

# WebMD®

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# FUTURE FOCUS

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### Future Focus

Early in his career, **Michael J. Fox** was best known for his roles in *Back to the Future* and *Family Ties*. But after being diagnosed with Parkinson's disease in his 30s and keeping his condition under wraps for several years, he took on his greatest role to date: raising awareness for the disease and leading the way to a cure through the Michael J. Fox Foundation for Parkinson's Research. This year, we honor Fox as our first WebMD Health Hero Hall of Fame winner.

### Good Company

Every year, WebMD celebrates Americans who change the health landscape in our country. This year, we honor winners in five categories: prodigy, scientist, activist, philanthropist, and People's Choice. Meet the **2014 WebMD Health Heroes**.



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“  
**HAVING A FAMILY MEANS YOU DON'T ALWAYS FIND MOMENTS OF QUIET, SO YOU FIND QUIET IN THE CHAOS.**  
”

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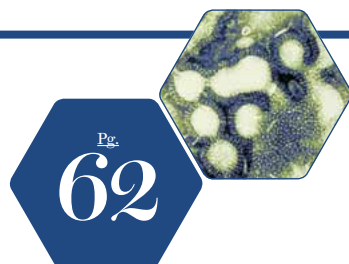
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Health is no laughing matter for **Ricky Gervais**. The comedian opens up about his diet, motivation for dropping 20 pounds, and how humor helps.

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## WEBMD CHECKUP

It's cold and flu season. Are you prepared? • **LIVING WITH:** How to take action now after an Alzheimer's diagnosis. • **BY THE NUMBERS:** We take a closer look at health during the holidays. • **HEALTH HIGHLIGHTS:** Breathe easier with tips for managing COPD. • **MY STORY:** One reader shares his journey as a caregiver. • **ADVOCACY:** A Q&A with actor **Seth Rogen** about Alzheimer's awareness. • **HEALTH CHECK:** What's your back pain IQ? Take the quiz to find out.

**CORRECTION:** In our "Living With" story about lupus (page 79) in the October issue, we misspelled Aimee Ackell's name.



For the past eight years, WebMD has honored Health Heroes, people who transform health in this country by meeting challenges and giving back to others. We are pleased to bring you the extraordinary individuals who make up our 2014 winners. And, for the first time, we have a new award, the WebMD Health Hero Hall of Fame Award. It's presented to an individual who has made an indelible mark on the health and well-being of many people and who has raised the bar for championing a health cause.

It is our honor to bestow the first WebMD Hall of Fame Award on **Michael J. Fox** for his significant efforts to raise awareness, expand funding, develop treatment options, and advocate for patients in his tireless quest to find a cure for Parkinson's disease.

Turn to page 60 to read our cover story with Fox, and learn more about his acting career, how a diagnosis of early onset Parkinson's impacted his work, and about his vision for The Michael J. Fox Foundation.

We hope Fox and our other Health Hero winners this year will inspire you as much as they do us, especially in this season of giving.

Have a wonderful holiday.

*Kristy*

Kristy Hammam  
Editor in Chief  
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Look for this icon on pages throughout the magazine.



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## WATCH OUR EXCLUSIVE VIDEO WITH MICHAEL J. FOX!



Good Morning America co-anchor **Robin Roberts**, host of our 2014 WebMD Health Heroes awards ceremony on Nov. 6, sat down recently with our first Hall of Fame Health Hero winner. They discuss how Fox first learned of his diagnosis, the most common misconceptions about the condition, his advice to people living with Parkinson's, and how he stays motivated every day.



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# HOT TOPICS!

FACTS AND NEWS YOU CAN USE



**77,900:** The number of children under age 5 who were **treated in emergency rooms for injuries** involving nursery products such as high chairs and changing tables in 2012

Source: Consumer Product Safety Commission

**1 in 4 new HIV infections are in young people ages 13 to 24.** Most have no idea they're infected, and can unknowingly pass HIV on to others.

Source: AIDS.gov



**.57 miles**

**The distance around one level of the Mall of America in Bloomington, Minn.**

Source: Mall of America

**1 in 7**

Your child's risk of developing diabetes if you have it and were diagnosed before age 50.

Source: American Diabetes Association



**139**  
**CALORIES IN A PIECE OF FRUITCAKE (ABOUT 1/3 CUP-SIZE PIECE)**

Source: USDA



**Most 3-year-olds have 20 baby teeth.**

Source: American Dental Association



**60% OF SHELTER CATS ARE ADULTS AND HAVE A HARDER TIME THAN KITTENS FINDING A NEW HOME.**

Source: CATalyst Council

**Fingernail and toenail** problems make up about 10% of all skin conditions.

Source: American Academy of Dermatology



Gastroesophageal reflux disease (GERD) affects about **1 in 5 people**, with symptoms such as heartburn, belching, and difficulty swallowing.

Source: International Foundation for Functional Gastrointestinal Disorders



**48%**  
Amount of  
added sugar  
in Americans'  
diet that  
comes from  
**sweetened  
beverages.**

*Source: American Public Health Association*



## Nut Case

Almonds can help keep a healthy heart ticking. A new study found that after eating meals that included 1.75 ounces of almonds (that's about 42 nuts) a day for four weeks, healthy men ages 20 to 70 had lower blood pressure, improved blood flow, and increased levels of a naturally occurring antioxidant in their bloodstream. All are signs of decreased risk for heart disease and heart attack.

*Source: Free Radical Research*



## LEARNING TIME

Parents begin teaching their children the day they are born. But babies might begin learning before that. A recent study found that fetuses showed signs of learning at 34 weeks' gestation. Starting in week 28 of their pregnancies, expectant mothers recited a rhyme twice a day. At 34 weeks, the mothers stopped the daily recitations. When researchers played a recording of an unknown woman reading the rhyme, the fetuses' heart rates slowed—a sign of learning and memorization. The fetuses still recognized the rhyme, demonstrated by their heart rates, four weeks later.

*Source: Infant Behavior & Development*

## SLEEP SENSE

Losing sleep could do more than just leave you feeling a little foggy. Sleep-deprived people are prone to creating false memories, a study says. Two groups of college-age adults were asked to study photos of a crime, read an inaccurate description of the photos, and then describe the photos.

One group had slept the night before; the other group had stayed awake. When they described the pictures, those who'd stayed up all night were more likely to say the details in the falsewritten description were present in the photographs.

*Source: Psychological Science*





## RUN FOR YOUR LIFE

Running could add years to your life. And you don't need to do that much to reap the benefits. In a study that followed 55,000 people ages 18 to 100 for 15 years, runners were 30% less likely to die prematurely during the study period than their non-running peers. This amounted to outliving non-runners by about three years. Even running as little as 30 to 59 minutes a week—that's 5 to 10 minutes a day—at a slow pace lowered risk of premature death.

Source: Journal of the American College of Cardiology

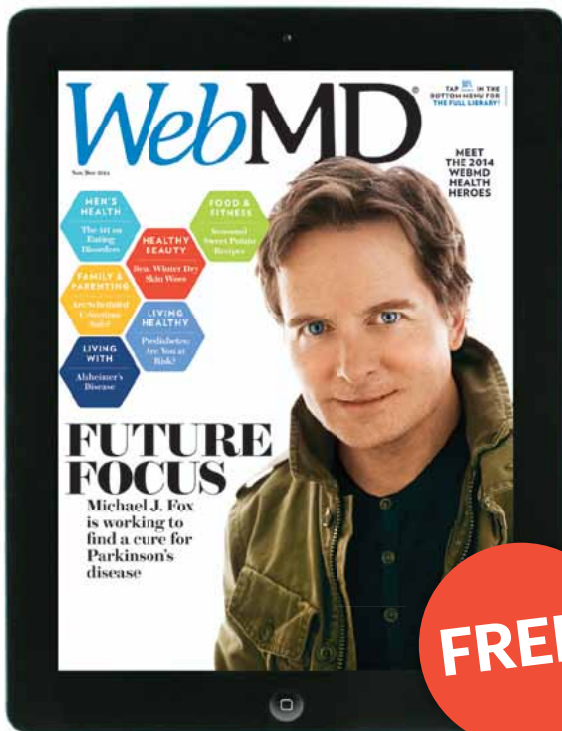
# 50%

Percentage of Americans who will buy candy during the holidays. It's the

**No. 1 snack**  
purchase of  
the season.



Source: NDP Group



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## BURNING SECRET

Stressed out? That's when many people reach for the cookies or chips.

But that could be the worst possible time for high-calorie snacks. In a study, women completed a questionnaire about how much stress they'd had in the past day.

Then they ate a high-fat, high-calorie fast-food meal. Afterward, researchers measured how fast they burned calories. Women who had faced one or more stressors in the previous 24 hours burned 104 fewer calories over the next seven hours than their stress-free peers. For women who face stress every day, this difference could equal an extra 11 pounds a year.

*Source: Biological Psychiatry*

## Wine Not?

It's no secret that too much alcohol is bad for your kidneys and your heart. But the occasional glass of wine could have some benefits. Among more than 5,800 people, those who drank less than one glass of wine per day—say, a few glasses per week—were almost 40% less likely to have chronic kidney disease than those who never drank wine. And for those who already had kidney disease when the study began, the occasional vino helped prevent the condition from progressing to heart disease.

*Source: National Kidney Foundation*



**65%**  
**Percentage**  
**of Americans**  
**who say they**  
**avoid soda.**

*Source: Gallup*



## TUBE TIME

Most of us unwind in front of the TV, but your downtime might be better spent elsewhere. According to a study of 13,000 adults who did not have a previous diagnosis of diabetes, heart disease, or cancer, those who watched three or more hours of TV a day were twice as likely to die prematurely over the next eight years than those who watched an hour or less. It wasn't just because they were sedentary. Time spent driving or using a computer didn't have the same effect.

*Source: American Heart Association*





Magazines are like babies. You love each and every one as it arrives in the world. But I'd say that we at WebMD have a special place in our heart for the last issue of the year, the one you're reading now, because it always celebrates a new group of people we call Health Heroes.

This year's annual **WebMD Health Hero winners** are no less exemplary. One is a child psychologist who co-founded an institute to speed treatment breakthroughs for childhood mental illnesses. Another is a college student whose curiosity about teens' sleep and mood patterns led to a novel research project. A third is a plastic surgeon whose team created a device to mitigate the pain of cluster headaches. Another sees kids' gardens in schoolyards across the nation as a way to fight hunger and encourage healthy meals. And a fifth established a health center focused on quality care for seniors as a model for a better end of life for everyone.

Who are they? Turn to page 36 to find out. Their stories brighten this season of joy.

*Colleen*

Colleen Parety  
Editorial Director  
colleen@webmd.com



## Take Five

If an apple a day keeps the doctor away, how about five apples? They could greatly reduce your risk of dying early. Researchers looked at the fruit and vegetable intake of more than 800,000 people and found those who ate five servings of fruits and vegetables per day lived the longest. Every serving of fruits or vegetables you eat each day could cut your risk of premature death by 5%, according to the study.

However, the benefits max out at five servings a day.

Source: BMJ

WebMD.com

### Hot Hits

What's trending on WebMD.com right now\*

**Garcinia cambogia:**  
Is it safe?

What is the placebo effect?

HIV symptoms

Aspirin therapy

Losing belly fat

What causes skin tags?

Caffeine withdrawal

Treating styes

Cold feet

Anti-aging hairstyles

\*as of Sept. 1, 2014



## STRIKE A POSE

Chronic fatigue and pain can keep breast cancer survivors from exercising and lead to other health problems. But yoga classes may bring relief. In a recent study of 200 breast cancer survivors, half took 90 minutes of hatha yoga classes per week for three months. A few months after completing the yoga training, these women had less fatigue, less inflammation, and more energy than their peers who had not practiced yoga.

Source: Clinical Oncology



**45%**  
PERCENTAGE  
OF AMERICANS  
WHO WILL  
BAKE TREATS  
THIS HOLIDAY  
SEASON.

Source: NDP Group

# The Pause Effect

Do you react rather than stop to think when someone pushes your emotional buttons? If you want to change this behavior, pause before you respond outwardly.

Choose to be more curious about yourself and the other person. The goal of this curiosity is for you to become more open-minded in the heat of the moment, rather than instantly clamping down like a steel trap, with one judgment. Try these three steps, says Leslie Becker-Phelps, PhD, author of WebMD's The Art of Relationships blog and the book *Insecure in Love: How Anxious Attachment Can Make You Feel Jealous, Needy, and Worried and What You Can Do About It*. First, choose a situation. Pick some behavior or interaction—positive or negative—that you have questions about, or that you could be wrong about. Second, check your thoughts and feelings. Do a thorough job of this.

You might even want to look at a list of emotions to help you figure out exactly what you're feeling. Third, consider possible explanations. Once you pinpoint your emotions and thoughts, consider the possible reasons the incident happened, using what you know about yourself and the other person or people involved. "By going through these steps repeatedly, you'll start to see that any given incident could have a number of likely causes—not just the one that flashed through your mind first as emotions ran high," Becker-Phelps says.

"It will become easier for you to pause and respond more thoughtfully."

LIVING  
HEALTHY



# SWEET SUCCESS

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

Photograph by Jonathan Timmes

## HANDS ON

"To relieve eczema, apply a moisturizer with the ingredient dimethicone two to three times daily. Dimethicone helps form a protective barrier on the skin that repels water. Before bed, soak or steam your hands for five minutes to open up the pores. Then apply a natural oil such as coconut or sweet almond oil to your hands and cuticles, slip on a pair of white cotton gloves, and relax."



**Mohiba K. Tareen, MD**  
medical director, Tareen Dermatology,  
Roseville, Minn.

## BAKING POINT

"Delicious, easy-to-eat treats like cookies are hard to resist, but if you do your baking after eating a healthy, satisfying meal, you will be better able to resist the temptation. Store the baked goods immediately and out of sight, and indulge sensibly with a cookie at a time when you can sit down, relax, and savor every bite."



**Kathleen Zelman, MPH, RD, LD**  
WebMD director of nutrition

## STRIDE RIGHT

"One way to reduce any impact on your knees is to take shorter strides—three steps per second—no matter how fast you run. To help prevent overuse injuries and provide total body fitness, mix in other types of cardio, like cycling, with your running. If you do have knee pain, check with your doctor."



**Michael W. Smith, MD**  
WebMD Chief Medical Editor

## REACH OUT

"Staying in touch these days is so much easier than ever before thanks to technology. When you're away, schedule a specific time each night for a Skype chat to catch up on what your teens did that day. Texting is also huge with teens, and because it's something they've grown up with, they're more likely to be responsive to it compared with a phone call."



**Sherrie Bourg Carter, PsyD**  
psychologist specializing in women  
and stress

## WEBMD ON THE STREET

### Paula Shoyer

Pastry chef/cookbook author, 49  
Chevy Chase, Md.

In the mid-1990s, Paula Shoyer worked as a legal adviser for the human rights organization UN Watch when her husband got a job in Geneva. "I'll go to cooking school in Paris for fun," Shoyer figured.

Eventually, her training led to a thriving catering business—with a twist. "I took French pastries and turned them into kosher, dairy-free desserts." Today she travels across the United States and teaches baking classes. Long stretches away are tough on family life. "I have three teenagers at home and one at college, and it's hard to stay involved with them while I'm on the road." When teaching she spends a lot of time on her feet. "Standing for long periods of time is hard on my back and neck." Also, she's often too keyed up to sleep. "I'm exhausted the next day. What can I do to wind down after a show?" Temptation is another job hazard. "Around the holidays, I'll bake 10 to 12 batches of cookies and cakes every day. It's hard to stick to my healthy diet with so many sweets around." She stays fit by running but worries about the strain on her knees. "How much is safe, and how much rest time do I need in between runs?" Her hands are another concern. "Handling irritating foods and constantly washing my hands and cookware has led to painful bouts of eczema."

—Stephanie Watson



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## MEN'S HEALTH

# Hunger Games

EATING DISORDERS AFFECT MORE MEN EVERY YEAR. OUR EXPERT EXPLAINS THE SIGNS

By Colleen Oakley



● ● ● Binging, purging, yo-yo dieting, anorexia. Think these are girl problems? Not so fast. “Recent data suggest that one in four people with an eating disorder is male,” says Lazaro Zayas, MD, a psychiatrist at Massachusetts General Hospital. But because of a long-held belief that bulimia and anorexia are largely female issues, males are more likely to suffer in silence—or worse, not even recognize they have a problem.

People can suffer from eating disorder symptoms without meeting the criteria for a full-blown diagnosis of bulimia (characterized by binging and purging), anorexia (a starvation diet), or binge-eating disorder, says Jennifer J. Thomas, PhD, assistant professor of psychology at Harvard Medical School and co-author of *Almost Anorexic: Is My (or My Loved One's) Relationship With Food a Problem?*

Ask yourself these questions. A “yes” answer does not necessarily mean you have an eating disorder, but a conversation with your doctor or a mental health professional may be in order.

**Are you underweight, or does your weight frequently shift due to repeated attempts to drop pounds?** “In men, this might manifest as fasting, dehydrating, or wearing plastic clothing to ‘make weight’ before a sports competition,” Thomas says.

Do you regularly and sometimes severely restrict your food intake by amount or variety? Or do you have an over-reliance on supplements instead of regular food?

**Do you eat large amounts of food while feeling out of control?** “In growing boys, who eat quite a lot, it can be difficult to tell,” Thomas says. “Remember to compare yourself or the male you’re concerned about to his peer group.”

**Do you try to “make up” for calories consumed?** This can be anything from vomiting to using laxatives and diuretics to over-exercising and fasting.

