

SELF

Look Better in Your Clothes

The right styles for your shape

25 Weight Loss Tips

Easy. Effective. Start slimming today.



23-Minute Workout

Sneak it in at lunch

Now, that's our idea of a nooner!

#1 Best Ab Flattener

Do it anywhere!

Recipe Makeovers

Comfort food that's healthier but still yummy

Cut 800 calories this week

Delicious swaps

Great Skin, Shiny Hair

Yours, p.172

Fun, Flirty Sex Tricks

Hale, Yeah!

Pretty Little Liars' Lucy Hale's get-fit, get-happy secrets

HEALTH UPDATE

Lower your cancer risk today

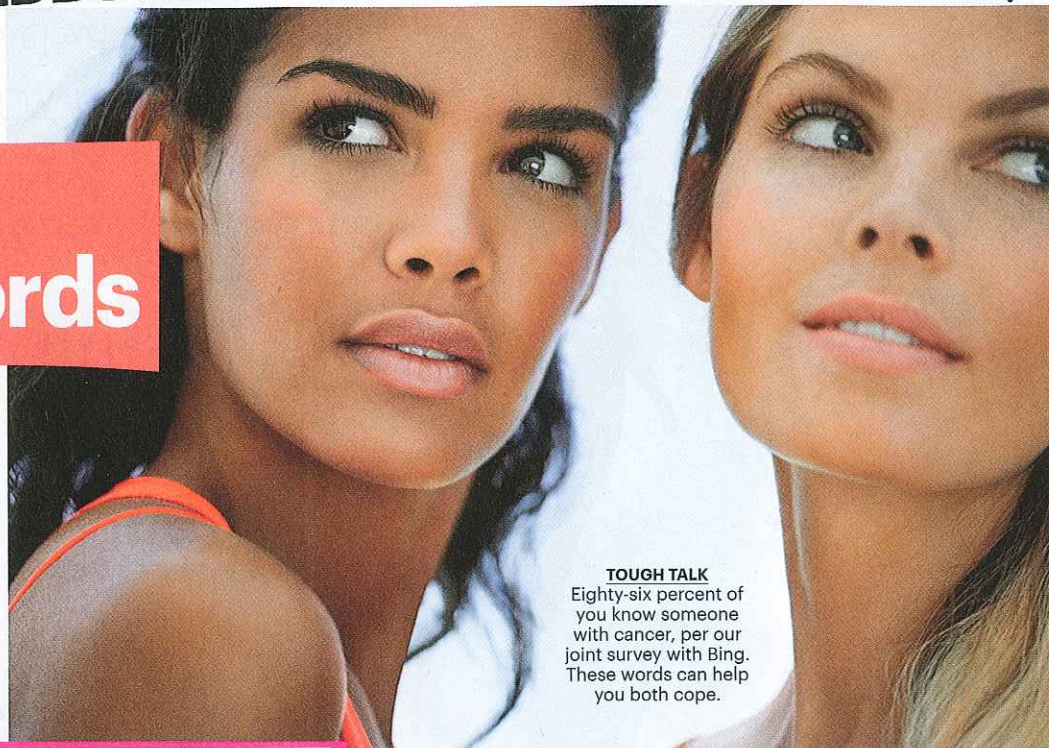
October 2013 \$3.99 US \$4.99 FOREIGN



find the right words

It's so hard to know what to say to a loved one with cancer. We asked survivors what worked and what really didn't for them.

By Esther Crain



TOUGH TALK
Eighty-six percent of you know someone with cancer, per our joint survey with Bing. These words can help you both cope.

STEAL THESE LINES

// I'm picking you up for breakfast."

"I really appreciated friends and family extending themselves with specific offers to give me meals. Cooking and grocery shopping are tricky when you're dealing with doctor visits and debilitating treatments." —Victoria St. Martin, 33, breast cancer survivor

// You're a tough cookie and you're whipping cancer's ass."

"It's a little rah-rah, but when my good friend said this to me one day when I was feeling uncharacteristically defeated, it totally revved me up." —Chana Garcia, 37, ovarian cancer survivor

// Let me take you to the hospital."

"Anxiety and side effects that come with radiation or chemo can make it impossible to drive safely. Getting a lift is a major relief." —Caresse Schweitzer, 26, squamous cell and basal cell carcinoma survivor

// You are not alone—there's an incredible sisterhood out there."

"As a younger woman dealing with a disease that typically strikes older people, I felt so isolated. Finding Young Survival Coalition and connecting with women who 'got it' made me feel empowered and hopeful." —Jennifer Merschdorf, 39, breast cancer survivor

// There are no words. It sucks."

"When you really can't come up with anything to say, go with this. It's 100 percent true!" —Megan McClendon, 29, breast cancer survivor

DON'T GO HERE

// What can I do to help?"

"I appreciated the offer, but it's vague and open-ended, and the last thing a person going through chemo wants to do is burden someone with her needs." —Kelly Smith, 34, ovarian cancer survivor

// You're way too young to have breast cancer!"

"Well, guess what? I have it! So obviously age is no barrier." —Kayla Falcon, 24, breast cancer survivor

// My grandmother had that cancer—but she passed away."

"Shockingly, I hear comments like this a lot. I know the person saying it is simply trying to relate, but come on, really?" —McClendon

// You look fine."

"I knew that I looked anything *but* fine, so having people pretend otherwise made me feel even more self-conscious than I already did." —Schweitzer

// I could never get a mastectomy."

"Do people really think I electively decided to get my breasts removed? The decision was made by my doctors and me to save my life." —St. Martin

// Oh, you'll be OK."

"I know this is meant to be encouraging, but it only reminds me that no one knows what the outcome will be." —Suzanne Lasater, 26, melanoma survivor