

# ForbesLife

## EXECUTIVE WOMAN

Charity  
revolutionaries

Plastic  
surgery  
& the office

A new meaning  
for face time

Cherie Blair  
talks about work, life,  
Tony, and the Queen

Taking sales  
to the stratosphere  
How Dolly Lenz does it

Gena Lovett, President, New York Junior League

**BUENOS AIRES**

Boutique hotel lovers, take note: The **Algodon Mansion** (below) opens in February in B.A.'s most stylish residential neighborhood, the Recoleta. Architect Gerhard Heusch updated the six-story French Classical property, crafting ten oversized suites and adding an open rooftop pool and spa. There's also 24-hour butler and concierge service. From \$400 a night through February 28; \$800 a night March 1-April 15 (algodonmansion.com).



**FLORIDA**

The **Boca Raton Resort & Club**, a South Florida mainstay, recently underwent a dramatic redesign by French architect Thierry Despont, who modernized, yet restored, its Addison Mizner Spanish Revival charm. The resort's Boca Beach Club, featuring three pools, an oceanfront bar, private cabanas, and a state-of-the-art fitness center, opens in December. Room rates from \$259 per night (bocaresort.com). —J.G.

**Road warrior insurance**

Worried about a laptop getting crushed on that company trip? A new business travel insurance plan from Travel Guard will reimburse you up to \$2,500 for loss, theft, or damage to laptops and other electronic devices not fully covered by standard trip insurance. The plan also offers loaner items until your gear is replaced, as well as document delivery and referrals to business services. One catch: The plan is not available in New York, Oregon, or Washington State (800/826-1300). —M.B.

**Fibromyalgia Update**

Chronic pain, fatigue, and sleep disturbances: An estimated five million Americans—80 to 90 percent of them women—battle the symptoms of fibromyalgia, a sometimes debilitating musculoskeletal disorder with no known origin or cure.

Fibromyalgia lacks markers that might appear in an X-ray or blood test, making it notoriously difficult to diagnose and even more challenging to treat—a situation that spawned a host of questionable remedies until last year, when Lyrica (an anticonvulsant used to treat neurologic diseases) became the first drug approved for the disorder. Recently, the FDA added the antidepressant Cymbalta to the list, and many expect approval of a third, Milnacipran (also an antidepressant). A handful of additional drugs are in the clinical-trial pipeline, and researchers have been studying a link between fibromyalgia and vitamin D deficiency. While none of the new medications offer a cure, they do present sufferers with clinically proven treatment options that were unimaginable only a few years ago. —Ross Bonander



**D-Day**

**You may know about vitamin D's role in preventing osteoporosis, diabetes, and cancers of the breast, ovaries, and bladder. But low levels have been linked to a host of other conditions, ranging from rheumatoid arthritis and multiple sclerosis to mental illness—a reflection of the vitamin's crucial function in maintaining more than 200 human genes.**

**On a day-to-day basis, insufficient D "can cause muscle weakness, leading to inactivity, which then affects sleep and weight," says Boston University Medical Center Professor of Medicine Michael F. Holick, Ph.D., M.D., adding that even habitués of sunny climes risk deficiency. He recommends a 1,000 IU supplement daily plus 400 IU in a multivitamin, and—depending on season, latitude, and skin sensitivity—ten minutes or so of unprotected sun exposure on arms and legs once or twice a week.**

—Alyssa Giacobbe

**HEALTH**

**Ultra blood test**

A blood test extraordinaire, the **Biophysical250** surveys 250 biomarkers that may indicate the risk of future heart attack, stroke, diabetes, cancer, and other diseases. "Certain changes that occur early in the disease process show up through biomarkers," says Biophysical's creator, Mark Chandler, Ph.D. "The earlier we catch, the sooner we can treat." By comparison, the blood work that accompanies an annual checkup usually includes 20 to 40 indicators.

Such knowledge doesn't come cheap—Biophysical250 costs \$3,400 online (biophysicalcorp.com) and at medical spas like **Canyon Ranch** (canyonranch.com)—but Chandler points out that comparable testing through conventional means can average \$40,000.

Many doctors, however, warn against unnecessary diagnostics. "Tests should be ordered only when appropriate," says Isaac Kohane, M.D., Ph.D., of Children's Hospital in Boston. "Otherwise, you're almost guaranteed to produce false positives, and a lot of needlessly scared individuals. If you're looking for things, you're going to find them." —A.G.