If you are concerned that your relationship with food is problematic, ask your doctor for a referral to an eating disorder specialist or a program in your area.

## MR. BIG?

A lot of men spend time building muscle and working on their physiques, but for some it can be a sign of a problem. A psychological disorder added to the *DSM-5 (Diagnostic and Statistical Manual of Mental Disorders)* last year disproportionately affects men more than women.

It’s called muscle dysmorphia (MD), commonly known as bigorexia. “Individuals with MD think that they are too small despite valiant efforts at muscle building like excessive weight lifting, taking steroids, or other body building supplements,” says psychologist Jennifer Thomas, PhD.

While not technically an eating disorder, MD often leads to disordered eating such as binging or excessive supplement use to put on more weight. See a doctor if you:

- Obsess over gaining muscle and/or spend excessive time in the gym
- Often take more supplements than the recommended dose
- Take (or are considering taking) steroids

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



Watch **Does Eating Sugar Cause Diabetes?** at WebMD.com.  
LEARN HOW ON PAGE 4

LIVING  
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## WOMEN'S HEALTH

# On the Rise

CERTAIN RISK FACTORS INCREASE WOMEN'S CHANCES OF DEVELOPING PREDIABETES

By Jodi Helmer

● High scores for credit ratings, football games, and SATs are all good, but high blood glucose levels are no reason to celebrate. They are a sign of prediabetes, a disease diagnosed when blood sugar readings are between 100 and 125 mg/dL—higher than normal but not high enough to mean a diabetes diagnosis.

The number of Americans with prediabetes has doubled since 1988, according to research published in *Annals of Internal Medicine*—bad news, since the condition increases the risk of heart disease, stroke, and type 2 diabetes. For women, the increase is even more striking. Rates skyrocketed from 15.5% in 2001 to 50.5% in 2010.

Obesity, a sedentary lifestyle, and a family history of diabetes are risk factors for both men and women. But the chances of developing diabetes are also higher in women who had gestational diabetes during pregnancy, gave birth to babies weighing more than 9 pounds, or were diagnosed with polycystic ovary syndrome.

For midlife women, prediabetes is a wake-up call since the risk of being diagnosed with diabetes increases after age 45—when metabolism slows, muscle



mass decreases, and weight loss becomes more difficult.

“Don’t wait until you feel sick to get screened for prediabetes,” says M. Kaye Kramer, DrPH, MPH, RN, director of the Diabetes Prevention Support Center at the University of Pittsburgh. “Early detection is essential because, if left unchecked, prediabetes increases the risk of developing type 2 diabetes.”

To complicate matters, prediabetes has no

symptoms, which is why the American Diabetes Association estimates that fewer than 10% of the 86 million adults with prediabetes have been diagnosed.

Lifestyle changes can make a big difference. “A lot of people believe that once they have prediabetes, developing diabetes is inevitable, and that can make the diagnosis overwhelming and scary,” Kramer says. “Make healthy lifestyle changes so you don’t develop diabetes.”

### CHANGE UP

IT'S POSSIBLE TO REDUCE YOUR PREDIABETES RISK OR KEEP A DIAGNOSIS FROM DEVELOPING INTO TYPE 2 DIABETES. START WITH THESE THREE LIFESTYLE CHANGES.

**Focus on weight loss:** Research published in the *Journal of General Internal Medicine* shows that losing 10% of your body weight (about 20 pounds for a 200-pound woman) within six months of a prediabetes diagnosis can lead to an 85% reduction in the risk of developing diabetes within three years.

**Get moving:** Exercise reduces insulin resistance and lowers blood glucose levels. To minimize prediabetes risk, diabetes expert M. Kaye Kramer, DrPH, suggests getting 30 minutes or more of moderate-intensity exercise at least five days a week.

**Eat well:** Read nutrition labels and aim for 45 to 60 grams of carbohydrates per meal (carbs cause blood sugar levels to rise) with no more than 25% of your total daily calories from fat.

Reviewed by  
**Brunilda Nazario, MD**  
WebMD Lead Medical Editor



## Lip Service

Full lips are a genetic feature—if mom or dad has them, there’s a 50/50 chance that you do, too. But if you didn’t score big in the gene pool, at least as far as your lips go, not to worry. You can still fake a plump pout sans pins and needles, says Aniesha Jones, a freelance makeup artist in New York City. Start by applying concealer to your entire lip to create a blank canvas. Then, using a lip liner that’s similar in color to your natural lip—or one shade darker—draw a line around the perimeter of your mouth, just slightly above your natural line. Fill the lip in with lipstick or gloss, using a lighter shade to reflect light and give the illusion of fullness. Finally, use a luminizer or a nude eye pencil to trace your cupid’s bow (the “M” shape right above your upper lip) and blend lightly.



## YOUR SMILE

## Candy Crush

'TIS THE SWEETS SEASON! KEEP YOUR SNACKING IN CHECK—AND YOUR PEARLY WHITES INTACT—WITH THESE TIPS

By Jodi Helmer



## CRUNCH TIME

IF YOU CRACK A TOOTH ON GRANDMA'S PEANUT BRITTLE, YOU MAY NOT BE ABLE TO SEE YOUR DENTIST. "MOST DENTAL OFFICES ARE CLOSED DURING THE HOLIDAYS," SAYS KIMBERLY HARMS, DDS, A DENTAL CONSULTANT IN FARMINGTON, MINN. IF YOU HAVE A DENTAL EMERGENCY, HARMS OFFERS THESE TIPS.

**Be prepared.** Pack dental floss, gauze, and over-the-counter pain relievers with your toiletries to deal with minor dental problems when you travel. Remember to take your dental benefits policy number with you.

**Know whom to call.** If your dental office will be closed during the holidays, ask your dentist for a referral for emergencies and know the location of the nearest emergency dental clinic (similar to an urgent care clinic).

**Don't delay treatment.** Waiting until the new year to fix a broken tooth or replace a lost filling could make the problem worse. If you're traveling, call a local dental office for an appointment if you need emergency care. Harms notes that most dentists set aside time for emergencies even for people who aren't regular patients.

Reviewed by **Eric Yabu, DDS**  
WebMD Oral Health Expert

● The secret to indulging in seasonal sweets and still having a cavity-free smile to flash in festive photos is taking care of your teeth during one of the busiest times of the year. These tips will help keep your teeth healthy during the holidays.

**Avoid overindulging.** It's the most wonderful time of year for candy canes, popcorn balls, and cookies—and this nonstop buffet of sweets can wreak havoc on your teeth, says Steven Chussid, DDS, associate professor of dental medicine at Columbia University College of Dental Medicine.

Still, you don't have to skip holiday treats. "Eat a single dessert and brush your teeth afterward," Chussid advises. "You'll expose your teeth to less sugar [with a single indulgence] than if you're constantly snacking, and that reduces the risk of tooth decay."

**Snack smart.** The colorful soldiers standing at attention beside the almonds are not just decorations. Use a nutcracker, not your teeth, to shell nuts. No nutcracker? Choose a different snack. "One poor decision can

cause a lot of painful and expensive damage," Chussid says. "Is it worth it to break a tooth for a nut?"

**Maintain a routine.** The holidays can upset your schedule, but staying up late to wait for Santa isn't a good reason to go to bed without brushing your teeth. "You should brush at least twice a day," Chussid says.

To keep up good oral health habits on the go, stash a toothbrush and mini tube of toothpaste in your purse or briefcase and make time to "freshen up" after meals. If brushing your teeth isn't an option, chew sugarless gum, which increases saliva and helps flush out food debris and neutralize acid.

**Honor appointments.** Don't let the festivities interfere with a scheduled dental exam. Skipping a dental exam could get you on the naughty list. "It's much better to catch problems now and not put them off until the new year," Chussid says.

If your six-month checkup falls during the holidays, consider it a celebration of good oral health—and a holiday gift to yourself.



Shop now for these products!

[LEARN HOW ON PAGE 4](#)

HEALTHY BEAUTY

## YOU ASKED

# The Big Chill

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

By Ayren Jackson-Cannady

1

### Clean Break Purpose Gentle Cleansing Wash (\$7.99)

"The key word here is 'gentle.' I'm one of the many dermatologists who like to recommend a non-pore-clogging face wash that leaves skin soft and hydrated. This one contains only what your skin needs. It's mild, so if you have sensitive skin you will be able to use this twice a day. Bonus: Many of my women patients claim it's the best makeup remover they've ever used."



**Dhaval G. Bhanusali, MD**  
dermatology resident, Mount Sinai  
St. Luke's and Mount Sinai Roosevelt hospitals

2



3



4

2

### Shower Power CeraVe Moisturizing Cream (\$15.79)

"Taking long, hot showers can strip the body of its protective oils. I recommend 10-minute-or-less showers with warm, not hot, water. When you step out of the shower, pat dry and apply a body cream. This one has ceramides that replace the skin's natural oils."

1



6



5

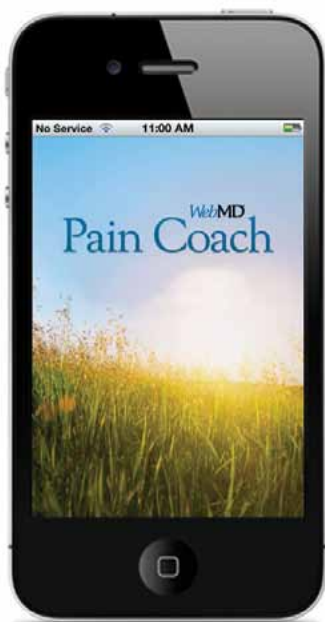


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# Pain Coach<sup>WebMD</sup>

The essential  
iPhone app for people  
living with chronic pain.

- Personal journal to easily log pain levels, triggers, and more.
- Daily tips approved by WebMD doctors to help you meet your goals.
- Articles, slideshows, and videos related to your condition.
- Custom reports for better discussions with your doctor.



3

## Oil Change

**Josie Maran Argan Oil (\$48)** "I'm a big proponent of argan oil, a dermatologist favorite, on the body. This natural ingredient contains essential fatty acids—linoleic and oleic acids—that are amazing for your hair and skin. Place a dot in the palm of your hand, and massage the oil into the driest parts of your skin and hair."

4

## Lip Service

**Aquaphor Lip Repair (\$4.99)** "This is my all-time favorite. It is packed with emollients, which are great because they prevent water loss, soften dry spots, and increase the moisture levels in the top layer of skin. There are no fragrances or irritants so you can use this all day long."

5

## Face Time

**Aveeno Active Naturals Positively Radiant Daily Moisturizer With SPF 30 (\$14.99)** "This soy-based face cream absorbs quickly and is great for improving pigmentation and texture. I love that it is also infused with SPF, one of the best anti-aging ingredients."

6

## Hand Out

**Neutrogena Norwegian Formula Hand Cream (\$4.99)** "Fragrance-free and not super greasy, this hand lotion is a perfect selection for dry, chapped hands brought on by excessive hand washing or exposure to chemicals...on top of dry indoor heat. Use often, and after every hand washing."

Reviewed by **Karyn Grossman, MD**  
WebMD Skin Care Expert

FROM WEBMD.COM

## Q&A

"I sometimes have itchy, red bumps on the backs of my arms. What gives, and how do I make them go away?"



**Kristen Jacobson**  
24, sales associate,  
North Wales, Pa.



## EXPERT ANSWER

"Those bumps are most likely due to a chronic condition called keratosis pilaris, or KP for short. KP is very stubborn, but can be improved with diligent use of certain topical therapies. Salicylic acid, glycolic acid, or lactic acid can help smooth the area and exfoliate the dead cells that pile up, clogging the pores. Look for products with soothing ingredients like colloidal oatmeal—for example, Aveeno Eczema Therapy Moisturizing Cream, \$9.49—ceramides, feverfew, and chamomile, which can help minimize the redness."



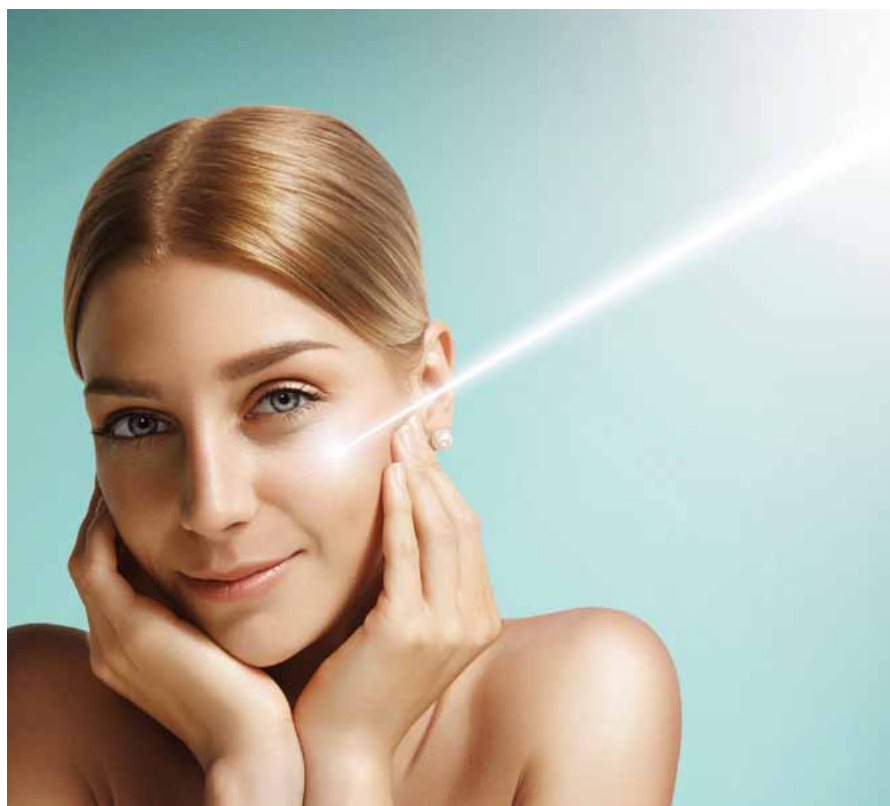
**Whitney P. Bowe, MD**  
clinical assistant professor  
of dermatology,  
SUNY Downstate  
Medical Center

## BEAUTY SMARTS

## Guiding Light

FRACTIONAL LASERS ARE ALL THE RAGE. OUR EXPERTS  
EXPLAIN WHAT THEY DO AND HOW THEY WORK

By Liesa Goins



● ● Dermatology has taken a sci-fi twist in recent years with an increasing focus on lasers and the range of problems they're said to address. Fractional lasers are one of the most buzzed-about options.

If you've heard of fractional lasers, you've likely heard of Fraxel. It's the brand name for one of the first devices to offer the unique laser procedure. "The name comes from the pattern the laser uses during treatment," says Anne Chapas, MD, founder and medical director of Union Square Laser Dermatology in New York City and an assistant clinical professor of dermatology at NYU School of Medicine. "A

fraction of the skin is treated because the technology uses heat to create thousands of microscopic zones of thermal injury separated by healthy tissue," she explains. Since there are so many areas of healthy tissue, the skin heals much faster.

"The heat from the laser helps generate collagen, which is the building block of the skin," says Elizabeth Tanzi, MD, co-director of laser surgery at the Washington Institute of Dermatologic Laser Surgery in Washington, D.C. The new collagen helps fade scars and stretch marks while also tightening skin to firm wrinkles, she says. "There are few other treatments that

## IN THE KNOW

HERE'S WHAT TO EXPECT DURING A FRACTIONAL LASER TREATMENT, ACCORDING TO DERMATOLOGIST ANNE CHAPAS, MD.

**Before: Ask your doctor if ablative fractional laser or non-ablative fractional laser makes the most sense for you.** Ablative fractional penetrates more deeply, causing more skin injury and downtime, but requires fewer treatments. Non-ablative keeps the outer layer of skin intact, leading to faster recovery, but will likely entail more treatments.

**During: Your doctor will apply a layer of a numbing cream to minimize discomfort during the process.** Depending on the size of the area you're treating—face, neck, chest, hands, or other regions—the treatment takes about 30 minutes. The procedure feels like small pinpricks, uncomfortable but not intolerable.

**After: You'll look swollen and red, like you have a sunburn, immediately following the treatment.** The swelling subsides in a few days. On day two or three post-procedure, you'll see tiny pepper-like dots appear. Those are pigment granules being shed as new skin grows.

On days two through four, your skin will appear scaly and will peel as the surface layers are sloughed off. But usually within a week, your skin will be healed.

generate collagen with such little recovery time.”

Fractional lasers also help fade age spots and uneven pigmentation in the course of healing. The microscopic injuries act like conduits for the pigmentation cells to slough off, Chapas says. The pigmented cells are drawn to the injured sites and are then shed as the skin turns over in the next few days. “We don’t know why it happens, but you can observe it on a microscopic level,” she says.

The treatment costs anywhere from \$400 to \$1,500 a session, and you usually need several sessions to see dramatic results, Tanzi says.

Expect to hear more about the fractional laser in the future. Since the skin turns over quickly after the process, the device is one of four or five ways to decrease skin cancers, says Ronald L. Moy, MD, Physician at Moy-Fincher-Chipps Facial Plastics & Dermatology in Beverly Hills, Calif. “These lasers go below the basal layer to reduce pre-cancers like actinic keratosis. The laser has a lot of different roles.”

Reviewed by **Mohiba K. Tareen, MD**  
WebMD Skin Care Expert



## BEAUTY 411

What are peptides?

