

WebMD Contents

FEATURES

30 Pg.





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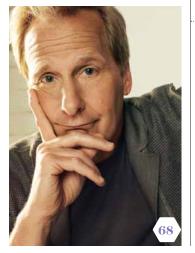
Special Force

Mariska Hargitay, a mainstay on Law & Order: SVU, clearly takes her role seriously. Her character has protected countless victims over the years, and in real life, Hargitay does the same. She's the founder of the Joyful Heart Foundation, which helps victims of sexual assault, domestic violence, and child abuse. For Domestic Violence Awareness Month, we talk to her about her mission to heal trauma survivors.

Quality Control

Food labels accurately describe what's in a product—right? Maybe not. Our experts explain some of the most misleading ingredient claims and what you can do to make smarter choices.





IN EVERY ISSUE

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TAKE 10

The ever-versatile actor **Jeff Daniels** is also a musician. He talks about his upcoming role in *Steve Jobs*, his latest album, touring with his son, and how music keeps him grounded.

WebMD Contents

OCTOBER 2015



HEALTHY START

HOT TOPICS: Do you put more junk food in your grocery cart when you bring your own bags? Does lack of sleep equal bad decisions? Could doing good deeds make you more outgoing? Find out and get more news you can use.

LIVING HEALTHY

WEBMD ON THE STREET: Our experts help a yoga instructor find balance on the mat and in life. • WOMEN'S HEALTH: Do you need to schedule a mammogram? Get informed about the latest recommendations and factors to consider. • MEN'S HEALTH: Head and neck cancers are on the rise in men. Could the HPV vaccine be a solution? • THE COMEBACK: As part of our series with Sports Illustrated, WebMD takes an in-depth look at a pro football player's injury, treatment, and recovery.

HEALTHY BEAUTY

YOU ASKED: Colder weather is on the way. Face the season with expert tips and product picks. • BEAUTY SMARTS: What's all the buzz about cleansing conditioners? Find out what they are and if you should give them a try. • YOUR SMILE: Dental implants have come a long way. Can they help you bridge the gap? Plus: Beauty 411, Dirty Secret, and Aisle Do

FAMILY & PARENTING

PARENTING: Funnyman **Ken Jeong** is a doctor—on TV and in real life. He opens up about who he is at home. • PREGNANCY: How pregnancy can predict your future health. • KIDS' HEALTH: A guidance counselor's cheat sheet for talking to your teen. • BABY TALK: "Spoiling" your baby might be just what she needs. • PET HEALTH: What your four-legged friend's fur says about his health.

FOOD & FITNESS

IN SEASON: Garlic is said to ward off evil—and also protect your health. Try our three easy recipes. • OFF THE MENU: Boston-based pastry chef Joanne Chang found her sweet spot: desserts with less sugar. • WORK IT OUT: Barre none! Try this hot fitness routine and sculpt your way to a dancer's body. • FITNESS CHALLENGE: Cut to the core with moves that protect and strengthen your abs, hips, and back.



WEBMD CHECKUP

October is **Depression Awareness Month.** • **HEALTH HIGHLIGHTS:** Tips for managing lupus flares. SPECIAL CANCER SECTION • BY THE NUMBERS: Facts and stats about cancer. • LIVING WELL: How to stay healthy after cervical cancer. • MY STORY: A reader's knowledge about her family's cancer history helped her make decisions. • LIFE AFTER CANCER: Good Morning America's Amy Robach talks about her own cancer diagnosis and how she's doing. • **HEALTH CHECK**: Do you have a cold or the flu? Take the guiz.



Even with all the new TV shows coming out, the one I always seem to land on in moments of channel surfing is Law & Order or one of its spinoffs. And while we all know the familiar opening bars of the shows, in this issue we get to know one of its perennial actors.

Mariska Hargitay has made a career starring on Law & Order: Special Victims *Unit.* You may know her as the tough but kind police detective Olivia Benson, but she also helps victims of abuse in real life. In this issue we learn how her role on the show led her to found the Joyful Heart Foundation, which helps survivors of domestic abuse and child abuse heal their body, mind, and spirit.

Also in this issue, we feature another well-known and inspiring television personality, Good Morning America news anchor Amy Robach. She was diagnosed with breast cancer after getting a mammogram on live TV. She talks to us about her new book that details her experience as well as her life after treatment.

We've got much more for you in this issue as well, including the latest on food, fitness, and parenting. As always, we love to hear from you-send a note with your thoughts and feedback.

Kristy Hammam **Editor in Chief** kristy@webmd.com

THE INTERVIEWS

At WebMD, we talk to a lot of health experts. These interviews provide insight and depth around issues in the news, and we wanted to find a way to share more of that with you. We thought, "What if instead of interviewing experts for a

story, the interview became the story?"

That's how our new blog, WebMD Interviews, was born. It features one-on-one interviews about timely and provocative health topics with thought leaders including doctors and researchers at top medical centers and institutions, leading public health officials and policymakers, and innovators in medical technology.

Find the WebMD Interviews blog at blogs.webmd.com/ webmd-interviews.



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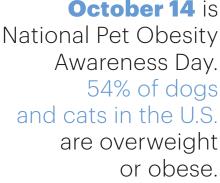
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TTOPICS!

FACTS AND NEWS YOU CAN USE



Source: Association for Pet Obesity Prevention

October 14 is

Workplace wellness benefits on the rise:

health and lifestyle coaching, and smokingcessation programs. On the decline: nap rooms

Source: Society for Human Resource Management



27% OF PEOPLE WITH ACNE USE THE **MEDICINE** THEIR **DOCTOR** PRESCRIBED.

Source: Wake Forest Baptist Medical Center



Calories in a mediumsized apple

Source: USDA



OF HOMES HAND OUT CANDY

TO TRICK-OR-

TREATERS. **THE OTHER 25% GIVE HEALTHIER** TREATS—LIKE FRUIT, TOYS, OR MONEY.

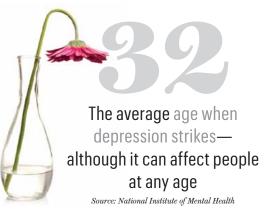
Sources: National Confectioners Association, Delta Dental



HEALTHY _START

Source: Plos One





Kids who are picky eaters may inherit the tendency from mom and dad. Introduce a variety of foods and taste them yourself to encourage your kids to be varied eaters.







of coffee drinkers say they're addicted

to the morning

fix. Only 10% of

Americans who

drink coffee say

they want to

cut back.



Want to be more outgoing? Try doing someone a favor. Forty people with social anxiety did good deeds regularly for a month. They mowed neighbors' lawns and washed roommates' dishes. among other acts of kindness. Researchers compared them with other socially anxious people who either kept a diary or engaged in random social interactions for a month. Before and after the experiment, everyone rated their desire to avoid social situations. Afterward, the do-gooders no longer wanted to avoid socializing as much as the others did. Researchers believe that doing good deeds taught them to expect a positive response from interacting with others.

Source: Motivation and Emotion



Vitamin See

Did you know eating more fruits and vegetables could add years to your life? Vitamin C may be the reason. A study of 100,000 people found that those who ate two daily servings each of fruits and vegetables and who had the highest levels of vitamin C in their blood were 20% less likely to die early than those with low vitamin C levels and low fruit and vegetable intake. Bell peppers, kale, tomatoes, and broccoli are C-rich veggies. Black cherries, oranges, grapefruit, and peaches are vitamin C-packed fruits.

Source: The American Journal of Clinical Nutrition

37%

ADULTS WHO
COMMUNICATED WITH
THEIR DOCTORS BY

EMAIL IN THE PAST SIX MONTHS

Source: International Journal of Internal Medicine

BAGGAGE CLAIM

You with the canvas grocery bags: Do you really want that ice cream? New research shows that you're more likely to buy junk food when you bring your own bags than when you choose "paper or plastic" at the register. For two years, researchers compared shoppers' purchases on the days they brought their own bags with the days they didn't. They suspect that the shoppers feel good about themselves when bringing their own bags, so they justify an indulgence like cookies or chips.

23%

of Americans ages 12 to 20 drink alcohol. That's down more than

5% in the past 10 years.



Source: Substance Abuse and Mental Health Services Administration

WebMD.com

Hot Hits

What's trending on WebMD.com right now*

How much water should I drink?

ADHD in adults

What causes bedwetting?

Thinning hair

Skin lumps and bumps

Smartest dogs

What is GERD?

Wrinkle remedies

Causes of weight gain

Eye floaters

*as of Sept. 1, 2015





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Damage Control

Do you get sucked into social media when you should be working? Or give in to junk-food cravings more often than you'd like? You might need more shut-eye. A recent study found that losing sleep could hurt your self-control. This means you're more likely to give in to impulsive desires and make poor decisions, and you're more susceptible to distractions. If this sounds like you, try getting to bed a little earlier tonight.

Source: Frontiers in Human Neuroscience

54%



of kids don't drink enough water. Children ages 5 to 8 need 34 ounces a day. Kids 9 and up need 50 to 65 ounces.

Source: American Journal of Public Health

JUMP START

supply?



Food adulteration. Have you heard about this problem with our food

It happens when some manufacturers don't disclose certain ingredients on food labels. So that bottle of 100% olive oil may contain nonolive oils, like corn or canola. Or the fish labeled red snapper may really be rockfish or another species. There's a health angle, tooundisclosed ingredients pose a potential hazard to people with food allergies.

Food industry groups are concerned. "It's devastating for consumer trust," says one of our experts.

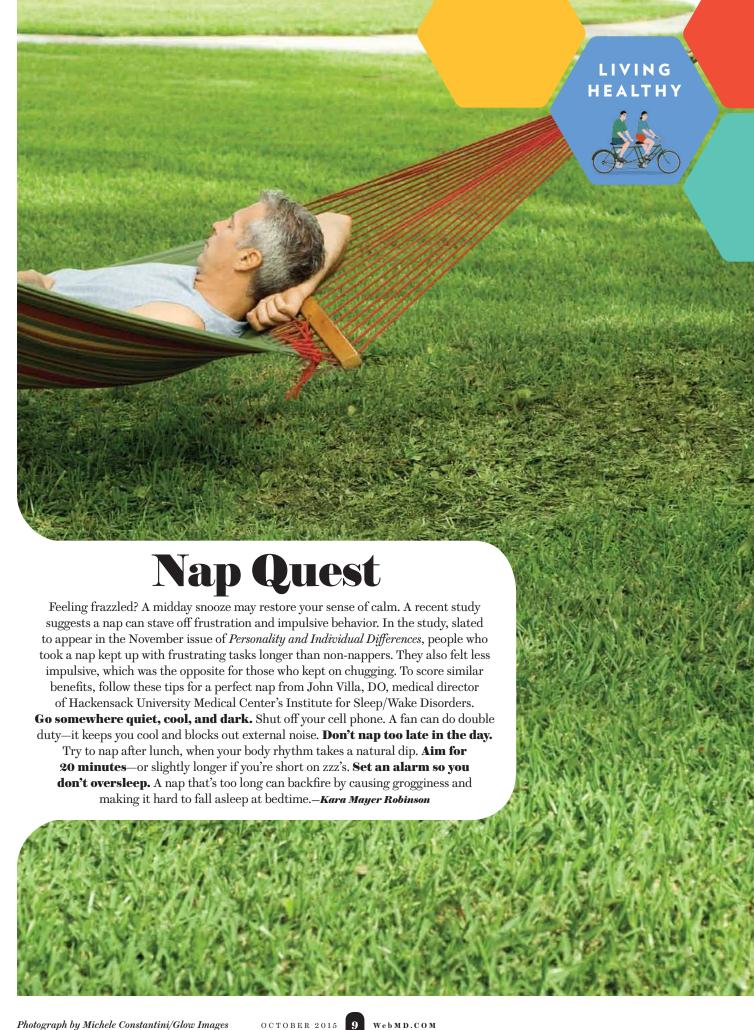
Our story on page 36 highlights some common food products subject to food adulteration. It's part of an in-depth special report you'll find on WebMD.com called **What's in Your Food?**, which examines food additives, hidden allergens in food, and how to decode food label claims

If you buy, cook, and eat food—and who doesn't?—our report is a must-read.

After you check it out, drop a note and tell us how you like it.

Colleen

Colleen Paretty
Editorial Director
colleen@webmd.com



Peace Maker

We pound the pavement to get expert answers to your pressing health questions

Photograph by Callie Lipkin

UNDER THE SKIN

oil production and cell renewal Look for moisturizers with high concentrations of humectants, such as hyaluronic acid, lactic acid, and glycerin, which pull water from the atmosphere to deeply hydrate skin. Other key ingredients are petrolatum and dimethicone, which form a film over the skin to prevent moisture evaporation.



Mohiba K. Tareen, MD medical director, Tareen Dermatology,

"As we age, our skin loses its properties. This, combined with the cold, blustery Illinois weather, can lead to dry and chapped skin.



Roseville, Minn.

WATER PRESSURE

"The urgent need to urinate, frequent urination, and nighttime urination are the most common symptoms of overactive bladder. Limit fluids, avoid caffeine and alcohol, and go to the bathroom on a regular schedule to reduce the number of visits. Your doctor can also prescribe medicine to help reduce your urge to go. If that doesn't work, a urologist can offer other treatments, like bladder nerve stimulation, Botox injections, or surgery.'



Christian O. Twiss, MD director of female urology, pelvic medicine, and pelvic reconstructive surgery, The University of Arizona Medical Center

ON BALANCE

"One general exercise program that helps with balance—and especially balance in the legs—is tai chi. You can also do leg and arm exercises. Balance on one leg while you reach with the same or opposite arm, or do squats or toe/ heel raises. Make sure that you are in a safe position in case you lose your balance. Ideally, have someone with you to spot you while you perform these exercises.



Mary Ann Wilmarth, DPT CEO, Back2Back Physical Therapy

SLEEP SENSE

"As we age, sleep can become more challenging. Keep on the same sleep schedule to help your internal circadian rhythms stay consistent. Exercise is one of the easiest ways to improve sleep quality. Avoid caffeine after 2 p.m., if possible, so it's out of your system in time for bed. Also, get a daily dose of sunlight (15 minutes), especially in the morning. This helps reset your circadian clock."



author of The Sleep Doctor's Diet Plan: Lose Weight Through Better Sleep

PROP TO IT

Yoga is gentle enough for people of any age. But as you get older and your flexibility and strength change, you might have to adjust your practice. Take it slowly and hold each pose for a shorter period of time. Adapt to your abilities—don't put too much weight on weakened areas like wrists and knees. Modify poses using props like chairs, blocks, or straps. Listen to your body. If a movement hurts, ease out of it."



Michael W. Smith, MD, CPT WebMD chief medical editor

WEBMD ON THE STREET

Mary Louise Stefanic

Yoga instructor, 84 Oak Park, Ill.

In 1966, Mary Louise Stefanic opened a flier from her local YMCA and saw a class she'd never heard of—yoga. "What caught my attention was it said it offered 'peace and tranquility,' and boy did I need both at the time." The mother of five signed up and changed her life. Fifty years later, Stefanic teaches twiceweekly classes to a studio full of devoted yogis at the Loyola Center for Fitness. At 84, Stefanic is still in great shape, though she's stopped teaching headstands and made other adjustments to her practice ove the years. Now she wonders, "What other modifications should I make to avoid injury?" After a couple of falls compromised her stability, she seeks ways to improve balance. Stefanic's injuries also affected her

ability to scale the four stories of her home. "What can I do to make step climbing easier—and safer?" At bedtime, sleep doesn't come as easily as it once did. "What can I do to ensure that I get a full night's rest?" Multiple bathroom visits rob her of even more rest. "I wake up four or five times every night—how can I control these urges so I can get back to my normal routine?" Stefanic has lived in the Chicago area most of her life and loves it, but the bitter cold is rough on her skin. "What products can I try to hold in the moisture?"

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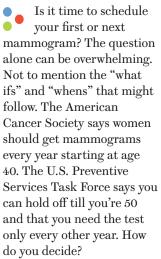
-Stephanie Watson

WOMEN'S HEALTH

About Time

WHEN SHOULD YOU GET A MAMMOGRAM? IT DEPENDS ON SOME KEY CONSIDERATIONS, FROM AGE TO RISK FACTORS

By Sonya Collins



When it comes to mammograms, more and sooner aren't necessarily better, says Karla Kerlikowske, MD, a primary care doctor who researches breast cancer risk at the University of California, San Francisco. "There's no difference in mortality between annual and biannual mammograms." But women who have a higher breast cancer risk could benefit from earlier mammograms. "Others have a greater risk of harm from earlier mammograms," she says. Talk with your doctor to decide what's best for you, and consider these questions:

What's age got to do with it? A woman's average

Reviewed by Brunilda Nazario, MD WebMD Lead Medical Editor



risk of developing breast cancer over the next 10 years increases with age. A 40-year-old woman has less than a 2% chance. In a group of 100 women who are 40 years old, fewer than two of them will develop breast cancer in the next 10 years. "Only about 20% of 40-yearolds have a more elevated risk," Kerlikowske says. For women with no other risk factors, Kerlikowske doesn't recommend mammograms before age 50.

