

FREE 4-PAGE
SYMPTOM CHART

Woman's Day

LIVE WELL EVERY DAY

50 Best Foods Under 100 Calories

Our 50 All-Time Top Tips!

- Get Organized
- Save Money
- Speed-Clean
And More

10 Recipes That Can Save Your Life

BEFORE-AND- AFTER KITCHENS 20 Clever Ideas

8 Ways to Lower Your Cholesterol



Delicious Fall
Apple Recipes

SEPTEMBER 12, 2007
U.S. \$2.79 · CANADA \$3.79

womansday.com

100's of Recipes & Useful Tips



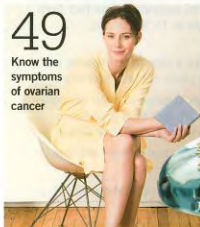
63

Her daughter's mysterious disease



49

Know the symptoms of ovarian cancer



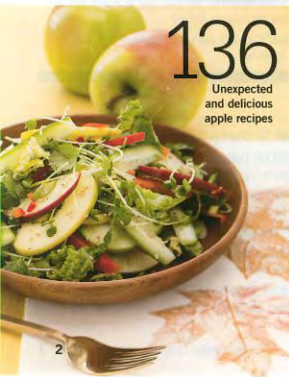
25

Find your new favorite perfume





136

Unexpected and delicious apple recipes



"Incline thine ear unto wisdom, and apply thine heart to understanding."

Proverbs 2:2

-  **78 8 WAYS TO LOWER YOUR CHOLESTEROL** Easy changes for living well by *Francesca Lunzer Kritz*
- 82 YOUR CHILD'S HEALTH** Make doctor visits painless, why kids should walk to school, and more by *Winnie Yu*
-  **84 50 GOOD-FOR-YOU FOODS UNDER 100 CALORIES** by *Jackie Newgent, R.D.*

solutions

- 95 TAKE TIME TO Make a Remote Caddy**
- 96 TIP TALK** Get your least favorite chores done in minutes by *Janet Sobesky*
- 100 YOUR MONEY 5 Rules to Grow Rich** by *Mary Hunt*
-  **104 50 BEST TIPS** Our list tells all you need to know by *Diane Benson Harrington*
-  **114 KITCHEN HOW-TO** Smart ideas transform the most popular room in the house.

eat well

- 119 TAKE TIME TO Core an Apple Easily**
- 120 EAT SMART** Foods to help you lose weight by *Rachel Moser*
- 122 1-2-3 DINNER** Steak Verde
- 124 GOOD COOKS** Q&A with Padma Lakshmi, three ways with salsa, and more by *Marisol Vera*
-  **126 10 RECIPES THAT CAN SAVE YOUR LIFE** Yummy meals that are good for you, too.
-  **136 A WAY WITH APPLES** Sweet and savory recipes with fall's best-loved fruit.
- 147 COVER RECIPE** Apple Cupcakes
- 148 BUDGET COOK** Bow-tie salad with tuna, and a cheap coffee indulgence by *Nancy Dell'Aría*

how to reach us

VISIT US ONLINE at womansday.com

SUBSCRIPTIONS For address changes or other subscription-related mail write *Woman's Day*, P.O. Box 56032, Boulder, CO 80322-6032. Call 850-682-7654; fax 303-604-7644; e-mail womansday@needata.com; or visit womansday.com

EDITORIAL For all non-subscription-related correspondence and letters to editors, e-mail womansday@hfmus.com or write Reader Mail, *Woman's Day*, 1633 Broadway, New York, NY 10019; call 212-767-6418; or fax 212-767-6421, Attn: Reader Service. When requesting a reply, include telephone number and address.

COVER PHOTOGRAPH BY CHARLES SCHILLER, food styling by Roscoe Betsil, prop styling by Gerri Williams



saving haley's heart

A rare genetic condition threatens the life of our little girl, but an experimental drug just might save her

by Kari Dostalick, as told to
Jennifer Haupt



FROM THE DAY SHE WAS born, we marveled at our daughter's long, thin fingers and were constantly amazed when she measured in the 96th percentile for height—especially because I'm only 5'2" and my husband Marty is 5'10". What we didn't know was that the very characteristics we were admiring were signs of a rare and potentially fatal disorder.

Haley reached all the normal milestones in her first year: sitting at 6 months, speaking at 9, and taking her first steps soon after. But as she graduated from those first wobbly steps to keeping up with her older brother, Adam, I noticed that her feet were so flat and flexible that her ankles twisted as she walked. When she turned 2, we decided to take her to an orthopedist.

The doctor assured us that flat, flexible feet were common in toddlers. But over the next six months, Haley's weak ankles got worse, so Marty and I decided to get a second opinion from an orthopedist in Iowa City, a two-hour drive from our home.

searching for answers

The second orthopedist watched as Haley ran up and down the hall, measured her arms, looked inside her mouth and asked her to bend her fingers every which way. He told us that Haley was probably fine, but that she might have a connective tissue disorder and that we should have a geneticist check her out.

Before that appointment, a nurse called to ask some preliminary questions about Haley. "Has anyone in your family died suddenly from cardiac issues?" she asked. I panicked: "No!" (Please turn to 66)

NAMES Kari and Haley Dostalick
AGES 41 and 7
HOME Urbandale, Iowa
FAMILY Dad Marty and brother Adam

SAVING HALEY'S HEART

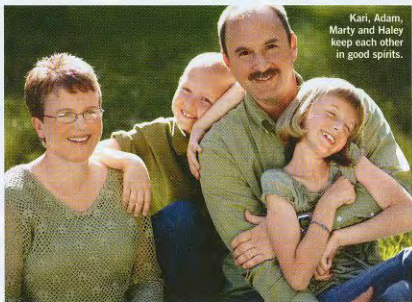
CONTINUED What exactly is the geneticist looking for?"