**Peptides are rather aptly named, since these amino acids promise to give some pep to your skin.**

**There are many different peptide variations—depending on exactly how long the chain of amino acids is—but all are the building blocks of collagen and elastic tissue. When applied to the skin, peptides act as a signaling agent, which basically tricks the skin into thinking they are fragments of damaged skin. This prompts your own skin cells to start making more collagen and elastic tissue to repair, rebuild, and refresh tired, dull, inflamed, or even blemish-prone skin.**

**Unlike some other powerful skin care ingredients, such as retinol or alpha hydroxy acids, which can be irritating to sensitive skin, peptides are very gentle. But it's hard to tell how much of a concentration of peptides is in a lotion or cream. Find smaller, niche brands, where you're more likely to be able to contact the company and ask specifics about a product's ingredients.**

**—Harold Lancer, MD**  
dermatologist in Beverly Hills, Calif.



## Dirty Secret

*“I exfoliate my skin daily. Am I overdoing it?”*

Think of it as the skin care version of “too much of a good thing can be bad for you.” Yes, you may be over-exfoliating if you do it on a daily basis. The answer depends on your skin type, the method of exfoliation, and the amount of pressure you apply while sloughing the skin. For example, someone with oily skin could potentially exfoliate twice a week up to daily, while drier skin types may want to try it only once a week (or not at all) to avoid irritation.

Facial scrubbing can help antioxidants and skin-improving ingredients penetrate more deeply into the skin, plus it’s a proven technique to rid the skin of dead cells, oil, and gunk. However, too much scrubbing can make skin (especially sensitive skin) dry and irritated.

Start with a mild facial scrub or lotion, but do not rub too much into the skin. Instead, apply in gentle circular motions. After skin is clean and dry, follow up with a moisturizer.

**Joshua L. Fox, MD**  
dermatologist and director of Advanced Dermatology P.C., New York City



## AISLE DO

### PRODUCT PICK

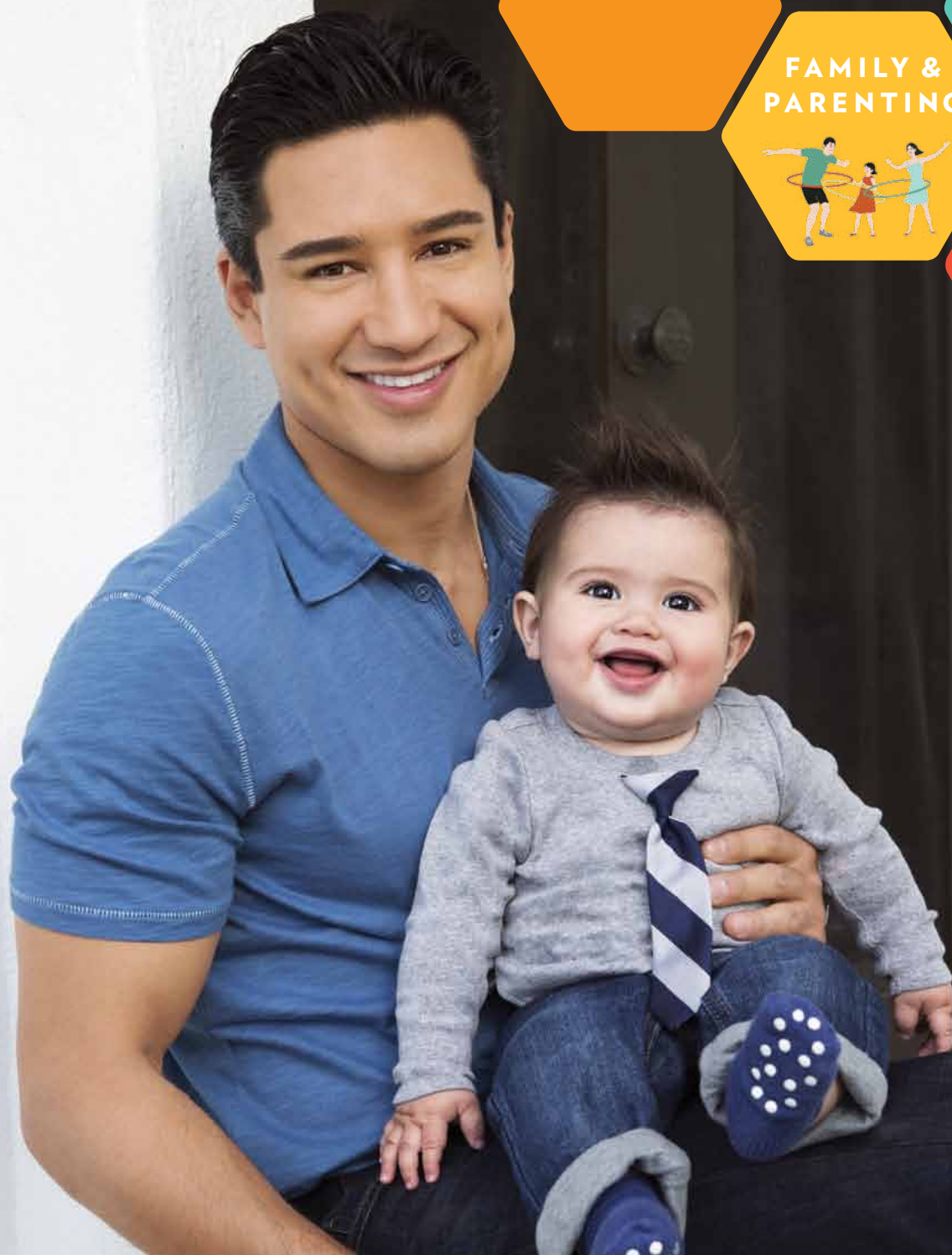
**Kérastase Reflection  
Bain Chroma Captive Shampoo**  
(\$39)

### EXPERT

**Mary P. Lupo, MD**  
founder, Lupo Center for Aesthetic and General Dermatology, New Orleans

“I color my hair an auburn shade, and I find this shampoo helps retain the brightness and vigor of the red longer than any other. The Chroma line uses a combination of hydrating agents and

oils that smooth the cuticle, helping preserve the color. When the cuticle is smooth and hydrated, the color looks brighter and lasts longer. The shampoo gives a rich lather, so I don’t have to use as much. It’s sulfate-free, which is gentle on dyed hair. And the light, clean fragrance doesn’t compete with my perfume. I also find that I don’t have to use any hairspray or stylers when I wash with Chroma—the line does such a good job making my hair manageable and combating the hard water we have in New Orleans. I often recommend this to people, especially other redheads.”

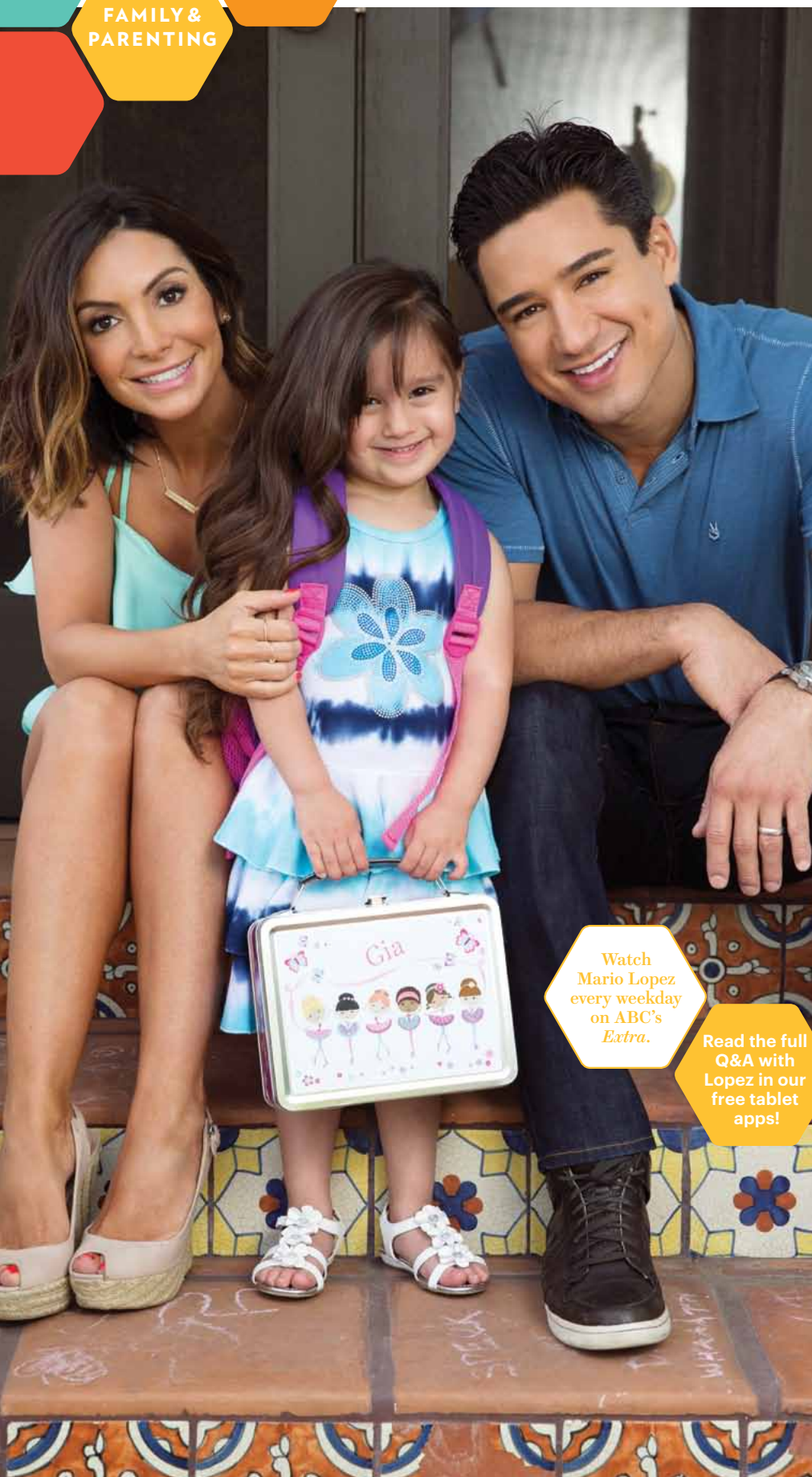


## PARENTING

# Extra Credits

By Matt McMillen

Actor, author, dancer, dad: Multitalented Mario Lopez, host of the Emmy-winning entertainment news program *Extra*, celebrates his 30th year on the small screen this year. Perhaps best known for his five years as A.C. Slater on the 1990s sitcom *Saved by the Bell*, Lopez placed second in the third season of ABC's *Dancing With the Stars*, appeared naked on the FX drama *Nip/Tuck*, and hosted the recently canceled Fox reality program, *The X Factor*. The author of a new autobiography, *Just Between Us*, Lopez talks about raising Gia, 4, and Dominic, 1, and how he makes time for himself.



Watch Mario Lopez every weekday on ABC's *Extra*.

Read the full Q&A with Lopez in our free tablet apps!

**What's the hardest thing about juggling your career and your family since the birth of your kids?**

The toughest thing was adjusting my sleep patterns. I knew it was coming, of course, but dealing with it was kind of tough. But I have a lot of family and a lot of kids in the family, so it wasn't a big shock. Then, once you get settled, another kid comes along! But you adapt. You just do. I work a long day and it gets kind of draining. But then you go home and you rejuvenate when you walk in. They hear you come in the door and come running, yelling "Daddy!" It's the best.

**How has being a dad changed your life over the past four years?**

Completely for the better in every aspect. For me, it changes my outlook on life in general. Little things don't bother you as much, don't matter as much. Your priorities are shifted and you don't sweat the small stuff as much. You become more patient and you get extra incentive and drive as you realize you have responsibilities other than yourself.

**Whom do you turn to for the best parenting advice?**

My sister. She's a new parent with four kids, so everything's fresh in her head right now, even over Mom and Dad because it's been a while since they had little kids. I've talked to her about how to handle things when her kids are sick and how she can tell. Apparently, kids get sick a lot when they're small and building their immune systems.

**What's your favorite way of spending time with your kids?**

When we're out playing and doing fun stuff like riding bikes and other physical stuff. Our routine is going to the park to play on the jungle gym and the swings or going on a little hike. We're getting a little workout and having some fun at the same time and enjoying the weather here in L.A.

*continued on page 24*



Watch Lopez's wife and daughter interview him for Extra!

[LEARN HOW ON PAGE 4](#)

*continued from page 23*

***Fitness is a really important part of your life. How do you plan to pass that on to your kids?***

We do stuff together all the time, my daughter and me. I've got a jogging stroller and a cool kind of bike stroller, which is a lot of fun. We probably go way too fast down hills, but she's a little daredevil, so she likes all that. She's in ballet class, gymnastics, and swimming, so she's already very physical and active. She's not going to know any different.



***You've written two children's books. Have your children provided you enough material for a third?***

I'm working on it, as a matter of fact. It's going to be a surprise, so what it's about remains to be seen. I can tell you it will incorporate both of them, but I think that's all I can get away with saying.

***What were some of your favorite activities as a kid that you want to share with your own children?***

My mom kept me real busy and out of trouble by putting me in a bunch of activities, like drama class and dance class. There was always something after school. I was pretty hyper and my daughter's pretty hyper, so I'm

sort of applying the same philosophy: Keep 'em busy and keep 'em out of trouble. Plus, it makes you well-rounded, I feel.

***Your autobiography was published in September. What led you to write it at this time of your life?***

Turning 40 was the inspiration. I thought it would be a good time to look back and reflect...mistakes I've made, what I've learned, how I got to this point.

***"They hear you come in the door and come running, yelling 'Daddy!' It's the best."***

***What's your daily exercise routine?***

It varies. I box three times a week, I go to the gym. I like to run and be outside in the summertime. I was going to go surfing in Mexico but I tore my rotator cuff over the summer, so now I have to chill out and alter the workouts. I'm doing more biking, running on the treadmill, and using the elliptical machine while I'm rehabbing. My schedule is jam-packed, so it's all about finding the time, making the time, but it's a priority so I have to do it.

***What's a typical day's diet for you?***

I try not to eat a lot of crap and stay away from junk, but I'm pretty much open to eating anything and don't worry too much about calorie counting. On the weekends, I'll go a little more nuts, maybe crush a whole apple pie like I did last weekend. I like all sweets: pie, cake, chocolate.

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



## BABY TALK

# Flight Plan

TRAVELING WITH BABY TO 30,000 FEET? HERE'S HOW TO PREPARE

By *Stephanie Watson*

● Air travel these days is an exercise in patience. Add a baby, with all the extra gear to lug, diapers to change, and cries to calm, and it becomes even more trying.

Meg Collins, founder and editor of the website *Lucie's List: A Survival Guide for New Moms* and author of the ebook *Flying With Baby*, offers this advice for arriving at your destination with your sanity intact.

**Bring a car seat.** This is one travel essential you can't be without. It makes transporting baby from car to airport to plane a snap. "Car seats are portable, so you can just plop them into a car or an airplane seat," says Collins, who is also a former child passenger safety technician. You can also snap it into your umbrella stroller—the type Collins recommends for trips because it's light and portable enough to navigate busy airport terminals.

Though baby flies for free on your lap, that's not the safest way to go. The Federal Aviation Administration says a parent's arms don't provide adequate protection during turbulence. The best place for baby is strapped into a car seat. Make sure your car seat bears a sticker showing it's approved for use in both motor vehicles and aircraft.



**Plan for meals.** Next, think about feeding your baby. "Breastfeeding is logistically the easiest thing to do because you can just nurse on the airplane," Collins says. Pack a cover-up to give you and your baby privacy.

Formula feeding gets a little more challenging. To save space when you pack, Collins advises bringing a single bottle with multiple disposable liners instead of many bottles. If you use liquid formula, the Transportation Security Administration

lets you bring more than the 3.4 ounces of fluid normally allowed through security. Remember, formula that's premade can last only one hour at room temperature.

Powdered formula is more portable, but you'll need to ask the flight attendant for warm water to mix it with once you're on board. Always make sure the water is not too hot—test it on the inside of your wrist.

**Make diaper changes easy.** Considering the miniscule box that passes for

an airplane bathroom, you know you've got to improvise. Bring along a diaper changing kit—a fold-up accessory that holds diapers, wipes, and a pad that will turn any surface—even your lap—into a diaper-changing station.

**Keep baby on schedule.** Trying to soothe a screaming baby amid the glares of your fellow passengers is stressful. One key to avoiding a scene is to keep your baby on her nap schedule. "When kids get really tired they start melting down," Collins says. Whether you're in the terminal or on the plane, settle baby into her carrier at the appointed time.

To combat boredom fussiness, Collins suggests bringing a few toys your baby hasn't seen before. The novelty will help prolong her attention span.

Takeoffs and landings are high time for crying because babies' ears are more sensitive to pressure changes. The initial descent can be particularly painful. As soon as the pilot announces you're about to descend, offer baby a bottle, breast, or pacifier to relieve ear pressure. If that doesn't work, try rubbing your baby's ears.

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



## PREGNANCY

# Early Decision

MANY WOMEN OPT TO DELIVER BEFORE THEIR DUE DATE. BUT IS IT RISKY?

By Heather Hatfield

Moms-to-be eager to bring their new babies into the world should err on the side of patience, suggest researchers at the University of Minnesota. They recently explored the growing trend of women choosing to have their babies early, whether by Cesarean section or induction, as a personal choice. But having a baby just two to three weeks early could lead to post-birth problems.

“At least 3% of pregnant women in the United States have their babies early when there is no medical need for the baby to be born,” says Katy Kozhimannil, PhD, MPA, assistant professor at the University of Minnesota School of Public Health and lead author of the study recently published in *Medical Care*. “While that might not sound like a lot, it’s about 120,000 babies a year.”