At 50, women's risk is just over 2%. At 60, it's 3.5%. Breast cancer isn't very common for women between 50 and 59, Kerlikowske says, but when mammograms do find breast cancer, they can help decrease the chance of death. "The women that absolutely benefit most," she adds, "are between 60 and 69. With them, I push a little more." Almost four in 100 women who are 60 years old will get breast cancer in the next 10 years.

What about other risk **factors?** Your ethnicity figures into your chances of developing breast cancer. Non-Hispanic white women have the highest breast cancer rates, then African Americans, followed by Latinas, Native Americans, and Asian women.

If you've had breast cancer before, your continued risk is above average. If your mother, sister, or daughter has had breast cancer, your chances are higher.

Dense breasts, which contain more connective and non-fatty tissue compared with non-dense breasts, are more likely to develop breast cancer. A mammogram is the only way to know your breast density.

What risks come with screening? Every mammogram brings the chance of a false positive, which could lead to further tests. unnecessary radiation, and unnecessary treatment. If you get a mammogram every year for 10 years, you have a 50% chance of getting a false positive at some point during those 10 years. Some women who get false positives end up having breast biopsies. But only one in four biopsies turns out to be cancerous.



MEN'S HEALTH

Heads Up

HEAD AND NECK CANCERS ARE ON THE RISE IN MEN. COULD THE HPV VACCINE HELP?

By Lisa Marshall

When the vaccine for human papillomavirus (HPV) arrived in 2006, public health officials targeted the shot at teenage girls and billed it as a powerful tool for preventing cervical cancer. Today, many doctors and parents still view the sexually transmitted virus primarily as a threat to women. But as cases of HPV-fueled head and neck cancers soar among men, researchers now warn that men need to be thinking about HPV, too.

"By 2020, there will be more HPV-caused cancers among men in the United States than among women," forecasts Maura Gillison, MD, a cancer researcher with Ohio State University who was the first to recognize the association of HPV and oral cancer.

Doctors have long considered head and neck cancer diseases of older smokers. But in recent years, they have noticed an alarming surge of these cancers in nonsmoking men under 50. Tests reveal a distinct cancer that—like cervical cancer—is kick-started by a certain form of HPV. Between 1984 and 2004, HPV-fueled oropharyngeal (throat, tonsil, and tongue) cancers spiked 225%, with 80% of the cases in men. By 2020, each year 8,700 people will be diagnosed with the disease.



For most of those infected (84% of sexually active women and 91% of sexually active men will be infected at some point), HPV clears within a year with no symptoms. But men appear to be uniquely vulnerable.

Men are three times more likely than women to have an oral HPV infection and five times more likely to carry the cancer-causing HPV. That's partly because they tend to have more sex partners than women, and oral sex transmits oral HPV. But men also appear to be less adept at developing immunity to the virus, Gillison says.

SAFETY FIRST

THE ORAL CANCER **OUNDATION OFFERS** TIPS FOR FENDING OFF HPV-FUELED HEAD AND NECK CANCERS IN MEN.

Quit smoking and drink less alcohol.

The more you smoke and drink, the greater your risk of contracting oral HPV (smoking and drinking weakens the immune system).

Limit sexual partners. With each new partner, the risk of oral HPV rises exponentially.

Screen often. Your dentist or doctor can look for early signs.

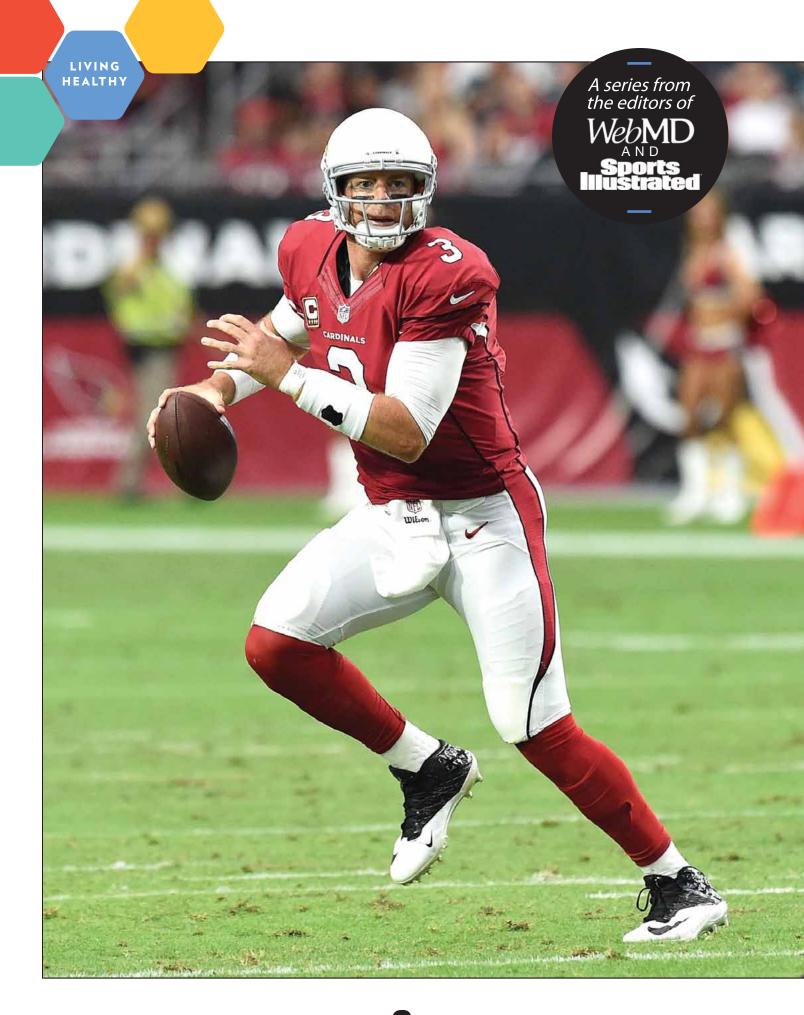
So what's a guy to do? First, he should vaccinate his son. "This is an anticancer vaccine, and we are not using it nearly enough," says William Schaffner, MD, professor of preventive medicine at Vanderbilt University School of Medicine. In 2011. a federal committee recommended all boys get vaccinated by age 12, and as late as 26. Only 34.6% do so.

Should men older than 26 get vaccinated? "That is the big question now," Gillison says. "People are starting to wonder whether the benefits of HPV vaccination could extend to men outside the recommended age range."

No public health agency recommends it, insurance won't cover it, and it's expensive (\$300-plus for a three-shot series). Nothing has shown definitively that it protects against head and neck cancer, Gillison says.

That said, it might make sense for some men to ask their doctor for the vaccine and pay out of pocket, Schaffner says. For a longtime monogamist newly entering the dating world, or a sexually active man eager to cover all his bases: "I see no harm in it."

> Reviewed by Michael W. Smith, MD WebMD Chief Medical Editor



The Replacement

In this installment of **The Comeback** series, WebMD takes a look at a professional athlete's ACL injury, treatment, and recovery

BY MATT MCMILLEN

On November 9, 2014, as he avoided a fourth-quarter blitz, Arizona Cardinals quarterback Carson Palmer stepped wrong and collapsed. He'd torn his anterior cruciate ligament (ACL), which stretches diagonally across the knee and provides the joint with rotational stability. It also keeps the shinbone, or tibia, from moving too far forward.

"Athletes typically tear it when they plant their foot then cut or twist, which causes a tearing force," says Matthew J. Matava, MD, orthopaedic surgeon, chief of sports medicine at Washingtime. In 2006, while playing for the Cincinnati Bengals, Palmer had his ACL replaced following an injury he had received in a playoffs game against the Pittsburgh Steelers.

A tissue donor, who had died in a car accident, provided Palmer with an Achilles tendon, which surgeons grafted onto his knee. The reconstruction lasted eight years before he injured it again.

ACL injuries can happen at any age, says Matava. "My youngest ACL patient was 6 years old. We see these injuries more often in older age now

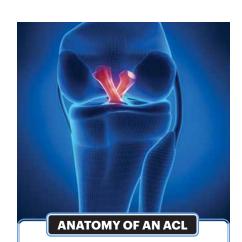
An estimated 200,000 ACL injuries occur each year, as players—both pros and amateurs—tear the ligament.

ton University in St. Louis, and head team physician for the St. Louis Rams. (The Rams' Mark Barron had tried to bring Palmer down.)

Palmer's not unique. An estimated 200,000 ACL injuries occur each year, as players—both pros and amateurs tear the ligament. But for the 35-yearold Palmer, this was not the first

because people are staying active longer than they were years ago. It's not your age, it's your activity level that's the risk factor."

Some college coaches insist that their offensive lineman wear knee braces to keep their knees from harm. However, says Matava, such braces provide little protection, and some



The anterior cruciate ligament (ACL), along with three other major ligaments, supports and stabilizes your knee joint.

A band of connective tissue, the ACL links your femur, or thighbone, to your tibia, or shinbone. As in the illustration above, the ACL crosses diagonally in front of the posterior cruciate ligament to form an X behind your patella, or kneecap.

The ACL helps maintain stability in your knee by limiting the forward motion of your tibia. The ACL also helps prevent your tibia from rotating too far to the left or the right.

evidence suggests that they put players' ankles at increased risk of injury because the knee is more rigid.

Average, everyday players—in other words, most people—rarely injure their ACL by getting slammed by another player, Matava says. But in the NFL, most ACL tears occur because of a contact injury, like a blow to the knee. Whatever the cause, you'll know right away something bad has happened.

"Usually, patients will hear a pop," says Sean E. Fitzsimmons, MD, an orthopaedic sports medicine specialist at Lenox Hill Hospital in New York City. "And oftentimes they'll get a large, swollen knee due to bleeding in the knee caused by the tear."

The ligament can't be sewn back together. Instead, surgeons must replace it. Most often, that means an autograft, or a tissue graft taken from elsewhere in the player's body, and using it to create a new ACL. Grafts from cadavers, such as Palmer's initial replacement, are less common-and less reliable. Matava says studies show that younger players with cadaver grafts, also known as allografts, risk re-injury to their ACLs at four times the rate of players who undergo an autograft. Surgeons did not know that at the time of Palmer's initial injury.

"Sure enough, Carson has supported that research by the failure of his graft," says Matava, who is not involved in Palmer's care.

This time around, Palmer's surgeon replaced his torn ACL with part of his patellar tendon, the ligament that connects the tibia with the patella, or kneecap. In the United States, many

Reviewed by Michael W. Smith, MD, CPT WebMD Chief Medical Editor



PLAY IT SAFE

YOU DON'T HAVE TO BE A PRO ATHLETE TO TEAR YOUR ACL. SPORTS MEDICINE SPECIALIST SEAN FITZSIMMONS, MD, SHARES SOME QUICK TIPS ON INJURY PREVENTION AND CARE.

Can ACL injuries be prevented? Possibly. Jumping and landing poorly cause many ACL tears. Fortunately, safe moves can be taught.

"Retraining programs teach you how to land correctly," Fitzsimmons says. "These exercises build up core, hip, and hamstring strength and your balance."

Female athletes in particular may benefit from such training, as their anatomy seems to put them at much greater risk of ACL tears.

Is surgery required for **ACL** injuries?

Yes, if you want to continue to play sports. If you're less active, you may need only physical therapy and rehab. However, you likely will be at higher risk of further injury because of the instability of your knee.

What preparations are required for surgery?

First, be patient. You should have full range of motion and no swelling before surgery. That can take up to six weeks.

"If you go into surgery with a stiff knee, there's a higher risk of stiffness afterward," Fitzsimmons says.

By the time of your surgery, in fact, your knee may look and feel fine. Don't be fooled. "If you go back to play, you will likely do further damage because you have an unstable knee," he says.

surgeons consider patellar tendon grafts-also known as bone-tendonbone grafts—to be the gold standard. However, depending on their preference, surgeons may take tendon grafts from the hamstring or the quadriceps.

Once the surgeon determines the best source of the graft, he or she harvests it and prepares it for surgery. Then, work on the knee begins. After making small incisions, the surgeon drills a tunnel through the tibia and another through the femur, or thighbone. The graft tendon is threaded through the tunnels and held in place with screws, spiked washers, posts, or staples.

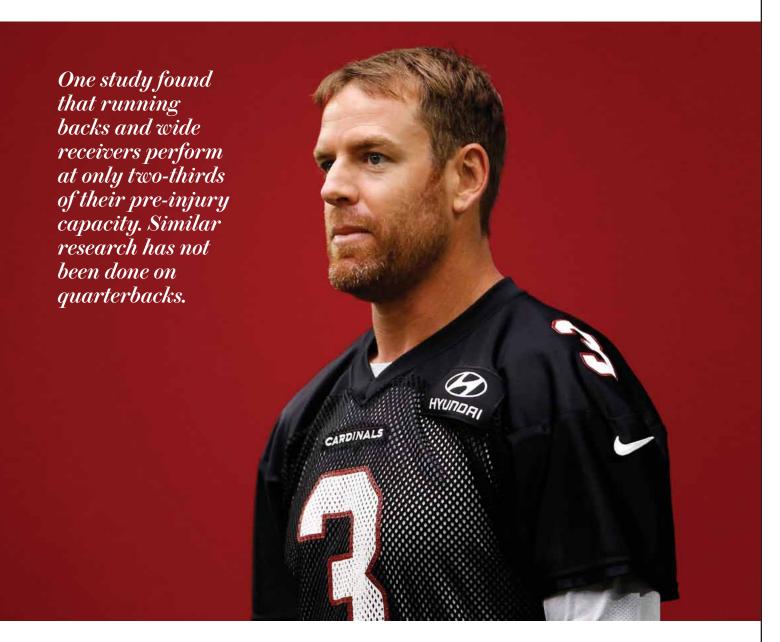
The operation takes 45 to 90 minutes, Fitzsimmons says. The time depends on the type of graft used and the presence of other knee injuries that may also need surgical attention. Often, players tear their meniscus or damage other cartilage or ligaments when they injure their ACL.

Recovery Mode

Surgery for ACL injuries has come a long way since its early days in the 1960s, and it keeps improving. "There's no other area in sports medicine that has had more research done about it," says Matava. "I can envision a day when we'll be able to bioengineer an ACL to make a graft rather than having to harvest it."

Matava's own ACL replacement, in 1983, kept him in the hospital for five days and in a cast for three months. "It's evolved light years in terms of how it's done. The type of surgery I had you can't even read about it in a textbook anymore."

Nowadays, patients head home right after surgery. And that's where the long and tedious work of recovery begins.



The first order of business, say both Fitzsimmons and Matava, is to reestablish range of motion. After that come exercises to rebuild hamstring and quad strength.

"We typically allow you to start jogging somewhere around three months, running at four months, sports-specific drills at five months, and a full return around six months," Matava says. "NFL players, though, usually aren't ready to play before the eight-month mark."

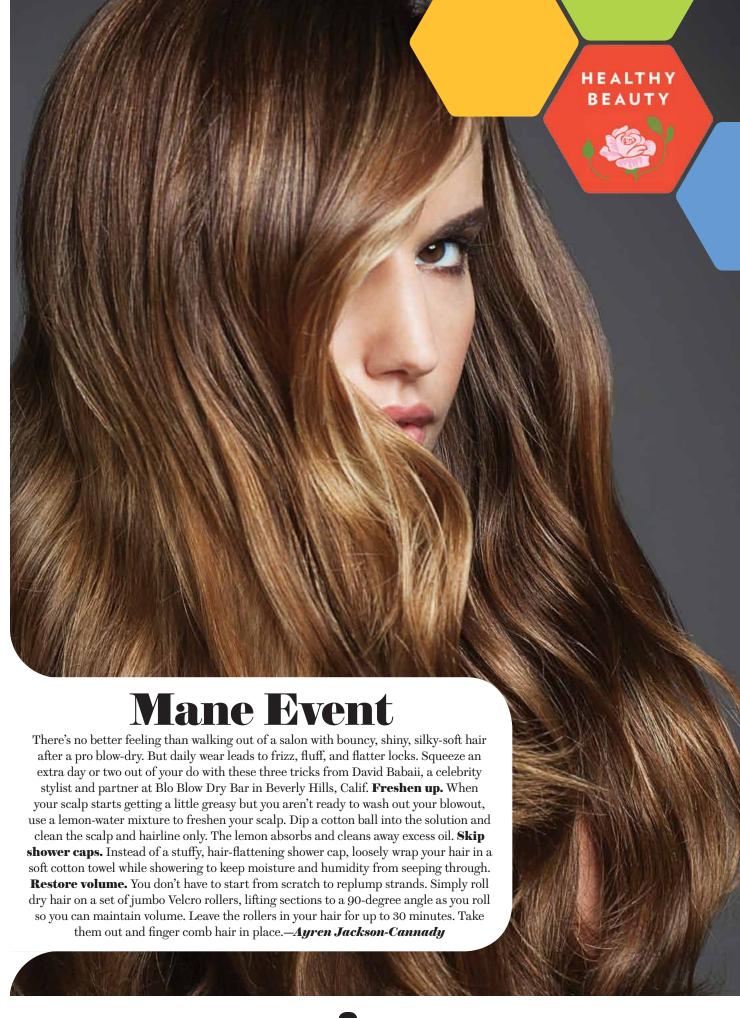
Palmer returned to play in mid-August, nine months after his injury. That's the schedule Fitzsimmons prefers. "A lot of people use six months. Being conservative, I like to wait nine months."

