

love
your
age



40s

Facts of Life **A sexy surprise**

As estrogen levels wane in your 40s, free-floating testosterone can rise, resulting in a surge in sex drive. **News for the nearsighted** Because of molecular changes in your eyes' lenses after 40, distance vision may actually improve, allowing some people to play tennis, drive or watch movies without glasses or contacts. **Cold comfort** Sail through sniffle season. Increased immunity to the most common cold viruses means women over age 44 get at least 30 percent fewer colds per year than younger women.



Virginia Madsen, 41

"Girl, it all starts after 40! You have freedom, you have confidence, and it really doesn't matter what anyone else wants. Things get to go my way at this age—and I finally get to call all the shots."

INNER PEACE

Feel Your Best

You must remember this Expert opinions vary on the likely causes of age-related short-term memory lapses and forgetfulness, but they agree that both begin to happen in the 40s.

Not to worry, though:

You can boost your brain reflexes with problem-solving activities like crossword puzzles and card games. Or, instead of carrying a grocery list when you're shopping, try to memorize the stuff you need to pick up. "Think of these kinds of mental exercises as push-ups for your brain," says L.A.

psychotherapist Greta Angert. "The key is to find something that you enjoy and find challenging but that's not too difficult."

