

# WebMD<sup>®</sup>

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June 2016 \$4.95

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# MY WAY!

JAMIE-LYNN  
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OPENLY WITH  
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## My Way

For 15 years, actor **Jamie-Lynn Sigler** hid her diagnosis of multiple sclerosis from all but those closest to her. Now happily married and a mom, she's opened up about her condition to shed light on the realities of living—and thriving—with MS.

## The Miracle Nerve In Your Body

Stimulation of the body's vagus nerve, which runs from the brain to below the belly, has been used for years to treat epilepsy and depression. Newer research shows that vagus nerve stimulation holds promise as a treatment for several long-term and life-threatening conditions, ranging from asthma attacks and tinnitus to stroke and heart failure.



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“  
**I FEEL PHYSICALLY BETTER BECAUSE I DON'T HAVE THIS STRESS AND THIS FEAR THAT FOLLOWED ME AROUND.**  
”

IN EVERY ISSUE

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**TAKE 10**  
Actor **Laura Linney** lightens up this summer in *Teenage Mutant Ninja Turtles: Out of the Shadows*. She talks about the joy of becoming a mom at 49, and her best and worst health habits.

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## WEBMD CHECKUP

The lifecycle—and connectivity—of bones and muscles. **Q&A:** What you need to know about traveling with medication. • **BY THE NUMBERS:** A closer look at Lyme disease. • **LIVING WELL:** Expert tips to help prevent migraines. • **MY STORY:** A reader shares how yoga has helped her to build stronger bones. • **YOUR SMILE:** How to keep your teeth healthy into your golden years.



# The 30 Event

presented by min

## THIRTY IS HOT

WebMD Magazine was recently named one of the top 30 launches of the past 30 years by Min, a leading media organization. Not only are we in excellent company—*Real Simple*, *Cooking Light*, *InStyle*, *Martha Stewart Living*, *O*, *The Oprah Magazine*, and *Dwell*, among others—we were selected from a whopping 9,828 titles that launched with the intention to publish at least four times a year during the past three decades. That’s a lot of magazines. We could not be more proud to have brought you, our loyal readers, the credible, engaging health information you trust to improve your life in each and every issue. Thank you for your continuing support—and here’s to the next 30 years!

**Stressed out?**  
If you’re anything like me, you’ve got a lot going on this time of year whether it’s graduations, weddings, getting kids through final exams, or wrapping a million things up before a well-deserved vacation.

A little “om” might go a long way toward helping you tap into your inner tranquility. Just a few minutes of meditation a day can help you relax and keep stress at bay. In this issue we talk to ABC anchor **Dan Harris**, whose book *10% Happier* and meditation app are aimed at an audience Harris describes as fidgety skeptics. He tells us what got him started meditating and how it’s helped improve his health and well-being.

We also talk to actor **Jamie-Lynn Sigler** about her courageous decision to go public about living with multiple sclerosis. She tells us why she kept her condition private for more than a decade and shares the moment she decided to open up about her diagnosis. Sigler also credits meditation as part of her overall healthy living routine, along with eating well and exercising, that help give her energy.

You can find more about meditation’s benefits and tips to get started on WebMD.com. It just might help you keep your cool as the summer heats up.

Kristy Hammam  
Editor in Chief  
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# HOT TOPICS!

FACTS & FIGURES FOR BUILDING A BETTER BODY



Sleeping less than five hours a night boosts a chemical in your bloodstream that makes food more appealing.

Source: *Sleep*

**39.5** million U.S. adults used wearable devices such as smartwatches and fitness trackers in

**2015.**

Some

**81.7** million will likely wear them by

**2018.**

Source: eMarketer

Women are more likely than men to have trouble falling asleep and staying asleep. They're also more likely to wake up feeling tired.

Source: CDC

An order of french fries is almost three times the size it was 20 years ago and has an extra 400 calories. It takes about 35 minutes of jogging or an hour and 20 minutes of brisk walking to burn off the additional calories.

Source: National Heart, Lung, and Blood Institute; American Cancer Society

Couples who have sex once a week are more satisfied with their relationships than those who have sex less often. But having sex more than that didn't result in an increase in happiness, according to one study.

Source: *Social Psychological & Personality Science*



Only **2.7%** of people surveyed achieved all four of these healthy lifestyle behaviors: a good diet, moderate exercise, recommended body fat percentage, and not smoking.

Source: *Mayo Clinic Proceedings*



*The three fittest cities in America: Washington, D.C., Minneapolis and San Diego*

Source: *American Fitness Index*

People who **stop smoking** all at once are **25%** more likely to succeed than those who try to quit by cutting back on cigarettes gradually.

Source: *Annals of Internal Medicine*

*Most popular exercise class during the summer: strength training*

Source: ClassPass



SMART  
FOOD?

Chocoholics, brace yourselves for the best news ever. Your favorite treat might make you smarter. In a study of about 1,000 people, chocolate lovers had significantly better brain function than those who rarely reached for it. People who indulged in chocolate once a week or more scored higher than others on a battery of tests that measured reasoning, memory, and overall mental status. The researchers believe credit goes to chocolate's antioxidant cocoa flavanols and to methylxanthine, a compound known to benefit the heart, lungs, and central nervous system.

Source: *Appetite*



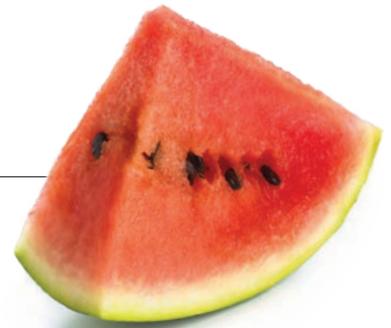
## Hi, Fiber

Fiber-rich foods, such as fruit, vegetables, and whole grains, could have lasting benefits for women. Researchers kept track of more than 90,000 women for 20 years. At the beginning of the study, the women

completed a questionnaire about their eating habits. Over the next two decades, researchers recorded cases of breast cancer among them. Women who had eaten the most fiber—12 to 25 grams per day—during adolescence and early adulthood were up to

20% less likely than others to get breast cancer over the next 20 years. The recommended daily amount of fiber for women is 25 grams, according to the Institute of Medicine.

Source: *Pediatrics*



**86** Calories in one medium wedge of watermelon

Source: USDA



## ACTIVE LEARNING

"Stay in your seat" may not be the best rule for elementary schoolers. For a two-year period, about 250 kids in second and third grades had math and spelling lessons that included physical activity. Researchers compared these kids to 250 of their schoolmates who had regular lessons. At the end of the two years, students who got to move while they learned had surpassed their more sedentary peers in spelling and math.

Source: *Pediatrics*

WebMD.com

## Hot Hits

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

Tea tree oil

Low-calorie drinks

Antibiotics

Bipolar disorder

Benefits of acai

Should I take aspirin?

Pictures of toenail fungus

What is the DASH Diet?

Depression symptoms

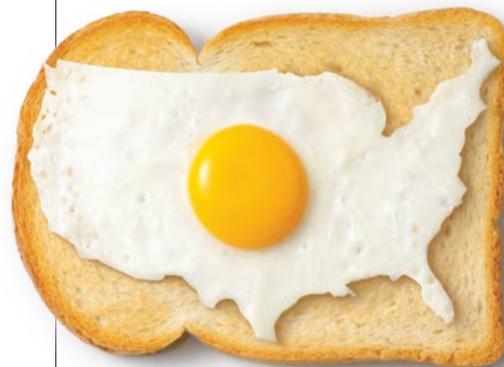
Is it a yeast infection?

\*as of April 1, 2016

## PILL DRILL

If you're at high risk of a heart attack, your doctor might recommend a daily aspirin to help prevent it. A new study shows that little white pill might bring other benefits. Researchers followed 88,000 people for up to 32 years to see which ones developed cancer. Those who took as few as two aspirins per week for six years were 5% less likely to develop any type of cancer over the three decades. Aspirin particularly reduced risk for gastrointestinal cancers. It slashed risk of colorectal cancer by 25%, gastroesophageal cancer by 14%, and any type of GI cancer by 20%.

Source: *JAMA*



## Weighing In

"You are what you eat," they say. "You are where you live" may also be true. Researchers ranked the 100 most populated metropolitan areas from fattest to thinnest. Memphis, Tenn., Shreveport, La., and Indianapolis are the top three heavyweight champs. Boise, Idaho, Reno, Nev., and Honolulu ranked thinnest. Researchers based the rankings not only on highest percentage of obese and overweight residents. They also considered the percentage of locals with weight-related health problems, including high cholesterol, high blood pressure, and diabetes. Each city's active lifestyle ranking and access to healthy food score figured in too.

Source: WalletHub

# 340

Calories a 150-pound person  
burns during an hour of snorkeling

Source: MyFitnessPal



**JUMP  
START**

Depending on how geeky you are about anatomy, you may or may not realize you have a major nerve in your body tucked next to the major vessels on both sides of your neck, weaving its way down from your brain to below your abdomen.

This is no ordinary nerve. The vagus itself houses thousands of smaller nerves, each with a specific role to play in the body, such as signaling when you are full during a meal, or if you are in pain or short of breath. Stimulating the vagus nerve with gentle pulses of electricity has helped epilepsy and depression patients for a few decades. Now, thanks to new research, this so-called “miracle nerve” is poised to potentially treat a host of conditions, from strokes and headaches to asthma attacks and heart failure. And we may not have to wait long. “I think there is going to be a renaissance of vagus nerve stimulation over the next 10 years,” says one of our experts in our story, “The Miracle Nerve” (page 38).

At WebMD, we love to tell these stories that have the potential to change medicine—and people’s lives. Enjoy.

*Colleen*

Colleen Parett  
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Minimum SPF rating that dermatologists recommend

Source: American Academy of Dermatology

**Skin Check**

New moles or irregular moles can be warning signs of skin cancer. But even people without any moles can get melanoma. In a recent study of 566 people with melanoma, the majority—about 66%—had no more than 20 moles each on their bodies. Some people had none. Nearly three-quarters of them had no irregular moles. Don’t skip skin cancer screenings because you don’t have any suspicious spots. Get your skin checked during routine doctor visits.

Source: *JAMA Dermatology*

**DRUG WARNING**

Nonprescription use of stimulants is on the rise. A new study found that the number of people using dextroamphetamine-amphetamine (Adderall)—a stimulant used to treat attention deficit hyperactivity disorder—without a prescription rose by 67% from 2006 to 2011. Emergency-room visits related to the drug shot up 156%. Most misuse was among 18- to 25-year-olds, who usually got the pills from friends or relatives with a prescription. Used incorrectly, the drug can cause sleep disruption, high blood pressure, and stroke.

Source: *Journal of Clinical Psychiatry*

**SNEEZE  
FREEZE**

A glass of milk a day could keep your unborn child’s hay fever away.

Pregnant women who eat foods rich in vitamin D, such as fatty fish, eggs, mushrooms, and dairy products, slash their child’s risk for developing seasonal allergies later on. In a study of more than 1,200 women, for every 100 IUs of vitamin D a mother consumed daily during pregnancy—the amount of D in an 8-ounce glass of milk—her child had a 20% lower risk of developing seasonal allergies over the next seven years.

Source: *Journal of Allergy and Clinical Immunology*

# Not That, This

Small swaps can reap  
big rewards

**Don't: Banish carbs.**

**Do: Eat good carbs.**

Trying to lose weight? Add a small, fiber-packed carbohydrate to your dinner—such as quinoa or a sweet potato—to curb evening sugar cravings.

**Don't: Rely on cardio.**

**Do: Lift weights.**

Two days of resistance training will boost your strength, metabolism, bone density, posture, and mood.

**Don't: Gulp sports drinks.**

**Do: Pair a banana with your workout.**

In one study, cyclists who ate bananas had a bump in performance and recovery. Unlike sports drinks, bananas are packed with potassium, vitamin B6, and antioxidants.

**Don't: Wait for headaches to strike.**

**Do: Limit alcohol and aspartame.**

Alcohol and aspartame can trigger headaches, says Mia Minen, MD, director of headache services at NYU Langone Medical Center. Ward them off by cutting back.

**Don't: Go solo.**

**Do: Connect with friends.**

Healthy relationships are good for you. Research suggests they help you manage stress better and live longer.—*Kara Mayer Robinson*



# Health Happenings

Products, Ideas  
& Promotions  
for Healthy  
Living



## Get Healthy Feet with O'Keeffe's®

O'Keeffe's® for Healthy Feet provides guaranteed relief for extremely dry, cracked feet. This highly effective formula restores moisture and creates healthy looking, hydrated skin.

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## Tom's of Maine Rapid Relief – Sensitivity Relief in 1 Minute\*

New Tom's of Maine Rapid Relief Sensitive Toothpaste uses a powerful combination of arginine and calcium carbonate—both derived from natural sources—to seal the pathways to sensitive tooth nerves to help block the pain. Our patented, clinically proven formula provides relief in 60 seconds\* and long-lasting protection with continuous use.

[tomsofmaine.com](http://tomsofmaine.com)



\*This patented formula provides rapid relief when directly applied to the sensitive tooth with fingertip and gently massaged for 1 minute.

# Top Trainer

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

Photograph by Dane Heithaus

## PLAY IT SAFE

"Safety first! Exercise is a great idea for most people with heart problems, but make sure they have discussed their exercise program with their doctor. Let symptoms be your guide. If a client develops chest pain, dizziness, or excessive shortness of breath, slow down and have them touch base with their physician. Finally, be goal-oriented and aspirational—as their coach, you can help them bounce back and move beyond their diagnosis."



**James Beckerman, MD, FACC**  
cardiologist, Providence Heart and Vascular Institute, St. Vincent Medical Center in Portland, Ore.

## BUILD OVER TIME

"Limited mobility can make your clients less inclined to use the weaker body parts, which can decrease their muscle strength and range of motion even more. For clients with special needs, strength train with progressively increasing weights three times per week. Also, do aerobic exercise every other day, starting with 10 minutes and building up to 30 to 40 minutes. This program will increase range of motion, and improve strength and fitness levels."



**Mary Ann Wilmarth, PT, DPT, OCS**  
CEO, Back2Back Physical Therapy

## PAY IT FORWARD

"You're doing it now! As a personal trainer, you eat well and exercise, and your career revolves around healthy living. Keep doing all that works for you. If you have any other medical or mental health conditions, make sure you're getting the treatment you need. To strengthen and reinforce your success, share your story with others. You'll also inspire them. Drug addiction is a terrible disease, and you should be proud of how far you've come."



**Arefa Cassoobhoy, MD, MPH**  
WebMD medical editor

## SENSIBLE SWAPS

"Small steps can bring about big results. Encourage your clients to gradually swap out one bad habit for a healthier one. Choose sparkling water instead of a sugary drink, an apple instead of chips, or grilled chicken instead of a burger. Challenge them to see the difference in their energy levels and also on the scale."



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

## KEEPING IT OFF

"Maintaining the loss isn't as much fun as losing it, but you can take steps to keep weight off. Studies that looked at people who successfully lost weight found that they continued regular physical activity, watched their eating habits and weight, and kept in contact with their trainer, health coach, or health care provider. Avoid restrictive diets, stress, and negative coping skills like reaching for comfort foods or making excuses, which can work against you."