Recovery sometimes requires more than just physical rehab. Occasionally, athletes have trouble returning to sports due to fear of re-injuring themselves, says Matava. The authors of a 2012 study of high school and college football players write that fear and other psychological consequences of ACL injuries may be critical reasons why some athlete's choose not to play again. "They feel real fear

and may benefit from seeing a sports psychologist," Matava says.

Palmer felt no fear. Instead, he was anxious to get back. But how will he play? It's hard to say. One study found that running backs and wide receivers perform at only two-thirds of their preinjury capacity. Similar research has not been done on quarterbacks.

Whatever the outcome, Palmer's likely still feeling some effects of his injury and treatment. "I tell both pro and amateur athletes that it's going to take a year to feel normal again after the surgery," Matava says.





YOU ASKED

Cold Snap

IS YOUR SKIN READY FOR COOLER TEMPS AND DRIER AIR? OUR EXPERT TIPS AND PRODUCTS CAN HELP

By Ayren Jackson-Cannady

Water Carrier Cosmedica Skincare Pure Hyaluronic Acid Serum (\$14.95) "You can find pure hyaluronic acid gel preparations like this in your local health food store. Hyaluronic acid is a powerful moisturizer, attracting 100,000 times its weight in water from the atmosphere. Make sure you lock in all of that extra moisture by topping it with an emollient like petroleum jelly, which acts as a sealant."

2 Dry Spell Cetaphil Restora Derm **Eczema Calming Body Wash** (\$17.79) "This gentle body cleanser packs a powerful moisturizing punch. It contains ceramides, a naturally occurring, skin-moisturizing fat that is lacking during winter months or in certain skin conditions such as eczema. Pour some into a pump bottle, as it doubles as a super-hydrating hand soap."

Q Rough Spot O AmLactin Moisturizing Body Lotion (\$14.99) "Dry winter skin may require exfoliation in addition to copious moisturizing. Look for chemical exfoliants, or products containing alpha hydroxy acids (glycolic acid, lactic acid). Apply this alpha hydroxy acid-containing product to your driest skin, such as on heels and elbows. The lactic acid in it smooths thickened, rough, or callused skin."



Cream of the Crop 4 CeraVe Moisturizing Cream (\$13.99) "Winter months have harsher, lower temperatures and humidity levels that zap water away from the skin, leaving it dry and dull-looking. Stock up on ceramide-infused moisturizers like this powerful number, which goes on silky, smooth, and light."

On the Block **EltaMD UV Clear Broad-Spectrum SPF 46 (\$32)** "Don't put your sunscreen in the back of the medicine cabinet—SPF should be included in your skin care regimen yearround. This sunscreen contains both zinc and niacinamide, which act as antiinflammatories to soothe redness related to winter skin. Since the texture is so light, it's best to use this SPF in addition to a cool-weather moisturizer."

Night Shift Boots No7 Protect & Perfect Night Cream (\$22.99) "This cream provides a gentle punch of vitamin A-derived retinol and is intended as a nighttime facial anti-aging cream. Sub this in for the prescriptionstrength retinoid you've used all summer—you may find that this is easier to tolerate."

> Reviewed by Karyn Grossman, MD WebMD Skin Care Expert



Melanie Palm, MD

founding director, Art of Skin MD, Solana Beach, Calif., and assistant clinical professor at University of California, San Diego THE OPINIONS EXPRESSED IN THIS SECTION ARE OF THE EXPERTS AND ARE NOT THE OPINIONS OF WEBMD. WEBMD DOES NOT ENDORSE ANY SPECIFIC PRODUCT, SERVICE, OR TREATMENT

OCTOBER 2015



BEAUTY SMARTS

Critical Condition

HEARD ABOUT CLEANSING CONDITIONERS AND WONDERING WHAT THEY ARE? GET THE SCOOP

By Liesa Goins

Just as hybrids make headway in the automotive world, shampooand-conditioner amalgams called cleansing conditioners occupy more shelf space at the drugstore, claiming to combine the best of shampoo and conditioner in one bottle. Before you give them a test-drive, here's what the experts have to say.

"Cleansing conditioners are designed to condition hair first, then, after massaging and activating with water, they morph into a gentle cleanser," says Gretta Monahan, a celebrity hairstylist and author of Style and the Successful

Mild detergents make cleansing conditioners an option for people with fragile hair.

Girl: Transform Your Look, Transform Your Life. They are intended to replace a shampoo-and-conditioner routine while still providing conditioning benefits and mild cleansing, she says.

These products do not contain the typical anionic surfactants (a type of



detergent) like sodium lauryl sulfate or sodium laureth sulfate or secondary surfactants that help create foam, explains Perry Romanowski, a cosmetic chemist in Chicago and co-founder of TheBeautyBrains.com. "Cleansing conditioners are essentially rinse-off

conditioners with different marketing," Romanowski says. "The cleansing agents aren't as effective, but they are effective conditioners and the cleansing process is less damaging to hair." So you will remove some dirt and oil, but you don't get as thorough a clean as you



BEAUTY 411

What are the best lip balm ingredients?

If you're the type who can never leave home without a stick of lip balm in your pocket, keep reading. Since you're constantly applying, it's important for you—more than anyone else-to pick a product that won't dry out or irritate your pout. You want a balm with ingredients that bind or trap water to the fragile skin cells of your lips. One substance that does this is a humectant; you really don't want or need much of anything else in your lip balm. Look for humectants such as shea butter, petrolatum, and cocoa butter.

Avoid products with flavors and botanical essences like eucalyptus, cinnamon, and citrus. which can lead to allergic reactions (especially when applied multiple times a day). An allergic reaction to a lip balm ingredient feels and looks like severely chapped lips.

—Cynthia Bailey, MD dermatologist, Sebastopol, Calif

The mild detergents make cleansing conditioners an option for people with fragile hair or dry, coarse texture, Monahan says. Detergents can be harsh on damaged hair and maybe drying on brittle textures, she says. "Those with dry hair or a dry scalp really benefit from added conditioning because they don't tend to need to cleanse as often, and moisture is more important to them."

The added conditioners and hydrating benefits can also help tame frizz, Romanowski says. And using a cleansing conditioner can help preserve color-treated hair.

The products aren't right for everyone, however. "I would avoid this category if you have an oily scalp and fine hair or tend to have product buildup," Monahan says. Without the potent cleansers, you could end up

Dirty Secret

"I usually do not apply lotion on my skin that's covered with clothing. Is that a mistake?"

Yes, you'll likely see some damage to your skin if you continue to skip moisturizer regularly. During the late fall and winter, when it's cold outside with low humidity in the air, the No. 1 cause of irritation and itchiness is essentially dry skin. It's because most people don't use a moisturizer below the neck. When exposed (versus protected with a body cream), your skin is more prone to irritation from clothing, eczema, and cracking. Add one—or all—of these pro picks

to your moisturizing arsenal: CeraVe Moisturizing Cream (\$13.99) is packed with ceramides (it's how the product gets its name), which helps create the foundation for a healthy skin barrier; **Gold Bond Ultimate Healing Lotion** (\$7.99) has vitamins A, C, and E, and it's thick enough to coat the skin and maintain moisture; Aquaphor Healing Ointment (\$13.79) is a great choice for people with extra-dry skin—it's an ointment,

so it really seals in moisture and protects against harsh winter elements.

Chynna Steele, MD

board-certified dermatologist, Steele Dermatology, Atlanta

with flat hair rather than the "squeaky clean" feel you get from traditional shampooing, she adds.

Even if you're an ideal candidate for this one-step solution, Monahan suggests that you don't abandon

your separate wash-andcondition regimen completely. "You should still take a break a few times a month and cleanse separately to ensure you remove any dirt and oil that can build up on the scalp."

DRY SHAMPOO MAY SOUND LIKE AN OXYMORON **BUT THIS PRODUCT** IS AN ESSENTIAL FOR MANY HAIR STYLISTS.

"Dry shampoo is underused," says Matthew Fugate, a celebrity stylist based in New York City. "Everyone can benefit from using it."

Usually an aerosol or lightweight powder, a dry shampoo can refresh hair, add volume, remove oil, and soak up styling products so hair looks cleaner. But the name is a bit of a misnomer, says Perry Romanowski, a Chicago-based cosmetic chemist. "The way they work is that a starch is sprayed onto hair to absorb oils, and you comb it out," he explains. "It's dry cleaning for your hair."

He advises holding the spray or powder about 6 inches from your head and lightly dusting your roots to refresh limp or dirty strands.

Dry shampoos can extend the time between washes, but you'll still need to hit the shower for a true cleansing, Fugate says.

> Reviewed by Mohiba K. Tareen, MD WebMD Beauty Expert

AISLE DO

PRODUCT PICK

Revision Skincare Black Mask (\$32)

Kate Holcomb, MD assistant clinical professor of dermatology, Tulane University School of Medicine

"So many products make my acne-prone skin flare up, so I'm often reluctant to try anything new. But a medical assistant in my office kept raving about this mask. I gave in and tried it—now I'm hooked. I often forget about masks because I'm so busy at work

and home, but I've been able to wear this for 15 to 20 minutes before bed once a week or so. The results are worth the added step.

"The mask gently exfoliates and clears my pores while also adding moisture. This has never caused my skin to break out, either. Silt, derived from plants and minerals in a freshwater lake, tea tree oil, and sage help detoxify the skin and draw out pore-clogging impurities. Salicylic acid provides gentle exfoliation, and squalene and glycerin offer hydration that leaves my skin feeling soft and moisturized. Make sure to warn anyone in your house before you use it—its greenish-black color may scare



YOUR SMILE

Mind the Gap

DENTAL IMPLANTS HAVE IMPROVED. ARE YOU A GOOD CANDIDATE?

By Jodi Helmer



A dental implant consists of three parts: A titanium screw (called an implant) embedded into the jawbone, replacing the original root; a porcelain crown; and a connector that joins the two pieces (called an abutment).

Unlike dentures, which can be removed, a dental implant is permanent. The titanium screw fuses to the bone, making implants more durable than other options—one of the reasons more than 3 million Americans have opted for dental implants and more than 500,000 undergo the procedure each year, according to the American Academy of Implant Dentistry.

An implant is typically placed in two appointments: An oral surgeon, periodontist, or general dentist inserts the implant,



generally under local anesthetic. The patient wears a temporary partial denture or retainer until the gums heal, which often takes a few months. Then the dentist attaches a porcelain or gold crown. Each implant can take as little as 30 minutes to place.

Compared with bridgework—which often needs to be replaced after 10 years—dental implants do not decay. Their placement doesn't interfere with healthy teeth and, with the right care, most will last a lifetime.

The average dental implant costs about \$4,000

per tooth and includes the implant and crown. Most insurance companies don't cover the cost—patients view them as an investment in their long-term oral health, Macedo says.

Implants have success rates topping 95% and are a good option for people who are healthy enough to undergo routine dental procedures. But not all patients are suitable candidates. Dentists may caution against implants for those with gum disease or who lack sufficient bone to support the titanium implant. Children, whose jaws are still growing, should wait until their late teens.

RECOMMENDS AN IMPLANT, MANOEL MACEDO, DDS, PHD, SUGGESTS ASKING THESE QUESTIONS BEFORE MAKING AN APPOINTMENT.

Am I a good candidate for implants? People with certain health issues—including uncontrolled diabetes and heart disease—and those who are smokers may need additional assessment.

Who will perform the procedure? Depending on the complexity of the procedure, your dentist may refer you to an oral surgeon or prosthodontist to place the implants.

Where and how is the implant made? To ensure you're getting a quality implant made in a reputable lab by a qualified dental technician, ask about the lab's certifications, materials, and staff training before signing off on the procedure.

How long will it take to heal? The gums will heal two to four months after the implant is placed. "The upper jaw heals more slowly than the lower jaw."

> Reviewed by Eric Yabu, DDS WebMD Oral Care Expert



PARENTING

Doctor Who?

By Lauren Paige Kennedy

You know him as the mob boss Mr. Chow from *The Hangover* film trilogy, and as surly Señor Ben Chang from the NBC sitcom Community. But Ken Jeong's impressive résumé doesn't start and stop in Hollywood. He was a practicing physician of internal medicine who did stand-up comedy as "a cool hobby" for years before he landed his first big break in 2007 playing Dr. Kuni in Judd Apatow's Knocked Up. Jeong's midcareer rising star didn't come without some dark downturns, however: Two years after filming Knocked Up, his wife Tran, also a physician, was diagnosed with breast cancer. The couple had twin daughters, Alexa and Zooey, who were then just a year old. Today, the comic actor, 46, prepares to launch his own sitcom, Dr. Ken, which premieres Oct. 2 on ABC. He tells us about family, getting through his wife's cancer scare as a team, the joys of fatherhood, and keeping his sense of humor intact through it all.



In your new show, you play a brilliant physician with no bedside manner. Are you mining personal anecdotes for Dr. Ken?

Yes, absolutely—experiences of mine, my friends, and my colleagues. But I don't derive funny things from a patient encounter. It's less about medical moments, as opposed to workplace dynamics. People are funny, not the diseases and syndromes.

Did your family encourage you to quit your medical career?

When I decided to leave [my practice], my father supported me the most. He knew I liked to perform. He asked, "What does Tran think? Tran is your family. If you have her support, you have my unconditional support." Such a wise and loving act from a father. To this day he's my biggest fan. Tran said to me, "I think you're ready for the big leagues." She encouraged me the most.

Reviewed by **Hansa Bhargava**, **MD**WebMD Medical Editor

And then she was diagnosed with breast cancer.

It was the worst time of my life. I'd quit my job, my wife had cancer, and we had twin girls. I thought, "What did I do?" The timing of it—it was a blessing in disguise. I wasn't working. I had a lot of time on my hands to drive Tran for her chemotherapy and to take care of the kids. We had supportive parents and in-laws who helped. Tran is still cancerfree after seven years. Everything else? It's gravy. We've been through a lot. We feel very blessed.

Do you have any advice for couples going through something similar?

I'm very sensitive to the fact that every family, every couple, is different. I give Tran all the credit. She is as composed and strong a person as I've ever seen in my life—the perfect patient. Her bravery and calmness set the tone for all of us. I could put on my doctor hat, too, and see if she responded to her markers, if they increased after her first dose of chemo, and they did. We had

good signs from the start. And it's still not over. She still sees her oncologist at intervals. You take things day by day.

Your daughters are 8 years old now. How's fatherhood?

The best thing is being a father and getting to hang with your kids. They're at a good age. They're daddy's girls! Talk to me in five years—I'll see what answer I give you then! But it's a joy.

How does your medical background play out when it comes to childhood illnesses?

I fuss too much. Tran is mellow. She's the family-medicine doctor. She can suss out what to worry about and what not to. I defer to her. I get stressed, and she's like, "Just relax, it's a viral thing."

Is laughter truly the best medicine?

Having a good sense of humor is important to life. Live, love, and laugh is both Tran's and my philosophy. I don't have to do a lot of fart jokes for the rest of my life...but sense of humor is key!



PREGNANCY

Crystal Ball

CAN YOUR PREGNANCY PREDICT YOUR FUTURE HEALTH? IT MIGHT BE THE GREATEST STRESS TEST OF ALL

By Erin O'Donnell

The way your body responds to pregnancy reveals a lot about health problems you may face in the years ahead. Research shows that women who have preeclampsia, pregnancyinduced hypertension, or gestational diabetes face an increased risk of high blood pressure, coronary artery disease, stroke, blood clots, and type 2 diabetes after their babies are born.

"I think most physicians don't know this" and don't ask patients about their pregnancies, says Nandita Scott, MD, cardiologist and co-director of both the Corrigan Women's Heart Health Program and the Cardiovascular Disease and Pregnancy Service at Massachusetts General Hospital. "Pregnancy is a beautiful window in a woman's life where we can see what's going to happen when she gets older.

"Pregnancy is like a stress test for a woman's body, and if you develop preeclampsia, it's considered a failed stress test," Scott says. Preeclampsia involves both high blood pressure and protein in the urine. Symptoms can include severe headaches and swelling in the hands and feet, but some women are symptomless. Preeclampsia doubles a woman's risk of heart attack, stroke, and blood clots in the five to 15 years after she gives birth.

