

GLAMOUR

Jumbo Spring Fashion Issue!

29 Things He's Thinking When You're Naked

The Good Stuff Guys Don't Tell You

The 25 Best Beauty Buys Under \$10. Period.

How to Fake

THE WARNING SIGN

"I've got a rash"

IT'S NO BIG DEAL IF... you think you got it from an irritant (like poison ivy); if a cortisone cream like Cortaid (right, \$8, at drug stores) gets rid of it; and if the rash is not in the shape of a butterfly or bull's-eye.

SEE A DOCTOR IF... the hives and/or redness don't clear up in a few days. It could be ringworm, or a sign of infection or drug allergy. If the redness is on the lower legs and you have poor circulation, this could suggest an underlying heart condition. And if your rash is in a bull's-eye shape *anywhere* on your body, Dr. Beer says to head to a doctor and be checked for Lyme disease, which should be treated with antibiotics ASAP. Got a rash on your face? It may be mostly harmless rosacea, but Dr. Friedman warns it could be a sign of the sometimes serious autoimmune disease lupus, especially if it takes a butterfly shape across the nose and cheeks. If you're concerned, talk to your doctor.



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HAT DO LYME

disease, diabetes, lymphoma and thyroid problems all have in common? If you know what to look for, you could spot them on your skin. By now you know the drill when it comes to melanoma: Any funny-looking mole should be seen by a doctor, stat. But other warning signs can show up on your skin too. "They say that the eyes are the window to your health," says Kenneth Beer, M.D., a Palm Beach, Florida-based dermatologist. "It's involved with all of the different organs—from the liver to the thyroid and everything in between—and shows how well the body is functioning." Of course, doctors will tell you that context is everything: Bruises that appear upon the slightest contact could signal conditions as serious as leukemia or diabetes—but if they show up only after a tough rec-league soccer game, no need to worry (and plenty of bumps, itches and rashes *are* no big deal). In general, you want to keep an eye out for any sudden and unexplainable change, and see your dermatologist or primary care physician if you spot one. Need more guidance? Turn the page for our complete guide to when to call your doctor, and when to whip out the concealer and get on with your life. *Continued on next page* ➔

70 INSTANT OUTFITS & IDEAS

What to Wear in 7 Minutes (and Always)

Plus

Must-Have Shoes Under \$50 and Fashion Freebies Galore!