**Brunilda Nazario, MD**  
WebMD lead medical editor

## WEBMD ON THE STREET

### Josh Harris

Personal trainer, 39  
Cincinnati

Josh Harris knows the power of transformation. In his 20s, he struggled with alcoholism, drug addiction, and a weight that had ballooned out of control. Then in 2006, his daughter was born with Down syndrome. "At that time, I knew I had to make a dramatic change in my life," he says. He went through various treatment programs and started working out. Once sober and 165 pounds slimmer, Harris got his personal training certification and vowed to help others transform, too. "My daughter played such a huge role in inspiring me to change my life," he says. "I decided I wanted to give back to her cause." Today, Harris works with several special needs clients. He says every hour he spends with them "makes my heart full." Some of his clients have heart problems or limited mobility issues. He wants to work them out safely, but still increase their mobility and muscle mass. Another goal is to break their addiction to sugary drinks and junk foods, so he wants to know: "How can I help wean them off these unhealthy foods?" While helping his clients get healthier, Harris also wants to maintain his own forward momentum by keeping extra weight off and undoing any harm left over from alcohol and drugs. "What lifestyle changes can I make to reverse the effects of substance abuse on my body?" —Stephanie Watson

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Slideshow: **10 Ways to Stop Stress Now**, at WebMD.com

[LEARN HOW ON PAGE 4](#)

LIVING HEALTHY

Q & A

# Anchor Man

DAN HARRIS OVERCAME DEPRESSION AND ANXIETY WITH MEDITATION

By Lisa Marshall

On June 7, 2004, before a *Good Morning America* audience of 5 million viewers, ABC anchor Dan Harris had a full-blown panic attack. Halfway through a story about cholesterol drugs, he began frantically blinking and gasping, struggled to form a coherent sentence, and abruptly bailed out with a premature “That does it for news.” To Harris, who’d been self-medicating off-the-clock with cocaine, the episode was a wake-up call to seek help for depression and anxiety. He ultimately found it through meditation.

Now, when he’s not co-anchoring *Nightline*, he’s promoting his book, *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works—a True Story*, and his new meditation app aimed at “fidgety skeptics” like himself.

**You say meditation has a public relations problem. What does that mean?** Traditionally, the perception has been that it is for hippies and you have to wear funny outfits or join a religion or sit in a weird position. Things are changing. It is racing into the cultural mainstream and people are realizing it is not BS. But people assume “my mind is so busy I could never do it.” You can.

**What convinced you to try it?** If you had told me several years ago that I would end up being an evangelist for meditation, I would have coughed my beer up through my nose. But the science made me try it. There are a lot of health benefits.

**Like what?** You rewire your brain. One 2011 Harvard study [of new meditators who practiced 27 minutes daily



for eight weeks] showed that gray matter in the area of the brain associated with self-awareness and compassion literally grew, and the area associated with stress shrank. Other studies show that parts of the brain associated with thinking about ourselves, our past, and our future go quieter in long-term meditators even when they’re not meditating. Essentially, they set a new default mode that is more present-oriented.

**But isn’t it important to think about the past and future?** Yes. To a point. But when you are unaware of this nonstop conversation you are having with yourself, it yanks you around. Meditation teaches you to distinguish between useless rumination and constructive anguish. Also, studies show we are happiest when we are focused on what we are currently doing. Our propensity to not exist where our actual life is—right now—does not serve us well in terms of psychological well-being.

**Can meditation help you maintain a healthy weight?** Yes. It teaches self-awareness, and you can channel that to curb overeating. Just notice: Are you eating right now out of taste or boredom or because you are genuinely hungry?

**Can it improve mental health?** The science around meditation is strongest in the areas of anxiety and depression. Some studies show meditation is as effective as medication.

**Your book is titled *10% Happier*. Why?** I am still the same guy. Still super ambitious. Still have the capacity to be a shmuck. But this makes me about 10% happier. That’s a good return on investment and is not reckless overpromising, like so much of the self-help industry is.

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



Test your knowledge of **Weight Loss Dos and Don'ts**. Take a quiz at WebMD.com.

[LEARN HOW ON PAGE 4](#)

HEALTH SMARTS

# Reward Points

FOUR WAYS TO USE FINANCIAL INCENTIVES TO STICK TO YOUR WELLNESS GOALS

By Lisa Marshall

Remember those resolutions you made back in January? Chances are, you've given them up by now. Half of those who start an exercise program abandon it within six months, and just 1 in 5 dieters keeps the weight off for one year.

But mounting evidence points to a powerful tool for staying on track: hard, cold cash. "Research clearly shows that well-designed financial-incentive programs can work," says Kevin Volpp, MD, PhD, founding director of the Center for Health Incentives and Behavioral Economics at the University of Pennsylvania.

Studies have long shown that humans are hard-wired to make decisions based on immediate gratification rather than consequences over the long haul. While resisting that donut or cigarette can seem full of downsides now, the long-term positives (like reduced risk of heart attack and stroke) are far less apparent. "Financial incentives tip the scale by providing a tangible short-term reward" for healthy behavior, says Jeffrey Kullgren, MD, MPH, a researcher with the Department of Veterans Affairs Center for Clinical Management Research in Ann Arbor, Michigan.



In one study of 878 smokers, those offered rewards totaling \$750 during one year were three times as likely to quit. Another study of 100 obese patients found those lured with a monthly cash reward for meeting weight-loss targets lost four times as much and were more apt to stick with the program.

Inspired by such findings, 86% of large employers now offer wellness-related financial incentives, according to insurance brokerage and consulting firm Willis Tow-

ers Watson. And a slew of new do-it-yourself websites such as stickk.com, healthy-wage.com, and dietbet.com allow people to put their money where their goal is.

Here's what works best:

**Make rewards immediate and visible.** Volpp recently found that when employers offered obese patients a \$550 reduction in their annual insurance premium if they lost weight, it had no impact. That's likely because the reward was too far in the future and not visible enough, he says. Better to give yourself small, frequent, in-your-face incentives. For example, every day you don't buy a pack of ciga-

rettes, put the money in a jar in the kitchen where you can see it fill up. At month's end, buy something special.

**Add some punishment.**

One *New England Journal of Medicine* study looked at two groups trying to quit smoking. One was offered \$800 apiece if they quit. Members of the other group had to pitch in a \$150 deposit. If they smoked, they lost it. If they didn't, they got it back plus \$650.

The deposit group was far more likely to quit long-term. "The motivation to avoid a loss tends to be more powerful than the motivation to gain a reward," Kullgren says.

Some websites allow people to write up a "commitment contract" spelling out goals and put up cash stakes. If they fail, the money goes to other players who achieved their goal, or even an "anti-charity"—an organization they can't stand.

**Think beyond cash.**

In-kind rewards—a vacation, a new bike, or a pair of running shoes—can be more motivating than cash. Joining a group can also keep you accountable and boost your chances of success, studies show. Get some friends together and vow to reward yourself with a fall trip if you all stick to your goals this summer.

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



## MEN'S HEALTH

# Fertility Facts

HEALTHY SPERM ARE ESSENTIAL TO FATHERING A CHILD.  
BUT THEY ARE NOT A GIVEN

*By Matt McMillen*

Guys, don't take fertility for granted. If you want to father children, you need to pay attention to your own health, especially as you get older.

"Your age, the foods you eat, the medications you take, and any medical issues you may have: All can affect the way your sperm function," says urologist Bruce Gilbert, MD, PhD, director of reproductive and sexual medicine at the Arthur Smith Institute for Urology in New Hyde Park, New York.

While you can't control your age, be aware that it plays a big role in sperm health. Sperm quality starts to decline after 40. "Men might have reduced fertility even if their semen quality looks good because there may be some damage in their sperm," Gilbert says. And damaged sperm that can't penetrate an egg will



make it harder to impregnate your partner. Older men are also more likely to father children with genetic diseases. A recent study found that men age 50 and up pass on more genetic

mutations via their sperm than younger men.

You can't slow the clock, but you can protect your fertility in other ways. Start by watching what you eat, Gilbert says. Pay particular attention to your cholesterol levels. Cholesterol can affect a sperm's membrane, making it more difficult for the sperm to fuse with an egg. Gilbert advises his patients to control their cholesterol via diet and exercise if possible; no one knows whether cholesterol-lowering drugs affect fertility.

Other drugs, however, do

have a serious impact—and "not just drugs like cocaine and marijuana, which are known to affect semen quality and erectile function," Gilbert says. "Chemotherapy and radiation for cancer or even surgery for malignant disease can be what we call gonadotoxic, or harmful to the sperm-producing testicles. Fortunately, you can store your sperm ahead of time." Ask your doctor about sperm banking before you begin treatment.

Testosterone replacement therapy can also be a concern. It drastically reduces or stops sperm production while you take it. And, Gilbert says, "15% of men on testosterone don't get sperm production back when they stop treatment."

A healthy weight helps you produce healthy sperm, so keep fit. "Obesity influences hormones, particularly estrogen, which can impact whether you produce enough sperm and whether those sperm work properly," Gilbert says. "It also can cause the brain to send out fewer signals telling the testes to produce sperm."

### ASK YOUR DOCTOR

1. Can lifestyle changes help preserve my fertility?
2. Will any of the medications I take affect my fertility?
3. Do I have medical conditions that might make it difficult to conceive? Should I treat them now?
4. How long should my partner and I try to conceive before getting tested for fertility issues?
5. Are there tests I should have to check if I am fertile?

Reviewed by  
**Sheldon Marks, MD**  
WebMD Men's Health Expert



## WORK IT OUT

# Training Day

WANT TO BUILD MUSCLE, BURN CALORIES,  
AND GET IN SHAPE? GET EXPERT DOS AND DON'TS  
OF STRENGTH TRAINING

*By Kara Mayer Robinson*

Adding a couple days of resistance training to your week can lead to big changes in your body. It will strengthen your muscles and bones, give your posture a lift, and boost your mood. Strength training also stokes your metabolism, so you'll burn more calories even when you rest. And it slashes your odds of getting injured.

To optimize your results, follow these dos and don'ts.

**Target every zone.** Aim for two to three days of strength training per week. Be sure to work every muscle group, including your chest, back, shoulders, legs, arms, abs, hips, and low back, says Michael A. Clark, DPT, founder of the National Academy of Sports Medicine. Overlooking a body part can lead to muscle imbalances and posture problems.

**Start light.** If you're a beginner, stick with light weights for the first three to four weeks. You may feel stronger after a few workouts, but just because you can lift heavier weights doesn't mean you should, Clark says. Your body needs time to build enough strength to fend off injury.

**Focus on form.** For good form and

alignment, follow Clark's tips: Keep your feet straight (imagine yourself on skis), keep your knees aligned with your toes, activate your abs (tighten your stomach muscles and pull your belly button in), keep your shoulders back

and down (avoid shrugging), and keep your ears aligned with your shoulders.

**Add weight without compromising form.** Start with one set of eight to 12 repetitions. Try to build up to three sets of 12 to 15 reps. Add more gradually. A good rule of thumb: When you can do 12 reps using good form, ratchet up the weight.

**Take time off.** "Strength training causes tiny tears in your muscle tissue," Clark says. "When you rest, your muscles recover from the micro-trauma. It's this tearing and repairing process that allows your muscles to get stronger." Give yourself 48 hours between sessions and get plenty of sleep.

**Don't hold your breath.** Keep

breathing as you lift and lower your weight. Try to exhale as you lift the weight and inhale as you lower it.

**Don't go fast.** Slow, controlled movements are better. Whether it's a dumbbell, band, or machine, lift for a count of two, lower for three or four.

**Don't quit too soon.** You don't have to stop when you reach the end of a set. You can try "repping out" or "going to failure." This means lifting until you can't do any more reps with good form.

*Aim for two to three days of strength training per week. Be sure to work every muscle group.*

It's tough, but it's an ace at building strength in less time.

**Don't fall into a rut.** "It's easy to get comfortable and fall into the habit of doing the same exercises and movements," Clark says. But mixing things up challenges different body parts and keeps boredom at bay. Vary the equipment (try dumbbells, resistance bands, cables, stability balls, or exercises that use your body weight), vary your intensity (switch between tough and easy days), and alternate your grip (change from palms down to palms up, or vice versa).

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

# Check Yourself

Kudos to you for going to your dermatologist every year to get your moles checked. But what about in-between visits? Be sure to give your own moles a once-over on a regular basis, so that you can become familiar with your skin and be aware of any changes, says Tsippora Shainhouse, MD, a dermatologist and clinical instructor at the University of Southern California. It's as easy as A, B, C:

## **A (Asymmetry).**

You should be able to draw a line down the middle, and each half should look the same as the other.

## **B (Borders).**

They should be smooth. If there is a jagged edge, or a smudged area, then it should be checked out.

## **C (Color or mixes of colors).**

This includes different shades of brown, black, white, pink, gray, or blue.

## **D (Diameter/size).**

If a mole is bigger than the size of a pencil eraser, a doctor should take a look.

## **E (Evolving).**

If the mole seems to be changing at all, or is new, have it checked out.

## EXPERT PICKS

## Manly, Yes

GUYS, NOT TO WORRY. DAILY SKIN CARE DOESN'T HAVE TO BE A FUSSY, DRAWN-OUT PROCESS. CHECK OUT THESE DERMATOLOGIST-CURATED PRODUCTS FOR A STREAMLINED YET EFFECTIVE ROUTINE

By Ayren Jackson-Cannady

**1 Soap Star**  
**Dove Men+Care Clean Comfort Body and Face Wash (\$6.59)** "Use this to thoroughly clean the skin head-to-toe, while adding moisture to the skin. Unlike some other body washes, this does not strip the skin of moisture. For areas like the groin or armpits after workouts, Dove's Men+Care Deep Clean Body and Face Bar (\$5) is a great choice."

**2 Down the Line**  
**SkinMedica Retinol Complex (\$90)** "Every man should use a retinoid product—these decrease the risk of skin cancer, increase collagen production, and improve skin texture. This one comes in various strengths and causes less irritation than most retinoids. Guys under age 30 should consider 1.0; those between ages 31 and 50, the 0.5; and men older than 50 or with sensitive skin, the 0.25."

**3 Hands Up**  
**Neutrogena Norwegian Formula Hand Cream (\$4.99)** "Men who work a lot with their hands should use this cream at least nightly after washing them. Hands require a much thicker moisturizer than the rest of the body, and this does the job without feeling like grease."



**Patrick Blake, MD**  
dermatologist, Surfside  
Dermatology, Encinitas, Calif.

Reviewed by **Karyn Grossman, MD**  
WebMD Medical Reviewer



**4 Face It**  
**EltaMD UV Clear SPF 46 (\$32)** "Infused with zinc oxide, this sunscreen protects against both UVA (aging rays) and UVB (burning rays). Niacinamide reduces the chance the cream will irritate skin prone to acne, rosacea, and sensitivity. It goes on light and doesn't leave a residue, making it an ideal choice for the face."