Women with pregnancy-induced hypertension have blood pressure readings of 140/90 or more after 20 weeks. At least one study linked the condition to hypertension later in life and a greater risk of death from stroke and heart disease.

disorders Pregnancy gestational diabetes rarely cause any symptoms. Women with this condition



ASK YOUR DOCTOR

KNOW AS MUCH AS YOU CAN ABOUT YOUR HEALTH AFTER YOUR
BABY IS BORN. NANDITA SCOTT,
MD, SUGGESTS ASKING YOUR
DOCTOR THESE QUESTIONS.

Can you confirm if I had preeclampsia, pregnancy-induced hypertension, or gestational diabetes during a previous pregnancy?

If I had preeclampsia, should I see a cardiologist?

If I had gestational diabetes, how often should I have my blood glucose tested?

Which habits will protect my heart and prevent diabetes after delivery?

develop high blood sugar during pregnancy, diagnosed with a glucose tolerance test between weeks 24 and 28. Roughly 40% to 60% of women with gestational diabetes develop type 2 diabetes in the decade after pregnancy.

If you have preeclampsia, pregnancyinduced hypertension, or gestational diabetes, adopt a healthy lifestyle in the months and years after your baby is born. "[Self-care] is the hardest thing to do when you have a newborn," she says. "But if you take good care of yourself in your 20s and 30s, you're protecting your cardiovascular health for your older years. So start early."

> Reviewed by Nivin Todd, MD WebMD Pregnancy Expert

KIDS' HEALTH

Teen Talk

A GUIDANCE COUNSELOR EXPLAINS HOW PARENTS CAN SURVIVE THE HIGH SCHOOL YEARS AND CREATE AN OPEN-DOOR POLICY

By Lauren Paige Kennedy

Fashions come and go.
Technology innovates.
New slang words arrive on the scene. But one thing never changes when it comes to high school, year after graduating year: the concerns of teenagers.

Kevin Kuczynski, MA, licensed high school counselor and author of Behind the Counselor's Door: Teenagers' True Confessions, Trials, and Triumphs, says today's kids share the same worries about sex, drugs, and alcohol that teens have had for decades. They stress over academic pressures and battle gnawing fears about their future. They worry a good work ethic is simply not enough to combat rising competition for college. And they openly complain how few adults actively listen to them.

Kuczynski, who has worked at Cousino High School in Warren, Mich., since 2002, has plenty of guidance for parents seeking insights into the minds of American teenagers. Some of his learned wisdom:

Please, talk to your teens about sex. "Discussing dating issues and sex is paramount," Kuczynski says. Yet he observes how parents are almost universally either "too apprehensive to talk" about sex or perhaps haven't broached the subject since early puberty, figuring



they'd covered the basics once, so why do it again? "How do kids learn about sex and pregnancy, then?" Kuczynski asks. "From their peers, that's how." And while some kids learn from others' mistakes, just as many are influenced by their peers' riskier decisions.

For example, Kuczynski reports most kids he knows believe oral sex is not sex. "If it's not intercourse, it's just heavy petting in their eyes"—which certainly begs for clarification.

As a school guidance counselor, Kuczynski provides a safe haven for teens to openly discuss their questions about sex and relationship problems, and guarantees a nonjudgmental, confidential audience. He also strongly advocates a follow-up discussion with Mom and Dad.

Show respect. Allow kids to speak. Listen. Then weigh in. "It's so important to validate kids' feelings and to treat them as individuals," he says. "Even if I disagree with their stance on an issue, respecting their right to speak allows for further discussion. Only then do I ask questions and learn. If a kid says, 'I'm in love,' I'll ask, 'What does that mean to you?' You learn a lot by hearing the answers."

Expect teens to own their choices. "I like to role-play specific situations," Kuczynski says. Whether it's about drugs and alcohol, relationships, or academic pressures, "I ask a student to look at the choices he's making. I ask, 'How will this turn out, going forward? How will people perceive you? What respect will you gain?' It's an opportunity to make them think."

Take college stress seriously. Kuczynski says academic pressure is not kid stuff. "The pressure of getting great SAT and ACT scores and not knowing where to apply to college" takes its toll. "Parents get caught up in, 'Where can she get in?' as opposed to, 'Who is she and how does she best learn? How can she flourish?'"

Reviewed by **Roy Benaroch, MD** WebMD Kids' Health Expert

BABY TALK

Spoiler Alert?

CAN YOU BABY YOUR LITTLE ONE TOO MUCH? IT MIGHT BE JUST WHAT SHE NEEDS EARLY ON

By Stephanie Watson

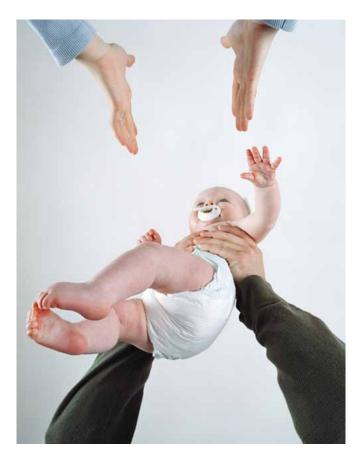
One assumption you can make about your baby's first few months of life: You'll be on call 24/7. Full diaper at 2 a.m.? Fussiness before dawn? Whatever the cause of the cries, you'll be summoned.

Catering to an infant's every need can seem overwhelming, and you might wonder: Can you spoil your baby by being at her beck and call? Brenda T. Hussey-Gardner, PhD, MPH, hears this question often, and she has an unequivocal answer. "I can say, without a shadow of a doubt, that you're not going to spoil a baby under 6 months of age," says the associate professor of pediatrics at the University of Maryland School of Medicine. "They need you for every aspect of their life except for breathing."

When you respond to your baby's cries, you foster a sense of trust. And as you hold and rock her, you not only cultivate a strong parent-child bond, but you also boost her physical and emotional development.

That said, you shouldn't feel obligated to pick baby up in response to every whimper and whine. Babies

Reviewed by
Sara DuMond, MD
WebMD Baby Care Expert



want cuddles, but they also need time away from their parents' arms to explore.

"Sometimes they may be overstimulated and just need a little break," Hussey-Gardner says. If you know your baby isn't hungry, wet, cold, hot, or sick, it's OK to put her in the crib for 5 or 10 minutes to see if she calms down. Also, "it might reenergize you," she says.

One of babies' biggest demands in the first few

months is for food—but not every cry signals hunger. "Sometimes that's the first thing we go to, and we don't consider the other things our baby may need from us," Hussey-Gardner says. Although you can't spoil a very young baby, you can start to build expectations as she grows. At around 6 to 9 months, babies start to develop object permanence, the realization that toys, books—and parents—still exist when they're out of sight.

This also makes baby aware that when he cries for comfort at 2 a.m., you'll always show up to soothe him. Attend to your baby's most pressing needs, but also encourage some independence, says Hussey-Gardner. Instead of picking her up immediately when she fusses in the crib, let her cry a little. She'll learn how to calm herself, which will help her sleep through the night.

As you navigate baby's first uncertain year, it may take some time to find the right balance between hands-on care and hands-off independence. Don't put too much pressure on yourself. "Just enjoy your baby," Hussey-Gardner advises. "It's a precious, short period when they're little."

ASK YOUR PEDIATRICIAN

- 1. How often should I feed my baby?
- 2. How can I encourage him to sleep through the night?
- 3. What should I do if she won't stop crying?
- 4. When should I call you?

Check out Skin Problems in Dogs, a slideshow at WebMD.com.

LEARN HOW ON PAGE 4





PET HEALTH

Coat Check

LEARN HOW TO SPOT COMMON FUR PROBLEMS AND WHAT THEY MEAN FOR YOUR FOUR-LEGGED FRIENDS

By Sonya Collins

A stroke of your hand along your dog's or cat's coat is the simplest way to say, "I love you," but the benefits go beyond a mutual exchange of affection. Petting and paying attention can also give you clues about your pet's health.

"If there's noticeable change in your pet's general coat quality, that could be the sign of a problem," says Jennifer Pendergraft, DVM, assistant professor of dermatology at Colorado State University's James L. Voss Veterinary Teaching Hospital. Some common fur issues you might spot include:

Thinning hair Is your dog's hair thinning all over? A thyroid gland that doesn't produce enough hormones may be to blame. It's most common in middle-aged medium and large breeds, particularly golden retrievers, Dobermans, and Irish setters. Dogs with hypothyroidism might also have a lackluster coat, scaling skin, weight gain, and intolerance for cold weather.

Other hormone problems, such as Cushing's disease, can cause hair loss.

A dog with Cushing's disease may only lose hair on the torso, and might eat and urinate more than usual.

Patchy hair loss Overall hair loss on a cat and patchy bald spots on cats and dogs probably mean your pet is licking, biting, or scratching excessively. "Their hair doesn't usually just fall out. The skin is irritated, and they're itching," Pendergraft says. "That's usually an allergy—the most common skin problem in dogs and cats."

Other inflammation or infections can cause skin irritation. Whatever the cause, your pet is uncomfortable and needs to see the vet. In the event these conditions are not to blame, the vet might want to rule out skin, thyroid, and pancreatic cancers.

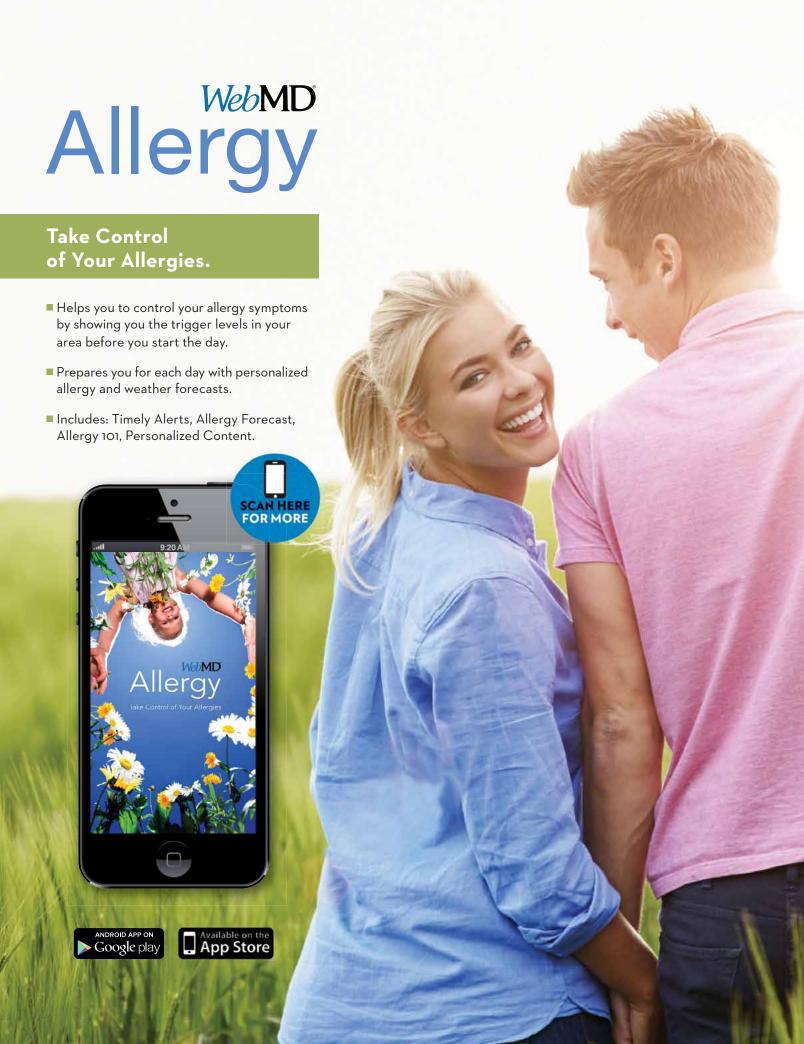
Dull hair If your dog's fur has lost its luster, he may need more healthy fats in his diet. "Commercial diets supply adequate fatty acids. But there's a renewed interest in home-cooking pet food," Pendergraft says. "That can be beneficial, but get guidance from a veterinarian to be sure your pet's diet is balanced in fats, calcium, phosphorous, and other nutrients."

Unkempt appearance Even the laziest cats keep themselves neat and clean. A greasy and matted kitty has let her looks go because something is wrong. When weight isn't the problem, many illnesses could mean your cat isn't up to primping. "It's not usually the skin's response to a disease. It's the animal not feeling well enough to groom."

Smelly fur Does Fido's coat stink even when he's clean? A skin condition could be the culprit. "Some dogs' skin responds to a skin problem by increasing oil production. Sometimes there's an odor with that. It's usually a bacterial yeast infection, allergy, or occasionally hypothyroidism," Pendergraft says.

A final word of advice: "Get them used to being touched when they're young," Pendergraft says. "Know what their skin and coat normally look like, so you can identify problems when they arise."

> Reviewed by Will Draper, DVM WebMD Pet Health Expert



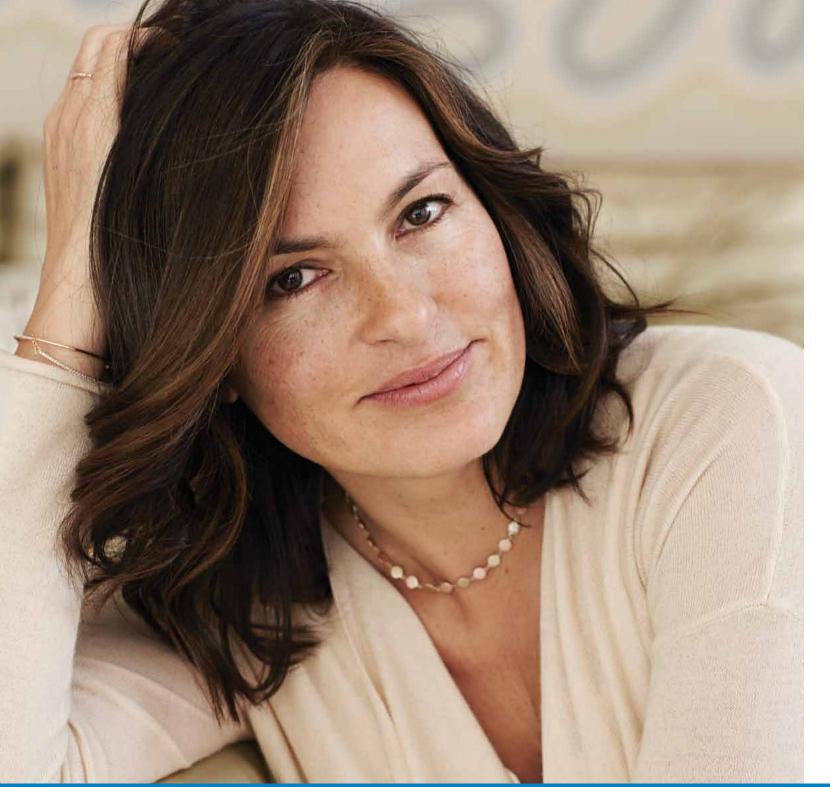
Special Control of the second of the second

Two notes of that notorious
theme song are all it takes to
identify Law & Order: SVU. Just
as identifiable is the show's star,

Mariska Hargitay. Her character
on the long-running show always works
to protect victims, and the actor stays on
the case off-set, too. Through her Joyful Heart
Foundation, she helps victims of sexual assault,
domestic abuse, and child abuse. For Domestic
Violence Awareness Month, we talk to her about her
quest to heal trauma survivors

BY GINA SHAW Photograph by Jayne Wexler





Each year, more than 4 million women suffer physical assault and rape by their partners, and more than 3 million children witness domestic violence in their homes, according

to Safe Horizon, the largest organization helping victims of crime and abuse in the U.S.

The Joyful Heart Foundation's "No More' campaign—a gripping series of public service announcements featuring founder Mariska Hargitay and many of her SVU co-stars and celebrities like Katie Couric—focuses on starting a national conversation about

sexual assault and domestic violence.

The PSAs are designed to dispel common myths and excuses surrounding these crimes with messages such as "No more: It's just a women's issue," "No more: He warned her," and "No more: It's none of my business."

What can you do if you suspect someone you know is a victim of family violence? "If you have a gut sense that something's going on, you need to follow your intuition,' says trauma expert Mary Jo Barrett, MSW.

Don't be judgmental. "Don't say things like, 'Why do you let him talk to you like that?' or 'How can you stay with him?" Barrett says. "They don't need any more shame. That kind of question

And when the 17th season of SVU kicked off last month, kids who were babies during that long-ago first season were entering their junior year in high school.

Hargitay is one of the keys to the seemingly endless popularity of the often gutwrenching crime drama: Her Benson is at once amazingly heroic and totally relatable. She's the nurturing friend you'd call first when you found out your boyfriend was cheating on you-and the badass cop you'd want in your corner if that boyfriend turned out to like to use his fists. Hargitay was the first lead actor from any of the behemoth Law & Order franchise series to win an Emmy Award (in 2006), and she earned leading actress Emmy nominations eight years in a row.

shuts down anybody from confiding in you.