"Marfan syndrome," she replied. That was the first time I heard the words that would change all of our lives.

I immediately turned to the Internet. Each link I clicked on made my heart sink. I learned that Marfan syndrome, a genetic connective tissue disorder, is often characterized by extreme joint flexibility. It can weaken any part of the body, but it particularly affects the heart, eyes, muscles, bones and skin. In many cases it causes serious vision problems, collapsed lungs, and a weakening and enlarging of the aorta—which often requires heart surgery at a young age and can even be fatal.

I was horrified thinking about my daughter's future. I just kept saying to Marty, "How could our beautiful, lively little girl have such a devastating disorder?"

The geneticist pointed out many little signs that I'd never noticed: how Haley's eyes slanted down slightly, how her arm span was greater than her height, the high-arched palate in her mouth, the slight curvature of her



Kari, Adam, Marty and Haley keep each other in good spirits.

spine. None of these characteristics on their own would be cause for alarm, but together they added up to a high likelihood of Marfan syndrome. Since there is no specific test for the disorder, doctors rely on a combination of criteria, including whether someone has an enlarged aorta. An echocardiogram revealed that Haley did. She also had mitral valve prolapse, a valve that doesn't close correctly, allowing blood to leak

back into the heart. I felt relieved and crushed at the same time; at least we knew what was going on, but what would we do about it?

life with marfan

Haley started taking atenolol, a drug used to treat high blood pressure, right away. Although there's no cure for the disorder, atenolol could slow the growth of her aorta considerably. We also learned that since neither Marty nor I had Marfan, Haley's case was caused by a spontaneous mutation, meaning that no other family members were at an increased risk. (If Haley chooses to have kids however, there's a 50-50 chance they'll inherit it.)

After Haley's diagnosis, it was relatively easy to stay positive because she was always so happy. Still, I worried that she would never have a normal childhood—but that has hardly turned out to be the case. Haley, who's now 7, knows that she has a "special heart" and has to avoid potentially aggressive contact sports, like dodgeball and soccer, which could cause severe damage to her eyes or heart. But she has plenty of friends and is very confident. Plus, thanks to those long fingers, she's a standout piano player.

(Please turn to 68)

you can help find a cure

Do you know someone with Marfan syndrome? If so, he or she may be able to **take part in a potentially groundbreaking clinical trial**. While medication and surgery can slow the symptoms of the disorder, including the life-threatening enlargement of the aorta, no drug actually halts the symptoms—let alone reverses them. Thanks to a new drug trial funded by the National Institutes of Health and the National Heart, Lung, and Blood Institute, and conducted by the Pediatric Heart Network, that may change.

During a three-year period, the growth of the aorta will be monitored in 600 Marfan patients at 18 clinics across the nation. One group will take atenolol (the most common drug treatment) and the other will take losartan (used to treat hypertension but considered experimental for Marfan syndrome).

People who have been diagnosed with Marfan syndrome may be eligible to enroll if they're between the ages of 6 months and 25 years and have not had aortic surgery. **To learn more about this trial, visit marfan.org or call 800-862-7326, ext. 26.**

Will you know what to do when your child gets lice?

Relax.

Get RID.[®] This Complete Kit has everything you need to eliminate lice from your life completely.

For more information, log on to

www.ridlice.com



Got Lice? Get RID.[®]



Use as directed. Two treatments required.

SAVING HALEY'S HEART

CONTINUED

Most people don't realize that there's anything wrong with Haley, but they do notice her height (she's one of the tallest kids in the second grade) and occasionally say things like, "Oh, you've got a future basketball player on your hands!" I just smile and use it as an opportunity to tell them about Marfan syndrome.

finding new hope

Keeping up on the latest research and developments about Marfan syndrome empowers and comforts us, so we've traveled all over the country to attend various National Marfan Foundation (NMF) conferences. The most exciting one was in 2006: We learned about the clinical trial for a

WEB EXTRA

CLICK To read more about the symptoms of Marfans and to get more information, go to womansday.com/marfan

drug that has the potential to stop—and maybe even reverse—the aortic enlargement associated with Marfan syndrome. When Hal Dietz, M.D., announced the news, everyone in the audience stood up and cheered. Dr. Dietz, a pediatric cardiologist at Johns Hopkins University School of Medicine in Baltimore, had successfully completed a test run of this drug on mice with Marfan.

I was thrilled. I wanted so badly to believe that this drug, losartan, could be a miracle treatment for Haley. Although the atenolol had slowed the growth of her aorta, she would probably eventually need surgery. If losartan worked, surgery might never be necessary.

In March 2007, we drove to Children's Hospital in St. Louis to find out if Haley qualified for the trial. She did. On the long drive back home, Marty and I encouraged Haley to ask us any questions, and she had plenty. We assured her that she would be closely monitored.

Of course, I had my own reservations: What if losartan reverses aortic damage in mice, but not humans? What if there are side effects we don't know about? The fact that it was already an FDA-approved drug used to treat hypertension made me feel a little better. And something I read on the NMF website kept reverberating in my head: There is no cure for Marfan syndrome. What if Haley could be part of finding a new treatment for all the children unable to participate in the trial? Marty, Haley and I all agreed that joining the trial was the right thing to do.

Haley started the losartan trial in March, and she'll participate in it for up to three years. Meanwhile, life goes on. She loves "sharing time" in school, and twice she's gotten up and told her classmates about Marfan. She tells people she hopes she's taller than me by the time she finishes third grade next year. And she gives the most awesome hugs with those long arms of hers. **wd**