**5 Sun Sense**  
**Neutrogena Ultra Sheer Body Mist Sunscreen SPF45 (\$12.99)** "This spray sunscreen is infused with Neutrogena's Helioplex technology, which reliably stabilizes the sunscreen ingredient avobenzone, and protects against UVA and UVB. It leaves a sheer finish and stays on well through sweat or a dip in the ocean (but be sure to reapply every two hours)."

**6 Word of Mouth**  
**Aquaphor Lip Repair + Protect (\$5.49)** "This has a unique combination of features: It has SPF30 sun protection (most lip products only go up to SPF 15), it is an excellent moisturizer, and it is inexpensive. Most importantly for guys, this is not packaged like lipstick, it does not have a smell or taste, and it won't leave a white or colored residue."

THE OPINIONS EXPRESSED IN THIS SECTION ARE OF THE EXPERTS AND ARE NOT THE OPINIONS OF WEBMD. WEBMD DOES NOT ENDORSE ANY SPECIFIC PRODUCT, SERVICE, OR TREATMENT.



Check out **Must-Have Secrets for Beautiful Eyes**, a slideshow at WebMD.com.  
[LEARN HOW ON PAGE 4](#)

HEALTHY  
BEAUTY

## BEAUTY SMARTS

# A Little Dab

DO YOU REALLY NEED SPECIAL CREAMS TO TREAT THOSE DARK CIRCLES AND BAGS? OUR SKIN CARE EXPERTS WEIGH IN

By *Liesa Goins*

● Going easy on the eyes when it comes to skin care seems like common sense, but how much special attention do you have to pay to this area?

S. Manjula Jegasothy, MD, founder of Miami Skin Institute in Coral Gables, Florida, says using a separate eye cream and facial moisturizer may be necessary, especially if you have sensitive skin. “The skin around the eyes is very thin and most of us are more sensitive in the eye area than the rest of the face,” Jegasothy says.

Noelle Sherber, MD, a dermatologist and co-founder of Sherber + Rad in Washington, D.C., agrees. “Thin eyelid skin is the first area to show signs of aging and environmental damage. The structure of the skin in the eye area is different from facial or body skin, and doesn’t respond in the same ways to active ingredients and is more likely to be irritated when a product isn’t a good match,” she explains.

To avoid an adverse reaction, look for products that are hypoallergenic and less likely to cause irritation, Jegasothy suggests. Facial creams can cause stinging, inflammation or have active ingredients in concentrations that are too high for eye skin to tolerate. Plus, the fragrances or preservatives in some facial products



can cause dermatitis, or irritation, on delicate skin.

Another school of thought asserts that what is good for your face is also good for the eyes. “Eye creams often over promise and under deliver,” says Marie Leger, MD, a dermatologist and professor of dermatology at New York University School of Medicine. “My general advice is to use a topical retinoid, an antioxidant serum with vitamin C, and a simple moisturizer in the eye area. Just make sure the products don’t get into the eye.”

Leger acknowledges that the eye area may require some special care. “Eyelid dermatitis is common and while it’s not always related to an allergy or irritant reaction, that’s a common cause,” she says. Her advice is to immediately discontinue any products that cause an itchy rash around the eyelids.

If you want to invest in an eye cream, look for those designed for sensitive skin, says Molly Wanner, MD, a dermatologist at Massachusetts General Hospital and an instructor at Harvard Medical School. “Retinol and retinaldehyde are safe to use around the eye, but, in general, prescription Retin A is too strong for this area.”

### AGE-PROOF YOUR EYES

AN EYE CREAM ISN'T THE ONLY OPTION TO FIGHT THE SIGNS OF AGING. THESE STRATEGIES CAN ALSO HELP PREVENT WRINKLES, SAGGING, AND DARK CIRCLES.

#### Use a gentle makeup remover.

Daily rubbing and tugging can cause damage in the form of small capillary breakage and inflammation, S. Manjula Jegasothy, MD, warns. She suggests using a makeup remover that “melts” off mascara and shadow like a cleansing oil.

#### Wear sun protection.

Most sunscreens are not tested for the eye area, so Noelle Sherber, MD, advises applying SPF up to the orbital bone under each eye and wearing sunglasses. Your shades should block 100 percent of UV rays and leave very little gap between the sunglasses and your face.

#### Keep your hands off.

Avoid rubbing (especially if you have allergies that cause itching), tugging, pulling, and otherwise handling the skin in your eye area.

Reviewed by  
**Mohiba K. Tareen, MD**  
WebMD Medical Reviewer

## Dirty Secret

### Face Wipes Matchup

*“I clean my face at night almost exclusively with face wipes. Anything wrong with that?”*

Face wipes are definitely better than nothing at all. Dirt, oil, and makeup accumulate on your skin during the day, so washing your face at night is even more important compared to the morning. Ideally, a gentle, soap-free cleanser is best. But, let's get real—how many times have you fallen asleep without cleansing or forgotten altogether? Cleansing wipes, while not as good as traditional cleansers, do get the job done and there is nothing wrong with using them nightly. Make shortcut cleansing more effective by choosing a pack of face wipes for your specific skin needs (and place them bedside on a nightstand for easy access). Some face wipe products I recommend:



*For acne-prone, oily skin:*

**Neutrogena Pink Grapefruit Oil-Free Cleansing Wipes (\$7.99)**

leave skin feeling super clean (and smelling delish) without feeling stripped.



*For sensitive skin:*

**Burt's Bees Sensitive Facial Cleansing Towelettes With Cotton Extract (\$5.99)**

are fragrance-free and hypoallergenic so they won't irritate skin. Bonus: They're infused with aloe vera to calm redness.



*For dry skin:*

**Korres Greek Yoghurt Cleansing & Makeup Removing Wipes (\$15)**

remove stubborn makeup while leaving behind a light layer of skin-moisturizing proteins, vitamins, and minerals.

— **Joshua Zeichner, MD**, director, Cosmetic and Clinical Research, Department of Dermatology, Mount Sinai Hospital, New York City



## The Scoop

### Do I need to worry about mineral oil or petrolatum in my skin care products?

In short, no. Cosmetic-grade mineral oil and petrolatum have plenty of research to back up their safety.

These ingredients have a bad reputation because they are derived from crude oil as byproducts of the petroleum refining process. While crude oil is unrefined, petrolatum undergoes a rigorous refinement process that removes impurities; mineral oil is further refined from petrolatum, which renders both suitable for cosmetics.

Mineral oil (often a main ingredient in baby oil) and petrolatum (in products such as Vaseline and Aquaphor) are excellent hydrators and great at wound healing. I recommend that all my patients treat

their surgery wounds with Vaseline daily for at least a week. And these substances are excellent choices for people with sensitive skin because they are hypoallergenic and less likely to cause irritation than plant- or fruit-based essential oils.

Always purchase a trusted brand, and look for the USP (United States Pharmacopeia) label to ensure the product is manufactured with the most rigorous standards. And rest assured, cosmetic-grade mineral oil and petrolatum are not irritating, are not carcinogenic, will not clog pores, and do not cause acne.

— **Lauren Eckert Ploch, MD**, dermatologist, Georgia Dermatology and Skin Cancer Center, Augusta, Georgia

## AISLE DO

“I was drawn to EltaMD UV Clear because it's oil-free and offers broad-spectrum UV protection. Not all sunscreens protect against UVA and UVB rays, but zinc oxide optimizes your protection by defending against both. **The zinc oxide in this moisturizer is easy to blend and doesn't leave a white cast the way many physical sunscreens do**, so it's a very elegant formula. I also really like it because it's a multitasker that improves overall skin health. It contains hyaluronic acid to moisturize and niacinamide, or vitamin B3, an antioxidant that strengthens the skin barrier and decreases the potential for irritation. And since it's oil-free, I often recommend it to my acne-prone patients. The product feels so sheer and greaseless that I can apply my makeup directly on top. It's my everyday go-to sun protection. My only caveat is that some people may be allergic to niacinamide, which could result in a rash.”



**PRODUCT PICK**

**EltaMD UV Clear Broad-Spectrum SPF 46 (\$30)**

**EXPERT**

**Vivian Bucay, MD**, dermatologist, San Antonio

## Ask your healthcare professional about BELVIQ®

### What is BELVIQ®?

BELVIQ is an FDA-approved prescription weight-loss medication that, when used with diet and exercise, can help some overweight (Body Mass Index [BMI]  $\geq 27$  kg/m<sup>2</sup>) adults with a weight-related medical problem, or adults living with obesity (BMI  $\geq 30$  kg/m<sup>2</sup>), lose weight and keep it off.

It is not known if BELVIQ when taken with other prescription, over-the-counter, or herbal weight-loss products is safe and effective. It is not known if BELVIQ changes your risk of heart problems, stroke, or death due to heart problems or stroke.

### Important Safety Information

- **Pregnancy:** Do not take BELVIQ if you are pregnant or planning to become pregnant, as weight loss offers no potential benefit during pregnancy and BELVIQ may harm your unborn baby.
- **Serotonin Syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions:** Before using BELVIQ, tell your doctor about all the medicines you take, especially medicines that treat depression, migraines, mental problems, or the common cold. These medicines may cause serious or life-threatening side effects if taken with BELVIQ. Call your doctor right away if you experience agitation, hallucinations, confusion, or other changes in mental status; coordination problems; uncontrolled muscle spasms; muscle twitching; restlessness; racing or fast heartbeat; high or low blood pressure; sweating; fever; nausea; vomiting; diarrhea; or stiff muscles.
- **Valvular heart disease:** Some people taking medicines like BELVIQ have had heart valve problems. Call your doctor right away if you experience trouble breathing; swelling of the arms, legs, ankles, or feet; dizziness, fatigue, or weakness that will not go away; or fast or irregular heartbeat. Before taking BELVIQ, tell your doctor if you have or have had heart problems.
- **Changes in attention or memory:** BELVIQ may slow your thinking. You should not drive a car or operate heavy equipment until you know how BELVIQ affects you.
- **Mental problems:** Taking too much BELVIQ may cause hallucinations, a feeling of being high or in a very good mood, or feelings of standing outside your body.
- **Depression or thoughts of suicide:** Call your doctor right away if you notice any mental changes, especially sudden changes in your mood, behaviors, thoughts, or feelings, or if you have depression or thoughts of suicide.
- **Low blood sugar:** Weight loss can cause low blood sugar in people taking medicines for type 2 diabetes, such as insulin or sulfonylureas. Blood sugar levels should be checked before and while taking BELVIQ. Changes to diabetes medication may be needed if low blood sugar develops.
- **Painful erections:** If you have an erection lasting more than 4 hours while on BELVIQ, stop taking BELVIQ and call your doctor or go to the nearest emergency room right away.
- **Slow heartbeat:** BELVIQ may cause your heart to beat slower.
- **Decreases in blood cell count:** BELVIQ may cause your red and white blood cell counts to decrease.
- **Increase in prolactin:** BELVIQ may increase the amount of a hormone called prolactin. Tell your doctor if your breasts begin to make milk or a milky fluid, or if you are a male and your breasts increase in size.
- **Most common side effects in patients without diabetes:** Headache, dizziness, fatigue, nausea, dry mouth, and constipation.
- **Most common side effects in patients with diabetes:** Low blood sugar, headache, back pain, cough, and fatigue.
- **Nursing:** BELVIQ should not be taken while breastfeeding.
- **Drug interactions:** Before taking BELVIQ, tell your doctor if you take medicines for depression, migraines, or other medical conditions, such as: triptans; medicines used to treat mood, anxiety, psychotic or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors, selective serotonin-norepinephrine reuptake inhibitors, monoamine oxidase inhibitors, or antipsychotics; cabergoline; linezolid (an antibiotic); tramadol; dextromethorphan (an over-the-counter (OTC) common cold/cough medicine); OTC supplements such as tryptophan or St. John's Wort; or erectile dysfunction medicines.
- BELVIQ is a federally controlled substance (CIV) because it may be abused or lead to drug dependence.

For more information about BELVIQ®, talk to your healthcare professional and see the Patient Information on the reverse side.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.



FDA approved for *weight loss*

Adding BELVIQ® to your healthy routine may help you take weight loss further and may help lower blood pressure.\* In clinical studies, BELVIQ® helped some people **lose weight and keep it off** more effectively compared with diet and exercise alone.† **Ask your healthcare professional if BELVIQ® is right for you.**

 **BELVIQ®**  
(lorcaserin HCl) 

*Proven 2X as effective*  
as diet and exercise alone

**Sign up for monthly savings‡ and free support.**

**Visit [StartBELVIQ.com](http://StartBELVIQ.com) or call 1-855-BELVIQ1 (1-855-235-8471)**

**PROMO CODE: WM**

\*Though it is not a blood pressure treatment, BELVIQ may lower blood pressure.

†BELVIQ was evaluated in 3 clinical studies involving overweight adults (with at least 1 weight-related medical condition) and obese adults. All 3 studies compared people taking BELVIQ plus diet and exercise to people using diet and exercise alone (placebo). The results of the first 2 studies (involving 7,190 people without diabetes) showed that 47.1% of people taking BELVIQ lost 5% or more of their body weight compared with 22.6% of the placebo group. People taking BELVIQ also had significant improvements in their blood pressure and cholesterol levels. A third clinical study (involving 604 overweight people with type 2 diabetes) showed that 37.5% of people taking BELVIQ lost 5% or more of their body weight compared with 16.1% of the placebo group. People taking BELVIQ also had significant improvements in their blood sugar levels. Nearly one-half of all participants completed the first 2 studies; nearly two-thirds of the participants completed the third study.

‡Restrictions apply.

## IMPORTANT PATIENT INFORMATION

Read the Patient Information that comes with BELVIQ® (BEL-VEEK) (lorcaserin hydrochloride) tablets before you start taking it and each time you get a refill. There may be new information. This page does not take the place of talking with your doctor about your medical condition or treatment. If you have any questions about BELVIQ, talk to your doctor or pharmacist.

### What is BELVIQ?

BELVIQ is a prescription medicine that may help some obese adults or overweight adults who also have weight related medical problems lose weight and keep the weight off.

BELVIQ should be used with a reduced calorie diet and increased physical activity.

It is not known if BELVIQ is safe and effective when taken with other prescription, over-the-counter, or herbal weight loss products.

It is not known if BELVIQ changes your risk of heart problems or stroke or of death due to heart problems or stroke.

It is not known if BELVIQ is safe when taken with some other medicines that treat depression, migraines, mental problems, or the common cold (serotonergic or antidopaminergic agents).

It is not known if BELVIQ is safe and effective in children under 18 years old.

BELVIQ is a federally controlled substance (CIV) because it contains lorcaserin hydrochloride and may be abused or lead to drug dependence. Keep your BELVIQ in a safe place, to protect it from theft. Never give your BELVIQ to anyone else, because it may cause harm to them. Selling or giving away this medicine is against the law.

### Who should not take BELVIQ?

#### Do not take BELVIQ if you:

- are pregnant or planning to become pregnant. BELVIQ may harm your unborn baby.