Approach the person with compassion, curiosity, and empathy. Try saying something like, "I'm wondering how you and John are doing. It seems like things haven't been going so well."

If you're worried about a child, you can say, "I'm just curious if you're feeling OK. You don't seem as happy as you used to be." Barrett warns that it often takes children a very long time to tell someone if they are being victimized. "They usually don't tell because someone asks them directly but because someone makes them feel safe. We know that children who survive abuse with resilience have other

adults in their lives who value them."

If someone does open up to you, ask, "Are you in danger? Let me go with you to talk to somebody." Barrett says, "Help them find a place of safety where they can go, like a center that specializes in domestic violence and knows what questions to ask and what steps to take."

Mariska Hargitay first played Detective (now Sergeant) Olivia Benson on NBC's Law & Order: Special Victims Unit in September 1999, Bill Clinton was president. Star Wars: Episode I, The Phantom Menace was in theaters. J.K. Rowling had just published Harry Potter and the Prisoner of Azkaban, the third book in the series.

Art and Life

But after all this time, isn't she ready to try something new? No way. In an era when few people stay in the same job for five years, much less 16, Hargitay says she's just as excited to be playing Benson today as when she auditioned for the show in the spring of 1999. In those days, she was a virtual unknown whose biggest role had been a short-lived stint as Dr. Mark Greene's girlfriend on the TV medical drama ER.

"That's a question I get asked a lot, and something I've asked myself, but the truth of the matter is that the show feels like a completely new show to me now," Hargitay says. "We had such a great run for the first 12 years, and then our new showrunner Warren Leight came on board and brought Olivia to incredible new depths. It's great writing, and that keeps me so invested."

She admits that she considered leaving SVU when her longtime TV partner, Chris Meloni, moved on in 2011. "When Chris left, I thought, 'I can't be on the show without him! We're partners and we started the show together and we have to finish together.' But it turned into such a beautiful lesson of life, that things change and they evolve into something different and something beautiful if you let them. And now that I'm directing and producing as well, I have to work harder at it and use very different muscles. There's so much more for me to learn. All good things have to come to an end at some point, of course, but sometimes when I thought things were over, they just began again."

And last season, her character took on a role that Hargitay herself has been playing for nearly 10 years: mother. In a series of suspenseful episodes, Benson adopted a baby boy named Noah, the son of a sex trafficker and one of his victims. Hargitay and her husband, actor Peter Hermann (they met on the set of SVU in 2001) had their first child, August, in 2006, and adopted daughter Amaya and son Andrew Nicolas, both now 4, within months of each other in 2011.

"That's one thing I have in common with Olivia:

WebMD.COM



We're both working moms. And we're both tired. Really, really tired!"

Of course, her kids are too young to watch the show, but 9-year-old August "catches glimpses, and hears conversations, and he'll ask things," Hargitay says. "It's really important to me to instill in my kids confidence in what they know inside, and trusting their gut in a deep way. We talk a lot about who to trust and who not to, and how to feel that in your body, and also about being respectful of other people, their boundaries and personal space. Sometimes August and his sister will play-wrestle, and we've taught him to recognize when she changes her tone and says 'stop,' when it's not fun for her anymore."

Having kids has definitely changed the way Hargitay reacts to some of her storylines. "I have had so many of my friends who, when they became new moms, said, 'I can't watch the show anymore.' I say, 'I don't blame you!' I do find myself hugging my kids a little harder after certain episodes."

Unscripted Work

That depth of emotion was her impetus to launch the Joyful Heart Foundation (joyfulheartfoundation.org), now in its 11th year of healing, educating, and empowering survivors of sexual assault, domestic violence. and child abuse through survivor retreats, education, and advocacy.

> Reviewed by Hansa Bhargava, MD WebMD Medical Editor

"Like Olivia, I'm a very protective person. But before I started on SVU, I think I had my eyes closed. I didn't know that as many as 3 million children witness violence in their homes every year, and that one in three women report being assaulted or

She trained as a rape crisis counselor shortly after signing on to play Olivia, but Hargitay's vision for her foundation was not a "first response," like a rape crisis center, but a "next response" after the immediate crisis.

"Our retreat programs began in response to what we felt was an unmet need to help survivors heal in mind, body, and spirit," she says. Since the foundation's inception in 2004, thousands of survivors have participated in retreats held both in urban settings and places of natural beauty like Hawaii and the Bahamas, featuring components such as art therapy, yoga, surfing, and meditation.

Mary Jo Barrett, MSW, co-founder of Chicago's Center for Contextual Change, which treats clients affected by trauma, violence, and abusive behaviors, says that Hargitay's choice of retreats as a way to help survivors of violence heal may be unique. "Other communities are using a retreat model for healing, like organizations for veterans and their families, but I don't know of any other programs doing it for survivors of child abuse, domestic violence, and sexual assault."

"I didn't know that as many as 3 million children witness violence in their homes every year."

day.' I remember thinking. 'Why isn't everyone talking about this? Why isn't this making headlines?""

abused by a partner at some

point in their lives," she says.

"And then I learned these

statistics doing research for

the show, and I was like, 'This

is happening to people every

And then the letters started coming in. Not the typical fan letters asking for an autographed picture, but letters that entrusted Hargitav because of how fiercely and protectively she plays Olivia Benson-with people's deepest, most painful secrets. Stories of physical and sexual abuse at the hands of parents, partners, loved ones—people they should have been able to trust. Often, the stories went back years. "Over and over again, they'd say, 'I've never told this to anyone," Hargitay recalls. "I have chills now just saying that to you. The courage to speak, and have somebody receive the story and hear it—not being alone in it—is sometimes the most healing thing of all."

She praises Hargitay for focusing on a "collaborative" model—that is, letting the survivors determine what they need from the retreats instead of having organizers or therapists dictate to them. "Over and over again, people who have been abused say that they feel completely powerless, out of control, devalued. Like they don't matter," Barrett says. "Traditional therapy can sometimes replicate that feeling of powerlessness. Instead, you need to find out how each person feels safe and protected, not violated. We all heal differently, and a retreat gives you lots of opportunities to find that out and figure out the natural process of change."

The foundation recently launched a multi-year research project, led by noted Georgetown University trauma psychiatrist Mary Ann Dutton, PhD, to document the long-term impact of retreats for survivors, and to design a model based on the retreats that can be adopted by other organizations.

Hargitay says that Joyful Heart's approach to helping survivors of intimate violence heal is pretty much how we should approach all our relationships. "Survivors want to be heard. They don't want to be silenced or ignored or told it's not important. It's really been a lesson to me about the power of listening to another human being and not putting your opinion on them, but instead hearing them and mirroring that back to them.

"Isn't that what we want to do with our kids? With our partners? Make them feel heard. That seems so simple, and yet it's deeply profound."



PROTECT

She turned 50 last year, she's raising three young children, and she works 14.5-hour days. How does actor Mariska Hargitay stay vibrant and healthy under all the pressure? She has a few go-to strategies, but just like the rest of us, admits she's not always successful at meeting her health goals.

LAUGHING

SVU's plots aren't exactly long on comedy, but behind the scenes, Hargitay says there's a lot of laughter—even if it's sometimes gallows humor. "I'm telling you, the best thing I do for my health is laughing a lot. I try to do it as much as I can and as often as I can. It balances everything out and releases great hormones."

EATING GREEN

"I eat a lot of green vegetables." I love spinach, kale, squash, zucchini, and asparagus. I could live on them."

AVOIDING SUGAR

"I feel best when I'm off sugar, but I sadly do that about four minutes a year. When I stop eating sugar. I feel great, but then I have just one thing and it's truly addictive!"

GETTING ZZZ'S

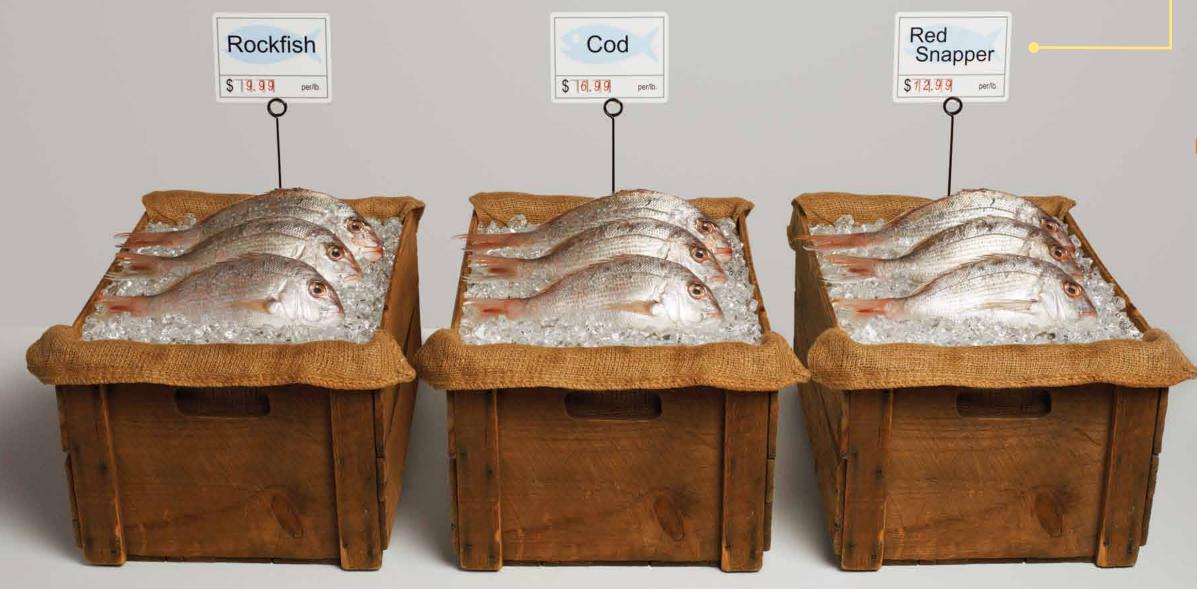
"I don't sleep a lot, but I'm really trying to change that right now. I'm trying to go to bed earlier, because I've read that that increases your more restful sleep. When I'm in other time zones and get to bed earlier than usual, I really notice that I feel more refreshed."

MEDITATION

"I started doing transcendental meditation in February, and I try to do it twice a day for 20 minutes. It's been life-changing for me. Even if I don't get enough sleep, I find if I meditate I have more energy and I can get through the evening beautifully. Everything's doable."

Quality

You read food labels, but can you believe them? Is every ingredient listed? Has something been added or taken out? Our experts explain what food adulteration is—and what you can do about it



he food you put in your grocery cart may not be exactly what the label says it is.

One-hundred percent olive oil? It could have canola or peanut oil. Honey? Might be mostly cane syrup. Parmesan cheese in a can? You might be shaking a little wood pulp out with the cheese.

The problem is food adulteration, which happens when something is added or taken away from a product without including it on the label. A recent Congressional Research Service report estimates that 10% of all products sold are affected, and that number is probably a fraction of how often food adulteration really occurs.

The fallout of unknown cases may cost the global food industry \$10 billion to \$15 billion per year, according to an estimate from the Grocery Manufacturers Association. That cost includes lost revenue due to product recalls that can lead to failed businesses or bankruptcy, damage to a brand, fines, or other liabilities.

But another cost harder to explain in numbers is also at stake. "It's a very unsettling issue, because we all depend on food, and it's devastating for consumer trust," says Markus Lipp, PhD, senior director of food standards at the

BY SYDNEY DEVINE

PHOTOGRAPHY BY HUGH KRETSCHMER

U.S. Pharmacopeial Convention. The nonprofit agency helps set quality standards for food, drugs, and supplements.

Lipp says food adulteration is driven by money. It costs less money to thin out a food product or substitute cheaper ingredients.

These substitutions may present a health impact, particularly for people with food allergies. The FDA reported at least 12 allergic reactions caused by cumin from India that was contaminated with peanut proteins. The cumin was part of a recall in 2014.

The FDA can take action, including working to remove a product from shelves, when "economically motivated adulteration is identified in a regulated food product," agency spokeswoman Megan McSeveney says. "Combating food fraud is the responsibility of both industry and regulatory authorities."

Ensuring products' safety and integrity and maintaining consumer trust is "the single most important goal of our industry," says Brian Kennedy, communications director for the Grocery Manufacturers Association. "That is why food, beverage, and consumer product companies take economic adulteration, or product fraud, very seriously."

Spices are among the most common adulterated food products, according to the congressional report. Others, according to the report and food experts, include:

SEAFOOD

Seafood producers may substitute lessexpensive fish for costlier ones.

Fish labeled red snapper, mahi mahi, swordfish, and cod may be Pacific rockfish, yellowtail, or make shark instead. Producers also add coloring agents to make fish seem fresher and to add weight during storage.

A 2015 congressional report says these agents "may mask visual cues indicating that such flesh is decomposed and toxic."

Also, "fish high in mercury are substituted for another species," congressional analyst Harold Upton wrote in the report.

> Reviewed by Hansa Bhargava, MD WebMD Medical Editor



OLIVE OIL

Olive oil may be thinned out with hazelnut, soybean, corn, peanut, vegetable, or canola oil. The final product may contain no olive oil at all.

"When oil is ordered in bulk, the bottle will say 100% olive oil, but most times it'll be 70% canola or soybean oil," says Selina Wang, PhD, research director at the University of California Davis Olive Center. The olive oil you buy in the store may be adulterated as well, she says.

HONEY

More than three-fourths of honey sold in U.S. stores isn't what manufacturers claim on the label, says Vaughn Bryant, PhD, professor of anthropology at Texas A&M University. He regularly tests honey in grocery stores.

Bryant says about 91 million pounds of honey entered the U.S. illegally from other countries last year. Imported honey may contain pesticides and antibiotics. To save money, some companies add cane, corn, or beet sugar as well as rice syrup and high-fructose corn

Buyer

HEALTH AND FOOD-SAFETY EXPERTS OFFER THESE TIPS TO HELP YOU AVOID FOOD FRAUD.

Buy products such as honey locally, if you can. Talk to the producer.

Buy foods in a minimally processed form, for example, whole spices versus ground.

Be wary of products with prices that appear too good to be true, such as low-priced extra virgin olive oil, which is expensive to produce.

Buy from reputable brands and sources you already know and trust. They want to maintain their reputation.

Scan the FDA list of food recalls at www.fda.gov/safety/ recalls/. The site is constantly updated with the latest product recalls.

PARMESAN CHEESE

This year, cheese importer Neal Schuman, president of Arthur Schuman Inc., used an independent company to begin testing products labeled Parmesan or Romano cheese. He says what he's found is "appalling."

He estimates that up to a quarter of the products sold as Parmesan cheese violate the government's "standard of identity"—basically, the rules for what can legally be called cheese.

One of the most common ways manufacturers break the law is by adding too much cellulose. Cellulose in food comes from wood fiber and is used to keep products from clumping. "It should be used at 2 to 3, up to maybe 4%. And we see it in the marketplace anywhere from 14 to 32%," Schuman says.

Other companies make their cheese with vegetable oils instead of milk. Real cheese should list milk as the first ingredient, followed by salt and maybe enzymes for flavor, Schuman says.

FRUIT JUICES

These may be watered down or diluted with a cheaper type of juice, such as

pear or grape. Some may only contain water, dye, and sugars, but fruit will still be listed as an ingredient on the label.

Pear is often used in apple juice. Pricey pomegranate juice frequently includes blends of apple and grape juice, despite being about five times more expensive than grape juice.

Taking Action

The FDA is charged with monitoring food adulteration under the Federal Food, Drug, and Cosmetic Act. To supplement that law, the agency also published regulations in May 2009 about the specific type of information that must be on a product's label, McSeveney says. "The FD&C Act and supporting regulations are there, in part, to help ensure consumers are in fact receiving the product they believe they are paying for," she says.

But the recent congressional report found that the agency may not be able to prosecute every food adulteration incident because of other responsibilities, limited resources, and lack of evidence.

"Their [FDA] focus is on safety, so they spend most of the time on predicting these incidents before it becomes a major health risk," says John Larkin, PhD, research director of the National Center for Food Protection and Defense.

Check out What's in Your Food, a special report at

LEARN HOW ON PAGE 4

View All

The Food Safety Modernization Act, now being implemented, provides the FDA with "new inspection and enforcement tools" to help ensure food companies are "carrying out their responsibilities," McSeveney says. The act will also allow the FDA to establish a program in which the food industry will reimburse the agency for some inspection and enforcement activities. The implementation process takes several months; the deadline is scheduled for May 2016.

Food expert John Spink, PhD, says the food industry is taking a more active role in policing itself. Spink is director of the Food Fraud Initiative at Michigan State University. He helped create standards for food safety set by the Global Food Safety Initiative, a group of food companies working to create universal standards.

