



sold to
treat the
metabolic
bone disorder

called Paget's disease.

BONIVA: Boniva is a bisphosphonate that helps prevent bone loss and reduces the risk of spine fractures (but hasn't been proved to reduce the risk of hip fractures). Patients can choose between an oral monthly dose and a four-times-a-year injection. Injections appeal to patients who can't tolerate the pills because of heartburn or indigestion.

EVISTA: A so-called selective estrogen receptor modulator (or SERM), Evista (raloxifene) can reduce bone loss and the risk of breast cancer. But it may not help reduce the risk of hip fractures. Unfortunately, SERMs may increase the number and severity of hot flashes, so many postmenopausal women don't want to take them, says Dr. Richard Hellman, president of the American Association of Clinical Endocrinologists.

HORMONES: Estrogen reduces bone loss in women but may also increase the risk of heart disease and breast cancer. (For men, doctors may prescribe testosterone.) The benefits diminish quickly when you quit taking the hormones.

FORTEO: The only bone builder on the market, Forteo is approved for osteoporosis patients, with markedly low bone density and prior fractures, to take for up to two years. It requires a daily shot for two years and costs \$8,000 a year.

But remember, you can help your bones free of charge and without side effects by making lifestyle changes. Crisann Hillier, 48, who has a family history of osteoporosis, walks two miles a day, doesn't smoke and drinks calcium-fortified orange juice. That's a good prescription for anyone.

PERFECT WEEKEND

¡HOLA, BUENOS AIRES!

JOIN EUROPEANS MAKING the most of a weak peso or Americans jetting in for photo shoots with sexy Argentine models against crumbling urban backdrops.

SHOP: Argentina is cheap even for those bearing U.S. dollars.

The elegant Recoleta neighborhood boasts the best boutiques, like Humawaca for leather laptop bags and cute totes (Calle Posadas 1380) and La Dolfina for polo-style gear (Avenida Alvear 1315).

EAT: Insist your concierge squeeze you into the industrial-style Sucre restaurant, with its open kitchen, sleek bar and excellent wine cellar planted in the middle of the room (Calle Sucre 676; tel. 011-54-4782-9082).

DANCE: Stroll through the district of San Telmo, where there are impromptu tango sessions

on Sundays in Plaza Dorrego. Rummage the surrounding antique shops like Gabriel del Campo (Calle Bethlem 427). Don't miss the Artepampa gallery, with its textured paintings and sculptures (Calle Defensa 917).

STROLL: Join locals for an evening in Puerto Madero, the recently revived docklands area. Walk along the waterfront before slipping into one of the bustling bars or restaurants in the former 19th-century warehouses.

SLEEP: In the heart of the city, the contemporary Esplendor has expansive rooms, oversize portraits of Argentine luminaries and a gorgeous, multilingual staff. Doubles from \$155 (www.esplendorbuenosaires.com).

—MICHELLE JANA CHAN



ALL TANGOED UP: Dance-club sign; Obelisk Avenida 9 Julio



ONLINE

GETTING SOCIAL

PLANNING A SUMMER shindig? From firming up a date to sending out invites, these event-planning sites will help you get the party started.

MyPunchbowl (mypunchbowl.com). Before you dole out invites, send a Pick-a-Date e-mail that presents guests with several options. Designate certain invitees as VIPs and the site prioritizes their responses as it calculates which date works best for the gang. **Socializr** (socializr.com). This tool integrates info from networking sites like MySpace and Friendster into your profile, as well as posts from your blog and photos and videos from Flickr and YouTube. Socializr also provides the tools needed to promote an event on your other sites.

Renkoo (renkoo.com). Geared toward intimate gatherings, Renkoo lets you pick from different events, such as cocktails, dinner or game night. You can set a date or let people vote on the best time. You can also host a discussion in the site's chat interface, or look for suggestions on places to go. Notifications can even be sent to your IM program or cell phone so you can be ready to party 24/7.

—CATHY LU