### What should I tell my healthcare provider before taking BELVIQ?

#### Before you take BELVIQ, tell your doctor if you:

- **have or have had heart problems including:**
  - congestive heart failure
  - heart valve problems
  - slow heartbeat or heart block
- have diabetes
- have a condition such as sickle cell anemia, multiple myeloma, or leukemia
- have a deformed penis, Peyronie's disease, or ever had an erection that lasted more than 4 hours
- have kidney problems
- have liver problems
- are pregnant or plan to become pregnant
- are breastfeeding or plan to breastfeed. It is not known if BELVIQ passes into your breastmilk. You and your doctor should decide if you will take BELVIQ or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

BELVIQ may affect the way other medicines work, and other medicines may affect how BELVIQ works.

Especially tell your doctor if you take medicines for depression, migraines or other medical conditions such as:

- triptans, used to treat migraine headache
- medicines used to treat mood, anxiety, psychotic or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), selective serotonin-norepinephrine reuptake inhibitors (SNRIs), monoamine oxidase inhibitors (MAOIs), or antipsychotics
- cabergoline
- linezolid, an antibiotic
- tramadol
- dextromethorphan, an over-the-counter medicine used to treat the common cold or cough

- over-the-counter supplements such as tryptophan or St. John's Wort
- medicines to treat erectile dysfunction

Ask your doctor or pharmacist for a list of these medicines, if you are not sure.

Know all the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

### How should I take BELVIQ?

- Take BELVIQ exactly as your doctor tells you to take it.
- Your doctor will tell you how much BELVIQ to take and when to take it.
  - Take 1 tablet 2 times each day.
  - **Do not** increase your dose of BELVIQ.
  - BELVIQ can be taken with or without food.
- Your doctor should start you on a diet and exercise program when you start taking BELVIQ. Stay on this program while you are taking BELVIQ.
- Your doctor should tell you to stop taking BELVIQ if you do not lose a certain amount of weight within the first 12 weeks of treatment.
- If you take too much BELVIQ or overdose, call your doctor or go to the nearest emergency room right away.

### What should I avoid while taking BELVIQ?

- **Do not** drive a car or operate heavy machinery until you know how BELVIQ affects you. BELVIQ can slow your thinking.

### What are the possible side effects of BELVIQ?

#### BELVIQ may cause serious side effects, including:

- **Serotonin Syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions.** BELVIQ and certain medicines for depression, migraine, the common cold, or other medical problems may affect each other causing serious or life-threatening side effects. Call your doctor right away if you start to have any of the following symptoms while taking BELVIQ:
  - mental changes such as agitation, hallucinations, confusion, or other changes in mental status
  - coordination problems, uncontrolled muscle spasms, or muscle twitching (overactive reflexes)
  - restlessness
  - racing or fast heartbeat, high or low blood pressure
  - sweating or fever
  - nausea, vomiting, or diarrhea
  - muscle rigidity (stiff muscles)
- **Valvular heart disease.** Some people taking medicines like BELVIQ have had problems with the valves in their heart. Call your doctor right away if you have any of the following symptoms while taking BELVIQ:
  - trouble breathing
  - swelling of the arms, legs, ankles, or feet
  - dizziness, fatigue, or weakness that will not go away
  - fast or irregular heartbeat
- **Changes in your attention or memory.**
- **Mental problems.** Taking BELVIQ in high doses may cause psychiatric problems such as:
  - hallucinations
  - feeling high or in a very good mood (euphoria)
  - feelings of standing next to yourself or out of your body (disassociation)
- **Depression or thoughts of suicide.** You should pay attention to any mental changes, especially sudden changes, in your mood, behaviors, thoughts, or feelings. Call your healthcare provider right away if you have any mental changes that are new, worse, or worry you.
- **Low blood sugar (hypoglycemia) in people with type 2 diabetes mellitus who also take medicines used to treat type 2 diabetes mellitus.** Weight loss can cause low blood sugar in people with type 2 diabetes mellitus who also take medicines used to treat type 2 diabetes mellitus (such as insulin or sulfonylureas). You should check your blood sugar before you start taking BELVIQ and while you take BELVIQ.
- **Painful erections (priapism).** The medicine in BELVIQ can cause painful erections that last more than 6 hours. If you have

an erection lasting more than 4 hours whether it is painful or not, stop using BELVIQ and call your doctor or go to the nearest emergency room right away.

- **Slow heartbeat.** BELVIQ may cause your heart to beat slower. Tell your doctor if you have a history of your heart beating slow or heart block.
- **Decreases in your blood cell count.** BELVIQ may cause your red and white blood cell count to decrease. Your doctor may do tests to check your blood cell count while you are taking BELVIQ.
- **Increase in prolactin.** The medicine in BELVIQ may increase the amount of a certain hormone your body makes called prolactin. Tell your doctor if your breasts begin to make milk or a milky discharge or if you are a male and your breasts begin to increase in size.

The most common side effects of BELVIQ include:

- headache
- dizziness
- fatigue
- nausea
- dry mouth
- constipation
- cough
- low blood sugar (hypoglycemia) in patients with diabetes
- back pain

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of BELVIQ. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

### How do I store BELVIQ?

Store BELVIQ at room temperature between 59°F to 86°F (15°C to 30°C).

Safely throw away medicine that is out of date or no longer needed.

### Keep BELVIQ and all medicines out of the reach of children.

### General information about the safe and effective use of BELVIQ.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use BELVIQ for a condition for which it was not prescribed. Do not give BELVIQ to other people, even if they have the same symptoms you have. It may harm them.

This Patient Information summarizes the most important information about BELVIQ. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about BELVIQ that is written for health professionals.

For more information, go to [www.BELVIQ.com](http://www.BELVIQ.com) Website or call 1-888-274-2378.

### What are the ingredients in BELVIQ?

**Active Ingredient:** lorcaserin hydrochloride

**Inactive Ingredients:** silicified microcrystalline cellulose; hydroxypropyl cellulose NF; croscarmellose sodium NF; colloidal silicon dioxide NF; polyvinyl alcohol USP; polyethylene glycol NF; titanium dioxide USP; talc USP; FD&C Blue #2 aluminum lake; and magnesium stearate NF.

This Patient Information has been approved by the U.S. Food and Drug Administration.

Rx Only

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## PARENTING

# Daddy Time

Fathers' time with their children has nearly tripled since 1975, according to Pew Research Center. But do dads make the most of these added moments? "I see a lot of dads who are with their children more than they used to be, but they're distracted dads," says child psychiatrist Kyle Pruett, MD, author of *Fatherneed: Why Father Care Is as Essential as Mother Care for Your Child*. "They're trying to multi-task and not paying attention to the children right in front of them." This Father's Day, give yourself and your children the gift of one-on-one time—no electronic devices allowed! Some ideas: **Pull out your favorite board games:** Clue, Sorry, Battleship, chess. • **Find a nearby roller rink and go skating or blading.** • Get the kids their own tools and let them help you around the house. Teach them to measure, paint, or fix a leaky faucet. "Time alone with your child is the best investment you'll ever make," Pruett says.

—Gina Shaw





## PREGNANCY

# Miscarriage Myths

THERE ARE PLENTY OF MISCONCEPTIONS AROUND PREGNANCY LOSS. OUR EXPERTS SET THE RECORD STRAIGHT

*By Colleen Oakley*

Few things are more devastating than having a miscarriage when you're trying to start (or build) your family. Even worse? Feeling like it's your fault. According to a recent national survey, 41% of women who had a miscarriage felt they were responsible for causing it. But that couldn't be farther from the truth. "Many women have guilt after a miscarriage, thinking 'I didn't relax enough,' 'I didn't eat right,' 'I was too stressed out,'" says Jane Frederick, MD, a fertility specialist in Orange County, Calif.

"Of course there are many factors as to why a woman may miscarry, but typically there is nothing she could have done. Some miscarriages are unexplained, others due to chromosomal abnormalities, underlying health problems, or, in unforeseen cases, an infection of some sort." Here are some other common misconceptions set right.



### **Myth No. 1: Having one miscarriage means you're likely to have a second miscarriage.**

"After your first miscarriage, there is no greater chance of having a second," says Frederick. However, your risk does slightly increase after having two miscarriages. "If a woman is suffering recurrent miscarriages, it's best to consult with a fertility specialist who can offer a treatment plan."

### **Myth No. 2: Spotting or bleeding during pregnancy means you're having a miscarriage.**

"Vaginal bleeding is incredibly common in the first trimester, occurring in 20% to 40% of pregnant women," says Brian Levine, MD, an OB/GYN in New York City. Even heavy, prolonged bleeding can happen during a healthy pregnancy.

### **Myth No. 3: Miscarriages rarely occur.**

The national survey found that Americans believe miscarriage occurs in only 5% of pregnancies, but according to the American Pregnancy Association, 10% to 25% of pregnancies end in miscarriage.

### **Myth No. 4: You have to wait three months after a miscarriage to try and conceive again.**

A recent study suggests you can have a full-term, healthy pregnancy even if you conceive in as little as one month after a miscarriage. "I always advise women to wait until their blood test (serum beta-hCG) value goes down to zero before trying again," says Levine. "This could be as early as just a few weeks or even one month." However, some doctors may recommend waiting longer if a woman had a procedure called a suction D&C (dilation and curettage) after the miscarriage.

### **Myth No. 5: Miscarriages can't ever be prevented.**

While most causes of miscarriages are out of your control, one is not. "Smoking is the No. 1 preventable cause of miscarriage," says Levine. "Smoking more than 10 cigarettes per day is associated with an increased risk of pregnancy loss—even if it's the father who smokes." For your best shot, quit smoking before trying to conceive.

## ASK YOUR DOCTOR

1. What factors contributed to my miscarriage?
2. When can I try to get pregnant again?
3. How can I (or my partner and I) recover emotionally from a miscarriage?
4. What steps can I take to have a healthy pregnancy?

Reviewed by  
Nivin C.S. Todd, MD  
WebMD Medical Reviewer



Read **Understanding Acne: Basics**, an article on WebMD.com.

[LEARN HOW ON PAGE 4](#)

PARENTING

# Spot On

EXPERT REMEDIES FOR HELPING TEENS CONQUER ACNE

By *Stephanie Watson*

● Pimples, zits, blackheads—by any name, they’re an unpleasant rite of passage for most teens. Usually, breakouts are just annoying. Yet some kids have acne severe enough to damage their mood and self-esteem.

If your teen gets regular breakouts, encourage her to change her cleaning routine. “We generally recommend gentle skin care—a mild, non-drying soap,” says Hanspaul Makkar, MD, chief of the pediatric dermatology division at UConn Health. Instruct him to wash once or twice a day, but not scrub. It only irritates the skin more.

When simple skin care steps aren’t enough, try your local drugstore. Over-the-counter acne creams with benzoyl peroxide or salicylic acid work well for minor breakouts, Makkar says. Start with a mild formulation and go up to a higher concentration, but only if your teen needs it.

If these products don’t work, see a dermatologist, who can prescribe a



vitamin A-based cream called a retinoid, an antibiotic cream, or a combination of the two. One topical antibiotic, dapson (Aczone), treats acne by killing bacteria on the skin.

For more stubborn acne, oral antibiotics such as tetracycline or doxycycline are an option. These medicines work well, but they have a downside: Your teen may have to take them for several months, and some experts worry that too much antibiotic use contributes to drug-resistant “superbugs.” “The idea is that we want to use antibiotics judiciously, but not treating acne can also have effects, so it’s a matter of balancing risks and benefits,” Makkar says.

Girls who are on hormonal birth

control methods (“the pill”) may find that the contraceptives lead to clearer skin. But they’ll need to weigh the skin benefits against side effects such as headaches, breast soreness, and nausea.

Other non-drug acne treatments may help. A chemical peel containing salicylic or glycolic acid removes the top layer of skin—and with it, acne. However, it’s more effective for superficial acne than for deeper, more severe cases, Makkar says. Exposing the skin to blue light therapy in a dermatologist’s office can also kill bacteria; side effects include redness and peeling.

For the most severe acne, your dermatologist may try isotretinoin (Accutane), but it comes with significant caveats. “There are side effects and it has to be monitored carefully,” Makkar adds. Those side effects may include depression, and birth defects if taken during pregnancy. Sexually active young women who take Accutane must use two forms of birth control and have pregnancy tests before starting and while on the drug.

Though most cases of teen acne aren’t serious, don’t let it go. “Children with acne are often depressed and have low self-esteem,” Makkar says. “Treating the acne can help improve mood and self-esteem.”

With your dermatologist’s guidance, try treatments until you find the one that leads to clearer skin.

## ASK YOUR DERMATOLOGIST

What caused my teen’s acne?

What skin care regimen will prevent breakouts?

Which over-the-counter treatments do you recommend?

What’s the best way to prevent scarring?

What should we do if the acne doesn’t clear up?

Reviewed by  
**Mohiba K. Tareen, MD**  
WebMD Medical Reviewer



Get the **WebMD Baby App** to track growth and capture your baby's special moments.

[LEARN HOW ON PAGE 4](#)

## BABY TALK

# Good Night, Baby

EXPERT-APPROVED TIPS TO HELP YOUR BABY GET ALL THE ZZZ'S SHE NEEDS

*By Colleen Oakley*

Everyone agrees sleep is important, but new research shows how critical it is for brain development and memory from the very beginning of life. “In adults, we know that sleep can strengthen memories or skills learned while awake,” says Denise Woodall-Ruff, MD, a pediatrician at Cohen Children’s Medical Center in New Hyde Park, New York. Now, Woodall-Ruff says, “a recent study of more than 200 healthy infants ages 6 to 12 months concluded that daytime naps of 30 minutes or more help infants retain and remember new behaviors.”

To get your baby on the right path, you can do a few simple things.

### The first eight weeks

“All infants differ in the amount of sleep their body needs,” Woodall-Ruff says. “Newborns typically sleep for two or three hours at a time, wake up, eat, then fall asleep again. They usually sleep for a total of 16 to 18 hours a day.”

#### Help to set the sleep/wake cycle of your baby’s inborn biological clock.

“While in the hospital, make sure your baby sleeps in your room at night, rather than the brightly lit space of the nursery,” Woodall-Ruff says. At home during the day, open the blinds to let sunlight in or turn on the lights in the baby’s room, even when he is sleeping. At night, place your baby to sleep in a darkened, quiet room.

**Expose your baby to normal levels of daytime noise.** Don’t feel you have to whisper and tiptoe around when your baby is sleeping. “When babies are tired they will sleep through a normal amount of noise,” Woodall-Ruff says. “But if a baby becomes used to a quiet environment, then every little nighttime sound will awaken him.”



### At 2 to 4 months

“At about 2 months of age, the sleep pattern shifts and some infants may sleep for five to six hours at night,” Woodall-Ruff says. By 3 months of age, most are sleeping for longer periods at night and staying awake for more of the day.

**Encourage your baby to stay awake for longer periods.** Woodall-Ruff recommends using this time for cuddling, play, or tummy time.

**Begin to allow your baby to learn to fall asleep on her own.** Instead of rocking her to sleep or letting her doze off while feeding, allow your baby to get groggy or drowsy, then place her on her back in the crib before she is fully asleep. “At first your baby may become more awake, fuss, or even cry, but eventually she will learn to sleep on her own,” Woodall-Ruff says.

### At 4 to 12 months

By the age of 4 months, most babies should be able to sleep for 10 to 12 hours—but all babies are different,

says Clare Bush, MD, a pediatrician at Columbia University Medical Center. By the time a child is 12 months old, she should be sleeping through the night and taking one or two naps per day.