Kozhimannil’s own experience helped her understand the issue. With her first child, she wanted her mother, a schoolteacher, with her when her baby was born. The baby was due in August, and with a short window before the school year started, she asked her obstetrician if she could give birth early at 38 weeks.

“He really took the time to help me understand the risks, and the importance of giving my baby the time



### PLAY IT SAFE

**BABIES BORN AT 37 TO 38 WEEKS MAY HAVE A HIGHER RISK OF SUDDEN INFANT DEATH SYNDROME (SIDS). THE NATIONAL INSTITUTE OF CHILD HEALTH AND HUMAN DEVELOPMENT SUGGESTS WAYS TO REDUCE YOUR INFANT'S RISK OF SIDS:**

**Always place your baby on his back to sleep, for naps and at night.**

**Use a firm sleep surface, such as a mattress in a crib approved by the U.S. Consumer Product Safety Commission, covered by a fitted sheet.**

**Keep loose objects and bedding out of your baby's sleep area.**

he needed to grow,” says Kozhimannil. She decided to go full term.

According to the study, babies born by medically unnecessary induction at 37 to 38 weeks had 20% longer hospital stays than babies who went to full term, beyond 39 weeks. Babies born early by C-section also had longer hospital stays as well as 60% higher rates of respiratory distress.

Research from the American Congress of Obstetricians and Gynecologists shows that babies born at 37 to 38 weeks are also at greater risk of needing a ventilator to help them breathe and are more likely to develop pneumonia,

respiratory failure, and low blood sugar—all of which might require neonatal intensive care. As a result, these complications lead to longer hospital stays after birth.

“Our goal with this research is to help reduce and eliminate early, non-medically necessary births,” says Kozhimannil. “We want to help moms better understand that for the health and well-being of their babies, waiting for labor to begin on its own—ideally at 39 weeks and beyond—is the best option.”

Reviewed by  
**Nivin C.S. Todd, MD**  
WebMD Pregnancy Expert



Watch **How to Prevent Childhood Obesity**, a video at WebMD.com.  
[LEARN HOW ON PAGE 4](#)

## KIDS' HEALTH

# Heavy Duty

FAT-SHAMING KIDS CAN LEAD TO OBESITY AND LOW SELF-ESTEEM. ARE YOU GUILTY OF IT?

By Lauren Paige Kennedy

Let's say you have a daughter who's 9 or 10, and you can't help but notice she's growing more solid around the middle, maybe thickening substantially in her arms and thighs. Should you be alarmed, or say something to her? Maybe tell her it's time to go on a diet?

Researchers at UCLA strongly suggest the answer is "no." Their study, published in the *Journal of the American Medical Association*, tracked the development of 1,213 African-American girls and 1,166 white girls living in Northern California, Cincinnati, and Washington, D.C. Some 58% of the girls had been told they were too fat by age 10, regardless of whether they had a weight problem. The girls who were "fat-shamed" at such a young age had a 40% to 60% greater chance of being clinically obese by age 19, depending on whether the negative comments came from friends or teachers, or—more damaging—from siblings and parents.

Researchers also discovered a correlation between the frequency of fat-shaming during childhood and the likelihood of becoming obese nine years later. In other words, the more people made such comments, the



higher the chance the girl in question grew up to become a fat adult.

Jill Castle, MS, RD, LDN, a childhood nutritionist, is not surprised by the findings. "Age 10 is a tender age, both physically and cognitively," she says. "Most girls thicken up between 9 and 11 with prepubescent weight gain, and most get their periods around age 12."

It's not just the body that's changing. Self-esteem is developing, too. "Cognitively, this is an age of black-and-white thinking," Castle says. "Children hear these negative messages and take them

very seriously. Fat-shaming comments stick."

You should talk to your daughter, but Castle says the conversation should always focus on healthful eating, not weight. "Adults in the lives of children should be extremely careful and sensitive about weight. Talk about 'eating right' in a neutral, or even medical, way. This doesn't mean dieting. It means consuming a wide variety of foods, exercising every day, and achieving balance. Sugar or junk food isn't off the table. You're encouraging good health through a whole lifestyle approach."

## HEALTHY HABITS

**NUTRITIONIST JILL CASTLE, MS, RD, LDN, HAS THREE DAUGHTERS AND ONE SON, AGES 12 TO 17. "JUST BECAUSE I'M A NUTRITIONIST DOESN'T MEAN MY FAMILY ALWAYS EATS PERFECTLY," SHE SAYS. SHE'S A BIG BELIEVER IN STRUCTURE TO MAINTAIN A HEALTHY WEIGHT—AND GOOD HEALTH, OVERALL.**

### Checks and balances

"The trick is to be aware of what you're eating, and if you go off track, correct it the next day," she says.

**Sleep cycle** "Sleep and a predictable daily rhythm work together to create balance"—which aids weight control. "Overly tired kids reach for more snacks to boost their energy levels," Castle says.

**Stress relief** Monitor stress levels and blow off steam with regular exercise.

**Family affair** "Don't single out your child," Castle says. "Instead, incorporate good eating habits for the entire family."

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

## PET HEALTH

# Check Mate

YOUR FOUR-LEGGED FRIEND REQUIRES WELLNESS VISITS, TOO.  
HERE'S WHAT TO EXPECT AT EACH STAGE

By Linda Formichelli



● You know your cat or dog needs regular checkups to stay tail-waggingly healthy. But how often does he need to visit the vet? The answers depend on your pet's life stage, says Susan Barrett, DVM, head of Community Practice at Ohio State University College of Veterinary Medicine.

## Kitten or puppy: Birth to 1 year

You'll need to bring your kitten or puppy in for vaccines every three to four weeks until he's 16 weeks old. Dogs will get distemper-parvo and rabies boosters, and may also be vaccinated against health woes such as kennel cough. Cats are tested for feline leukemia and feline immunodeficiency virus, and get vaccinations that cover several diseases. At this stage, your pet will also start heartworm and flea/tick prevention medications.

The vet will check your pet to make sure he's growing well and shows no signs of

illness and will check again at around 6 months, when you bring your pet in to be spayed or neutered. "We'll also check to see how housebreaking, training, and socialization are going," Barrett says.

## Adult: 1 to 7 to 10 years (depending on type of pet and breed)

During this stage, vets recommend yearly checkups, in which the doc gives your pet a head-to-tail physical. She'll also take a blood sample from your dog to check for heartworms. (Cats are normally not tested because the tests are difficult to interpret.) The vet may recommend other tests based on any problems your pet has or abnormalities the vet sees during the exam.

Your pet will get distemper-parvo and rabies booster shots during the first yearly checkup, then usually every three years after that. (The frequency of rabies boosters

FROM WEBMD.COM

## Q&A

"Do indoor cats need checkups as frequently as outdoor cats?"



**Lee Fisher**  
39, application  
development manager,  
Downingtown, Pa.



## EXPERT ANSWER

"Yes, even indoor cats need checkups at least once a year. When we see a cat regularly, we're able to identify, treat, and sometimes reverse health problems before they become insurmountable.

For example, obesity can be an issue for indoor cats, which increases their risk for arthritis and diabetes, and more than half of cats older than age 3 have periodontal disease. Inside cats also still need vaccines for distemper, respiratory illnesses, and rabies—and the rabies vaccine is required by law in most states. Even indoor cats are at risk for parasites such as heartworm, which is spread by mosquitoes, so your vet should prescribe heartworm prevention."



**Jane Brunt, DVM**  
executive director,  
CATalyst Council



Watch **Spot the Signs of Fleas on Your Pet**, a video at WebMD.com.  
[LEARN HOW ON PAGE 4](#)



Reviewed by **Will Draper, DVM**  
 WebMD Pet Health Expert

depends on state law.) Your dog may get additional vaccines to prevent illnesses like kennel cough, and outdoor cats should receive feline leukemia vaccines. It's also helpful to bring in a stool sample from your pet, which your vet will check for intestinal parasites.

### **Senior: 7 to 10 years and older**

Vets suggest twice-yearly checkups for older pets. Your cat or dog will get vaccines when needed and will undergo

a thorough physical, along with tests to follow up on any problems. Blood work and urinalysis can give your vet the scoop on your pet's kidney health, thyroid hormone levels, and more.

Tell your vet about any changes you've seen in your pet—if, for example, your cat is drinking more water or your dog is no longer enthusiastic about his daily walks—because they can be signs of a new problem such as kidney disease or arthritis.



### **EXPERT TIP**

"To get your pet used to going in a carrier to travel to the vet, keep the carrier out and put your cat's or dog's food and toys in it."—**Susan Barrett, DVM**

VILANDEZ PHOTOGRAPHERS/CORBIS



# *future* FOCUS

For years, **Michael J. Fox** kept his Parkinson's diagnosis under wraps while he continued to work. But once the actor opened up about his condition, a new role opened up for him. Leading the way for Parkinson's research and raising awareness about the disease, Fox blazes the trail for a cure. We talk to the WebMD Health Hero Hall of Fame honoree about his work, his family, and his hopes for what's ahead

BY REBECCA ASCHER-WALSH

PHOTOGRAPHY BY RANDALL SLAVIN/AUGUST

# mjif

## MICHAEL J. FOX

*has always been a poster boy. With his youthful good looks and intelligent charm, he rose to fame playing a sassy Republican teenage son of ex-hippie parents in the TV sitcom Family Ties, impossible not to love no matter your political stance. In the blockbuster Back to the Future film trilogy, he was a time traveler with perfect comedic timing. And in a later sitcom, Spin City, he made us wish all politicians were as personable as his Deputy Mayor Mike Flaherty.*

In 1998, Fox became a poster boy for another reason: He went public with the news he had Parkinson's disease, diagnosed seven years earlier when he was 30. Parkinson's is a neurodegenerative disease, marked by trembling in the hands, arms, legs, jaw, and face; stiffness of the body; slow movements; and impaired balance and coordination. The disease had become unmanageable for the actor, who until then was able to minimize his symptoms thanks to medication, surgery, and good timing. Eventually, the effort became too much.

"I needed every bit of those seven years to say, 'I want to be out there,'" Fox says. "But at a certain point I woke up and said, 'What's the risk? That people will judge you? People are already judging you about whether you wear red shoes or blue shoes. So I talk funny or shake—why should I restrict myself?"

He adds, "You have to take your time and do what you need to do. But when you arrive at a place where you are no longer judging it, where there's no good or bad or right or wrong and it just is what it is, you accept it."

Much to his amazement, so did everyone else. While Fox initially feared becoming a sob story for the tabloids, he was met with enormous support. Overnight, the actor beloved for his ability to make people laugh came to represent the face of a progressive, incurable illness.

### *Laying the Foundation*

Parkinson's disease develops due to the death of brain cells that produce dopamine, a chemical crucial to functioning balance, speech, and even memory. There's no cure, and the treatment—generally a prescription for synthetic dopamine—is far from perfect. Regardless, the diagnosis turned out to be nothing short of a gift, Fox says. "Only when my body couldn't keep still was I able to find stillness in myself," he explains. "I think the key to it is the 12-step acceptance rule, 'My happiness grows in direct proportion to my acceptance, and in inverse proportion to my expectations.'"



## what to know ABOUT PARKINSON'S DISEASE

The progressive, degenerative disease that affects Michael J. Fox results from the death of neurons in the brain that produce dopamine. Insufficient amounts of this chemical create problems with balance, breathing, movement, and speaking as well as other symptoms.

### Who gets the disease:

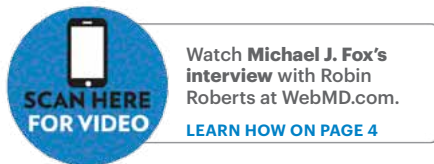
Although scientists don't know the cause yet, some believe genetics and environment both play a part. Age 60 is the average age when the disease begins. Only 5% to 10% of people with Parkinson's have early onset disease like Fox.

### What can be done:

Patients can take synthetic dopamine, but it's not a cure-all, explains Angus Nairn, PhD, a Parkinson's researcher at Yale University. "The way dopamine is released by the cells is very critical, and the drug doesn't work in the same way. Too much or too little and the balance is off." In addition, synthetic dopamine loses efficacy over time. Surgically, a procedure known as deep brain stimulation can help alleviate symptoms.

### What researchers hope:

"I think we are getting closer to understanding the biology of Parkinson's," Nairn says. Researchers also aim to identify biomarkers (or discover a test) that would identify the disease earlier, and to find out how stem cells might be taught to be dopamine-producing neurons. Clinical trials are also under way for drugs that might prevent, halt, or slow the progression of Parkinson's.



Fox, now 53, turned the illness and his struggle with it into a gift for millions of others when he launched The Michael J. Fox Foundation for Parkinson's Research in 2000. Its mission is to fund and support research in the hope of discovering a cause, new treatments, and, ultimately, a cure. His celebrity has also helped raise awareness of Parkinson's, including a memorable appearance before Congress in 1999 when he spoke without using medication so people could see the ravages of the disease.

With a goal to move intelligently and quickly, Fox's foundation offers grants—\$450 million to date—to researchers with remarkable speed. Says Angus Nairn, PhD, a Yale University professor and lead researcher for Yale's Michael Stern Parkinson's Research Foundation, "The NIH has cut back on research, but Parkinson's has been really fortunate because The Michael J. Fox Foundation has been incredibly successful in doing things other people can't do on their scale. They have a different way of working, with a very fast turnaround funding research."

The foundation's approach comes from the founder himself. "Michael is the founder but he is a patient first, and as a patient, he has a patient's sense of urgency," says Deborah W. Brooks, the foundation's co-founder and executive vice chairman.

### Career View

Fox has always moved at lightning-fast speed. Raised along with three sisters and a brother by his mother and his father (a sergeant in the Canadian army), Fox discovered acting in high school. At 16, he won the lead in a Canadian series called *Leo and Me* (a part he won partially because the role called for a 12-year-old; Fox was the right size but more sophisticated than any of the other auditioning actors). Enough work

Reviewed by **Brunilda Nazario, MD**  
WebMD Lead Medical Editor



## pursuit of HAPPINESS

**Actor, author, and philanthropist Michael J. Fox, who lives with Parkinson's, leads a happy and healthy emotional life. He shares some of his hard-won wisdom about what it takes to be your best.**

followed to give him the courage to quit high school his senior year and move to Los Angeles to seek acting work.

For several years, it looked like a bad decision, as he subsisted on fast food and residual checks from occasional parts. Then, in 1982, he won the role of Alex P. Keaton in *Family Ties*. By 1988, when he married actor Tracy Pollan (whom he met on the set of *Family Ties* and whom he calls "my bride, the one and only love of my life"), Fox was working nonstop in movies and television. He was making the *Back to the Future* trilogy, *Teen Wolf*, and *Casualties of War* while simultaneously taping *Family Ties*.

Exhausted from his schedule and drinking heavily, Fox was on location in Florida filming *Doc Hollywood* in 1990 when his pinky began to twitch uncontrollably. A doctor attributed it to an old injury Fox suffered while filming a stunt on *Back to the Future*. A year later, Pollan noticed that one side of her husband's body seemed rigid during a jog and insisted he see a neurologist. This time, there was no question: Fox was diagnosed with Parkinson's disease in September 1991.

The diagnosis made him among the approximately 10% of patients who have early onset Parkinson's—the average age of those diagnosed is 60. As is the case with most Parkinson's patients, "by the time I had my first symptom, a twitching pinky, 80% of my dopamine-producing cells were already dead," Fox says. His doctors told him there was no cure. They could treat him with synthetic dopamine to replace the chemical deficiency caused by the disease, and he could expect to work for another decade. Fox pushed it as hard as he could, and a decade later, he took on the biggest role of his life: leading The Michael J. Fox Foundation.

"The first thing I wanted to do was put the pieces in place to move forward quickly and not keep good ideas on the shelf for too long," Fox explains of his mission. "As soon as ideas appeared, I wanted to give them the wings to fly."

While Fox has had a steep learning curve, he says he's had no problem being taken seriously by the research community. "They were like, 'Wow, grants? What line do we form in?' I think that the Parkinson's community is really excited to get the attention and have people interested in getting them to work."

**Accept what you cannot change.** "I think the key to my optimism was accepting my situation [as a person with Parkinson's]. When I saw it as just one of the things I was dealing with, then I could see the room around it."

**Practice patience.** When Fox does have a down moment, "I just wait it out."

**Embrace family ties.** "My family makes me a better person because they take me out of myself."

**Let go of judgment.** "When there's no 'good' or 'bad,' 'right' or 'wrong,' it just is what it is."

**Turn assets into liabilities.** "Being small growing up, I had to make an extra effort in things I did, and it opened up so many possibilities for me. 'Nothing ventured, nothing gained' was obvious to me from an early age."

**Say yes.** From actor to author and head of a foundation, Fox is open to possibility: "Being yourself and taking risks—what's the downside?"

**Live well.** Fox doesn't drink, watches what he eats, and exercises. "I can't run marathons anymore, but I hike and have a dog who walks me."

### Family Ties

The foundation is by no means the entirety of Fox's world. Most important to him, by his own account, is his family: He and Pollan have four children—19-year-old twins Aquinnah and Schuyler, who are in college; Esme, 13, a seventh-grader in New York City, where the couple live; and a son, Sam, 25, who lives nearby in Brooklyn.

"My family is the exception to the rule that 'what other people think of me is none of my business,'" Fox says. "I want them to be encouraged and emboldened by what I do and to see me as a refuge and resource." And yes, life in a large family can be chaotic, but the actor says it is within that tumult that he has learned to find a calm mind, much as he's found peace with the tremors of his disease. "Having a family means you don't always find moments of quiet, so you find quiet in the chaos."

