

MYTH BUSTER

What you've heard:

"You can't get pregnant while breastfeeding."

The truth: Actually, you can. The hormones associated with nursing may keep you from ovulating and getting pregnant if:

- You're breastfeeding exclusively (meaning your baby isn't eating or drinking anything else—even water), including at least one nighttime feeding.
- Your baby is less than 6 months old;

after this age she'll be eating solid foods, so you'll be breastfeeding her less.

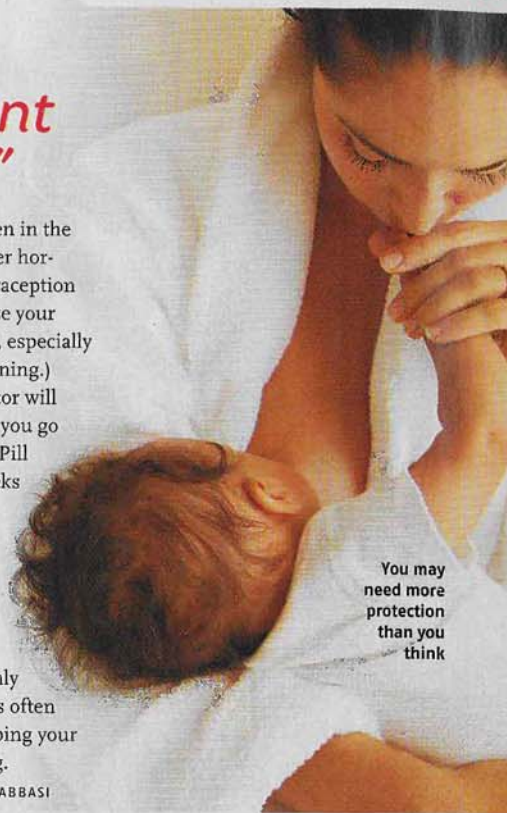
- Your periods haven't started up yet.

Unless all of the above applies to you, it's a good idea to use contraception. Condoms or another barrier method are your best bet if you want to have sex within the first six weeks of giving birth.

(The estrogen in the Pill and other hormonal contraception may decrease your milk supply, especially in the beginning.)

Your doctor will probably let you go back on the Pill after six weeks if your milk supply is firmly established. Ask about a low-dose progestin-only Pill, which is often best for keeping your milk flowing.

—JENNIFER ABBASI



You may need more protection than you think



Moms: Walk this way

If you think your chances of setting a world record have long since passed you by, think again.

On May 19 moms are invited to join a nationwide run/walk to help set the record for most steps taken by a group in one day. You can walk or run as far as you want, wherever you want—and even bring your child along. Sign up now at wheatfoods.org to join or create a group (you can hoof it alone, too) and to receive a free pedometer to count your steps the day of the event. —J.A.

CALCIUM ALERT

9 OUT OF **10** women don't get enough of it

HOW TO: buy meds online

Virtual shopping can mean more convenience and lower costs. But buyer beware. If you order medicine from a questionable site, you could get drugs that aren't FDA-approved or are contaminated. To find a quality Internet drugstore, get a recommendation from your doctor or insurance provider, or see if your pharmacy has an online store. Or go to vipps.info for a list of state-licensed online drugstores from the National Association of Boards of Pharmacies. If you come across a lesser-known site, make sure it:

- **Requires a prescription.** Sites that dispense meds without one should never be used—even if they offer a "cyber consultation."
- **Provides a phone number** so you can speak to a pharmacist.
- **Is secure.** You should be able to find the security policy easily.
- **Isn't too good to be true.**

If the savings seems outrageous, it could be a red flag for a bogus site. —NICOLE SPRINKLE