**Create a bedtime routine.** This routine should be the same each night and could include a massage, bath, bedtime prayers, singing a lullaby, or reading a book. “Disruptions, such as an illness or a vacation, can greatly disturb a baby’s sleep pattern,” Bush says, “but babies who are accustomed to a routine often return to normal patterns quickly.”

**Notice your baby’s cues.** “Babies often become grumpy or fussy when they are tired,” Bush says. “Put them down to sleep when they seem tired.”

**Stick to the plan.** “Remaining consistent and calm are the best ways to help your baby get the necessary amount of sleep,” Bush says.

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

## KIDS' HEALTH

# Building Blocks

KIDS CAN GET STARTED EARLY STRENGTHENING MUSCLES, BONES, AND BODIES

By Gina Shaw

● As childhood obesity rates soar—more than a third of kids today carry around too much weight—parents understandably want to do everything they can to protect their children from weight-linked conditions such as diabetes and heart disease. One way to keep kids in shape is to follow the government's 60-minutes-a-day aerobic exercise guideline. Strength training is another way to build fitter, leaner young bodies.

You don't need to turn your elementary schooler into a pint-sized bodybuilder. "Start with light free weights, resistance bands, or body weight," says Beth Jordan, American Council on Exercise certified personal trainer and owner of Fullest Living in Jacksonville Beach, Florida. And you can begin these activities at age 7 or 8, according to the American Academy of Pediatrics.

Strength training two or three times a week builds muscle, reduces fat, strengthens bones, and improves children's motor skills, research finds. The key is to design a program that's as safe as it is effective.

If your child is generally healthy, a well-designed basic strength-training program poses few risks. According to the AAP, muscle strains are the most common strength-training injuries among children, and with good supervision and technique, such



## ASK YOUR PEDIATRICIAN

What is my child's body mass index (BMI)? Is it healthy?

Is my child ready for strength-training exercises?

Which types of exercises are best at my child's age?

What's the safest way to get started?

Which foods can help strengthen muscles?

injuries are less common than in other sports and even at recess. Try these tips to get your child started:

**Get guidance.** Hire a certified personal trainer or coach to design a weight-training program and oversee the first few sessions, offering feedback on your child's form and technique. The International Youth Conditioning Association has a database of youth trainers on its website. ACE also has an online "find a pro" tool and offers a "youth fitness" certification. Check

to make sure your coach has youth-specific training and experience.

**Start empty-handed.** "The key to making any workout program successful and safe is to start without any tools and learn proper form," Jordan says. Once your child knows the movements, introduce 1- to 5-pound weights. Gradually increase the weight when she can easily do 10 to 15 reps. Even when your child already knows the moves, stick close by. "Children should always have adult supervision to ensure safety," Jordan says.

**Don't over-train.** Lighter weights are always better. "Using weights that are too heavy for a child can lead to injury such as a strain or sprain on muscles, tendons, or ligaments," Jordan says. You can tell the weights are too heavy if your child seems to strain while lifting them, or if he's overly sore or tired after workouts.

**Build a stronger diet.** "Healthy nutritional choices will have a huge positive impact on a child's wellness goals," she adds. A mix of lean proteins, complex carbs, and healthy fats will help your child stick to an appropriate weight and strengthen muscle.

Reviewed by  
Hansa Bhargava, MD  
WebMD Medical Editor



Watch: **10 Foods Your Dog Should Never Eat**, a video at WebMD.com.

[LEARN HOW ON PAGE 4](#)

FAMILY & PARENTING

**PET HEALTH**

# Pets and Pounds

YOUR FOUR-LEGGED FRIEND MIGHT BE BATTLING THE BULGE. TRY THESE TIPS FOR A SLIMMER, HEALTHIER PET

*By Jodi Helmer*



● Does your pooch have a paunch?  
● Is your cat chubby? Join the pack. More than 58% of cats and 53% of dogs in the United States are overweight or obese, according to the Association for Pet Obesity Prevention.

Your roly-poly pet might look adorable, but the extra weight could put him at risk for serious health problems, including osteoarthritis, diabetes, heart disease, and cancer. “Owners might think that a fat pet is a happy pet but they actually get more disease and don’t live as long,” says Deborah Linder, DVM, DACVN, head of Tufts Obesity Clinic for Animals at Tufts

University’s Cummings School of Veterinary Medicine.

To tell if your pet tips the scales toward obesity, look for signs like a sagging stomach or a broad, flat back with no defined waistline. Pets at a healthy weight have narrow waists, easy-to-feel ribs, and concave tummies. If yours doesn’t, take action right away. “Losing a small amount of weight is much easier than dealing with significant obesity,” Linder explains.

To get the number on the scale moving in the right direction, take these steps.

**Focus on portion control.** “Add up all the treats, table foods, dental and

Pets at a healthy weight have narrow waists, easy-to-feel ribs, and concave tummies.

IAN LISHMAN/LOUIE IMAGES/GETTY IMAGES



rawhide chews; those added calories might be unbalancing your pet's diet," says Linder. "If more than 10% of your pet's calories come from non-pet food, talk to your veterinarian about how to cut back."

**Check pet food labels for serving size recommendations.** Choose the serving size for your pet's goal weight, not his current weight, and adjust the amount of kibble in bowls at mealtimes. Your vet might also suggest switching to diet food to help speed up weight loss, says Linder.

**Get moving.** Exercise is essential. For dogs, brisk walks around the neighborhood, off-leash romps at the dog park, and games of fetch are great options to get their hearts pumping and the calories burning. Encouraging cats to be active can be more challenging. Linder suggests using toys like laser pointers or puzzle feeders that require cats to "work" for their meals.

**Weigh your pet every two weeks to check his progress,** then switch to monthly weigh-ins after he reaches a stable weight. You should see changes in appearance and activity levels as the number on the scale goes down.

### 3 QUESTIONS TO ASK YOUR VET

IF YOU'RE WORRIED FLUFFY IS MORE FLAB THAN FLUFF, DEBORAH LINDER, DVM, SUGGESTS ASKING YOUR VETERINARIAN:

**Is my pet overweight?** Despite the prevalence of pet obesity, a recent study found that up to 95% of pet owners with overweight animals believed their cats and dogs were normal weight. Your vet will tell you whether your pet needs to lose weight.

**How much exercise does my pet need?** Different breeds have different exercise requirements, according to Linder. A Labrador will need a lot more of a workout than a Chihuahua to stay trim.

**Could a medical condition be to blame?** Over-feeding might be a problem but "genetic or metabolic conditions could also cause weight gain," says Linder. Rule out any medical issues before putting your pet on a diet.

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

DILLIC/BETTY IMAGES

## Jamie-Lynn Sigler

For 15 years, fear and worry led actor  
Jamie-Lynn Sigler to hide her MS.  
Now 35, a mom, and recently married,  
she finally opens up about her life.

**My Way**

**By Kara Mayer Robinson**  
Reviewed by Michael W. Smith, MD,  
WebMD Chief Medical Editor



Early one evening in 2002, Jamie-Lynn Sigler, then 21, walked into her New York City apartment after filming an episode of the HBO series *The Sopranos*. (She played Meadow, daughter of Mafia boss Tony Soprano, portrayed by the late James Gandolfini.)

Planning to perform at an event that night, she was home to get ready. Soon after stepping into the shower, she noticed a heaviness in her leg.

“It was that feeling right before you get pins and needles—that weird tingling, like your legs are asleep,” Sigler says. About a year earlier, she had a similar sensation and was diagnosed with Lyme disease. “I didn’t know if this was a relapse or what it was,” she says. “I was just scared, and I was nervous.”

She asked her parents to take her to the hospital, where she had a spinal tap and an MRI and was admitted overnight. The next morning, the tingling was gone and she expected to go home. But then, she says, “The doctor came in and told me I had MS.”

Sigler knew next to nothing about the disease and equated it to being wheelchair-bound. “I was confused. I thought it was a mistake. I didn’t know what was going on.”

### **A New Reality**

Multiple sclerosis (MS) is a disease that affects the central nervous system, disrupting signals between the brain and body. Common symptoms are fatigue, numbness, weakness, stiffness, and visual problems. Most people



## 4 MYTHS ABOUT MS

### You'll end up in a wheelchair

"A lot of people have a catastrophic reaction when they learn about the diagnosis," says neurologist Hart Cohen, MD.

The reality is most people with MS don't become severely disabled. Two-thirds can still walk. Some use an assistive device, like a cane.

### MS cannot be treated

Not long ago, few options were available. But that's changed. Newer therapies treat early and late stages of MS. Some, such as Lemtrada, Tysabri, Gilenya, and Tecfidera, may even slow it down, says MS expert Revere Kinkel, MD.

### If you have frequent relapses now, you'll be more disabled later

Flare-ups have nothing to do with how MS progresses, Kinkel says. With MS, you can't predict the road ahead.

### You'll pass MS to your child

Though a strong genetic component exists, MS isn't directly inherited or contagious. Gender, age, ethnic background, and where you live also play a role. Kinkel says about 1 in 30 families has both a parent and a child with MS.

have flare-ups (also called relapses), then periods when symptoms get better or even go away.

Doctors aren't sure what causes MS, but they suspect a combination of genes and environment. Misdiagnosis is common because many diseases have similar symptoms.

With proper care, people with MS can do well. "The future is very bright for MS patients," says Revere Kinkel, MD, director of the Multiple Sclerosis Center at the University of California, San Diego. Many safe treatments are available, with even more in the pipeline.

## Hidden Truths

Even though her doctor reassured Sigler she could live a full life, she wasn't ready to face the diagnosis. Brushing it aside, she accepted a starring role in Broadway's *Beauty and the Beast*, performing eight shows a week.

For several years, Sigler had few symptoms. But when she found herself entangled in a divorce with her husband, actor A.J. Discala, things took a turn for the worse. Her right side became weak and she developed balance and bladder problems.

Sigler turned to a medical professional in the entertainment industry for help. His response was unequivocal: "He told me, 'I'm going to pretend you never told me you have MS, and you are never going to tell anyone at work. You will get fired. No one will hire you. People will judge you. Keep it between us.'"

And so she did. At work, Sigler blamed her limitations on a bad back. She confided in a few people but kept most in the dark.

Edie Falco, her *Sopranos* co-star, had no idea. She remembers visiting Sigler at the hospital and being told it was Lyme disease and she'd be fine. "When I found out that she had MS, it broke my heart," Falco says. "Just knowing how difficult it must have been to go through that—as a kid, really—and to do it so quietly. She was always so professional, so beyond her years."

Keeping MS to herself became Sigler's status quo, even outside work. She went to every doctor's appointment, physical therapy session, and treatment on her own. When she didn't feel well, she divulged nothing. "I just never involved anybody in my life with my disease. I was really going through it alone."

The isolation wore on her. "I became incredibly depressed," she says. "I was back to living alone and confused and scared about life in general, not just the MS." With the help of a therapist, she worked through her emotions and learned to accept help from friends and family.

## A New Beginning

In 2012, Sigler's pal, actor Joanna Garcia Swisher, introduced her to pro baseball player Cutter Dykstra. They fell in love, became engaged, and had a baby—Beau, now 2. In a January ceremony in Palm Springs, California, Sigler, 35, and Dykstra, 27, were married.

Sigler still has trouble with her right side, right leg, and bladder. She avoids running and wearing high heels. On certain days she parks herself near a bathroom. "I'm uncomfortable 24/7. I'm always a little stiff, I'm always a little achy," she says. "But I've been this way for so long, it's my normal."

While she can't race up the stairs with Beau, practically everything else is fair game, like playing baseball and going to the park. Sigler's biggest fear during pregnancy—which she recalls as "beautiful," "amazing," and symptom-free—was being unable to take care of Beau. But she clearly can. The couple even hopes to add another baby to the mix.

Sigler keeps her symptoms at bay with a combination of medication and a healthy lifestyle. She swears by eating well, exercising, meditating, and knowing when to say when. "My limits are what they are, and they're pretty firm," she says.

That lesson has taken time—and scores of different treatments, including injections, intravenous medication, and pills.

"I have tried—from what I know—every alternative treatment," she says. "I went to the Dominican Republic, and I had fetal stem cells injected in my spine for an incredible amount of money. It didn't work. I had this invasive therapy [venous drainage of the brain], where they put something in a vein in your thigh and thread it up to your neck. That didn't work. I've taken all kinds of pills. I've done all types of diets, all types of mind/body/soul, Eastern/Western [treatments]. You name it, I've tried it."

For the last eight years, she has partnered with Los Angeles neurologist Hart Cohen, MD. Cohen describes Sigler as a model patient. "She's an example of someone who has a really good outlook," he says, adding that she doesn't need reminders to make healthy choices or keep up with treatment.

## Opening Up to the World

Over the years, as Sigler became adept at managing MS and as her personal life flourished, one part of her life remained unsettled—her career.

After *The Sopranos*, she worked sporadically (on the TV series *Guys With Kids* and *Entourage*). But as the MS progressed, she pulled back. The fear of being exposed made working



ALL IMAGES: ANDREW SOUTHAM/TRUNK ARCHIVE

unbearable. When Beau was born, she considered bowing out. If she quit acting, nobody would ever know she had the disease.

But one day last October, while sitting in a hypnotherapist's office, everything changed. Something the therapist told Sigler shifted her perspective for good. Her secret, he said, was toxic. If she wanted to heal, she'd need to release herself from the shame and guilt of hiding her struggle.

After a few more sessions, she decided to publicly reveal the truth. In January, with friends and family rallying behind her, Sigler announced that she had been living with MS for 15 years. Having just been married, the timing seemed perfect. "I wanted to show it around a time of celebration," she explains. "Walking down the aisle with my husband was walking to this new truth—and this new me."

Now that word of her condition is out, Sigler reports an enormous sense of relief. "I feel physically better because I don't have this stress and this fear that followed me around everywhere," she says. In turn, she has been inspired

to raise awareness about multiple sclerosis. By sharing her experiences, she hopes to shed light on the disease.

Sigler feared her career would be over. But after opening up, she scored gigs on two TV series: *Baby Daddy* and *CSI: Cyber*. She's crossing her fingers more work will follow. Will she play a superhero? Probably not. But certain roles beg for someone with such a profound frame of reference.

"I'd love to have something I can channel all my experiences to—all of this emotion and struggle and hardship and triumph and heartbreak and happiness," she says.

Now, when Sigler watches a movie, she thinks, I can do that. Finally, after years of hiding, she's happily stepping back into the spotlight.

"I really feel like I can go back to dreaming and hoping again."

## JAMIE-LYNN'S TOP TIPS FOR LIVING

### Eat well

"When I don't eat right, I feel it. So I'm all about juicing, protein shakes, eggs, fruits, and veggies. I love roasting vegetables."

### Make time for exercise

"I do Pilates twice a week with a private instructor. Once in a while, I'll go to a spin class, lock myself in that bike, and make it whatever type of class I want."

### Meditate

"There's a Deepak Chopra station on Pandora [Internet radio]. When I get out of the shower, I put that on and close my eyes for five minutes. It just slows everything down."