Fox also continues to act. "I can play anybody as long as they have Parkinson's," he says with a laugh. In 2013, he starred in NBC's *The Michael J. Fox Show*, a comedy about a man with Parkinson's, "But it was more than I bargained for work-wise," he admits; the show ran for 19 episodes. Now,

he enjoys roles like his guest-starring part on CBS's *The Good Wife*, playing an attorney with, yes, Parkinson's. And he's written two best-selling memoirs, *Lucky Man* and *Always Looking Up: The Adventures of an Incurable Optimist*.

"I've accomplished a lot already career-wise, so everything else is just gravy," Fox says. "What I really want is for our foundation to be so successful it goes out of business."

# Good Company

*Every year, WebMD celebrates Americans who change the health landscape in our country. This year, we honor winners in five categories: activist, prodigy, scientist, philanthropist, and People's Choice. Meet the 2014 WebMD Health Heroes*

**By Stephanie Watson**

## Brain Child

**Harold S. Koplewicz, MD**  
**Activist**

The statistics are sobering. “Fifteen million children and adolescents in the United States have a psychiatric or learning disorder, and less than half of them get any help,” says child and adolescent psychiatrist Harold S. Koplewicz, MD. Adolescent mental health conditions like obsessive compulsive disorder, depression, and ADHD are underfunded, in large part because of the stigma that still surrounds mental illness. “People talk about cancer and diabetes and MS and Parkinson’s, but we are still ashamed of our kids who have psychiatric illnesses.” He ticks off the consequences of untreated

childhood mental illness—drug and alcohol addiction, bullying, criminal behavior, suicide, and the rare but devastating episodes of school violence. “Somebody has to speak up for these kids, because left untreated, their lives are really diminished.”

He, it turns out, is that somebody. In 2009, Koplewicz co-founded (along with philanthropist Brooke Garber Neidich) the Child Mind Institute, a nonprofit organization in New York City dedicated to children’s mental health care. The institute works with international researchers to improve understanding of children’s brain development and accelerate the pace of mental health treatment breakthroughs. “It’s going to be the science and new treatment approaches we develop here and share with the world, that are really going to change the lives of these kids.”



## Sleep Screen

### Zarin Ibat Rahman Prodigy

In 2012, 16-year-old Zarin Ibat Rahman fell prey to a common teen-age affliction. Every night she'd stay up well past midnight, glued to her cellphone or computer. "I noticed the next day I was always so tired and unfocused in class," she says.

What this junior at Brookings High School in Brookings, S.D., did next put her in a class apart. She embarked on a scientific study to investigate whether too much screen time interferes with teens' sleep, mood, and academic performance. Her findings? "The kids who were sleep deprived had more screen usage," she says. Students who clocked less than eight hours of nightly rest were also drowsier—and moodier—during the day, and scored lower on mental tests.

Rahman's research—to her knowledge, the first of its kind—earned her the top Addiction Science Award at the 2013 Intel International Science and Engineering Fair, the world's largest high school science competition. Now 18 and a freshman at Harvard University, Rahman plans to continue her studies of sleep deprivation and mental health in teens, and to one day take her research into practice. "I want to be a neurologist," she says. "I'm hoping to do clinical psychology research after I finish medical school."



Watch our **Health Heroes** in action! Check out their videos at [WebMD.com](http://WebMD.com).

[LEARN HOW ON PAGE 4](#)



## Head Strong

### Frank A. Papay, MD Scientist

Cluster headaches have been called "suicide headaches," because the pain is so severe they've driven some people to contemplate taking their own lives. Cleveland Clinic plastic surgeon Frank A. Papay, MD, helped pioneer a new surgical approach to treat these painful headaches. A tiny electrode attached to a stimulator device (smaller than an almond) is threaded under the cheek to a bundle of nerves under the eye socket

and behind the nose. The device modifies transmission of headache pain signals to the brain. "When you sense a headache coming on, you place a radiofrequency device about the size of a cellphone against your cheek," he says. "It activates the electrode that resets the nerve bundle and the headache goes away." In European studies, the device was 70% effective for cluster headaches, and U.S. trials are next.

Much of Papay's understanding of face and skull anatomy that led to

this breakthrough came from working on the team that performed the first near total face transplant in the United States in 2008. He says the recipient of that procedure, Connie Culp, "is doing phenomenally well."

He deflects much of the credit for his surgical success to his team members. "I'm part of a team always. It's the collaborative team approach that causes innovation." He also praises patients like Culp for their role in medical discovery. "She's truly the hero in all of this."



## Garden of Eatin'

### Carson Daly Philanthropist

In early 2014, when NBC's *Today* show invited its anchors to support worthy causes as part of its Shine a Light program, Carson Daly jumped at the chance. "I wanted to use all of the influence and power of the *Today* show and NBC News to do something good," he says. When considering which charity to support, he thought of family first. "The most important thing in my life is being a father," says Daly. "I wanted to do something with kids and hunger."

He partnered with the organization KidsGardening.org to transform 1,000 square feet of school playground in Crown Heights, Brooklyn, into a garden. "This particular area of Crown Heights is a concrete jungle. There's no green space anywhere," he says.

Today, the garden at PS 705 and Exceed Charter School has become an outdoor classroom where kids learn the importance of nutritious eating. "When they build it, it's amazing how much more they can be convinced to like it," Daly says.

Daly hopes to start a green movement, encouraging parents and teachers around the country to help kids dig their fruits and vegetables. "You don't need to be a celebrity or have a lot of money to get involved with a garden locally."



## You Voted!

This year, we introduced a new element to Health Heroes—the People's Choice Award



In August, WebMD asked you to choose from among 10 celebrity health activists—all of whom appeared on a past cover of *WebMD Magazine*—for the 2014 People's Choice Health Hero award. Each star was passionately involved in a health cause at the time we ran his or her story. Today, each continues to work to better the health and wellness of many people.

Meet the winner on the next page. And meet the runners-up—all WebMD Health Heroes in their own right—here.



### Andre Agassi

The tennis great (November/December 2005), founded the Andre Agassi Foundation for Education, which runs a charter school for at-risk kids in Agassi's hometown, Las Vegas. Agassi is also a co-founder of Athletes for Hope, which encourages sports stars to support charitable causes.



### Carmelo Anthony

Through his Courts 4 Kids program, the NBA star (June 2013) has refurbished run-down basketball courts in New York and Puerto Rico. He helped build a playground at a New Orleans school during the NBA Cares All-Star Day of Service and partnered with Feed the Children and the Madison Square Boys & Girls Club to provide Thanksgiving meals to families.



### Christina Applegate

The TV star (October 2010) established a foundation, Right Action for Women, which promotes early detection of breast cancer. Applegate was diagnosed with the disease in 2008 and underwent a double mastectomy. She co-hosted the Revlon Run/Walk for Women, which raises money for breast cancer research, treatment, and counseling.



### Katie Couric

The newswoman (March/April 2007) co-founded Stand Up To Cancer and the National Colorectal Cancer Research Alliance, which raise awareness and money for cancer research. She also co-founded the Jay Monahan Center for Gastrointestinal Health to honor her husband after his death from colon cancer in 1998.



### Jeff Gordon

The NASCAR driver (July/August 2008) leads the Jeff Gordon Children's Foundation, which offers cancer treatment for kids and funds medical research. In addition, Gordon is spokesman—and driver—for AARP's Drive to End Hunger campaign, raising money to feed seniors.



### Alicia Keys

The singer-songwriter (November/December 2011) founded Keep a Child Alive, which provides care to families and orphans affected by AIDS worldwide. She supports Frum tha Ground Up, which helps at-risk young people in the United States, and Greater Than AIDS, which provides education at a local level. Her newest venture, We Are Here, supports organizations working for a more peaceful and healthier future.



### Padma Lakshmi

This cookbook author/TV host (September 2009) co-founded the Endometriosis Foundation of America. In July, she took part in a benefit concert featuring the band Train that raised \$1.5 million for the effort. She led a teen health campaign with New York State Sen. Jeffrey Klein to build awareness about endometriosis, and is a global ambassador for Alicia Keys' Keep a Child Alive foundation.



### Cynthia Nixon

The actor (July/August 2010) is an adviser to the Mayor's Fund to Advance New York City, established to promote health and wellness education. Nixon also heads the 2014 Act on Red campaign, which spreads the word about the skin disease rosacea. A breast cancer survivor, she is a global ambassador for Susan G. Komen for the Cure.



### Kelly Ripa

The *Live!* talk show host (May/June 2008) is co-hosting this year's QVC Super Saturday, a shopping event to benefit the Ovarian Cancer Research Fund. Ripa serves as spokeswoman for Electrolux—proceeds from sales of the company's washers and dryers benefit the OCRF.

## And the winner is ...

TURN THE PAGE ➡

## Martha Stewart



Martha Stewart transformed domestic duties into an art form. Today, she presides over a multimillion-dollar empire that encompasses magazines, TV shows, and home goods. Given her successes, Stewart considers philanthropy a personal responsibility. “Giving back is just part of a good life, and it makes me feel good,” she says.

In 2007, with a \$5 million donation, she opened the Martha Stewart Center for Living at Mount Sinai Hospital in New York City. The center fills a need for quality senior health care at a time when 10,000 baby boomers turn 65 each day—a phenomenon Stewart calls “the silver tsunami.”

She dedicated the facility to her mother, Martha Kostyra, who died in 2007 at age 93. “She was a good example of growing old and being well,” she says. To promote graceful aging, the center offers a holistic approach, pairing traditional medical care with alternative therapies like yoga and tai chi.

Today, the center gets more than 10,000 annual patient visits, making it one of the largest outpatient facilities in the country for older adults. Stewart credits the top-notch care to Mount Sinai’s staff. “The doctors are so superior and are such wonderful people and work so hard at their practice to make this an ongoing and growing success.”

What would her mother think of the center? “She’d be thrilled.”

Reviewed by **Michael W. Smith**  
WebMD Chief Medical Editor



# Where Are They Now?

Every year since 2006 we’ve honored a group of outstanding people who work to find cures, raise awareness, encourage research, or get treatment to people in need. Here, we revisit some of *WebMD Magazine’s* past Health Heroes.



**2006**  
**Clare Rosenfeld Evans**  
Doctoral Candidate  
Cambridge, Mass.

Not long after she was diagnosed with type 1 diabetes, at age 7, Evans gave her first speech as an advocate—a role she kept up throughout high school and college. She’s now seeking an advanced degree at the Harvard School of Public Health. She hopes to become a professor “to pursue the three things I feel most passionate about—teaching, research, and advocacy.”



**2007**  
**Craig Lambrecht, MD**  
President, Sanford Health,  
Bismarck Region  
Bismarck, N.D.

As a National Guardsman in Iraq, Lambrecht treated children at a U.S. Army burn unit. When supplies ran low, this emergency room surgeon reached out to colleagues at his home hospital, who helped raise more than \$600,000 in funds and supplies. Now retired from the Guard, Lambrecht is a hospital president working to build a strong health care system for an area that’s become something of a boomtown, thanks to a recent oil rush.



**2008**  
**Katherine Stone**  
Postpartum Progress Blogger  
Fayetteville, Ga.

Stone started her blog when she had obsessive compulsive disorder after her baby was born. Ten years later, it’s going strong, with more than 3 million followers hungry for news and hope. In 2011, Stone started a nonprofit, Postpartum Progress Inc., to fund educational efforts and services for women who have mood problems after giving birth.



**2009**  
**Zane Gates, MD**  
Founder and Medical Director,  
Altoona Regional Partnering  
for Health Services  
Altoona, Pa.

The free clinic for the working poor that Gates started in his hometown has become a new model for health care delivery. It’s an “insurance-less” system of primary care supported by regional hospitals and private donations. Gates, who was a Robert Wood Johnson Foundation Community Health Leader in 2011, has seen his idea take off: Last year the Pennsylvania legislature passed a law that will set up other free clinics around the state.



**2010**  
**Tiffany Denyer**  
Owner and Trainer,  
Wilderwood Service Dogs  
Maryville, Tenn.

Denyer is doing more of what she started out to do when she launched her business: training dogs to help people with neurological disorders. Many of the animals are placed with children who have autism or adults with Alzheimer’s or Parkinson’s disease. Denyer places about 12 dogs a year, and a recent grant allows her to cover the cost for families who need dogs.



**2011**  
**Ellen Beck, MD**  
Executive Director, Student-Run  
Free Clinic Project, University of  
California, San Diego,  
San Diego

The free clinics Beck set up in 1997 provide quality care to the public while training medical and pharmacy students. They offer training to teachers from medical schools across the United States, some of whom go on to set up their own clinics. In 2014, Beck was honored with a Kennedy Center/Stephen Sondheim Inspirational Teacher Award.



**2012**  
**Richard and Debra Siravo**  
Founders, The Matty Fund  
Wakefield, R.I.

The nonprofit the Siravos founded after their youngest son died from a seizure offers information and support to other families dealing with epilepsy. It sponsors workshops, helps fund research, and runs a summer camp for children. Most recently, the couple started Siravo Consulting Inc., to advise others who want to start or grow a nonprofit. —**Susan Percy**

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Helping all people  
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# Take the lead in your health

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INSIDE

.....  
expert tips & smarts from

WebMD

WHAT TO DO:

COLD & FLU

DIABETES

CARE

HEALTHY HOLIDAY

MEALS

## 'Tis the Season

Keep your family healthy and happy



# Bug Off

Reduce your chances of getting a cold and the flu this season with four expert tips

BY ERIN O'DONNELL

REVIEWED BY MICHAEL W. SMITH, MD, WEBMD CHIEF MEDICAL EDITOR

Nothing puts a damper on holiday festivities like a raging cold or bout of the flu. To keep you and your family healthy, John E. Swartzberg, MD, FACP, infectious disease specialist at the University of California, Berkeley School of Public Health, shares four strategies that research shows may reduce your chances of getting the flu or a cold.

**Take your best shot.** Get a flu vaccine now. “Flu shots are very important for everyone older than 6 months of age,” Swartzberg says. He acknowledges that flu vaccines are not as effective as people might like: They don’t always cover all circulating flu strains, and sometimes work less well in seniors, whose immune systems don’t respond to vaccines the way younger people’s systems do. Researchers need to develop a better vaccine, but the existing flu vaccine is “much better than nothing,” he says. “People really make a terrible mistake when they don’t get one.”

**Douse your digits.** Hand washing is a key strategy for staying healthy—many respiratory diseases are spread by touch. Wash your hands frequently with soap and water, and don’t rush. Lather up and rub vigorously 15 to 20 seconds, or the time it takes to sing the song “Happy Birthday” two times. “Fifteen to 20 seconds is longer than most people think,” Swartzberg says. He adds that many people misunderstand the purpose of those suds. “Soap doesn’t kill organisms necessarily,” he says. “It’s an emulsifier that lifts the organisms off the skin and allows the water to rinse them off down the drain.” Alcohol-based hand sanitizers are effective alternatives to soap and water, but choose a brand that contains more than 60% ethyl alcohol.

**Cough carefully.** Remind children and other family members to cover their coughs and sneezes, which spray contagious



microscopic droplets from the nose and mouth. When you sneeze, cover your nose and mouth with a tissue that you then toss in the trash. Or cover your mouth and nose with the crook of your elbow.

**Keep your distance.** Steer clear of people you know are sick, Swartzberg says. He also recommends people rethink the habit of going to work or school while ill. Mingling with your colleagues increases the chance you’ll infect them. Stay home if you have a fever, a sign that you have something worse than a cold. “It’s something more serious, like influenza,” Swartzberg says. Remain at home until you’ve been fever-free for 24 hours without the help of fever-reducing meds.

## Hands Off

Here are some common spots where you might come in contact with germs.

- Hands
- Used tissues
- Countertops
- Doorknobs
- Faucets
- Desks
- Phones
- Computer mice

Clean hard surfaces with disinfectant wipes or cleaners, or a diluted bleach solution.



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\*For more information on the CDC's recommendations to prevent the flu, please visit [www.cdc.gov/flu/protect/preventing.htm](http://www.cdc.gov/flu/protect/preventing.htm).  
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# Change of Heart

If you have diabetes, taking care of your ticker is even more important

BY STEPHANIE WATSON

REVIEWED BY **BRUNILDA NAZARIO, MD**, WEBMD LEAD MEDICAL EDITOR

**T**ype 2 diabetes is a numbers game. To control it and avoid complications, you need to keep track of stats like your blood sugar, blood pressure, and cholesterol. One reason for the careful counting is to protect your heart. Poorly controlled diabetes contributes to blood vessel damage, and it can more than double your risk of developing heart disease or a stroke.

One of the most important numbers you need to know—and need to lower if it's high—is the one on your bathroom scale. “The first thing you need to attack is obesity,” says Valentin Fuster, MD, PhD, director of Mount Sinai Heart in New York City. About 80% of people with type 2 diabetes are overweight or obese, a major risk factor for heart disease. Losing just a moderate amount of your body weight—as little as 10%—can trim heart disease risks like high cholesterol, triglycerides, blood pressure, and inflammation.

Don't try to crash-diet your way to weight loss. A slow and steady approach is best, Fuster says. “Lose about 1 pound a week over a period of months.”

One path to gradual weight loss is to follow a generally healthy diet like the DASH (Dietary Approaches to Stop Hypertension) plan. First developed to help prevent heart disease, its principles—lots of vegetables, fruits, whole grains, and low-fat dairy with limited saturated and trans fats—so closely mimic the diet diabetes doctors recommend for their patients that *U.S. News & World Report* has ranked DASH as its No. 1 diabetes diet.