"Companies are more integrated now and are working more with their suppliers, so they are more aware about the types of fraud that occur," Spink says. "There's a process in place, and what gets measured gets better. Now people are looking at food fraud, so there is more information and more research for prevention."

Grocery Manufacturers Association member companies have programs and procedures, including testing, to help ensure safe and high-quality products, Kennedy says. Manufacturers continuously monitor and review these, he adds.

Cheese importer Schuman says transparency also plays a role. "There's a place for \$2.50-per-pound grated cheese," he says. "Just label it for what it is. And in some cases, somebody would have to say 'sawdust with Parmesan flavor' or something like that.

"Just let the consumer know what they're actually getting."









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This issue is packed full of even more ways to take

a proactive approach to your health. Knowing which vaccinations you need is an important step toward protecting your health and that of your family and friends. Page W11 reveals the recommended immunizations you need so you can stay healthy year-round.

Our Health Insurance Enrollment 101 on page W4 focuses on families who are uninsured or underinsured and covers the basics they need to know in order to sign up for health insurance this fall.

I hope you find this issue helpful and use it as your guide to take the lead in your health.

Sincerely,

Marcus Osbourne Vice President of Health & Wellness Payer Relations



Full Bloom . w7

Drew Barrymore—actor, producer, director, entrepreneur, and mom—is busier and happier than ever



P. W4

UNDER COVER

What you need to know about health insurance right now



P. W11

SHOT CLOCK

Vaccinations aren't just for kids. Here's a guide to help adults stay on track



CONTACT US TODAY AT YourHealth@walmart.com COVER PHOTOGRAPH BY KWAKU ALSTON/CORBIS OUTLINE

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Under Cover

What you need to know about health insurance right now

BY LISA ZAMOSKY

REVIEWED BY AREFA CASSOOBHOY, MD, MPH, WEBMD MEDICAL EDITOR

pen enrollment is the time to evaluate your health insurance options. Whether you currently have coverage or are shopping for a health plan for the first time, choose carefully. Here's how to select a policy that will best meet your needs.

Know when to enroll. If you buy health insurance on your own, be aware that open enrollment dates for Affordable Care Act (ACA) policies have changed. For 2016, the dates are Nov. 1, 2015, through Jan. 31, 2016.

"Once open enrollment ends, you may be stuck with your current plan—or left uninsured—through the rest of 2016," says Nate Purpura, vice president of consumer affairs at eHealth.com.

Also, keep in mind that in 2016, tax penalties for not having health insurance coverage will reach \$695 per person, or 2.5% of your taxable income, whichever is greater.

Check your eligibility. Government tax credits are available for people earning about \$47,000 a year and for a family of four with earnings of about \$96,000. If you qualify, the cost of your insurance premium will be lower. You want to estimate your income carefully and be sure to report any changes in your income or household size to your state's insurance marketplace throughout the year.

"If you end up earning more than expected, you may need to repay some or all of your subsidies when you file your 2016 federal tax return," Purpura says. On the other hand, you may be entitled to more financial help than you receive should your income be lower than anticipated.

Watch for benefit changes. Because health plan benefits and prices change each year, review your options for 2016 even if you're happy with your current coverage. The policy you have now may not stay the same next year.

Go back to make sure that your plan hasn't changed the amount you'll pay in premiums and out-of-pocket costs, and that it still meets your health care needs. People who go to the doctor frequently, take a lot of medications, or require



high-priced specialty drugs may save money in the long run by paying more each month for a plan that covers more costs.

Know your networks of doctors and hospitals. Changes to provider networks are common, and plans offered both at work and on ACA marketplaces increasingly offer provider networks with access to fewer doctors and hospitals.

If seeing a particular doctor is important to you, check very carefully that he or she is in your plan's network. Review the provider directory on each health plan's website, and call both the insurance company and the provider directly to confirm that he or she participates.

"In the end it's up to you—not the doctor's office—to make sure you're seeing doctors and other medical providers who are in your insurance company's network. Otherwise you may get stuck with the bill," Purpura says. Also, be sure to carefully check the list of pharmacies and drugs each plan covers.

If you buy coverage on your own, get free help on Healthcare.gov or at 800-318-2596.



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BLOOM

Actor

Drew Barrymore

juggles many roles producer, director, entrepreneur, mom and she's never been happier Drew Barrymore turned 40 this year, and her life couldn't be better.

"When I was a kid, I felt like an adult because I was working, and when I was a new adult, I just wanted to recapture my childhood and be free and that didn't really work," says Barrymore, who made her screen debut at 11 months and starred in Steven Spielberg's massive hit film *E.T.* at age 7. "I never felt like the age I was. Now, at 40, I feel 40. This is great! I'm so happy. I love it so much."

BY MATT McMILLEN

REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR

PHOTOGRAPH BY DIEGO UTCHITE

An actor, producer, director, entrepreneur, and mother of two young girls, Barrymore had a lot to celebrate on her big day in February, and she did it in one of her favorite ways: with loads of irresistible food.

"We had an awesome fried chicken dinner with macaroni and cheese and mashed potatoes and wilted spinach," Barrymore says of the party of close, lifelong friends she gathered around her. "It was so amazing, and I'm salivating just talking about it."

But 40, she has found, has not been altogether perfect. "I've always had fighter-pilot vision, and the fact is that's waning," Barrymore says. "People say it happens after you turn 40, but I didn't realize it starts to happen the week you turn 40."

For most people, that might be unpleasant news. Not for Barrymore. "I would say it is depressing, but I make eyewear now so I'm actually excited," she says, referring to her new label, Flower Eyewear.

"Your body's **never going to look better** than when you're happy inside of it."

Her foray into fashion and beauty—Flower also offers cosmetics and fragrances—is part of the new life Barrymore has created for herself as mother of Olive, who just turned 3, and Frankie, who celebrated her first birthday in April.

"I have had to stop doing movies as much because you don't see people when you do movies—it's so consuming, such crazy hours," Barrymore says. "I have to do jobs now that are conducive to being the kind of mother I want to be. I try to work from home, a luxury I know not everyone has. Then, when I do have to go out to work, I try to feel OK about it, knowing that I spent some time with them."

On Barrymore's ideal day off, she finds herself out with the kids devouring ice cream at the Santa Monica Pier, wandering around a museum, or playing in the park. Then, after tucking her daughters in for the night, she has time—and energy—left for company and a little TV. "If I can spend the day with my family and then watch *Game of Thrones* with friends at night? Score."

When pregnant with Olive, Barrymore decided it was time she learned to cook. She has mastered the art of making a good steak, revels in creating pasta dishes, and loves the simple pleasure of preparing a nice piece of fish.

"These were all things that I never knew how to do," she says. "Now, I cook for the kids every day, and I'm so proud of them for eating well. They eat salmon and broccoli. It's great."



She cooks one dish at a time, confessing that she has not yet learned to multitask in the kitchen, where she prefers to work solo. She laughs when she recalls husband Will Kopelman's attempts to help her make broccoli soup. "He was hovering over me and kept trying to get involved," Barrymore says. "That didn't work out, and we now have a term for crowding each other: *You're broccoli-souping me.*"

She focuses her family's diet on healthy foods, like fish, vegetables, and whole grains, but she's serious about her food philosophy: Life is too short to be perfect all the time. Stay out of her way when she decides to indulge. "Ninety percent of my diet is super healthy, but I will claw my way onto a pizza. I'll rip your eyes out to get to it."

To stay in shape, Barrymore takes hip-hop dance and power yoga classes. Her favorite workouts involve new routines and new moves, because the learning process exercises her brain as well as her body. "I love to dance and sweat—the cardio's so good for you, and it's just so fun."

Barrymore is glad to share her health philosophy: "Doing the things it takes to be clearheaded and happy and sane are, honestly, the best health routines, the best beauty routines. Lipstick is never going to be as pretty as a smile, and your body's never going to look better than when you're happy inside of it. When my mind's in a good place, that's when I feel my best and look my best and am the best to be around."



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(Diphtheria CRM₁₉₇ Protein)

WHO SHOULD RECEIVE PREVNAR 13® (Pneumococcal 13-valent Conjugate Vaccine [Diphtheria CRM, protein])?

- Prevnar 13® is approved for adults 50 years and older for the prevention of pneumococcal pneumonia and invasive disease caused by the 13 vaccine strains
- Prevnar 13® is a vaccine also approved for children 6
 weeks through 17 years of age for the prevention of
 invasive disease caused by the 13 strains of Streptococcus
 pneumoniae included in the vaccine, and for children 6
 weeks through 5 years for the prevention of ear infections
 caused by 7 of the 13 strains
- Prevnar 13[®] is not 100% effective and will only help protect against the 13 strains included in the vaccine

Adults 50 years and older:

 A single dose of Prevnar 13® is recommended for adults aged 50 years of age and older

Children 6 weeks through 5 years of age:

- Prevnar 13® is recommended for children 6 weeks through 5 years of age
- Prevnar 13[®] is given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age
- Transition schedule: Children who have received 1 or more doses of Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein]) may complete the 4-dose immunization series with Prevnar 13®
- Catch-up schedule: Children 15 months through 5 years of age who are considered fully immunized with Prevnar® may receive 1 dose of Prevnar 13® to elicit immune responses to the 6 additional strains
- The immune responses from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13®

Children 6 years through 17 years of age:

 In children 6 years through 17 years of age, Prevnar 13® is given as a single dose

WHO SHOULD NOT RECEIVE PREVNAR 13®?

Children or adults who have had a severe allergic reaction to any component of Prevnar 13® or any diphtheria toxoid–containing vaccine should not receive Prevnar 13®

BEFORE STARTING PREVNAR 13®

Tell your health care provider or your child's health care provider about all medical conditions, including:

- Previous allergic reactions to other vaccines
- Especially tell the health care provider if your child or you are taking medicines that can weaken the immune system, such as steroids (eg, prednisone) and cancer medicines, or are undergoing radiation therapy
- If you are pregnant or nursing, or if you plan to become pregnant

WARNING

- A temporary pause of breathing following vaccination has been observed in some infants born prematurely. Decisions about when to give Prevnar 13® to infants born prematurely should be based on consideration of the individual infant's medical status, and the potential benefits and possible risks of vaccination
- The safety and efficacy of Prevnar 13® when given to persons with a weakened immune system (such as HIV infection, damaged spleen, cancer, or kidney problems) is not known. Children or adults with a weakened immune system may have a reduced response to Prevnar 13®

WHAT ARE THE POTENTIAL SIDE EFFECTS?

- In adults, the common side effects were pain, redness, or swelling at the injection site, limitation of arm movement, fatigue, headache, muscle pain, joint pain, decreased appetite, chills, or rash
- The most commonly reported serious adverse events in children were bronchiolitis (an infection of the lungs) (0.9%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%), and pneumonia (0.9%)
- In children 6 weeks through 17 years, the most common side effects were tenderness, redness, or swelling at the injection site, irritability, decreased appetite, decreased or increased sleep, and fever. Most commonly reported side effects in children 5 years through 17 years also included hives

WHAT SHOULD I KNOW ABOUT RECEIVING PREVNAR 13® WITH OTHER VACCINES?

- In adults, immune responses to Prevnar 13® were reduced when given with injected seasonal flu vaccine
- When given within 1 year following pneumococcal polysaccharide vaccine, immune response to Prevnar 13[®] may be lower

ADDITIONAL IMPORTANT INFORMATION

- The safety and effectiveness of Prevnar 13® when used in children less than 6 weeks of age is not known
- In a study in which children received acetaminophen prior to Prevnar 13®, immune responses to some strains in the vaccine were lower compared with responses among children who received acetaminophen after vaccination only as needed
- Ask your health care provider about the risks and benefits of Prevnar 13[®]. Only a health care provider can decide if Prevnar 13[®] is right for you or your child

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your health care provider or your child's health care provider for complete product information
- Go to www.Prevnar13.com or call 1-800-666-7248



Shot Clock

Vaccinations aren't just for kids. Here's a guide to help adults stay on track

BY HEATHER HATFIELD

REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR

ore than 20 diseases are now preventable by vaccine. While kids are usually on the receiving end of an immunization, the shots shouldn't stop as you age—adults need to stay on schedule just as much as babies and toddlers do.

Adults

One of the most important annual vaccines for adults at any age is the flu shot. Packaged to carry the strains of the flu that might strike that year, the flu shot helps to prevent the flu or minimize its symptoms—and slows the spread of the virus, says Carolyn Alonso, MD, a physician in the division of infectious diseases at Beth Israel Deaconness Medical Center in Boston.

Adults need boosters, too. While the tetanus, diphtheria and pertussis vaccination—or Tdap—is one you should have received as a child, you'll need a booster to keep most of the immunization active. Healthy adults generally don't need to get the pertussis part of the vaccine again; you should get the tetanus and diphtheria booster once every 10 years.

"Two other vaccines adults should consider are hepatitis A and B," Alonso says. Most adults are not vaccinated against these diseases, since the vaccines weren't available until 1994. Both come as two doses, with hepatitis A recommended for adults who travel to high-risk regions of the world, and hepatitis B required for health care workers.

Pregnant Women

Expectant moms need a booster for tetanus and diphtheria, but also pertussis—known as whooping cough. Whooping cough is a very contagious disease that can be deadly for babies. The Tdap vaccination during pregnancy can help build protective antibodies in newborns that will last until they get their own immunizations.

The flu vaccine is another must for pregnant women. If you get the flu while you're pregnant, you could face serious complications, including premature labor, babies born small for gestational



age, and hospitalization. Antibodies against the flu are passed from mother to child, and help protect the baby for up to 6 months after birth. At that point he's old enough for his own flu shot.

Seniors

Seniors should get the flu shot each year to prevent flu and serious complications like pneumonia. They need the tetanus and diphtheria booster every 10 years, too.

Seniors also need pneumococcal vaccines, which protect against pneumonia, meningitis, and bloodstream infection. Doctors give two vaccines: pneumococcal conjugate vaccine (PCV13) and pneumococcal polysaccharide vaccine (PPSV23). Health experts advise both for all healthy adults age 65 and up as a one-time shot.

The CDC recommends a one-time shingles vaccination for people age 60 and up. Everyone who had chickenpox as a child is at risk of shingles because the virus never goes away—it lies dormant on nerve cells with the potential to reactivate.



GET MORE healthy living

tips and info at webmd.com/ askthepharmacist





1. Take precautions from getting sick this flu season.

Good hand hygiene is important. Try an alcohol-based hand sanitizer or antibacterial hand soap. Wash hands frequently and for at least 30 seconds. Limit your exposure to people who are sick and practice recommended cough techniques (coughing into your bent elbow) to prevent germs from spreading. Most importantly, get plenty of rest, exercise, and eat moderately. If you're healthy, it's more difficult to get the flu.

2. Find what immunizations are recommended for you.

You want to get the flu vaccine as soon as it's available, especially for children and the elderly, who tend to be more vulnerable to infections. The **flu vaccine** is offered in both injection and nasal formulations. The **meningitis vaccine** is recommended for teenagers, military recruits, college-bound students, or anyone expected to be sharing close quarters. The **pneumococcal vaccine** is recommended for those with diabetes, hypertension, and lung diseases, and those 65 and older. The **shingles vaccine** is for people 60 and older who had chicken pox when younger and wish to reduce the possibility of having a re-emergence of this virus.

3. Add a little exercise to your routine.

One of my favorite things to tell patients is to **think short and small**, even if it's just a **brief walk**. This helps reduce the stress and conflict you create when starting a new routine. Use a comfortable pair of walking shoes with good heel and arch support. When you next shop at Walmart, add a little exercise to your shopping list. As you walk the store, try counting your steps, and stretch while you wait on line at checkout.

Adding a little exercise to your routine is important and makes you feel better.

4. Get the right nutrients from the foods you eat.

Buy nutrient-rich foods that contain vitamins and minerals. Try fruits, vegetables, whole grains, legumes, nuts, low-fat dairy products, and lean meats and fish. These will help keep you healthy and reduce your risk for chronic diseases. Vitamins can be used as a supplement for any nutrients missing in your diet. A daily fish oil vitamin with omega-3 is also good for your brain and heart, and can help lower triglycerides.

Find the vitamin that's right for you. Take our quick survey for personalized recommendations at Walmart.com/VitaSelect.

5. Stay hydrated year-round.

When it gets colder, your body has to work harder, and that extra energy uses up water in your body. So you must stay hydrated, even if your body doesn't ask for it in terms of thirst. Keeping the body hydrated helps the heart more easily pump blood through the body. Make sure to **drink plenty of fluids** (at least eight cups of water a day) and **get regular blood pressure screenings** to help maintain a healthy heart.