### Rest

"When I don't sleep well, my legs aren't as strong. I'll nap when [son] Beau naps—I'm a good sleeper—and I'll put my feet up when I can."



Check out **A Visual Guide to Multiple Sclerosis**, a slideshow at WebMD.com.

LEARN HOW ON PAGE 4

*THE*

TAPPING INTO A NERVE HAS THE POTENTIAL TO TRANSFORM MEDICINE. **STIMULATING THE VAGUS** ALREADY HELPS TREAT EPILEPSY AND OBESITY. IN THE FUTURE, IT COULD TREAT STROKE, ASTHMA ATTACKS, HEADACHES, AND MORE

*MIRACLE*

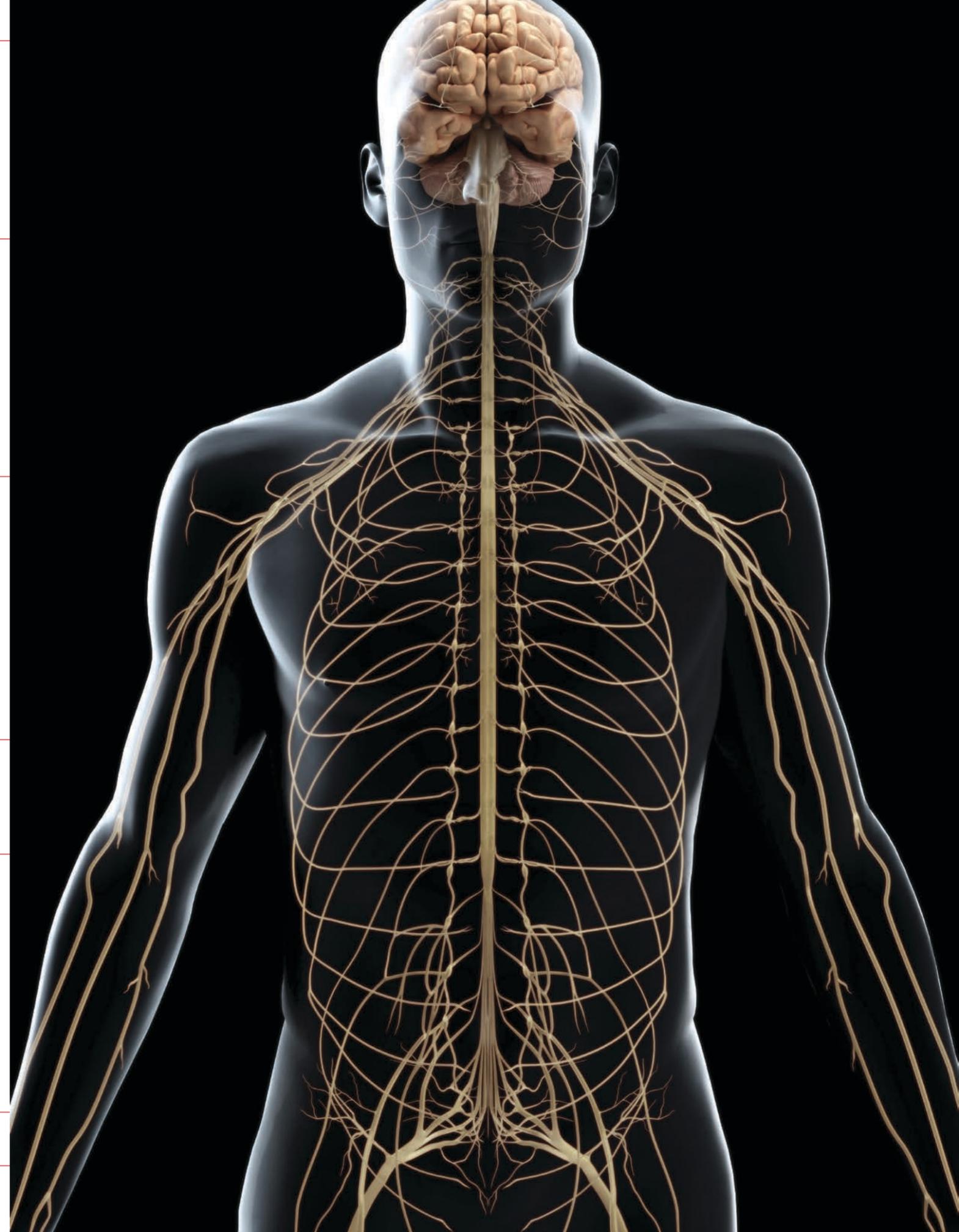
*NERVE*

*— IN YOUR —*

*BODY*

BY KELLI MILLER

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR



# D

## DOCTORS DON'T USUALLY TRY

to get on your nerves. But recently, they've been eyeing one nerve in particular in the hopes of treating many long-term or life-threatening conditions. It's not as annoying as you might think. And, one day, it could even save your life.

Vagus nerve stimulation, or VNS, has been used for years to treat epilepsy and depression, and last year received approval to help people fight obesity, too.

The treatment uses gentle pulses of electricity to switch on and off signals from the major nerve, which connects your brain to many organs. Researchers worldwide are now testing it as a treatment for tinnitus, strokes, headaches, Crohn's disease, and more.

"[VNS] affects our brain circuitry in a profoundly powerful way," says Mark S. George, MD, director of the brain stimulation laboratory at the Medical University of South Carolina in Charleston. "I think there is going to be a renaissance of vagus nerve stimulation over the next 10 years."

## THAT'S SOME NERVE

What makes the vagus so special? Tucked next to the major vessels on both sides of your neck, it weaves its way from your brain to below your belly. The wandering nerve is a fiber bundle that branches off and contains tens of thousands of smaller nerve fibers. Think of it like an electrical cord—if you cut one open and peek inside, you'll find it filled with many tiny wires.

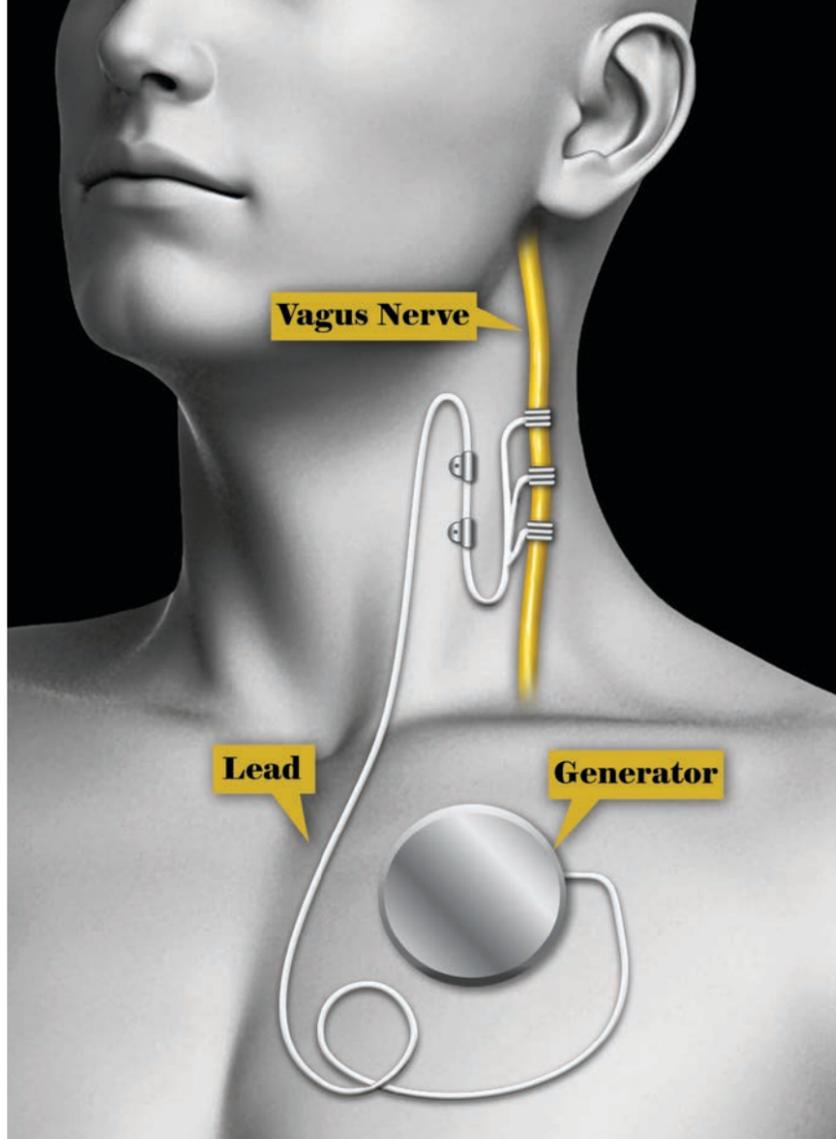
Every one of the nerves inside the vagus helps your body do something important. "One of those nerves comes from my stomach," says George, "and tells me when I'm full or not. Another comes from the heart and tells me if I have pain. Another comes from my lungs and tells me if I'm short of breath."

Signals from the vagus travel in both directions. Most head north from the body to the brain, but some run the other way, too.

"Not only can you select which fibers you want to target with VNS, you can also control which way you want the information to go and your effect," says George.

The FDA approved the first vagal nerve stimulation device just over two decades ago for epilepsy. Studies show that about half of people who have VNS see their seizures drop by 50%.

Soon after the first VNS device received approval, people



who used it for epilepsy reported better, happier moods. That prompted researchers to ask if stimulating the vagus could affect one's mental health. Further study said yes; treatment created changes in the brain that had nothing to do with fewer seizures.

In 2005, the FDA approved the same device for treatment-resistant depression in adults. But two major drawbacks have limited this second use of VNS. Doctors can't predict who will respond to the treatment before surgery. And surgery to implant the device under the skin in the left side of the chest runs about \$30,000. George says the use of VNS would greatly increase if not for these two factors.

## FROM DEPRESSION TO OBESITY

Fast-forward a decade later and the FDA has approved the third implantable VNS device: the Maestro Rechargeable System. This device tackles something entirely unexpected: obesity. You might say scientists stumbled onto this use, too. People who had VNS for depression told doctors they had less of an appetite.

It turns out the vagus tells your stomach when to empty and your brain when to feel full.

"We know there are certain nerve fibers that tell someone whether he's full or not, so let's just go straight to those and trick the brain into feeling full," says George. "And it works, with no other side effects. Unlike a pill, it's just getting at stomach satiety signals."

The Maestro device also requires surgery, but in the belly area. A 2015 study in the *Journal of Obesity* found the device helped certain obese adults lose at least 20% of their body weight with just mild side effects, like heartburn and belly pain. They kept it off at least 18 months.

The three vagus nerve stimulation systems currently approved for use in the U.S. are considered invasive, which means you need surgery to implant the system in your body. The system is made of two main parts: a generator placed under the skin in the belly or chest, and wires, called leads, that connect to some part of the vagus nerve.

However, researchers are actively investigating the therapy for other uses, and looking at ways to make it less invasive. "We see it as a potential approach for all neurological and psychiatric disorders," says Mike Kilgard, PhD, professor of neuroscience in the School of Behavioral and Brain Sciences at The University of Texas at Dallas.

Here's a look at some of the ways stimulating the vagus nerve could transform medicine.

## HEARING

Researchers at UT Dallas are combining sound and VNS delivered through ear buds to treat ringing in the ears, or tinnitus. A small study found the therapy eased symptoms in half of the group. Unlike current methods, this one requires no surgery. It's already approved in Europe.

## STROKE

Ongoing research suggests that pairing non-invasive VNS with physical therapy improves arm function in people who had a non-bleeding (ischemic) stroke. When you have a stroke, the part of the brain that helps you move is damaged. This new treatment enables another area of the brain to take over that movement.

## HEADACHE

Want a magic wand to wave over your neck and have your headache disappear? A non-invasive handheld VNS device is approved for use in Europe, but not yet in the U.S. Studies abroad say it helps reduce the pain of migraine and cluster headaches without any side effects.

## INFLAMMATION

An exciting possibility for VNS is its potential to treat ongoing and perhaps even sudden inflammation in the body. For example, European researchers are trying out non- and less-invasive techniques in emergency rooms to quickly halt asthma attacks. So far, trials say it's safe and improves moderate-to-severe symptoms.

Kevin J. Tracey, MD, president and CEO of the Feinstein Institute for Medical Research in Manhasset, New York, thinks VNS could help people with rheumatoid arthritis (RA) and Crohn's disease, too.

Tracey discovered that stimulating the vagus in just the right way and at the right intensity prompts an anti-inflammatory reaction in the body that slows the production of an inflammatory protein called tumor necrosis factor (TNF). Today, many people with Crohn's disease and RA take anti-TNF drugs to keep their symptoms under control. Tracey's research suggests that VNS can have the same effect.

"We've had patients who don't have to take medications anymore," he says.

Scientists are also now investigating VNS as a treatment for sudden inflammation related to food allergies.

## HEART FAILURE

Most VNS treatments affect signals that move from the body to the brain. But the vagus is a two-way information highway. The brain to body signals help control how your heart works. Scientists thought that might make VNS an ideal method for treating heart failure. Early research was encouraging, but a 2014 trial failed to show a benefit. Still, trials are ongoing.

Researchers are also testing VNS as a potential future treatment for traumatic brain injury, burns, and chronic pain, including fibromyalgia.

## THE FUTURE

Now on researchers' agendas: trying to harness the power of the vagus from outside the body, via the ear or skin or perhaps VNS devices delivered by needle injection or maybe even rubbed on the skin or swallowed. "At the end of the day, I think you will have a large number of patients in the future treated with some type of implanted VNS device," says Tracey. "They will be very small, they will talk to smartphones and computers, and your doctors will be treating you from nearby and far away."



Find out more about VNS in the **Guide to Vagus Nerve Stimulation** at WebMD.com.

LEARN HOW ON PAGE 4

## A New Way to Treat PTSD?

Vagus nerve stimulation (VNS) activates what's called the rest and digest signal—the opposite of your fight or flight response. This is one reason doctors say VNS is promising for helping people with post-traumatic stress disorder. "In the brain, VNS activates an oh-my-gosh-something-exciting-happened signal. It enhances memories while relaxing you. No other tool does that," says neuroscience professor Mike Kilgard, PhD. "Everything that relaxes you like benzodiazepines or a warm bath suppresses memories."

Here's how VNS for PTSD might work: Imagine you're afraid of spiders. You go to a counselor to talk, and your heart starts racing. But when the vagus nerve is stimulated, your heart and breathing slow down, your blood pressure drops, and you relax. At the same time, VNS enhances a new memory that spiders aren't associated with bad things.

"Our idea, not yet proven, is that we can break the cycle of PTSD and cause new learning that says a spider is not something you need to worry about," says Kilgard, who received a grant as part of U.S. government's Brain Initiative program to better understand the mechanisms behind PTSD and test the therapy.