If diet is 75% of the weight-loss formula, the other 25% is exercise, Fuster says. Staying active has benefits that go far beyond helping you lose weight. Adding 30 to 60 minutes of exercise daily will also help you control blood



sugar and lower heart disease risks like high cholesterol and blood pressure.

Diet and exercise aren't the only components to your heart disease prevention plan. If you smoke, work with your doctor to find a method that will help you quit. Smoking compounds the blood vessel damage from diabetes, which can lead to a heart attack or stroke. Finally, ask your doctor whether you should take a daily low-dose aspirin. For some people, that little pill might stand in the way of a catastrophic heart event.

## Numbers Watch

To protect your heart—and the rest of your organs—know these numbers, and keep them within a healthy range.

- Body mass index (BMI)
- A1c
- Cholesterol



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# 5 DIABETES QUESTIONS

with a Walmart Pharmacist



**Izell Dukes, PharmD, RPh**  
Walmart Pharmacy Clinical  
Services Manager  
Market 343: Wausau, WI

## Q. What is the main difference between type 1 and type 2 diabetes?

**A.** Type 1 diabetes results when the body's immune system destroys the pancreatic cells that release insulin, and the body makes too little or no insulin. Without insulin, cells cannot absorb sugar, which they need to produce energy. The cause of type 1 diabetes is unknown. Type 2 diabetes is caused primarily by excessive body weight, and the body cannot use the insulin it makes. Ninety percent of the cases of diabetes are type 2.

## Q. What should I look for when checking my blood sugar?

**A.** You want to monitor the patterns and track consistencies and fluctuations in your blood sugar. A normal fasting blood glucose is usually less than 100; so if you wake up in the morning, and your blood sugar is more than 130, that's an issue. Ideally, you want to check your blood sugar after every meal and before bedtime and before and after exercise.

## Q. What foods would you recommend for someone with diabetes?

**A.** The best foods for diabetics are actually the best foods for the whole family: a variety of high-fiber vegetables, fruits, whole grains, and beans; and less salt, sugar, and added fat. Keep your amount of carbohydrates low, because they instantly increase your blood sugar.

## Q. Do you have any diabetes-friendly eating tips for the holiday season?

**A.** If you're like me and you're visiting several houses and neighborhood parties, focus on your food choices. Start with lower fat options such as raw vegetables, salsa, shrimp cocktail, or a salad, and use small plates, which really enables you to avoid overeating.

## Q. How can my local pharmacist help me manage my diabetes?

**A.** The average diabetes patients are going to see their pharmacist three to five times more than their physician. When a pharmacist gets involved in patients' diabetes care, especially in the coaching aspect of it, such as making sure they're eating a healthy diet and keeping up with regular eye and foot exams and immunizations, they have a better outcome.

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# See the Light

Holiday feasts don't have to be heavy and rich. Switch up some of your favorite foods with healthier versions—and still enjoy all the flavor

BY KERRI-ANN JENNINGS

REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR

**R**ich, decadent meals are hallmarks of the holidays. But Bonnie Taub-Dix, RD, nutrition expert and author of *Read It Before You Eat It*, says this season you can make your festive feasts both nutritious *and* delicious. She shares her favorite healthy-holiday food swaps.

**Start with vibrant holiday colors.** “It’s a little corny, but I always think of the colors of the holidays. For Hanukkah, I’ll make desserts using frozen blueberries and yogurt for the blue and white. For Christmas, there are so many beautiful red and green fruits and vegetables. You can make a salad with chopped kale and beets, or use red pepper slices or pimientos to perk up a dish—they don’t fade when cooked, and they are a powerhouse of nutrients.” Color signals a food’s phytochemical content—those naturally occurring compounds in plant foods linked with a host of disease-fighting benefits. When you eat a spectrum of colors, your dishes look attractive while giving you a variety of super-nutrients.

**Cut carbs with added vegetables.** Starchy foods such as potatoes and pasta are satisfying, but large portions make a meal calorie-dense. Taub-Dix recommends lightening up starchy mains and sides with extra non-starchy vegetables, which are lower in calories. “You can use zucchini ribbons either instead of pasta or mixed with linguine—top it with Bolognese [sauce] for a green and red Christmas dish. You can also mash cauliflower in with potatoes, or make a roasted root vegetable medley with Brussels sprouts, sweet potatoes, purple potatoes, and different colors of cauliflower.”

**Add oil at the end.** Oils and fats add a lot of flavor to food, but too much can turn a dish into a calorie bomb. Taub-Dix’s solution is to add oil at the end, so you can clearly taste it. “At 2,000 calories a cup, a little bit goes a long way.” She uses this trick when roasting vegetables, and lightens



up salad dressings and sauces with flavorful balsamic glazes and horseradish sauces, plus just a drizzle of flavored oil.

**Be baking savvy.** What are the holidays without desserts? Try a few swaps to make a dish healthier. “For a quick bread, you can use mashed avocado in a 1-to-1 ratio in place of oil—I love it in brownies or banana bread and you don’t even taste the difference,” Taub-Dix says. “The healthy fat in avocados can benefit your heart and also gives you fiber and many vitamins and minerals.” If you want to drive down calories even further, she recommends subbing applesauce or puréed prunes for some of the fat. You can boost fiber and nutrition in baked goods by using whole wheat pastry flour in place of white flour, which Taub-Dix says you can usually swap cup for cup. When a recipe calls for heavy cream, try 2% evaporated milk. “It’s a wonderful alternative to heavy cream—it makes a great pumpkin pie and still tastes decadent without being overly rich.”



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# Take Care

Coming down with something? Here's what to do when you've got a cold or the flu

BY HEATHER HATFIELD

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

October through May is prime time for colds and flu, with millions of cases of colds and about 5% to 20% of Americans developing the flu. You know the telltale symptoms—runny nose, fever, coughs, and muscle aches, most of which defy easy treatment.

"You're going to feel different degrees of lousy depending on whether you have a cold or the flu until it runs its course," says Jeffrey A. Linder, MD, MPH, an internal medicine specialist at Brigham and Women's Hospital in Boston. "Make it less miserable by treating your symptoms."

## Stay or Go?

Your first line of offense against a cold or flu is rest; it's the best medicine to fight the fatigue. Work often gets in the way of rest, so gauge your ability to make it to the office against your symptoms. If you have a fever, definitely stay home.

A runny nose and mild cough are more ambiguous. If you feel up to it and want to give work a shot, avoid close contact with your colleagues, cough or sneeze into tissues or your upper sleeve, and wash your hands—a lot.

"Flu packs a much more powerful punch than a cold," Linder says. "It comes on dramatically, with high fever, muscle aches, chills, and cough. You feel like you've been run over by a truck, so even if you want to, you shouldn't go to work."

The same goes for your kids: runny nose and mild cough don't have to keep them home. But as soon as a fever hits, your child should stay home.

For both colds and flu, stay home from work or keep your kids home for 24 hours after the fever breaks without the use of medication.

## Medicine Cabinet

Over-the-counter fever reducers like ibuprofen or acetaminophen help reduce your body temperature and alleviate your misery. A cool-mist humidifier can help relieve congestion and coughs.



"You can also try to treat your symptoms with decongestants and nasal sprays," Linder says. "Both might ease congestion and provide some relief from cold and flu symptoms." Ask your pharmacist for help with the available options.

Consider fluids another at-home treatment for cold and flu. Fevers can cause dehydration, so drink lots of water to replenish fluids. Chicken soup helps keep you hydrated, too.

## Call the Doctor

Keep an eye out for red flags that your at-home treatment isn't enough. Ear pain, common in kids, could signal an ear infection. A severe sore throat could be strep, and trouble breathing and chest pain could mean pneumonia. In these cases, call your doctor.

Finally, be patient and let your illness run its course. Colds usually last seven to 10 days before symptoms improve. Flu symptoms last one to two weeks. "Don't be a hero," Linder says. "Once your fever is gone and you start to feel better, generally you can get back to your routine."



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# Support System

Are you taking care of someone who has diabetes?  
Here's what you need to know

BY CHRISTINA BOUFIS

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR

**M**aybe your spouse or partner has diabetes. Or perhaps your mother was recently diagnosed. You probably know their body has a hard time making or using insulin—the hormone responsible for moving sugar from the blood into the cells where it's needed for energy. But do you know how to help them manage the disease?

"Type 2 diabetes is a 360-degree disease," says Amisha Wallia, MD, MS, assistant professor in the division of endocrinology, metabolism, and molecular medicine at Northwestern University Feinberg School of Medicine. "People live with this every day, and it can be life-changing. It's important to make sure they get the support they need."

How can you help? Wallia offers some tips:

**Ask questions.** "Some people need help getting to and from doctor appointments," Wallia says. "For others, it's help testing blood sugar, writing down the results, or making good food choices. So it's important to ask [specifically] how you can help."

**Become familiar with the equipment.**

"Knowing what supplies people with diabetes need is essential," Wallia says. Learn about what's involved with testing blood sugar, such as a blood glucose monitor (glucometer), test strips, and lancets. Make sure to keep these supplies on hand, she adds.

**Understand the effects of high blood sugar.**

Long term, high blood sugar can damage the eyes, kidneys, and nerves and even increase the risk of heart attack and stroke, Wallia says. "That's why it's important to follow the doctor's directions on how often to check blood sugar," she adds.

What are the signs of high blood sugar? "Some people don't have any," Wallia says. But if your relative or spouse is excessively thirsty, urinates a lot, is extremely tired, has blurry vision, or has



numbness in the hands or feet, it's time to call the doctor, she says.

**Know the signs of low blood sugar.** Be on the lookout for increased hunger, nausea, lightheadedness, dizziness, shaking, sweating, or chills, Wallia says. In its most severe form, low blood sugar (hypoglycemia) can cause a person to become disoriented and may lead to seizures.

Be sure to keep on hand glucose tablets or gel, which treat low blood sugar and are available at drugstores. Four ounces of orange juice or a tablespoon of honey will also help raise blood sugar quickly, Wallia adds. However, if your family member is unconscious or unable to respond, call 911 right away, she says.

**Get to know the team.** "Understand that many people are involved in the care of diabetes," Wallia says. "Not just the doctor, but also dietitians and diabetes or health educators to whom you can reach out for help."



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## IN SEASON

# Sweet Talk

By Erin O'Donnell

*Recipes by Kathleen Zelman, MPH, RD, LD*

The scrumptious sweet potato is a holiday season staple. (Sweet potato casserole, anyone?) But this nutrient superstar deserves a spot on the table all year. One medium sweet potato

brims with 438% of your recommended daily value of vitamin A and 38% for vitamin C (both important for a healthy immune system), and 15% of the recommended daily value of fiber (key for good digestion). “The sweet potato is much better for you than your regular white potato,” says Denise Holston-West, MS, LDN, RD, a registered dietitian at the Louisiana State University AgCenter. Just think beyond high-calorie sweet potato pie and sweet potato fries, which often contain unhealthy fats. Holston-West

loves baked sweet potatoes served simply with a small pat of butter and pinch of salt. “It’s that salty-sweet flavor that many people crave,” she explains. Try our three sweet potato recipes for the holidays and beyond.



## Souped Up

This warming soup makes a satisfying lunch when paired with a crusty whole wheat roll and salad. Or serve small bowls as a colorful starter for holiday meals. It features a sautéed apple garnish; any type of apple will do.

### Carrot-Ginger Sweet Potato Soup

*Makes 6 servings*

#### Ingredients

- 1 tbsp unsalted butter
- 1 large onion, chopped
- 1 large apple, peeled, cored, and chopped
- 1 tsp sugar
- 1½ lbs sweet potatoes, peeled and cubed
- 3 large carrots, peeled and chopped
- 4 cups low-sodium chicken stock
- 1 cup apple cider
- 1 tbsp freshly grated ginger
- ½ tsp salt
- ½ tsp white pepper
- ½ cup half-and-half
- 2 tbsp chopped parsley
- 2 tbsp unsalted pumpkin seeds

#### Directions

1. In a heavy-bottom, 12-quart Dutch oven, melt butter over medium-high heat. Sauté onion 6–8 minutes until golden brown. Remove onion from heat and set aside. Add apple pieces and sugar to pot and sauté until apples are tender, about 4–6 minutes. Remove apples and set aside for garnish.
2. Return onion to pot with sweet potatoes, carrots, stock, apple cider, ginger, salt, and pepper. Bring to a boil. Cover, reduce heat, and simmer 30–40 minutes until vegetables are tender.
3. Use a blender, food processor, or immersion blender to purée soup. Stir in half-and-half, and add additional stock or water if needed to achieve desired consistency.
4. Ladle soup into bowls. Garnish with sautéed apples, parsley, and pumpkin seeds, and serve.

#### Per serving

210 calories, 4 g protein, 38 g carbohydrate, 5 g fat (3 g saturated fat), 12 mg cholesterol, 4 g fiber, 14 g sugar, 268 mg sodium. Calories from fat: 22%

Eat sweet potatoes with a little fat (say, a drizzle of olive oil) to help your body absorb the veggie's fat-soluble vitamin A.



Sweet potatoes are not potatoes, but the root of a plant in the morning glory family.

## Muffin Remix

Sweet potatoes give muffins a moist texture and delectable flavor with minimal fat. (This recipe is a good way to use leftover baked sweet potatoes.) These muffins are a hit with kids, who don't need to know they contain nutrient-dense veggies.

### Cinnamon Sweet Potato Muffins

*Makes 6 servings*

#### Ingredients

- 1 cup mashed sweet potato
- 1 cup brown sugar, divided
- ¼ cup canola oil
- ½ cup low-fat milk
- 2 large eggs
- 1 tsp vanilla
- 1 cup all-purpose flour
- 1 cup old-fashioned oats (not instant)
- 1 tsp cinnamon, divided
- ½ tsp allspice
- 2 tsp baking powder
- pinch of salt
- 3 tbsp chopped walnuts

#### Directions

1. Preheat oven to 350°F. Prepare muffin tin by coating with cooking spray.
2. Whisk together sweet potato, ¾ cup brown sugar, oil, milk, eggs, and vanilla in a medium bowl.
3. In a large bowl, mix flour, oats, ¼ tsp cinnamon, allspice, baking powder, and salt to blend. Make a well in the center of the flour mixture and add the sweet potato mixture. Stir together until just moistened.
4. In a small bowl, combine walnuts and remaining brown sugar and cinnamon and set aside.
5. Spoon batter into muffin tins. Top each muffin with a sprinkle of the brown sugar-walnut mixture. Bake 15–30 minutes, depending on the size of tins, until toothpick comes out clean.

#### Per serving

186 calories, 3 g protein, 28 g carbohydrate, 7 g fat (1 g saturated fat), 1 mg cholesterol, 2 g fiber, 13 g sugar, 122 mg sodium. Calories from fat: 34%

Eat a sweet potato with the skin for extra fiber and nutrients, which concentrate next to the skin.

North Carolina is the top grower of sweet potatoes in the United States.

The terms "sweet potato" and "yam" are often used interchangeably, but they are different vegetables. Most "yams" in this country are sweet potatoes. True yams are dry and starchy, grow mainly in Africa and Asia, and can weigh up to 100 pounds.

## Rainbow Bright

This colorful salad features three seasonal ingredients: sweet potatoes, cranberries, and pecans. Rich in disease-fighting antioxidants and fiber, it's a super-healthy alternative to the traditional sweet potato casserole.

### Sweet Potato Spinach Salad With Cranberries, Pecans, and Goat Cheese

*Makes 6 servings*

#### Ingredients

- 2 lbs sweet potatoes, peeled and cubed
- 2 tbsp olive oil, divided
- ¼ tsp salt, plus a dash
- ½ tsp freshly ground pepper
- 1 small red onion, sliced thin
- 2 tbsp white balsamic vinegar
- ½ tsp Dijon mustard
- 1 (10 oz) bag of baby spinach, washed
- ¼ cup dried cranberries
- ¼ cup chopped pecans, toasted
- ¼ cup crumbled goat cheese

#### Directions

1. Preheat oven to 450°F.
2. In a large bowl, toss sweet potato cubes with 1 tbsp of the olive oil, salt, and pepper. Place sweet potatoes on a baking sheet and roast 20 minutes. Flip potato pieces over and add onion to the pan. Roast 20–25 more minutes or until vegetables are golden and tender. Set aside to cool to room temperature.
3. Make vinaigrette: Whisk vinegar with remaining olive oil, the mustard, a dash of salt, and pepper to taste. Add this dressing to the spinach and toss to coat the leaves.
4. Divide spinach salad among six plates. Top with roasted sweet potatoes, cranberries, and pecans. Garnish with goat cheese crumbles, and serve.

#### Per serving

250 calories, 5 g protein, 38 g carbohydrate, 9 g fat (2 g saturated fat), 2 mg cholesterol, 6 g fiber, 11 g sugar, 240 mg sodium. Calories from fat: 32%

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### What's Cooking!

Thousands of people turn to WebMD.com for meal inspiration every day. Here are the most-clicked recipes.\*

**Stir-Fried Spicy Chicken Tenders**

**Chicken Breasts Stuffed With Pimiento Cheese**

**Bean & Tomato Salad With Honey Vinaigrette**

**Quick Thai Chicken & Vegetable Curry**

**Cucumber & Black-Eyed Pea Salad**

\*as of Sept. 1, 2014

## OFF THE MENU

## Steven McHugh

CHEF/OWNER, CURED  
SAN ANTONIO

In January 2010, Steven McHugh received grim news: a diagnosis of non-Hodgkin lymphoma, a cancer of the blood and one of the most common cancers in the United States.

At the time, McHugh was 34 and already a 20-year veteran of professional kitchens. He started as a dishwasher in his home state of Wisconsin, trained at The Culinary Institute of America, then cooked at some of the finest restaurants in New Orleans before settling in Texas.