Your local Walmart Pharmacy employs pharmacists who are available every day to help you manage your health and wellness. The pharmacy not only carries branded prescription medications, but also offers a generic prescription program and low-cost diabetes supplies. **Visit your local Walmart Pharmacy today. Walmart.com/Pharmacy**



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California, Nevada, and Oregon are the top garlic-growing states in the **United States**

Spice & Easy

Give dinner kicky Creole flair with this spicy shrimp dish. Serve it with a leafy green salad and a loaf of crusty whole grain bread.

Spicy Caiun Garlic Shrimp

Makes 6 servings

Ingredients

- 2 tbsp unsalted butter
- 2 tbsp olive oil
- 6 cloves garlic, minced (about 3 tbsp or more)
- 2 lbs raw peeled and deveined shrimp (about 25-30)
- 2 tbsp Worcestershire sauce
- 1 large lemon, zested and juiced
- 1 tsp smoked paprika
- ¼ tsp cayenne pepper (optional)
- 1 tsp low-sodium Creole seasoning
- 2 tsp fresh rosemary, minced
- ½ cup white wine freshly ground pepper to taste

Directions

- 1. In a large skillet over medium heat, melt butter, add olive oil, and sauté garlic until just lightly browned, 1-2 minutes. Add shrimp and cook until pink, about 1-2 minutes. Remove shrimp from heat and cover to keep warm.
- 2. Increase heat to mediumhigh. Add Worcestershire

sauce, lemon juice and zest, paprika, cayenne pepper (if desired), Creole seasoning, rosemary, wine, and pepper. Cook 5-7 minutes until liquid is slightly thickened. Reduce heat to medium and briefly return shrimp to pan to marry flavors, about 2 minutes. Do not overcook shrimp. Serve immediately.

Garlic is a member of the lily family and

a close relative of

onions, shallots, and leeks.

Per serving

261 calories, 31 g protein, 6 g carbohydrate, 11 g fat (4 g saturated fat), 237 mg cholesterol, 1 g fiber, 1 g sugar, 376 mg sodium. Calories from fat: 37%

> Reviewed by Hansa Bhargava, MD WebMD Medical Editor

Noodle Around

You can't beat the simplicity—or flavor—of this perfect pasta dish. Pulverize the garlic with a garlic press, or mince it finely with a knife. Serve this pasta as a side dish with chicken or fish, or turn it into a main course topped with grilled scallops

or grilled chicken.

Roasted Tomato and Garlic Pasta

Makes 6 servings

Ingredients

- 3 lbs Roma tomatoes, cut into bite-sized pieces
- 1/3 cup olive oil
- 10 cloves of garlic, pressed or finely minced
- ½ tsp red pepper flakes or to taste)
- ½ tsp sea salt freshly ground pepper to
- 8 oz whole wheat angel hair pasta
- ½ cup chopped fresh basil

Directions

- 1. Preheat oven to 400°F. In an 8-by-11 glass baking dish, toss to combine tomatoes, olive oil, garlic, red pepper flakes, salt, and pepper. Roast 45 minutes or until tomatoes are lightly browned on the edges.
- 2. Cook pasta according to package directions. Drain, and toss with garlic tomatoes and basil. Serve immediately.

Per serving (without chicken)

275 calories, 7 g protein, 36 g carbohydrate, 13 g fat (2 g saturated fat), 2 g fiber, 4 g sugar, 206 mg sodium. Calories from fat: 42%

Gilroy, Calif., is known as the Garlic Capital of the World.

Souper Bowl

This satisfying Tuscan-inspired soup offers the benefits of garlic as well as two additional alliums: onions and shallots. Roasting the garlic delivers a mellow flavor ideal for people who dislike garlic's pungent taste.

Roasted Garlic and White Bean Soup

Makes 6 servings

Ingredients

- 2 large heads of garlic
- 2 tbsp olive oil, divided
- 1 large onion, chopped
- 1 large shallot, finely chopped
- 3 stalks celery, finely chopped
- 2 (15-oz) cans cannellini beans, drained and thoroughly rinsed
- 4 cups low-sodium chicken stock freshly ground pepper ¼ tsp sea salt
- 2 tsp fresh thyme, finely chopped, with additional sprigs for garnish
- ½ cup half-and-half

Directions

1. Preheat oven to 400°F. Remove most of the papery layers from the 2 garlic heads, leaving heads intact and cloves connected. With a sharp knife, trim ¼ inch off the top of the head, exposing part of the cloves. Drizzle 1 tsp of olive oil over each head. Wrap garlic heads in aluminum foil and place on a cookie sheet. Roast

35–40 minutes or until tender. Let cool slightly. Extract the garlic from its papery shell by pressing on the bottom of the head, under each clove. Set garlic aside.

- 2. Heat a heavy-bottom pot over medium-high heat. Add remaining olive oil, onion, and shallot. Cook, stirring, until onion starts to brown and caramelize. Add celery and cook 5 more minutes. Add roasted garlic, beans, chicken stock, pepper, salt, and chopped thyme. Bring soup to a simmer and cook 10 minutes until ingredients are soft.
- 3. Using an immersion blender or food processor, purée soup until smooth and return it to the pot. Add half-and-half, and warm gently over low heat. Garnish with sprigs of thyme and serve.

Per serving

220 calories, 14 g protein, 35 g carbohydrate, 4 g fat (2 g saturated fat), 7 mg cholesterol, 7 g fiber, 2 g sugar, 188 mg sodium. Calories from fat: 15%



GREAT GRAINS

You know oatmeal is a good breakfast-rich in soluble fiber and a great way to fill you up and keep your blood sugar stable. But if you're looking to mix things up, a host of other whole grains are ready and waiting. "There are so many different grains with such different textures and flavors that most people forget about or don't think to eat for breakfast," says Eden Grinshpan, host of Eden Eats on the Cooking Channel. Grains offer lots of varietyfarro, bulgur, quinoa, millet, and wheat berries are some of Grinshpan's favorites. For a savory spin on the morning meal, she makes a farro and bulgur salad with olive oil, lemon, salt, and chopped nuts and tops it with a poached egg and fresh herbs. For something on the sweeter (but not too sweet) side, she likes guinoa porridge cooked with milk for extra protein and served with honey, cinnamon, and nuts. Or she'll fold crunchy cooked millet into banana-coconut muffins. Make at least half of your grains whole, according to official dietary guidelines. And getting them in at breakfast puts you on the right track, starting your day with a helping of fiber, minerals, and B vitamins.

-Kerri-Ann Jennings

Garlic has been used throughout history to prevent bacterial infection.

Garlic was introduced to the United States in the 1700s.

OFF THE MENU

Joanne Chang

OWNER AND PASTRY CHEF FLOUR BAKERY, BOSTON

By Matt McMillen



You don't have to rely on sugar to make wonderful pastries and desserts, as renowned Boston baker Joanne Chang proves in her latest cookbook, *Baking With Less Sugar: Recipes for Desserts Using Natural Sweeteners and Little-to-No White Sugar.*

The inspiration for the collection of low-sugar desserts began at home, says Chang, 46, owner and pastry chef of the Flour Bakery mini-chain.

"My husband, Christopher Myers, loves sweets and yet he tends to crash when he eats too much sugar, so I've been experimenting for a while with baking with less," says Chang, who adds that her customers also request pastries with smaller amounts of white sugar.

At home, she cooks lots of vegetable, tofu, and chicken stirfries, sometimes spicing them up with black bean sauce and always serving with rice. On Sundays, she and her husband frequently share a simple roast chicken, served with roasted broccoli and potatoes, along with a salad.

"I make a point to try and eat healthily, especially since I do eat a lot of sweets and rich foods throughout the day and evening for work."

Chang oversees four bakeries—three in Boston, one in Cambridge, Mass.—as well as the kitchen at the pan-Asian restaurant Myers + Chang, which she and her husband opened in 2007. "It's definitely a challenge, but I love it," Chang says. "I try to stick to a schedule for work and home, and I have certain days and times that are fully devoted to work and similarly for home."

Coconut Tapioca With Pineapple, Mango, and Lime

Makes 6 servings

Ingredients

- 2 cups low-fat milk13.5-oz can unsweetened coconut milk
- 2 tsp vanilla extract
- ½ cup small pearl tapioca
- ½ pineapple, peeled, cored, and cut into small dice, or one 8-oz can pineapple chunks in their own juices, chopped into smaller pieces
- 12-oz can frozen apple juice concentrate, thawed
 - 1 vanilla bean
- 1/4 tsp kosher salt
- 1 large or 2 small mangoes, peeled, pitted, and diced juice and finely grated zest of 1 lime

Directions

- 1. In a small saucepan, combine milk, coconut milk, and vanilla and bring to a gentle simmer over medium-low heat. Stir in tapioca, decrease the heat to low, and cook, stirring occasionally, for about 30 minutes or until tapioca is softened. The tapioca will become translucent and will no longer have a white center.
- 2. Meanwhile, put the pineapple and the apple juice concentrate in a medium saucepan and bring to a boil over medium-high heat. Using a small paring knife, split vanilla bean in half lengthwise, and scrape seeds into the fruit and juice mixture.
- 3. Decrease the heat to medium-low and simmer the fruit and juice 20 to 25 minutes or until the juice becomes thick and syrupy.



It will thicken up and boil a little slower as it reduces. Watch that it does not over-boil or burn—you may need to decrease the heat as it thickens. Remove from heat and strain the pineapple from the juice. Put pineapple in a bowl and refrigerate until chilled.

- 4. Remove tapioca from heat and stir in the reduced juice and the salt. Transfer tapioca mixture to a bowl, cover lightly with plastic wrap, and refrigerate until completely cool, at least 3 hours up to overnight.
- 5. Right before serving, fold about half the diced mango and lime juice into the tapioca. Divide tapioca pudding evenly into clear glasses. Fold the remaining mango into the chilled pineapple. Spoon fruit on top of pudding to cover in an even layer. Garnish with a little grated lime zest. Serve immediately.

Per serving

350 calories, 4 g protein, 55 g carbohydrate, 13 g fat (10 g saturated fat), 4 mg cholesterol, 2 g fiber, 37 g sugar, 255 mg sodium. Calories from fat: 33%

Reviewed by **Hansa Bhargava, MD**WebMD Medical Editor



WORK IT OUT

Raise the Barre

BALLERINAS NEED NOT APPLY, SCULPT YOUR WAY TO A DANCER'S BODY WITH THESE MOVES

By Kara Mayer Robinson

Ever dream of having a dancer's body? A barre-based workout may be just the ticket. This buzzed-about method is inspired by classic dance moves and uses a ballet bar for support. Experts say the workout is ideal for sculpting a lean, ballerinaesque body.

Barre works just about every muscle group. "You'll target your abdominals, legs, glutes, and upper body," says Fred DeVito, co-founder of Exhale spa, with locations around the country. DeVito says if you do barre regularly, you'll see flatter abs, sculpted arms, leaner thighs, and a firmer rear. Plan to supplement with a few days of cardio.

Barre combines dance, yoga, Pilates, flexibility, and balancing exercises. It's an isometric workout, which means you focus on squeezing or contracting a muscle or muscles. You do many moves next to a ballet barre. and others away from the barre or on a mat. You may use light hand weights. Most barre classes include these basic moves:

Plié squats This twist on a classic ballet move is great for your legs. With your toes pointing out, you'll bend your knees and lower your body into a squat



position. That fires up your quads, hamstrings, glutes, and calves.

Many barre classes include different variations on the plié, like pulsing pliés and inner-thigh squeezes. You can turn up the heat on this basic move by doing a plié squat jump (the plié squat followed by a jump).

Plank The plank is an excellent core strengthener. For the best impact. hold your body still and straight. Engage your abs by pulling them in. The basic forearm plank is an excellent foundation exercise, DeVito says. Your class instructor may use variations like side planks to target different muscles.

ON POINT

TRY THESE TIPS FROM FITNESS EXPERT FRED DEVITO TO GET THE MOST OUT OF YOUR BARRE WORKOUTS.

Be present. Clear your mind and focus on your breath to get the most out of your time at the barre.

Be regular. Aim for three to four barre workouts per week. DeVito says that with three hours of barre a week, you may notice a change in your body in just a few weeks.

Be patient. You may find some moves extra challenging at first. Take that as a sign that they're probably the exercises your body needs most.

Ab curls Crunches are aces at strengthening your abs and core. To change things up, you may do pulsing crunches, pike crunches, or other variations on the basic crunch.

Barre workouts are easy to find through classes, online workouts, or DVDs. Studios and gyms have amped up their game with loads of specialty classes, like cardio barre, Core Fusion barre, and interval training barre.

But you may find it's best to stick to basic barre to start, DeVito says.

> Reviewed by Michael W. Smith, MD, CPT WebMD Chief Medical Editor

FITNESS CHALLENGE

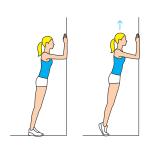
Hard Core

TAKE A STAND TO PROTECT AND STRENGTHEN YOUR ABS, HIPS, AND BACK

By Jodi Helmer

Most core workouts focus on floor exercises like bridges, crunches, and planks. But when it comes to toning the abdominal, hip, and back muscles that support movements such as lifting and bending, certified personal trainer and master sports nutritionist Natalie Jill thinks standing up is the key.

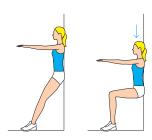
"You can do a lot of moves that build your core muscles and mimic the activities you do every day," she explains. "If you're consistent, these moves will make a difference in your core strength." For maximum benefit, Jill recommends doing three reps of these three moves at least three times per week to burn calories, ease lower-back pain, and improve muscle tone.



Wall Plank

This basic exercise is one of Jill's favorites because it engages all core muscles and can easily be made more challenging with slight adjustments.

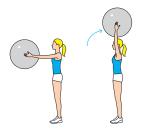
- 1. Stand facing a wall. Your feet should be about 2 feet from the wall.
- 2. Lean forward slightly and place your forearms on the wall with your palms facing each other. Keep your body in a straight line from head to toe.
- 3. Squeeze your glutes, tighten your abs, and rise up on your toes.
- 4. Hold the position 60 seconds.
- 5. As you build core strength, make the move more challenging by moving your feet farther from the wall and holding for longer periods.



Wall Sits

"Even though you're using the wall for balance, your core has to work hard to keep you in this position," Jill says. "You'll really feel this in your legs."

- 1. Start with your back facing a wall, feet shoulder-width apart.
- 2. Slowly lower into a sitting position, using the wall for support.
- 3. Walk your feet out, keeping your knees in line with your ankles, and lower your body until your thighs and calves are at a 90-degree angle.
- **4.** Reach your arms straight out in front of you.
- 5. Hold for 60 seconds.
- 6. As you build strength, work toward holding the move for longer periods.



Shoulder Lifts

Jill loves this double-duty move that works the core and the upper body in one exercise. If the move is too challenging, work on holding the ball out in front of you for 30 seconds.

- 1. Stand with feet shoulderwidth apart.
- 2. With your arms straight, hold an exercise or stability ball out in front of you. (Your palms should be facing each other on opposite sides of the ball.)
- 3. Tighten your glutes, squeeze your palms into the ball, and raise your arms above your head.
- 4. Return to starting position.
- 5. Do as many repetitions as you can in 30 seconds.

Reviewed by Michael W. Smith, MD, CPT WebMD Chief Medical Editor



"I am an avid walker. Isn't that enough exercise to stay fit as I get older?"

Kathleen James, 71, retired, Champaign, Ill.



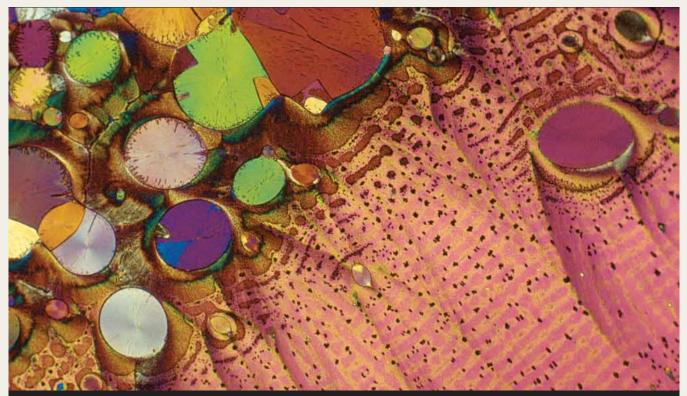
"Walking is great exercise, but when it comes to your overall health, strength training is also important. A strength-training workout can build muscle mass and bone density. Both decline as you age and are important for balance and preventing falls. For older adults, strength training is more about maintaining strength to pick up the grandkids or carry groceries. Many gyms and community centers offer fitness classes for seniors that use light weights and resistance bands. Water workouts are also great. The most important thing to remember is that it's never too late to get started."



Chris Freytag, certified personal trainer, founder of GetHealthy U.com, and author of Get Started With Weight Loss

Checkup

TAKING CARE, LIVING WELL



October is **Depression** Awareness Month

Depression is more than occasionally feeling blue or having a bad day. Depression is a serious illness. The intense, ongoing feelings of sadness and hopelessness can make it difficult for those with depression to work, sleep, eat, take care of their children, and find joy in the things that once made them happy.