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[LEARN HOW ON PAGE 4](#)

FOOD

IN SEASON

# Sweet Bites

*By Erin O'Donnell*

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

We've reached the season of nature's candy: the strawberry. These ruby-red gems contain very few calories but brim with valuable nutrients. One cup of sliced strawberries provides 149% of an adult's daily value of vitamin C (good news for healthy skin) and plenty of beneficial fiber. "Their bright red color tells you that they have a great dose of anthocyanins," powerful plant chemicals that fight disease, says Dana Hunnes, PhD, MPH, RD, senior dietitian at the Ronald Reagan UCLA Medical Center. One large study found that women who ate three or more servings of strawberries or blueberries each week were 34% less likely to have a heart attack than those who ate fewer berries. To enjoy strawberries at their best, visit a farmers market or strawberry patch now. Strawberries available in grocery stores throughout the year are often under-ripe to prevent damage in transit. "But if you pick them in season, when they're deep red on the plant, you'll find that they taste dramatically different," Hunnes says. "It's the juiciest, sweetest bite ever."

Strawberry plants are members of the rose family.

California, Florida, and Oregon are the top three strawberry-producing states.

## Sweet Tart

Because sugary soft drinks are implicated in obesity, diabetes, and other health problems, it's smart to seek out healthier thirst quenchers. This rosy beverage is a great soda alternative. Our recipe includes agave nectar, a syrup sweeter than sugar and drawn from a spiky Mexican plant. Find it in most large grocery stores.

### Sparkling Strawberry Lemonade

Makes 6 servings

#### Ingredients

- ½ cup agave nectar
- 2 cups water, divided
- zest of 1 lemon, peeled in large strips
- 2 cups (1 pint) fresh strawberries, cleaned and halved, with more whole strawberries for garnish
- 1 cup fresh lemon juice (about 5 large lemons)
- 16 oz sparkling water

- 6 sprigs fresh lemon verbena (can substitute mint or basil)
- ice

#### Directions

1. In a medium saucepan over medium heat, combine agave nectar, 1 cup water, and lemon zest until agave dissolves and flavors blend. Set aside to cool.
2. In a food processor or blender, puree strawberries with 1 cup water.
3. Remove zest from the lemon syrup. Combine lemon syrup and strawberry puree in a large pitcher. Add lemon juice and sparkling water, tasting as you go to adjust flavor.
4. Serve over ice, garnished with lemon verbena sprigs and whole strawberries.

#### Per serving

115 calories, 1 g protein, 31 g carbohydrate, 1 g fiber, 27 mg sugar, 2 mg sodium. Calories from fat: 0%

## Red, White and Green

This eye-popping salad features an array of disease-fighting antioxidants in the berries, greens, and nuts. We topped the leaves with ricotta salata, a milky Italian cheese, but you can substitute crumbled feta if you prefer.

### Spring Greens With Strawberries, Ricotta, and Pistachios

Makes 6 servings

#### Ingredients

- 4 cups arugula
- 2 cups watercress
- 2 tbsp finely minced red onion
- 1½ cups quartered strawberries
- ½ cup fresh blueberries
- 4 tbsp extra-virgin olive oil
- 3 tbsp champagne vinegar
- ¼ tsp sea salt
- freshly ground pepper
- ½ cup (2 oz) crumbled ricotta salata or feta cheese
- 3 oz pistachios, shelled

#### Directions

1. In a large bowl, combine washed greens, onion, strawberries, and blueberries.
2. In a small bowl or jar, add olive oil, vinegar, salt, and pepper. Whisk or shake to combine thoroughly.
3. Toss salad with dressing. Divide among six plates and garnish with cheese and nuts. Serve immediately.

#### Per serving

221 calories, 6 g protein, 11 g carbohydrate, 18 g fat (3 g saturated fat), 6 mg cholesterol, 3 g fiber, 5 g sugar, 133 mg sodium. Calories from fat: 69%

Strawberries taste best when served at room temperature.



A 1-cup serving of strawberries contains more vitamin C than an orange.

A single strawberry contains an average of 200 seeds.

## Grain Power

This dish is made with quinoa, a protein-rich, gluten-free grain that cooks just like rice. Strawberries provide a pop of color and surprising sweetness. Served as a side dish, this travels well to picnics. Add grilled shrimp or chicken to make it an entree.

### Quinoa Medley With Strawberries and Walnuts

Makes 6 servings

#### Ingredients

- 2 cups low-sodium chicken stock
- 1 cup quinoa, rinsed
- ¼ tsp sea salt
- freshly ground pepper
- 2 tsp finely chopped shallots
- 2 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tsp sherry vinegar
- 1 cup quartered strawberries
- 1 cup sliced sugar snap peas
- ½ cup shredded carrots
- ¼ cup chopped fresh basil, with more for garnish
- ¼ cup toasted walnuts, chopped
- ½ cup crumbled goat cheese

#### Directions

1. In a medium saucepan over medium-high heat, bring chicken stock to a boil. Add quinoa and return to boiling. Cover,

reduce heat to low, and simmer grain until liquid is absorbed, about 12–15 minutes. Remove from heat and fluff with a fork. If quinoa has excess liquid, remove lid, place a cloth towel over top of pot, replace lid, and let sit for 10 minutes to absorb moisture.

2. Place cooked quinoa in a large bowl. Toss with salt, pepper, shallots, olive oil, lemon juice, and vinegar; mix well. Add strawberries, peas, carrots, basil, walnuts, and cheese, and gently combine. Garnish with additional basil. Serve chilled or at room temperature.

#### Per serving

245 calories, 9 g protein, 25 g carbohydrate, 13 g fat (3 g saturated fat), 11 mg cholesterol, 4 g fiber, 3 g sugar, 269 mg sodium. Calories from fat: 46%

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

## BREAKFAST 411

### Supercharge Your Smoothie

Smoothies are the ultimate grab-and-go breakfast. You can blitz an infinite combination of fruits, veggies, and protein sources for an all-in-one drinkable meal. If you're looking for fresh ideas, try these powerhouse ingredients, recommended by Rachel Meltzer Warren, MS, RDN, a New York-area nutrition counselor and author of *The Smart Girl's Guide to Going Vegetarian*.

**1. Silken/soft tofu:** Just ¼ cup bumps up the protein and adds creaminess.

**2. Beans!** About ¼ cup adds fiber and protein, which will make your smoothie more satisfying, without changing the flavor much. Be mindful of the color. White cannellini beans work in light-colored drinks; black beans are masked by cocoa powder in chocolate-flavored smoothies.

**3. Chia seeds:** A great way to bump up the fiber, they also add a bit of protein and help thicken the smoothie.

**4. Hemp seeds:** These also add protein and fiber; two tablespoons lends around six grams of protein without affecting the taste too much.

**5. Tahini:** Sesame seed paste adds creaminess and protein (not to mention some iron and calcium); the flavor pairs perfectly with bananas and dates. Tahini, along with a handful of greens, and some almond milk, is one of Warren's favorite combos.

— Kerri-Ann Jennings



SMOOTHIE: SAM STOWELL/GETTY IMAGES

## OFF THE MENU

## Cal Peternell

CHEF, BERKELEY, CALIFORNIA

By Matt McMillen

● ● ● Cal Peternell has cooked at Berkeley's legendary Chez Panisse for more than 20 years. The restaurant, he says, has allowed him time for a good family life outside of work. Part of that life has been spent helping his three sons—Anderson, 24, Milo, 20, and Liam, 11—learn their own way around the kitchen. But when his oldest prepared to leave home for college, Peternell realized he wanted to set down on paper some of the essential lessons his son would need when cooking on his own.

From this desire, Peternell's *Twelve Recipes* was born. The cookbook showcases basic techniques of cooking—preparing pasta, whipping up a salad dressing, roasting a chicken—with the humor, patience, and thoroughness of an engaging teacher.

One of the most valuable lessons he tries to teach: “You have to learn about mistakes and how not to fear them,” Peternell says. “If you can impart the message that it's okay to mess up because you can always try again, then



the intimidation factor comes down.”

For Father's Day, Peternell likes to get the whole family together to cook. “They've cooked for me before on Father's Day, but it turns out I would

rather cook with them than have them do it for me,” he says. This year, they plan to cook paella over a fire in his backyard: “It's a good group activity.”

The rest of the year, he and his family favor plates of healthy, colorful foods, including lots of local produce. Popular in the Peternell home is the vegetable chow mein-ish recipe he shares here.

“When I started to make it, it fulfilled three different things: We like to eat pasta, we all wanted to eat more vegetables, and we all like Chinese food.”

Peternell keeps fit with running and yoga, and he also pays attention to portion size, especially with pasta.

“Pasta's always the thing I want, and my family too, but if I eat too much of it, I feel a bit weighed down and start to get a little fat,” Peternell says. “I crave it and don't deny myself, but I eat less and I make it count.”

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



## Vegetable Chow Mein-ish

Adapted from *Twelve Recipes*

Makes 4 servings

## Ingredients

2 tbsp reduced-sodium soy sauce  
1 tbsp rice wine vinegar or white wine vinegar  
2 tbsp sesame oil  
4 tbsp vegetable oil  
1 large carrot, cut into sticks or grated  
1 yellow onion, sliced  
Scant ½ pound green beans, stemmed and cut into 2-inch pieces, or florets from 1 broccoli head, sliced ¼ inch thick, or 3 celery stalks, sliced on an angle  
¼ tsp salt  
1 lb spaghetti  
2 garlic cloves, chopped or thinly sliced  
Crushed red pepper flakes (optional)

## Directions

1. In a small bowl, mix the soy sauce, vinegar, and sesame oil with ¼ cup of water.
2. Heat a skillet over medium heat and add the vegetable oil, carrot, onion, and green beans. Add the salt and stir.
3. Put the pasta in a pot of salted boiling water and stir frequently as it cooks.
4. When the vegetables are still crisp but showing a little tenderness, turn the heat to low and move them to the sides of the pan.
5. Add a little more oil, if needed, and put the garlic and red pepper flakes (if using) into the middle.
6. Let it sizzle briefly until the garlic is cooked, then stir everything up and add the sauce mixture.
7. Drain the pasta when ready and stir it into the vegetables and sauce. Taste, season with salt and pepper if necessary, and serve immediately.

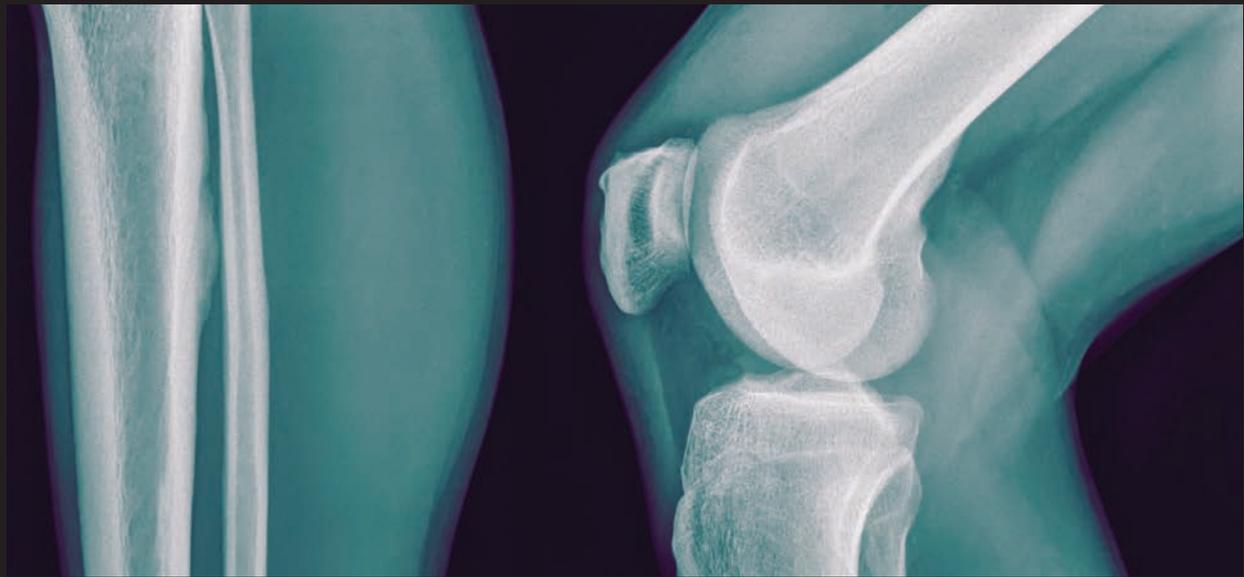
## Per serving

532 calories, 30 g protein, 76 g carbohydrate, 19 g fat (3 g saturated fat), 83 mg cholesterol, 655 mg sodium, 5 g fiber, 4 grams sugar. Calories from fat: 32%



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## Bones and Muscles Provide a Lifetime of Support

You started this life with more bones than you have now, but you got almost all the muscle fiber you had coming to you the day you were born. The fiber that makes up the muscles gets thicker as you grow and as muscles get stronger, but the number of fibers stays virtually the same. The same is not true of bones. A newborn baby has about 300 bones. Some of them fuse together to form the 206 bones that adults have.

Bones are great at fusing together, a good thing since people are apt to break them. Doctors have been realigning and bandaging broken bones so that they grow back together since ancient times. The earliest surgical text, from 1600 B.C., describes the process.

Within a couple hours of a bone fracture, blood clots form at the break. Immune cells clear the area of bone fragments and germs. Collagen then forms a soft callus around the break that lasts for a few days to a few weeks. Then bone cells create new bone and form a hard bony callus. Before the bone is completely healed, specialized cells break down the bony callus, returning the bone to

its original shape. This process takes years.

More than three-quarters of your 206 bones are in your hands, wrists, and feet—home to 160 bones. Your other 46 bones are distributed through the rest of your body, each connected to another, except for one. The Y-shaped hyoid bone, located at the base of the tongue below your lower jaw, isn't attached to any other bone.

The hands, wrists, and forearms have numerous muscles that work together. Those in your forearms and hands (connected to your finger bones by tendons) control your fingers.

You have more than 650 muscles elsewhere in your body. Among the strongest? The heart works hard, pumping 2,500 gallons of blood a day, every day, for your whole life. The eye muscles move about 10,000 times in an hour of reading. The gluteus maximus—your butt muscle—leads the fight against gravity by keeping you upright and propelling you up stairs. The muscles of the uterus can contract to push a baby out—with all the baby's muscle fibers and some 300 bones.—*Sonya Collins*

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

## Q & A

# SAVVY SUMMER TRAVEL

WHAT TO TAKE AND HOW TO PACK? DO YOU NEED DOCUMENTATION? OUR EXPERT SHARES TIPS FOR TRAVELING SAFELY WITH MEDICATIONS



**John Whyte, MD, MPH**, director of Professional Affairs and Stakeholder Engagement at the FDA, answers common questions about traveling with medications. Keep these tips in mind before your next departure.

### How should I pack my medications for a flight?

Keep prescription medications in their original containers with the medication, directions, and name of doctor on the label. Pack them in your carry-on luggage to ensure you have access to them on a long flight and at your final destination.

### Do I need to carry documentation for my medications? If so what paperwork do I need?

The Transportation Security Administration doesn't



have any rules against pill-reminder packs or unlabeled containers, but some states may have stricter laws about prescription medication labeling. If you no longer have the original packaging, get your prescription from your pharmacist or doctor's office. Worst-case scenario: Take a quick picture on your phone before you toss out the label.