After his diagnosis, McHugh's determination to succeed became a determination to survive. He underwent two surgeries and a year of chemotherapy. Since 2011, he's been in remission. "Cured," insists McHugh proudly. "That's the word I use."

Cured is also the name of his restaurant, located in San Antonio's Pearl District. Opened in December of last year, the name celebrates McHugh's recovery as much as it does the art of charcuterie—sausages, pâtés, hams, and other prepared meats—which he matches with a healthy emphasis on seasonal produce. "We keep it simple and base our menu on what's available at the farmers market," says McHugh, now 39.

McHugh, who runs his new restaurant with help from his wife, Sylvia, who handles employee hiring and other office duties, says he rarely finds time to make it to the gym more than once a week. There, he sticks mostly to the cardio machines.

McHugh works long hours throughout the week then closes the restaurant every Sunday. "That's by design, so my wife and I can have some sanity," he says.

At home they cook simple, easy-to-prepare dishes like the salad of beets, avocados, blood oranges, and arugula pesto he shares here. "It's super seasonal," says McHugh, who likes the earthiness of the beets blended with the sweet acid of the oranges and the peppery arugula. "I like the avocados because it's such a local flavor."

Despite his demanding schedule, McHugh has taken on a new role. Last spring, he joined the board of the Leukemia & Lymphoma Society's South Texas Chapter.



**APP  
BONUS!**  
Chef McHugh's  
Top 5 Healthy  
Habits

## Salad of Beet, Avocado, Blood Orange, and Arugula Pesto

Makes 6 servings

## Ingredients

- 4 large beets, any color
- 1 tbsp olive oil
- salt and pepper to taste
- 1 cup arugula, packed
- 1 tsp minced garlic
- ¼ cup olive oil
- ½ tbsp toasted pine nuts
- ¼ cup grated Parmesan cheese
- 2 tbsp milk
- salt and pepper to taste
- 1½ avocados (¼ avocado per serving)
- 2 cups blood orange slices (or other oranges)
- 2 cups arugula
- 2 sprigs tarragon, leaves removed and reserved
- ½ cup shaved ricotta salata cheese (note: a vegetable peeler works best)

## Directions

1. Preheat the oven to 350°F. Coat beets in 1 tbsp olive oil and sprinkle with salt and pepper. Wrap beets in aluminum foil and roast until they can be easily pierced with a knife. Cool, then peel and cut into wedges.
2. To make pesto, blend arugula, garlic, ¼ cup olive oil, pine nuts, Parmesan cheese, and milk in a blender until completely mixed. Taste and, if necessary, add salt and pepper.
3. Divide beets, avocados, and orange slices and place in the center of each plate. Garnish with arugula, tarragon, and ricotta cheese. Drizzle with pesto and enjoy.

## Per serving

331 calories, 7 g protein, 23 g carbohydrate, 26 g fat (6 g saturated fat), 17 mg cholesterol, 7 g fiber, 14 g sugar, 429 mg sodium. Calories from fat: 70%



LEFT: DAVID RANGEL; POPPY BARACH/GETTY



## WORK IT OUT

# Basic Training

WANT TO GET FASTER AND STRONGER? TAKE A CUE FROM HOW TOP ATHLETES GET FIT

By Colleen Oakley

Every year elite athletes get, well, more elite. They make breaking world records look as easy as a stroll in the park. But it's not just because they work hard and log long hours in the gym. It's science.

"In the past 50 years, we've learned so much about how the human body reacts to athletic training," says Mark McClusky, author of *Faster, Higher, Stronger: How Sports Science Is Creating a New Generation of Superathletes and What We Can Learn From Them*. "We're learning more about the roles of nutrition, hydration, genet-



*At each workout, write down how fast you run, how much you lift, and your heart rate.*

ics, and mental aspects. And all of these vectors have converged to improve athletic performance by leaps and bounds."

Which is to say that getting stronger doesn't necessarily mean spending more time in the gym. It means being smarter about the time you have. Take a cue from successful athletes and get more results from your workout with these tips.

**Remember: You're an individual.** "Everybody's

body reacts differently to training and nutrition," McClusky says. "It's so individualized. The same training program might give one elite athlete a 50% performance improvement, while another only improves 5%. You have to be conscious of that." In other words, the workout plan that gave your co-worker a six-pack might not do the same for you.

**Keep a workout diary.** Elite athletes understand the power of data,

McClusky says. "The only way you're going to know if a training plan is working is by measuring it." At each workout, write down how fast you run, how much you lift, and your heart rate, so you can tell if you improve over time.

**Get out of the middle.** "One of the biggest mistakes most amateur athletes make is working out at an average intensity," McClusky says. For instance, competitive runners are either doing sprints and super-hard interval work or easy jogging. The intense intervals help make you faster, while the easy jogs build up your aerobic base. "Most people should work out much harder, or much less."

**Change it up.** If you don't see improvement within three to four weeks—meaning you're not getting faster or stronger—it's time to look at your training program and try something different. When elite athletes hit a wall, they switch it up, and you should, too. Experiment with your nutrition, the timing of your workouts, meditation, and your workout intensity until you find what works for you.

### PUMP IT UP

SCIENCE HAS FOUND A FEW TRICKS TO GIVE YOU A BETTER WORKOUT.

**Get more sleep.** A Stanford University study found that increasing sleep time by two hours a night increased athletes' aim and energy.

**Pop a vitamin D pill.** Recent studies show that taking a vitamin D supplement for eight weeks increased muscle function in athletes, reduced injuries, and improved sprint times.

**Play that funky music.** A British study found that listening to favorite tunes boosted athletic performance and reduced the perceived effort.

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

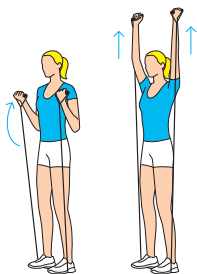
## FITNESS CHALLENGE

## Best Dressed

IT'S PARTY SEASON! BREAK OUT YOUR LBD AND LOOK GREAT IN IT WITH THESE MOVES FOR GLUTES, ABS, AND ARMS

By Jodi Helmer

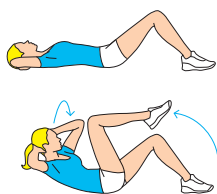
You have holiday parties to attend and a few weeks to tone up and look your best before the festivities begin. To help you look fabulous, Anna Kaiser, a certified personal trainer and founder of New York City fitness studio AKT in Motion, created a “Little Black Dress” workout. Do the moves, which target the glutes, abs, and arms, at least three times a week to look and feel fit all season long.



### The Chiseler

Kaiser loves this move because it engages the biceps, triceps, shoulders, and lats in one simple exercise.

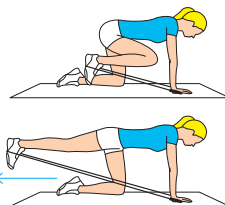
1. Grab a lightweight resistance band. Hold one handle in each hand and step on the band with both feet.
2. With palms facing forward, bend your elbows and bring your hands to your shoulders in a bicep curl.
3. Press your arms overhead, rotating your palms so they face each other, until your elbows are fully extended.
4. Lower arms to the starting position.
5. Repeat 20 times, rest, and do 20 more reps.



### Twisted Teaser

This move works the rectus and transverse abdominals and obliques. To increase the intensity, Kaiser suggests holding a 10-pound weight and keeping both feet raised slightly off the floor. “This move engages your core and helps tone your waistline,” she says.

1. Lie on your back with your knees and elbows bent, hands gently cradling your head.
2. Keeping your abs tight, raise your left knee in toward your chest, rotating your torso to the left, bringing your right elbow toward your left knee.
3. Return to starting position.
4. Do 20 reps.
5. Repeat on the right side.



### Tighten and Lift

Adding a resistance band helps isolate the glute muscles and make them work harder.

1. Grab a resistance band and a mat and get down on all fours on the floor.
2. Place the resistance band around the bottom of your right foot and hold one handle in each hand.
3. Holding the handles on the mat, keep your back flat, tighten your glutes, and extend your right leg straight behind you until it's parallel to the floor.
4. Return your knee to the starting position (but keep it hovering an inch off the floor).
5. Do 30 reps.
6. Repeat on the left side.

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

Q

“My family will be traveling for the holidays, and we want to avoid junk food. What are some healthy options?”

Allison Orr, 43,  
stay-at-home mom, Morris Plains, N.J.



A

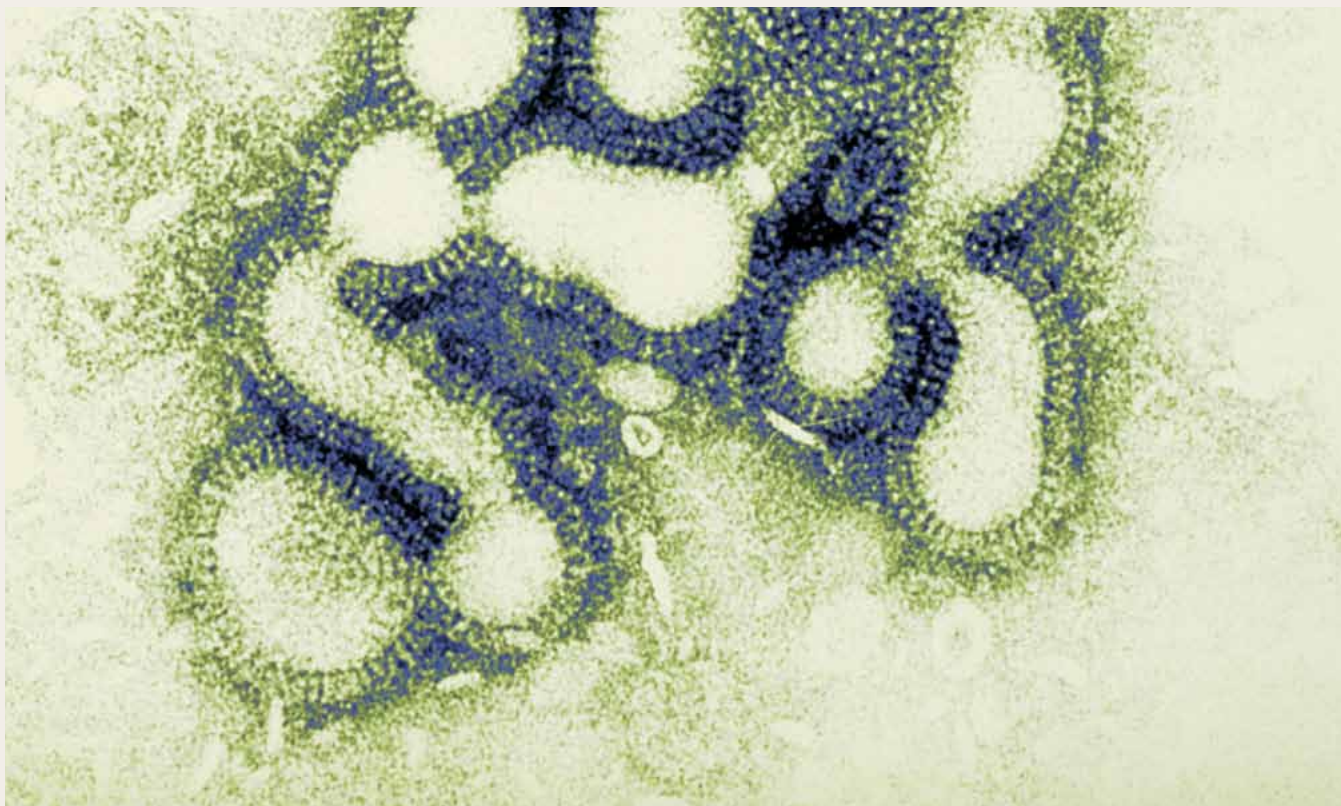
“To prep for a road trip, pack nutritious snacks with a mix of protein, fiber, and carbs. Whole grain crackers and low-fat string cheese or peanut butter and an apple are great choices; homemade trail mix is always a hit. If a trip through the drive-thru is unavoidable, order a cup of chili, a plain baked potato, or a grilled chicken sandwich with a side of apple slices. Choose bottled water or milk over soda and juice. And if you're not staying with family, try booking a hotel room with a kitchenette. You'll eat healthier if you can prepare your own meals instead of relying on takeout.”



Amy Jamieson-Petonic, MEd, RD,  
author of *No Nonsense Nutrition*  
and director of wellness coaching  
at the Cleveland Clinic  
Wellness Institute

# WebMD<sup>®</sup> Checkup

TAKING CARE, LIVING WELL



## It's **cold and flu** season. Do you know the difference?

Cold and flu have similar symptoms, so it can be hard to tell the difference. Generally, the flu is worse than the common cold. You're more likely to have fever, cough, chills, fatigue, and all-over body aches with the flu. A cold is more apt to bring a runny or stuffy nose.

Colds are the No. 1 reason children miss school and adults miss work. Adults catch about two or three colds a year. Children have even more. The flu doesn't strike as often—5% to 20% of Americans get it each year.

A cold lasts about a week to 10 days. The flu can last longer. Doctors recommend plenty of rest and fluids for both colds and flu. Over-the-counter medicines can help ease symptoms, too. A prescription medication, such as Tamiflu or Relenza, can shorten the duration

of the flu if you take it within the first day or two you have symptoms.

The flu can be serious, especially for children, the elderly, and people with chronic diseases like diabetes. About 200,000 Americans go to the hospital each year because of flu-related complications. But you can prevent the flu with a vaccine. The CDC recommends everyone 6 months and older get a flu shot as soon as it becomes available—usually in October. *Modern*

*Family's* Julie Bowen, former Chicago Bears coach Mike Ditka, and WNBA star Elena Delle Donne have all used their star power to promote flu shots.

—Sonya Collins





## LIVING WITH ALZHEIMER'S

ARE YOU NEWLY DIAGNOSED OR KNOW SOMEONE WHO IS? TAKE ACTION NOW

*By Christina Boufis*

● Rosemary Orange, 53, of Ottawa, Ontario, suspected something was wrong with her 83-year-old mother, Sylvia. "She'd go shopping and forget what she was doing," Orange explains. "So she'd come right back home without buying anything."

Several months later, Orange's mother was diagnosed with Alzheimer's, a type of dementia that affects nearly 36 million people worldwide—a rate that's expected to nearly double in the next 20 years, according to the World Health Organization.

What can you do if a parent or relative is diagnosed with this progressive disease, which affects memory and, eventually, the ability to carry out everyday tasks? Gary Small, MD, professor of psychiatry and biobehavioral sciences at UCLA and director of the UCLA Center on Aging, suggests some steps you can take now.

**Be informed.** "No. 1 is get the right information," says Small. "A lot of misconceptions surround the disease, and many people are terrified when they first hear the diagnosis."

Find a doctor who has experience treating Alzheimer's, and reach out to other



organizations, such as the Alzheimer's Association or Alzheimer's Foundation of America, for education and support, he adds.

### **Plan for the future.**

Make sure your loved one has updated advance directives (documents about end-of-life care) and legal documents, such as wills and trusts, in place. "It's best to do that early when the person [with Alzheimer's] can still have some input," Small says.

**Make a safe home.** If there's a danger your relative will wander from home, block stairways or put door

handles up high where people with Alzheimer's wouldn't think to reach, Small says.

### **Maintain routines.**

"Keep everyday activities as routine as possible," and place several orienting items, such as clocks and calendars, around the house, Small says.

"Long-term memory is preserved until late in the illness," he explains. "So if the date is prominently displayed and everyday activities are reinforced, it will be much easier for people to remember and become part of long-term memory."

### **BRAIN GAME**

It can't be cured, but can Alzheimer's be slowed? Research is ongoing, but these steps may help.

**Get moving.** Physical exercise is good for brain and heart health, so a regular routine is important, says aging expert Gary Small, MD. "I often recommend that people with Alzheimer's and their caregivers exercise together—it can be as simple as taking a walk after dinner."

**Eat a brain-healthy diet.** A low-fat diet, high in fruits, vegetables, and omega-3 fatty acids in fish like mackerel or salmon, may help protect brain cells, according to research. Many older people don't get enough fruits and vegetables, Small says. "Eating five servings a day will protect the brain from oxidative stress that causes wear and tear on the cells."

**Manage stress.** "Any kind of stress can aggravate symptoms such as aggression and paranoia," Small says. Encourage stress-reduction techniques such as meditation or tai chi, he advises.

## BY THE NUMBERS

# HOLIDAY HEALTH

FACTS AND FIGURES ON TOP ISSUES

By Heather Hatfield



436

Traffic fatalities over Thanksgiving holiday weekend in 2013

158

Number of lives that may have been saved by buckling up



12,000

Injuries from holiday decorating each year



9%

Percent of babies conceived during December



1,041

Calories the average woman burns while holiday shopping



4,500

Average number of calories consumed from snacking and eating on a traditional holiday

229

Average grams of fat



5%

Percentage increase in heart-related deaths during the holiday season



December 25

When most heart attacks happen in the U.S.



230

Home fires started by Christmas trees each year



6 Deaths caused by home Christmas tree fires

22

Injuries

## HEALTH HIGHLIGHTS

# COPD

### TIPS FOR MANAGING CHRONIC OBSTRUCTIVE PULMONARY DISEASE

By Matt McMillen

**1 Stay social**  
Connect with others in a group COPD rehab program or support group.

**2 Know your triggers**  
Irritants like smoke, pollution, and pollen cause flare-ups. Learn what bothers you.

**3 Educate yourself**  
Visit WebMD's COPD Center to learn about the disease and better control it.

**4 Travel smart**  
Talk to your doctor, know your airline's oxygen regulations, and pack extra batteries for portable equipment.