Mental health experts think a combination of genetics and life experiences can cause depression. Research shows that in 2012, an estimated one in 14 adults in the U.S.—that's 16 million people—had a bout with major depression. Most can get better with treatment, such as antidepressants and talk therapy. But individuals often avoid seeking help because of the stigma around mental illnesses, including depression.

Antidepressants help many people. But they can take a month or more to have an effect, and they don't help

everyone. Current research explores solutions to these problems. In small clinical trials, ketamine—better known as the club drug "Special K"-begins to work in some people in just a few hours. Other trials test magnetic brain stimulation in people who don't benefit from antidepressants. This treatment uses a device that sends magnetic waves into the brain to stimulate the areas that depression affects.

In an interview with *Elle* last year, Miley Cyrus opened up about her depression and need for medication. Rock star Pete Wentz of Fall Out Boy speaks freely about having



depression. He talked about his suicide attempt in a video for Half of Us, an initiative to reduce the stigma and raise awareness of mental illness among young adults.

—Sonya Collins

Reviewed by Arefa Cassoobhoy, MD, MPH, WebMD Medical Editor

HEALTH HIGHLIGHTS

LUPUS

TIPS FOR MANAGING FLARES AND LIVING YOUR BEST LIFE

By Matt McMillen

- Early warning Recognize the signs of an impending flare, and you may be able prevent it or reduce its impact.
- On the move Keep your joints flexible and protect your heart with regular exercise.
- Within limits If your energy level is low, slow down. Don't push vourself and overdo it.
- Made in the shade To guard against flares, cover up and use sunscreen daily to protect yourself from the sun.
- Full night's sleep Talk to a doctor about sleep troubles, which may worsen lupus symptoms.



- Healthy fats Seek foods rich in inflammation-reducing omega-3 fatty acids, like salmon and nuts.
- Team effort Join a lupus support group and share your experiences in person or online.
- Stress reduction Meditate and exercise to ease your mind and help you relax.
- Solid bones To maintain strong bones, get plenty of calcium and have your vitamin D level checked.
- Knowledge=power Get educated and involved in your care. You'll feel better and be more active.

EXPERT TIPS



Joan T. Merrill, MD head of the Clinical Pharmacology Research Program at the Oklahoma Medical Research Foundation and medical director, Lupus Foundation of America

"If you aren't taking your medicine, talk to your doctor. Sometimes we think the drug isn't working and we raise the dose or switch to something else, but the person wasn't taking it in the first place. If you can't talk to your doctor, get another doctor!"



Betsy Blazek-O'Neill, MD specialist in physical medicine and rehabilitation and medical director of the Integrated Medicine Program at Allegheny General Hospital, Pittsburgh

"You should always check with your lupus doctor first to make sure you have been cleared for exercise. With any exercise, start slowly with shorter periods and low intensity, and gradually build up longer duration and more intensity."



Diane L. Kamen, MD director of clinical research, Medical University of South Carolina, Charleston

"Many people identify stress as a trigger of fatigue. So if you know a stressful situation is coming, it makes getting good-quality sleep, eating healthy, and drinking plenty of water to stay hydrated even more important. Doing those beneficial things as well as avoiding fatigue triggers (direct sun exposure is a common one for patients) can help you get through a stressful day."



Reviewed by Arefa Cassoobhoy, MD, MPH, WebMD Medical Editor



BY THE NUMBERS **CANCER**

FACTS AND STATS ABOUT TOP HEALTH ISSUES

By Heather Hatfield

People living in the U.S. with

cancer or a history of cancer

Estimated number of new cancer cases in the U.S. in 2015

Ages at which 78% of cancers are diagnosed



Deaths from cancer each day in the U.S.

Estimated number of cancer deaths in the U.S. in 2015

of men and women will be diagnosed with cancer in their lifetime



People who survived 5 years or more after a cancer diagnosis in the 1970s



People who survived 5 years or more after a cancer diagnosis in the 1980s



People who survived 5 years or more after a cancer diagnosis from 2004 to 2010



Risk of developing cancer for men



Risk of developing cancer for women



Percentage by which the cancer death rate fell over the past 20 years

Sources: American Cancer Society, National Cancer Institute

Estimated national expenditures for cancer care today

Estimated national expenditures for cancer care by 2020

Checkup

Reviewed by Brunilda Nazario, MD, WebMD Lead Medical Editor





LIVING WELL

CERVICAL CANCER

TIPS TO STAY HEALTHY AFTER TREATMENT

By Christina Boufis

Amy Rodriguez was 42 when she was diagnosed with cervical cancer. "I had been having a little bit of light pain in my lower left side, in the area of the ovaries, and some heavy bleeding, which was unusual," says the mother of two. Rodriguez went to see her gynecologist and had a Pap test. When she found out it was cancer, "my life just flipped upside down," she says. "I've never had any health issues or problems."

Fortunately, cervical cancer, most often caused by human papillomavirus (HPV), is extremely curable in the early stages, says B.J. Rimel, MD, gynecologic oncologist in the



"Women who have some pelvic pain or discomfort may find it's alleviated by the water."

Women's Cancer Program at the Cedars-Sinai Samuel Oschin Comprehensive Cancer Institute.

Following diagnosis and treatment, what can you do to stay well? Rimel has these tips:

Quit right now. "Smoking is a big problem," Rimel says. Take steps to quit, and "make sure you're not around smokers," she adds.

"The nicotine and many substances in cigarettes [appear] to activate HPV and cause it to persist, which may result in worsening disease."

Consider a water sport.

While exercise is important for health overall, find something that allows you to move comfortably without pain, especially if you've had extensive treatment, Rimel

says. "Women who have some pelvic pain or discomfort may find it's alleviated by the water," she adds. Try water-based aerobics or swimming.

Ask about physical therapy. "Talk to your doctor about vaginal health," Rimel says. "Women who've had cervical cancer may be

at increased risk of vaginal problems, like narrowing or dryness, so ask your doctor about physical therapy, such as using dilators, that may be appropriate."

Find ways to de-stress. Studies show that relaxation practices like yoga and meditation may help reduce stress, anxiety, and fatigue in those who've had cancer.

"Whatever people enjoy doing and is restorative is generally going to be health-promoting," Rimel says. Other ways to destress? Reach out for support. "Good support groups are out there, especially for women who've had complications from treatment."

Eat healthy foods.

"Focus on fruits and vegetables," Rimel says. Limit foods that aren't as healthy, like processed sugars and grilled or processed meats, she adds. Indeed, one study showed that a diet rich in fiber and high in fruits and vegetables was linked to a reduced risk of cervical cancer, though more research is needed to understand the connection.

ASK YOUR DOCTOR

- 1. What are the chances of cervical cancer recurrence?
- 2. What lifestyle changes should I make?
- 3. How often should I have regular checkups?
- 4. What about new approaches to prevention or treatment?
- 5. How does my having had cervical cancer affect my close family members?



Reviewed by Michael W. Smith, MD, WebMD Chief Medical Editor



MY STORY

THE BIG C

HER FAMILY TIES TO BREAST CANCER ARE SO STRONG THAT SHE GOT TESTED. HERE'S WHAT HAPPENED NEXT

> By Rachel Koszegi WebMD.com community member

For me, cancer has always been more than just a disease. At 33, I have been face-to-face with cancer for about half of my life. I was 15 when my mom was diagnosed with breast cancer. She was 42. Her sister was also diagnosed a couple of years later. My mom's diagnosis was not my first experience with cancer—I was 12 when my grandfather passed away from prostate cancer.

The pattern was becoming painfully obvious. My grandfather had three brothers and three sisters. Two brothers lost battles with prostate cancer, and two sisters died of breast cancer. As the family grew, so did the pattern of cancer.

For 16 years my mom fought, and, for what felt like a brief moment in life, she was in remission. After several recurrences, her cancer came back a final time in 2008. It was at that point that my mom and my aunt found out about the BRCA testing (for a genetic mutation that increases the risk of cancer).

They decided to get tested. They were both BRCA2-positive.

I kept putting off the test, against my family's requests. I was young, and



RACHEL'S REALITY

"Be an advocate for your own health. Be knowledgeable about what is going on with you, and don't let anybody sway you from what you feel is the right thing to do."

"Reach out and get the support you need. Don't try to do everything yourself."

"I got tested because I choose to live. When the cards you're dealt stink, change them."

I wanted to focus on my growing family with my husband. My mom lost her fight in July 2012. She was 58, and then, testing was the last thing I wanted to deal with.

But in 2014, two years later, I decided I could no longer put it off. Deep down I knew it was going to be positive, and I never doubted what preventive actions I would take. When I look back at everyone who has had cancer in my family, it's just not something I was willing to gamble on, and I didn't want to be just another statistic.

When I got the test results that confirmed I was BRCA2-positive, the reality hit me. I was very emotional. I immediately went from grief to anger and focused on a proactive plan. During this time, I talked to anvone who was curious or wanted to listen or help. I looked into support groups and studies. I took my health into my own hands to try to help secure a future. I got involved with a research program to see what makes cancer so strong in my family versus other families, in hopes of helping other people.

At first, I focused on my own family. I have several cousins, and I started talking to them to help them understand our family history. Each one decided to get tested. Each one has come up BRCA2-positive.

In July 2014, I had a double mastectomy. I recently had my last stage of reconstruction surgery. Although I'm not done with the proactive steps (I plan to have a complete hysterectomy, including removing my ovaries), my life is pretty much getting back to normal.

LIFE AFTER CANCER

BETTER DAYS

A Q&A WITH GOOD MORNING AMERICA'S AMY ROBACH ABOUT BREAST CANCER POST-TREATMENT AND BALANCING LIFE AND FAMILY

By Gina Shaw



Two years ago in October, you were diagnosed with breast cancer at age 40, after getting a mammogram on national TV. How are you feeling these days?

I haven't gotten off the roller coaster yet—I still have some tough emotional moments. I definitely try to hide it from my children, but often it comes up on me unexpectedly.

How has your experience with breast cancer affected your relationship with your children?

I talk to my kids in a way I didn't before. I sit down at bedtime with them and the stories go longer, the moments are sweeter, and I pass on more advice to them. Last night I was telling Annalise, "The one thing Mommy wants you to be in this world—it's not smart, it's not successful—I want you



to be kind." I give them as much of me as I can.

How did cancer affect your marriage?

We were in a very young marriage, and I was very fearful that we weren't going to make it. When [actor] Andrew [Shue] married me, he told me that I was the happiest person he'd ever met. Suddenly I became one of the saddest people. But I'm proud to say we're better now than we were before.

Are you still getting treatment?

I'm on tamoxifen for 10 years to try to prevent a

recurrence. So I have hot flashes, I don't have my period, I feel like a 55-year-old woman sometimes. My skin is dry, my hair is thinner, and I get these crazy hot flashes.

You decided to have a double mastectomy. How are you dealing with the post-surgery changes?

I feel pretty good about my body. But it is a constant reminder when you look in the mirror and see your scars, and don't have feeling in your nipples. I try to make that a good thing, a reminder to live in the moment.

Did you change your lifestyle after your cancer diagnosis?

Definitely! My geneticist recommended that I cut out most red meat. I'm a girl from the Midwest and I loved my hamburgers and filet mignon! It's taken some time, but I'm finally at a point where I don't really want it. I'm stepping it up with the veggies: I purée cauliflower instead of mashed potatoes. I've cut down my alcohol intake significantly, and I work out every day, which I wasn't doing before. I keep telling myself, "This is me, fighting."



Reviewed by Arefa Cassoobhoy, MD, MPH, WebMD Medical Editor

HEALTH CHECK

IS IT A COLD OR THE FLU?



Your body aches. Your throat burns. Your nose is so stuffy you can barely breathe, and you cough like mad. Did you pick up a run-of-the-mill cold, or has the seasonal flu taken you down? Symptoms can be so similar that the answer isn't always obvious. While a cold might keep you home for a day or two, the flu can lay you flat for several days—and possibly lead to complications like pneumonia. Take this quiz to see if you know which respiratory illness you've caught.

QUIZ

- 1. You're running a fever.
 - Cold Flu
- 2. You're sneezing.
- 3. You're extremely tired.

 Cold

 Flu
- **4.** You have a headache. Ocold Flu

Answers: 1. Flu. A high number on your thermometer is a good sign you've got the flu. Colds rarely cause a fever, but the flu can make it spike as high as 102°F. Take acetaminophen, ibuprofen, naproxen, or another fever-reducing medicine, and stay home until your temperature is back to normal for at least 24 hours (just don't give aspirin to children or teenagers because of the risk of Reye's syndrome). 2. Cold. The flu can clog up your nose, but sniffles and sneezes are more often signs of a cold. If congestion makes you uncomfortable, talk to your pharmacist about over-the-counter medications that are safe for you and he or she will treat your specific symptoms. 3. Flu. A cold can leave you a little drained, but it shouldn't exhaust you. The flu, on the other hand, can make you feel like you've been run over by a steamroller. Pay attention to your body and get to the doctor. You may need to start antiviral medicine, and the sooner you start, the better. 4. Flu. A headache—along with a cough, body aches, and fever—is synonymous with the flu. If you do have a headache with a cold, it's likely to be mild. Control aches with acetaminophen, ibuprofen, naproxen, or another over-the-counter pain reliever.

SOURCES:

CDC; NIH; University of California, San Francisco; WebMD Cold, Flu & Cough Health Center

? ASK YOUR DOCTOR

- 1. Do I have a cold or the flu?
- 2. Should I get a flu test?
- 3. What can I take to help me feel better?
- 4. How can I avoid getting sick in the future?

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10 QUESTIONS

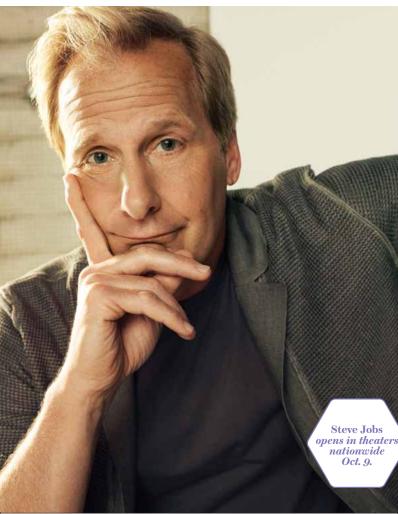
Jeff Daniels

Actor, Musician

In the film. Steve Jobs, vou play former Apple **CEO John Sculley,** who fired Jobs in 1985. What appealed to you about the role? Aaron Sorkin wrote it. It's a great part, and it's a great story. Aaron painted a very sympathetic portrait of someone who did absolutely everything he could to make it work with Steve, and it didn't.

Is it hard to play such a wide range of characters, especially going from an intellect like Newsroom's anchor Will McAvoy to the dim-witted Harry **Dunne in Dumb and Dumber?** It helps with a jump from Will McAvoy to Harry Dunne, because they're so wildly different. That's an easier transition. The tougher one is where it's a little more subtle and they're kind of variations of yourself. That gets a little tricky.

You're also an accomplished musician. What do you like most about performing? You have complete creative control when you walk out with a guitar and a chair, and you've got to hold them for 90 minutes. You're everything-you're the orchestra, the supporting players, the director, the editor, the



writer. And if it's great, good for you. If it's not, the blame's on you. All the glory and all the blame. I like that.

What types of venues do you enjoy playing? I

prefer the opera houses, the clubsthose kinds of places, because you can do more with them. It's like you're working in a close-up or a medium close-up. I like that. And a lot of what I do

is talk to the audience. There's an art to it. There's a craft to it.

What was the experience of touring with your son, Ben, like? It

means the world to me that I'm so close with my kids-close enough that he would come out on the road with me. I'm lucky, and I enjoyed every second we were on the road together. Hope to do it again.

Why is family especially important to you? The

longer you're around, you learn that it's fleeting. Enjoy it while it lasts, because then it will be gone and you've got to reinvent yourself. It's hills and valleys, especially in an actor's career. Family and music and things like watching my son become this musical artist-that lasts, that's permanent.

What's the most important message you've taught your children? No one's going to hand you anything. And if you don't throw everything you've got at it and outwork everybody else, then you won't succeed or won't be your best.

What's your health philosophy? It's simplemoderate exercise and diet. Lean-eating habits. I don't snack.

What's the best health advice you've ever gotten?

My cardiologist said, "Do something every day. Even if it's a 30-minute walk, do that. But just don't miss." It was great advice-just get out there, get moving, keep stretching, keep limber, eat right, and you're going to feel a lot younger than you are. And it's true.

How do you stay centered?

The guitar. Just noodling on the guitar is kind of trance-like. It's always been there for me. When the phone hasn't rung for two weeks, and I'm wondering if I'll ever work again, it's been the friend. It's been the one that says, "Play me, you'll feel better."-Stephanie Watson