



HEALTH

No one loves a list more than madison beauty and living director *Stephanie Darling*. Here, she reveals the 10 things we should all resolve to do for a longer, happier life

1 PUT OVARIAN CANCER ON YOUR ONE-TO-WATCH LIST

At **madison**, there's one message we can't stress enough: ovarian cancer is a silent killer. In my time here, I've heard enough stories to know that every woman needs to be vigilant. According to the Ovarian Cancer Research Foundation, there are four pillars of detection: physical examination (including an internal pelvic examination); blood testing (to detect the presence of CA-125, which is often raised in women with ovarian cancer); imaging tests (an abdominal X-ray and ultrasound scan)

and biopsy. Yes, they're invasive. But if you think you're at risk, please, ask questions about your options.

2 PAY ATTENTION TO PORTIONS

Portion Perfection: A Visual Weight Control Plan, by Amanda Clark (\$34.99, Great Ideas In Nutrition), reveals how you can eat what you want provided you control serving sizes. I'm all for it. My favourite of Clark's tips:

a) To avoid guilt, get the portion size right. For weight-loss, an ideal snack contains about 100 calories or 420 kilojoules (equivalent to a Freddo Frog) and for weight maintenance, 200 calories or 840 kilojoules. b) Pretend you are a food critic and analyse every mouthful.

3 LOOK DOWN

According to my favourite podiatrist, Paul Poshoglian (02 9232 7694), you should be visiting a podiatrist once a year to have your feet assessed for corns, any propensity for →