**5 Join the club**  
Learn breathing techniques, helpful exercises, and more at your local Better Breathers Club, an American Lung Association project.



**6 Quit smoking**  
Your lungs will thank you, no matter how long you've been smoking. Talk to your doctor.

**7 Maintain a healthy weight**  
Drop those extra pounds, and you'll ease the burden on your lungs.

**8 Plan ahead**  
Schedule errands and chores for when you'll have the most energy, factor in time to rest, and don't rush.

**9 Wash your hands**  
Use soap and water or alcohol-based gels often to keep your hands germ-free.

**10 Rethink mealtimes**  
A full stomach can hinder breathing, so eat a number of small meals each day rather than three large ones.

## EXPERT TIPS



**Kathrin Nicolacakis, MD**  
pulmonologist, Cleveland Clinic, Cleveland

"For COPD patients, it takes more energy just to breathe, so proper nutrition is vital. Focus your diet on good-for-you foods such as leafy greens, whole grains, and lean meats."

"Drink lots of fluids. Dehydration leads to stickier mucus that's hard to move. Drink six to eight glasses of non-caffeinated beverages every day."



**Alan F. Barker, MD**  
pulmonologist and director of the Pulmonary Function Laboratory, Oregon Health & Science University, Portland, Oregon

"Get a flu shot. This is particularly important if you have COPD. Influenza can cause major setbacks in your treatment, and it can worsen your symptoms. The flu also increases your risk of bacterial infections and pneumonia. Protect yourself by getting vaccinated each year."



**Len Horowitz, MD**  
pulmonologist, Lenox Hill Hospital, New York City

"Make a plan to quit smoking and establish a quit date several weeks out. Craft a strategy. Work with your doctor on it. Become an ex-smoker."

"Focus on what you can do. You may not be able to run or swim like you used to, but you can find exercises that you do like to do, such as lifting weights or walking."



## MY STORY

# HOPE FLOATS

A READER SHARES HIS 30-YEAR JOURNEY AS A CAREGIVER

**By Peter Rosenberger**  
*WebMD.com community member*

My journey as a caregiver started the moment I said “I do” to my wife, Gracie. A few years earlier, she’d endured a horrific car accident that led to permanent disability and 20 operations. Since then, her challenges have mushroomed to 78 operations, amputation of both legs, treatment by more than 60 doctors in 12 hospitals, coverage under seven insurance companies, and \$9 million in medical bills.

With the almost daily issues we’ve faced for three decades, no “plateau” exists. Dealing with the crisis du jour is often like trying to nail Jell-O to the wall.

I’ve been a caregiver since I was 22. I’m 51 now. Along the way, I’ve learned a great deal about America’s health care system (I’ve never lost an appeal, and I’ve changed Gracie’s policy six times without a lapse in coverage). Being married to someone with severe disabilities and constant pain, I’ve also learned a great deal about relationships, faith, and love.

I’ve learned that my ultimate responsibility is to myself—but I don’t mean that in a selfish way. Gracie’s entire support system is contingent on my making good decisions—emotionally, physically, and fiscally. If I



don’t take care of myself, I’m jeopardizing her entire care system. It sounds counter-intuitive, but like the flight attendants say, you have to put your own mask on before helping someone else.

Caregivers struggle with the three I’s: isolation, loss of independence, and loss of identity. In that isolation, we often make bad decisions because we operate in the vacuum of our own thoughts. That’s why I go to support groups two or three

nights a week: to grow and learn from other people.

Support groups, martial arts three times per week, and taking time for myself are part of my regular routine as a caregiver. I make sure I see my doctor regularly—nearly 75% of caregivers don’t do that.

In addition, I find great strength in my Christian faith. And part of taking care of myself involves spending a few hours each week alone at my church

## PETER’S POINTERS

“Laugh. I watch funny things and read funny books. It’s a muscle you have to work every single day.”

“Don’t believe everything you think. Get an objective opinion by seeing a counselor at least once a month.”

“Make sure you get life insurance. It’s inappropriate to call yourself a caregiver if you don’t. What if you die before your loved one? You’ll leave the person with nothing.”

“Know that you have some real tough choices, and one of them is learning how to say no to something and yes to taking care of yourself.”

playing the piano, working out the kinks in my heart.

Drawing upon my own journey of nearly 30 years, I’ve also written a book, *Hope for the Caregiver*, to offer a lifeline of help to fellow caregivers.

I’m learning to pace myself and breathe deeply. I’m not loving Gracie well if I’m running around trying to put out fires with a syringe. It doesn’t help her today—nor will it help me when she needs me tomorrow.

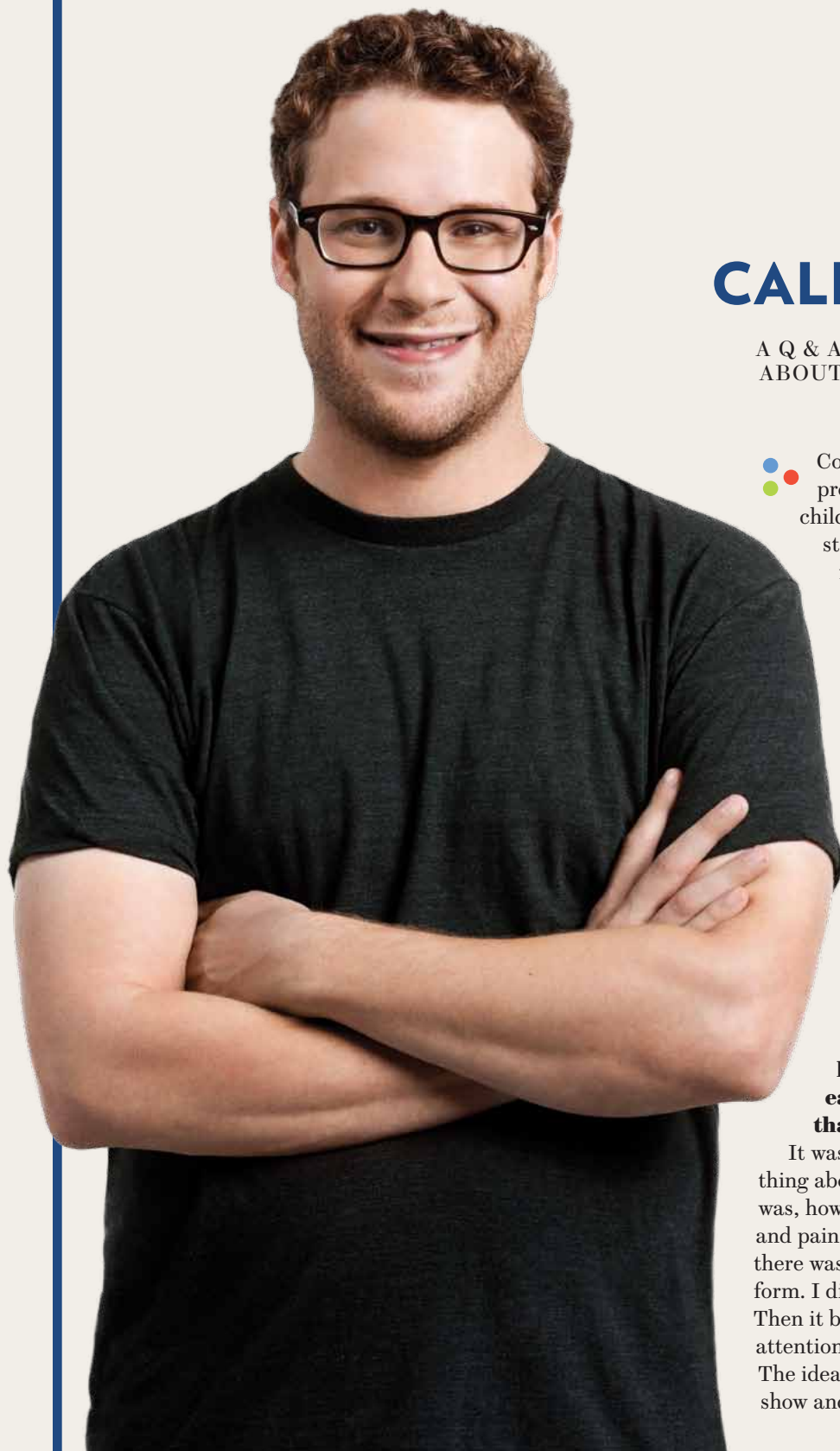


Watch actor Seth Rogen testify before Congress.

LEARN HOW ON PAGE 4

## Checkup

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



### ADVOCACY

## CALL TO ACTION

A Q & A WITH ACTOR SETH ROGEN ABOUT ALZHEIMER'S AWARENESS

By Kara Mayer Robinson

Comedian Seth Rogen is a self-proclaimed “lazy, self-involved...man-child.” But the actor and funnyman, who stars in, co-directs, and produces the film *The Interview* (opening Christmas Day), also happens to be an activist. Together with his wife, Lauren Miller Rogen, he leads Hilarity for Charity, an organization that raises awareness about Alzheimer's, an irreversible brain disease that affects 5 million Americans.

By hosting live variety shows with serious starpower—think Paul Rudd, Kevin Hart, John Mulaney, Mindy Kaling, and Bruno Mars—and sponsoring college contests, they hope to inspire millennials to become the next generation of Alzheimer's advocates.

**When you started dating Lauren, her mother was diagnosed with early-onset Alzheimer's. What was that like?**

It was very shocking. I didn't know anything about it—how terrible and debilitating it was, how young you could be, and how taxing and painful it is on everyone. I didn't know there was no cure for it in any way, shape, or form. I didn't know how underfunded it was. Then it became clear that I could use the attention I get to try to change that situation. The idea was to put on a big comedy variety show and give the money to charity.

## What are common misconceptions about Alzheimer's?

One is that only old people get it. People also think it's a curable disease. There's literally nothing you can do about it. You can ask a doctor, "What if I take fish oil?" and a doctor will say, "Couldn't hurt, but there's no proof it will actually do anything." And it's a lot less cute than it's portrayed in the media and movies. It's generally viewed



*People like success stories and there's really none of that with Alzheimer's. There's nothing to even slow the disease down.*

like, "Oh, I forgot my keys." But in reality, Lauren's mother forgot how to speak and walk and eat.

## Why is funding so inadequate?

People like success stories and there's really none of that. If you get Alzheimer's, you will die from Alzheimer's. There's nothing to even slow that down. It's not a very glamorous disease. The "ice bucket challenge" [where people dunk themselves in ice water to raise money for ALS research] is a good example of how, if you make your message slightly more glamorous, you can capture more money. ALS is a terrible disease, but the amount of people who have ALS in comparison to Alzheimer's is very small. When I'm your best celebrity spokesperson, you know your disease is not in great shape.

## You spoke at a congressional hearing that aired on TV. Did that help?

More than 6 million people watched that C-Span video and maybe \$10,000 was donated to our charity. It was very encouraging in some ways and very

discouraging in other ways. Very few senators who are part of the committee bothered to show up—and Alzheimer's kills millions of people. But what's encouraging is that what I said got out there in such a large way. It didn't translate into actual money, but for a moment it made Alzheimer's something slightly cool to talk about. It's a step in the right direction, but until more dollars are given to research and the government really gets behind it, it's not enough.

## Hilarity for Charity hosts comedy and music shows. What else are you doing to raise money and get the word out?

We have a college program we started last year. We send a little packet that tells you how to put on your own event. Last year we showed the college that made the most money an early screening of *Neighbors* [a 2014 comedy starring Rogen]. I hung out and took pictures with everybody and did a Q&A. We're also trying to do events in other cities. We've talked about trying to get

[a variety show] televised or broadcast on the Internet.

## You're focusing on the younger generation. Why?

Soon they'll be the older generation. When you're young, you have the tendency to kick the can down the road and say, "Oh, that's something old people deal with—it's not something I'm going to have to deal with." That's exactly what I thought. Then you realize, "Oh, it's not something that affects my grandparents—it's something that affects my parents and will very soon affect me." I also think it's a very taboo disease in the older generation. It's harder to break down those walls.

## What do you do with the money you raise?

The main thing is providing home care for people who can't afford it. The amount of money we raise is not going to find a cure for Alzheimer's, but it can provide hours and months of free care. We've partnered with Home Instead [in-home care agency], and they're also donating hours. As terrible as our situation has been with Lauren's mom, the fact that I have a job where I make a lot of money has made it infinitely more manageable.

## What advice can you give caretakers?

Don't be afraid to ask for help. I saw Lauren's father trying to do it on his own and it's impossible. Lauren's mom needs a full-time caretaker. At any given moment she could just get up and walk, then fall and hurt herself. Now they live in a duplex. He lives in one side. Lauren's mother and a full-time caretaker live in the other. Apply for one of our funds if you feel like you need help.



## HEALTH CHECK

### WHAT'S YOUR BACK PAIN IQ?

● About 80% of Americans have low back pain at some point—pain that ranges from mild aches to jaw-gritting spasms. Many aren't sure what to do when it hits. "A little while ago, I was cleaning my shower. Suddenly I felt a searing pain in my lower back and I went to my knees," **nikkiportner** writes to the WebMD back pain community. "I painfully made it to my couch where I am lying now, but I am unable to get comfortable. What treatment should I do right now? Hospital? Ice? Heat?" Do you know how to treat back pain?

## QUIZ

1. To avoid further injury, call a doctor right away if your back is in pain.  
☐ Yes ☐ No
2. Plenty of bed rest and relaxation is the best cure.  
☐ Yes ☐ No
3. Heat or cold can help some people with low back pain.  
☐ Yes ☐ No
4. Surgery can help all types of back pain.  
☐ Yes ☐ No

**Answers:** **1. Yes**, but only in certain circumstances. Try self-care for a couple of days if pain is persistent yet mild. But don't hesitate to call your doctor if pain is severe or if you have a fever. Call 911 if you have back pain with chest pain, you fell or suffered a severe blow, you are vomiting, or you have weakness, tingling, or numbness in your legs. **2. No.** Don't stay in bed more than a couple of days. Getting up and moving about some will speed your recovery. **3. Yes.** Right after the injury, cold from an ice pack or other source can be applied for 10 to 15 minutes. Repeat every two hours as needed for the first two or three days. After that, heat from a hot pack or other source can be applied for 15 to 20 minutes at a time. Warm baths may also help. **4. No.** Surgery usually helps only certain types of back pain, such as pain caused by a pinched nerve, a compressed spinal cord, or too much movement between the vertebrae (spinal bones). Doctors consider surgery a last-resort treatment.

#### SOURCES:

*American Academy of Orthopaedic Surgeons, National Institute of Neurological Disorders and Stroke, WebMD Back Pain Health Center*



## ASK YOUR DOCTOR

1. What can I do to prevent my back pain from getting worse?
2. Why is my back vulnerable to pain and injury? Is there anything I can do to prevent it?
3. What are my treatment options? Will I need medication or surgery?
4. If you advise surgery, what are the risks? How long does it generally take to recover?

# Ricky Gervais

Comedian/Actor/Writer/Producer

**1** You've starred in the *Night at the Museum* trilogy and *Muppets Most Wanted*. What made you say yes to these projects?

I'm a sucker for family blockbusters, and these movies are a lot of fun. I think people confuse my stand-up with who I am, but I go into taboo subjects because I want the audience to go on a journey where they haven't been before, to be fearful and get through it. Humor gets us through the bad stuff—that's what it's for.

**2** The original UK version of *The Office* made you famous when you were 40. Was it a big adjustment?

I had no fear because I had an older, wiser head on my shoulders. I didn't desperately want to be famous. There was no pressure, because just to have this as my job meant I was already winning. I went from working in an office for 10 years as a special events manager to having a go at sitcoms.

**3** Does anything give you performance anxiety?

Not getting my way is the only thing that worries me. If a broadcaster came along and said, "We have to change one word but we will give you a better time slot," I'll take the worse time slot. There are



Read the full Q&A with Gervais in our free tablet apps!

*Night at the Museum: Secret of the Tomb* opens in theaters Dec. 19.

7 billion people in the world, and you don't need all of them to like you to have a really good career.

**4** You never seem to hold back, even when you get criticized for offending people. Do you ever compromise?

The people who don't like you don't like you, but the people who do like you will buy your DVDs. The people who don't like you can't

affect you. I wish people knew that more. Your reputation is what strangers think you're like. Your character is what you're really like.

**5** Where do you get your best ideas? In the bath or on a plane because there are no distractions. Also when I'm on a run. It's 40 minutes of me thinking, and I come home and say to my girlfriend [producer

Jane Fallon], "I've got a great joke," and she says, "Please don't do that in public," and I know it's good.

**6** You started running and lifting weights five years ago and lost more than 20 pounds. What inspired you? It was Christmas and I'd eaten something like 10 sausages and I said to Jane, "I think I'm going to have a heart attack," so I started working out.

Then I started shedding pounds, and I got addicted to both the exercise and the results.

**7** Have you changed your diet? The only reason I want to live longer is to eat more cheese and drink more wine. If I can work out six days a week and then at 6 p.m. open a bottle of wine and have a nice meal, that's what it's all about.

**8** What keeps you motivated? I treat myself like an idiotic donkey tied to a carrot. When I run, I see Champagne and cheese. I just want to be fit enough to eat too much. If this works, it will be the greatest diet book ever written.

**9** Why are you passionate about rescue dogs?

Pups from pet stores are often taken away from their mothers far too young and you get a sick dog, when right down the street is a rescue dog in jail. Save it! There's nothing better for your soul.

**10** What's the best part about fame?

My girlfriend says the best part of my fame is I can scruffle a dog and a person doesn't think I'm a maniac. —**Rebecca Ascher-Walsh**