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NEWS ABOUT  
YOUR  
HEALTH**

**WOMEN  
ON WELFARE**  
REAL FACES,  
REAL STORIES

**THE PRESSURE  
TO HAVE A BABY**





# KNEE PAIN: Where does it hurt?

**W**here your knee hurts can be just as important for your doctor to know as how much it hurts. Consult your physician if you have any knee pain that seems to have resulted from an injury or interferes with sports or daily activities. Here, a map of the most common knee complaints:

**1. Front of the knee—bursitis**

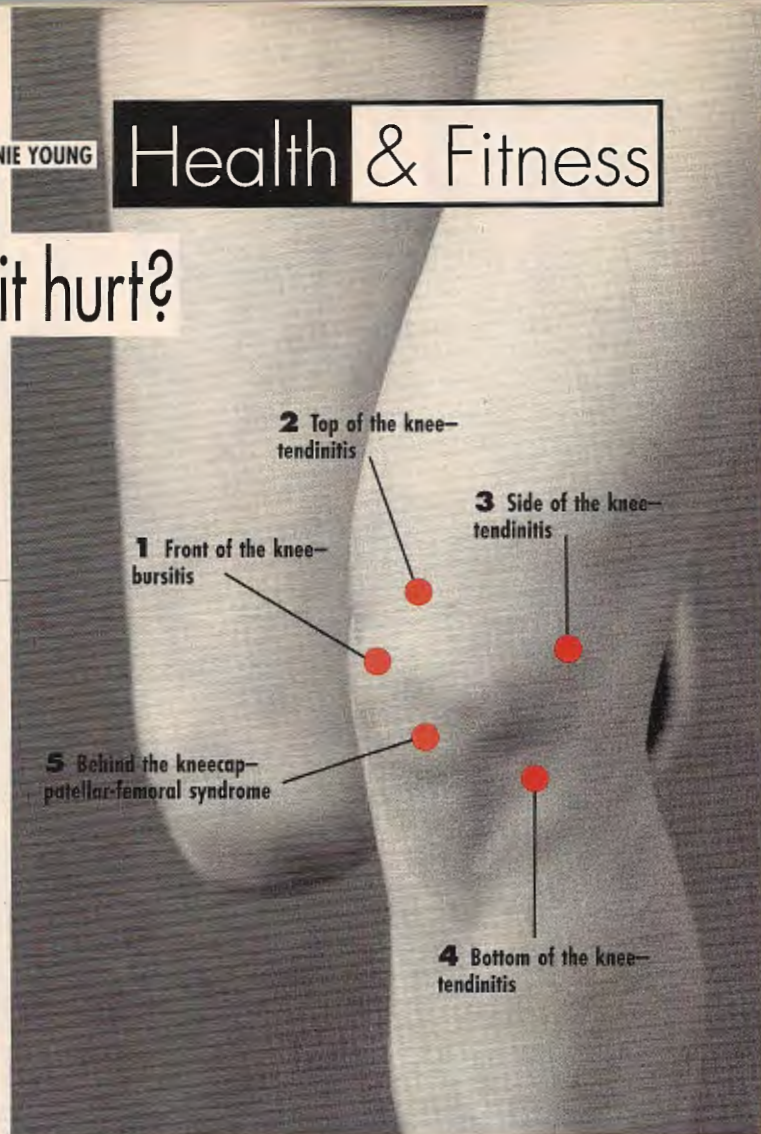
This inflammation of the protective sacs between the skin and kneecap makes the surface of the kneecap tender to the touch. Formerly called housemaid's knee, it can afflict people who spend a lot of time kneeling, such as gardeners, according to Mary Lloyd Ireland, M.D., of the Kentucky Sports Medicine Center in Lexington.

**2,3,4. Sides of the knee—tendinitis**

An inflammation of the tendons can occur at the top, bottom and side of the kneecap—wherever tendons attach to it. Irritated or inflamed tendons at the bottom of the kneecap are known as jumper's knee (patellar tendinitis), which affects enthusiasts of sports such as volleyball, basketball, jump-roping and sometimes stair-climbing, says orthopedist Kenneth DeHaven, M.D., of the University of Rochester in New York. Tendinitis of the outer knee can be caused by running or walking on a slanted track or road or by wearing shoes with worn heels. Squatting or climbing stairs may exacerbate tendinitis at the top of the knee; weak quadriceps (front of the thigh) muscles are a cause.

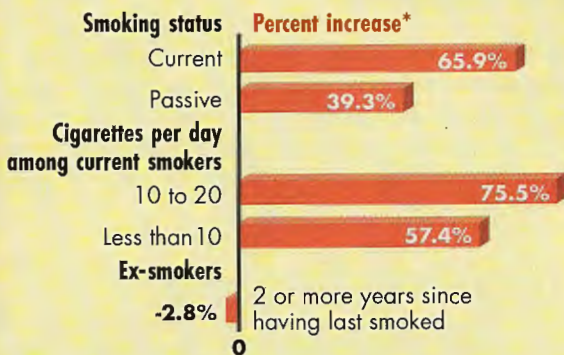
**5. Behind the kneecap—patellar-femoral syndrome**

"I call this the headache of the knee because it is extremely common, and in early stages is annoying rather than incapacitating," says Dr. Ireland. You may feel discomfort when climbing stairs or after sitting for long periods of time. This inflammation of the articular cartilage and soft-tissue structures of the knee should be assessed by a doctor. Surgery is rarely necessary.



## Smoking and your hormones

FSH concentrations in women ages 38 to 49



\*Compared with nonsmokers without passive smoke exposure.

**I**f you're a smoker or live with one, your exposure to cigarette smoke may be adversely affecting your ovaries, bringing about menopause up to two years earlier than you normally would have experienced it. In a study of nearly 300 women ages 38 to 49,

S. Cooper, Ph.D., an epidemiologist at the National Institute of Environmental Health Sciences in Research Triangle Park, North Carolina. One note of reprieve: FSH levels in women who had quit smoking for at least two years were as low as in women who had never smoked.

## Your menstrual cycle and body odor

**I**t's not your imagination—body odor does become more pungent at certain times of the month. According to Stanley Feld, M.D., former president of the American Association of Clinical Endocrinologists, a surge in estrogen, combined with the ovulatory hormone progesterin, increases sweat and odor production right around midcycle. Body odor diminishes as hormone levels drop off, usually by the onset of menstruation. No monthly change in body odor may be a sign that you haven't ovulated, warns Dr. Feld.

Women who take oral contraceptives or use Norplant or Depo Provera may notice that their body odor is somewhat more noticeable throughout the month, due to the constant dose of progesterin these methods deliver.

—Elizabeth Goodman