### How will TSA screen my medications or medical devices? Should I allow extra time for this?

You can bring liquid medications on-board flights in your carry-on; these aren't subject to the 3-ounce limitation. Diabetes supplies such as insulin and needles are also allowed by TSA. Passengers can bring their medications through security checkpoints as long as they are screened. Usually, TSA will test them for explosives and screen them for concealed contraband. While X-ray screening is normally the quickest way to get through security and won't damage medications,

allow ample time if you prefer a manual inspection.

### I will be traveling in another time zone. How can I adjust my medication schedule before I travel and when I return?

Be sure to continue taking your medication while you travel, but you also don't want to take too much or too little. Think about spacing your medications out by the number of hours between each dose instead of relying on the time of the day. Check with your doctor before you leave, however; some conditions may require a little more meticulous dosing.

### My medications must be kept cold. How can I do this while traveling in hot places, especially if I'll be cooped up in a car for several hours?

Keep your medication in a cooler with ice packs or frozen gel packs. Try to avoid ice if you can, since it could melt and get into your medications. To be safe, waterproof your medicine by sealing it in a ziplock bag. If you are driving, do not leave any medication in the vehicle or glove box for an extended period of time.

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

## BY THE NUMBERS

# TICKBORNE DISEASES/LYME

FACTS AND STATS ABOUT TOP HEALTH ISSUES

By Heather Hatfield

# 300,000

Estimated number of diagnosed cases of Lyme disease each year in the U.S.



# 2 to 3 weeks

Recommended length of course of antibiotics to treat early Lyme disease

# 16

Number of known tickborne diseases in the U.S.

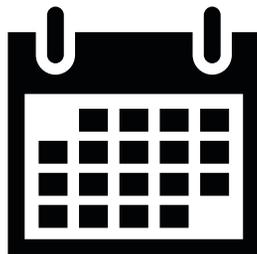


# 95%

Percent of people with Lyme disease whose symptoms improve after antibiotics

# 70% to 80%

Percent of people who develop a rash after infection with Lyme disease



# 3 to 30 DAYS

Length of time after a tick bite that a rash may occur in those infected with Lyme disease

# 70%

Percent of people with Lyme disease whose symptoms include fatigue or headache

# 60%



Percent of people with Lyme disease whose symptoms include fever, sweats, or chills

# At least 20%

Recommended percent of DEET (an active ingredient in many insect-repellent products) in bug-repellent to prevent tick bites

# 14

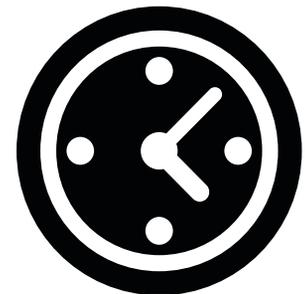
Number of states in which 96% of Lyme infections occur (mostly the upper Midwest and Northeast United States)

# 822

Estimated number of Lyme infections each day in the U.S.

# 36 to 48 hours

Length of time a tick must be attached to the body before Lyme disease bacterium can be transmitted



Sources: CDC; LymeDisease.org; University of Maryland Medical Center



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LEARN HOW ON PAGE 4



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

LIVING WELL

# MINIMIZING MIGRAINES

## KNOW YOUR TRIGGERS TO PREVENT PAIN

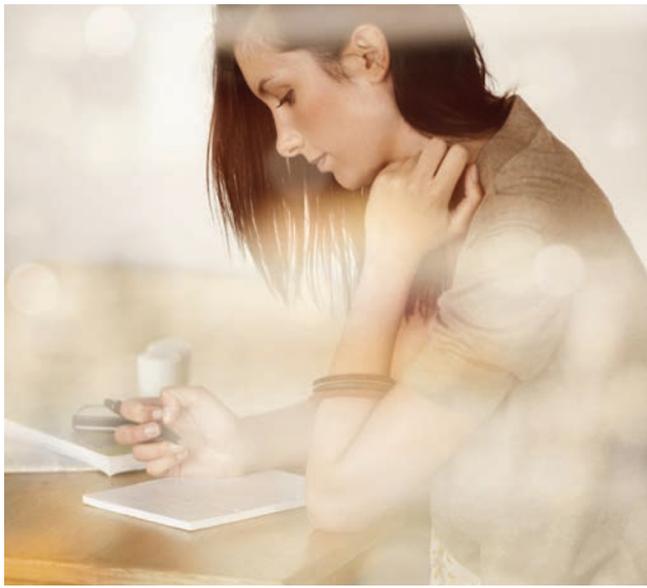
By *Christina Boufis*

● Your head is throbbing. Is it a migraine? A tension headache? How can you tell?

“Typically a migraine is on one side of the head and it’s throbbing. But it doesn’t have to be,” explains Joseph Safdieh, MD, associate professor of neurology at Weill Cornell Medical College and attending neurologist at New York-Presbyterian hospital.

“What differentiates a migraine from a tension headache is whether you have nausea or sensitivity to light and sound, and whether the headache is incapacitating—meaning you can’t work through it,” he says.

That was the case for Mindi Sue Black, age 46, who started getting migraines as a child. “It was debilitating,”



changes, Safdieh says. That’s why you should “try to avoid radical or even moderate changes in your day-to-day life,” he says.

“Eat the same number of

person it may not. But I tell people to keep a diary of their migraines and track them.”

Track other potential triggers too, such as, for women, hormonal fluctuations around the time of your period; changes in the weather or sleep or eating patterns; and stress, Safdieh says. Bright lights, strong smells, alcohol, and dehydration can also trigger migraines in some people, he adds.

You can try to avoid

personal triggers, but know that even if you do, you can still get a migraine, Safdieh says. “There doesn’t always have to be a trigger.”

**Try a supplement.**

“There’s good evidence for certain supplements for preventing migraine,” Safdieh says. “The best evidence is for something called butterbur, which is an herbal remedy.” Research also shows that magnesium, vitamin B2 (riboflavin), and feverfew, another herbal remedy, can help prevent migraines. But check with your doctor before taking any herbal remedy or supplement.

It took Black years and the process of elimination to figure out what triggered her migraines. “Now, I stay away from certain foods,” she says. “I avoid anything with nitrates, like bacon, or spicy food like curries.

“The weather affects me as well,” Black says. “I noticed I got migraines more in the winter in the Northeast when there was very bright sunlight. Now I wear a hat and sunglasses, even in gray weather.”

### *What differentiates a migraine from a tension headache is whether the headache is incapacitating.*

she says. “I’d get this sharp pain and throw up and have no idea why.”

Migraines affect people in one in four households in this country. What can you do to help prevent them? Safdieh offers his tips.

**Stick to a schedule.**

People who get migraines usually have a brain that’s wired to be more sensitive to external and inner

meals every day, get the same amount of sleep every night. Try not to radically alter the amount of caffeine you have in a certain day,” he says.

**Write it out.** “There’s never been great evidence that eliminating foods from your diet helps prevent migraines,” Safdieh says, “because a certain food may trigger a headache for one person and for another

### 5 QS FOR YOUR DOCTOR

1. Could my headaches be migraine?
2. Can exercise help me?
3. What medications might work for me?
4. What can I do to avoid missing work?
5. Should I take a supplement?

YURI ARCURI/GETTY IMAGES



Read **Choose the Best Teeth Whiteners**, an article on WebMD.com.

LEARN HOW ON PAGE 4

## YOUR SMILE OVER TIME

HOW TO PRESERVE YOUR PEARLY WHITES THROUGH THE YEARS

By *Sonya Collins*

● Aging is inevitable.  
● But losing your teeth isn't. Teeth and gums change as you age, but you can take precautions to keep your pearly whites healthy into your golden years.

"If you're looking after your teeth, getting checked for cancer, and staying free of disease, you should have your own teeth for the rest of your life," says Denis Kinane, BDS, PhD, dean of Penn Dental Medicine in Philadelphia.

### Loss of Enamel

Tooth enamel wears away as you age. And the loss of protective enamel makes teeth more prone to stains, pain, sensitivity, and other problems. Acid is the main culprit. Sugar, fruit juices, and carbonated beverages—even sugar-free ones—contain acid. "Acid dissolves enamel to a mild extent every day," Kinane says.

If you can't avoid them altogether, drink acidic beverages in moderation, and use a straw so they bypass your teeth. Drink them only at mealtimes to minimize the "acid attacks" your teeth endure each day. Finish meals with milk or cheese to neutralize acids. Acid temporarily softens enamel, so brushing your



teeth immediately after having a meal or acidic drink can brush away enamel. Instead, wait about an hour.

Use fluoride toothpaste and mouthwash, and drink tap water, which contains fluoride. "Fluoride makes teeth more resistant to acid," Kinane says. "Enamel erosion is reversed and prevented if you have a lot of fluoride in your teeth."

### Receding Gums

Gum recession, or "getting long in the tooth," is to some degree a natural part of the aging process. But

too-aggressive brushing, gum disease, and smoking make it worse.

In addition to brushing twice a day, you can prevent gum disease by flossing and using mouthwash daily. "An antimicrobial, antiseptic, fluoride-containing mouthwash is always a good idea," Kinane says.

Smoking wreaks havoc on your gums, too. "It contributes to chronic gum infection, which encourages bone and gum loss. When this happens, the teeth become mobile, and you can lose them."

### Dry Mouth

As you age, you produce less saliva. Many medications can also cause dry mouth. But you need saliva. It helps neutralize acid, fights infection-causing bacteria, and controls bad breath. You can stimulate your salivary glands with sugar-free gum or sugar-free hard candies. Drinking plenty of water helps, too.

If dry mouth is severe, talk to your doctor or dentist. Either one can prescribe a salivary substitute or perhaps change a medication that's causing the problem.

**WANT TO KEEP YOUR MOUTH HEALTHY AS YOU AGE? ASK YOUR DENTIST THESE QUESTIONS:**

**How often should I see the dentist as I get older? The recommendation may change, depending on your age and oral health.**

**What products and treatments are right for me? Discuss your concerns about your teeth, gums, and aging, and find out what would help.**



Read **What Do You Know About Osteoporosis?**, an article on WebMD.com.

[LEARN HOW ON PAGE 4](#)

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

## MY STORY

# ONE POSE AT A TIME

A READER DIAGNOSED WITH OSTEOPOROSIS GAINS STRENGTH THROUGH YOGA

*By Nancy Fong  
WebMD community member*

I was diagnosed with osteoporosis in 2003 when I was 56. My husband and I had just retired and moved, and I had a new doctor who asked if I'd ever had a DXA scan to measure bone density. I was a smoker at the time, and my younger sister had been diagnosed with osteopenia a few years before. "No," I said. "But I've been wanting one." I did the scan, and that's when I found out I had osteoporosis.

I was prescribed calcium, vitamin D, and medication, which I took for years. Then in 2012, I was diagnosed with Barrett's esophagus, and I had to go off the osteoporosis medication. I thought, "Well, now what am I going to do?"

In early 2013, I saw an ad for a yoga class for osteoporosis. I had no idea how yoga could help. I'd never done yoga before and thought it was about meditation and things like that. But I thought it couldn't hurt, so I'd try it.

I started taking classes twice a week and really liked it. I found it's about stretching, bending, and strengthening your bones. We even lift small weights, and we use a chair to do some of the exercises. Yoga is also about improving your balance so you can catch yourself in a fall—which I've done several times.

In fact, just before I started taking yoga, I had a bad fall in the kitchen. I'm lucky I didn't break anything. I was taking some plates down, and I slipped and fell and hit the back of my head. I was badly bruised but didn't break any bones.

I've come a long way since starting the class in 2013. I remember the first time the instructor asked us to do the Vrksasana Tree Pose. She said to stand against the wall balancing on



### NANCY'S TIPS

**Anything is worth a try if it might help you.**

**Keep moving. Keep walking. Don't give up. Doing something is better than nothing.**

**Practice yoga at home. I have a book with exercises, so I can do the poses at home, too.**

one leg. And then we were to bend our other leg and put it against the inside of our thigh. While we were balancing, we were supposed to stretch our arms above us, like a tree. And I thought, "There's no way I'm going to be able to do this." I could feel my balance was uneven.

Today I can do the Tree Pose and stand on one leg—not for very long—and put my other leg against my calf. And though I haven't tried stretching my hands above my head, I can hold them together in front of my chest.

I've also noticed my balance has improved. I like to walk, and if I'm walking too fast, or the dog pulls and jerks me, now I can correct my balance so I don't fall.

Last year, I had a DXA scan again, which showed no change in my bone density from the previous year. But before doing yoga, my scores were always going down, down, down, every time I took the scan.

I'm encouraged. A few of the other students in the class found their osteoporosis scores improved. And I'm hoping to be one of those people soon.

# Laura Linney

Actor

**1** *Teenage Mutant Ninja Turtles: Out of the Shadows*

comes out this summer. This seems like a big leap from some of your past roles. What appealed to you about the film?

I would like my son [Bennett, age 2] to be able to see something that I'm in before the age of 30 that he won't be traumatized by.

**2** *In the upcoming movie, Sully, you play*

Loorie Sullenberger, wife of pilot Chesley "Sully" Sullenberger, who became a national hero when he landed a US Airways jet in the Hudson River. Why do you think his story is so compelling?

It was the combination of the right man in the right place during a terrible time. I really believe if it had been any other pilot, I don't know if that entire group of people would be alive today. He's one of the few people who had the psychology and was prepared to handle that type of situation.

**3** *What was your take on Loorie?*

The stress that she was under, I can't imagine. She wasn't able to see him for a few days after that accident happened. So she was watching on television like everybody else. I can't imagine



the levels of shock, and then the relief.

**4** *You're involved with Stand Up to Cancer. Why did you decide to support this charity?*

My mother was a nurse at Memorial Sloan Kettering [a New York City cancer center] when I was a small child. So I was very aware of the power of cancer and the trauma of cancer and the chaos of cancer from a very

early age. Stand Up to Cancer quite wonderfully reaches out to everybody to lend a hand in voicing the need for research and awareness. And then my own father died of cancer while I was filming the television show [Showtime series *The Big C*].

**5** *What have you learned from your experiences with people who've had cancer?*

Cancer has been a good teacher for me, because it does elucidate life in a very different way. Particularly in my business, where people see aging as such a negative thing, and they do everything they can to run away from it. The logic of that is wrong on such a sacred level.

**6** *You became a mom at age 49. What are the advantages of waiting to*

*have a child?*

I'm so deeply grateful to have been given this experience because I really didn't think it would happen for me. And I had sort of mourned that every decade that it didn't happen. Now there's a tremendous sense of wonder and a tremendous sense of freedom. I don't take a second of it for granted.

**7** *Do you have a personal health philosophy?*

I would love to tell you that I am healthy and diet conscious. I'm just not. It has always been a real battle for me. I'm constantly just trying to be aware.

**8** *What is your best health habit?*

I think meditation is my best health habit.

**9** *What is your worst health habit?*

Candy. Sugar is really hard for me. It's a terrible default to reach for the sugar. I have a real Swedish Fish problem.

**10** *What quality would you most want*

*in a doctor or health care provider?*

Someone who can really listen, and who can talk to you in a way that you can hear. —Stephanie Watson