEEKS OF BARGAIN DINNERS!

WALK OFF WEIGHT FASTER!
Head-to-Toe Tips!

36 Summer Steals Under \$30!

Change Your Bad Money Habits!

5 Home Fixes You Can Do Yourself!

WIN AN ORLANDO DREAM TRIP!
Plus \$123,622 in Giveaways!

Fun, Fast, Easy! Holiday Decorations



\$1.99

Eva La Rue: ‘Trust Your Instincts — Not Your Doctor’

Much like her justice-seeking TV alter ego, the *CSI: Miami* star is determined to make the world a safer (and healthier!) place for women

eva La Rue first became famous for playing a doctor on the daytime drama *All My Children*, but now she's tackling important medical issues in real life. In addition to speaking out for seasonal allergy sufferers ("Claritin and I are inseparable," she says) and campaigning for autism awareness, the busy single mom has recently poured herself into another role — spokesperson for the National Ovarian Cancer Coalition. So while her *CSI: Miami* character, DNA analyst Natalia Boa Vista, helps bring about justice for the dead, Eva works outside the spotlight to deliver lifesaving information about a deadly and often overlooked disease. "The thing is," she tells *Quick & Simple*, "there's no quick and easy ovarian cancer test to take that's definitive. So you really have to listen to your body. Listen to that little voice, even though your doctor blew it off. So many times," says the 41-year-old actress, "you'll go in and talk to your doctor and tell him your symptoms, and he'll say, 'I did all these preliminary tests and nothing showed up, and you're fine, go home.' And then a week later, you're still feeling these symptoms."

"My mother and my great-grandmother had ovarian cancer," Eva explains, which puts both Eva and 6-year-old Kaya — her daughter with former husband and *All My Children* co-star John Callahan, 54 — at a greater risk for developing the disease. But ovarian cancer risk also rises, she notes, for women with a family history of breast, uterine or cervical cancer. If the illness is caught in its earliest stages, the five-year survival rate can be as high as 90 percent —



Eva and 6-year-old daughter Kaya — "the best go-with-the-flow kid on the planet" — at a recent L.A. movie premiere.

but because its symptoms so often mimic those of common digestive disorders, 75 percent of women don't wind up being diagnosed until their cancer has become too advanced to treat successfully.

In addition to learning the possible symptoms of ovarian cancer — which include swelling, bloating or abdominal pain that persists for more than two weeks, as well as frequent feelings of extreme, uncomfortable fullness after eating — Eva insists that women need to know which tests to request, even demand, of their gynecologists if those symptoms occur. "It's hard for your doctor to feel anything with just a pelvic exam," the actress says. "With a rectal exam, she can feel your ovaries better," but a transvaginal ultrasound will yield the most accurate results.

A blood test, called the CA-125 test, is also sometimes used, but because it tends to generate a staggering number of false positive results, it's not recommended as a first or only resort. Unfortunately, Eva explains, neither the rectal exam nor the ultrasound are generally included in a gynecological workup. And worse, if a doctor dismisses your "mystery pains," the lost time can be costly. **The lesson is that your health is in your hands.** "We all know what our regular monthly period is like," says Eva, "so you know when something different is going on. As women, we're trained to trust our own doctors beyond a shadow of a doubt — but don't. Get a second opinion. Get on a computer. Ask questions. Get answers."