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## LIVING HEALTHY

The Benefits of  
Friendship  
pg. 14

## MEN'S HEALTH

Cosmetic Surgery  
on the Rise  
pg. 15

## FOOD & RECIPES

Three Ways to  
Cook Chicken  
pg. 49

## FAMILY & PARENTING

Nutrition for  
Aging Pets  
pg. 23

## HEALTHY BEAUTY

Damaged  
Hair Do's  
pg. 17

## FITNESS & EXERCISE

Gym-Free  
Workouts  
pg. 53

## BY THE NUMBERS

Migraines &  
Headaches  
pg. 56

# COMEDY QUEEN

Chelsea Handler  
on the power  
of humor PG. 42

ADVERTISEMENT

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**Your Health**

TURN TO PAGE 27

**Walmart**  
Pharmacy

## FEATURE

Pg.  
**42**

“  
**I DON'T TAKE MYSELF TOO SERIOUSLY. I THINK THAT'S EMOTIONALLY HEALTHY.**  
”

## Good Humor

Life is a funny business for **Chelsea Handler**. The comedian, late-night talk-show host and best-selling author is living proof that laughter might just be the best medicine—and the key to surviving the best and worst of times. What some may see as embarrassing or humiliating, she sees as fodder for her comedy and, most important, part of who she is. She gets candid about embracing her shortcomings, dealing with grief, and cleaning up her health act.



## IN EVERY ISSUE

Pg. **5**

### EDITOR'S NOTE

A calendar for the whole family, a new way to manage your medicine, and more

Pg. **58**

### TAKE 10

From city slicker to safari savior, actor **Kristin Davis** steps into a new role. She talks to us about saving elephants in Kenya, combating poverty, and more.



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# WebMD Contents

MARCH/APRIL 2014

 Pg. <b>6</b>	<b>HEALTHY START</b> <b>HOT TOPICS:</b> Does a heart-healthy diet also help your bones? Can exercising moms-to-be boost their baby's brains? Find out and get more news you can use. • <b>UP CLOSE:</b> We take an in-depth look at dental floss. • <b>PERSONAL BEST:</b> Actor <b>Shailene Woodley</b> shares her food, beauty, and health secrets.
 Pg. <b>11</b>	<b>LIVING HEALTHY</b> <b>WEBMD ON THE STREET:</b> A California health coach gets some expert coaching of her own. • <b>WOMEN'S HEALTH:</b> Want to live longer? You can, with a little help from your friends. • <b>MEN'S HEALTH:</b> Cosmetic procedures aren't just for women. Some guys now opt in as part of their anti-aging arsenal.
 Pg. <b>16</b>	<b>HEALTHY BEAUTY</b> <b>YOU ASKED:</b> Need to do a little damage control on your hair? Our experts offer tips and styling product picks for calming frizz and fixing split ends. • <b>YOUR SMILE:</b> Do hot or cold beverages make you wince? Get to the root of what's causing your sensitive teeth. <b>Plus:</b> Dirty Secret
 Pg. <b>21</b>	<b>FAMILY &amp; PARENTING</b> <b>PET HEALTH:</b> <b>Allison Janney</b> to the rescue! The actor and <i>Mom</i> star is mom to a few lucky dogs. <b>Plus:</b> What should you feed your aging pet? • <b>PREGNANCY:</b> Size matters—especially when you're trying to conceive. Learn why you need to get in shape <i>before</i> you've got a baby on the way. • <b>BABY TALK:</b> Splish-splash, it's time for baby to take a bath. Our expert has tips for new parents.
 Pg. <b>48</b>	<b>FOOD &amp; RECIPES</b> <b>IN SEASON:</b> Carrots. Get rooted in the history and nutrition facts of this popular spring veggie. • <b>3 WAYS TO COOK:</b> Chicken. Make dinner a winner tonight with easy and versatile recipes.
 Pg. <b>51</b>	<b>FITNESS &amp; EXERCISE</b> <b>WORK IT OUT:</b> Go long! Learn how stretching can improve your workout and why you should warm up and cool down every time. • <b>FITNESS CHALLENGE:</b> No equipment? No problem. We've got workout moves you can do wherever you are.



## WEBMD CHECKUP

**LIVING WITH:** Allergies. 'Tis the season! Stop sneezing and get relief now. • **BY THE NUMBERS:** We take a closer look at headaches and migraines. • **HEALTH CHECK:** Got GERD? What do you know about heartburn and gastroesophageal reflux disease? Take the quiz to find out.

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● ● ● We focus on lots of health numbers: BMI, HDL, blood pressure, the hours of sleep we need each night. But here's one you might not think about—how many times a day do you laugh?

This issue's cover star, comedian **Chelsea Handler**, gives us something to aspire to: not taking ourselves too seriously. Handler embraces her shortcomings, laughing at herself and everything around her. She talks with us about self-acceptance, the importance of friendship, and her willingness to share her most personal experiences publicly (page 42).

Failure is part of being human—we all do embarrassing things. And while research isn't conclusive about whether laughter really can improve overall health, dwelling on feelings of shame isn't good for emotional health, either. As psychiatrist Mary Lamia, PhD, tells us, "When we embrace the things that happen to us, we connect with other people. Acceptance from others is a form of healing."

You don't need to hit the stand-up circuit and turn your missteps into comic gold. Just make time to get together with friends and have a good laugh. And just for fun, keep track. That's a health number you won't mind focusing on!

*Kristy*

Kristy Hammam  
Editor in Chief  
kristy@webmd.com



### PILL DRILL

Do you take one pill a day or a multitude?

Either way, you can stay on top of your routine and get med smart with WebMD's new **My Medicine** tool.

Enter your drugs or supplements at **webmd.com/my-medicine** to get information about interactions, FDA alerts, reviews, and articles about your medicines and conditions. Use the tool to plan for your doctor's visit, too, and print medicine lists, schedules, and notes.



### WEEK LINK

Looking for new ways to get your family to practice healthy habits? WebMD's new **Raising FIT Kids Healthy Calendar Tool** can help. Each week, turn to the calendar for ideas related to the Raising FIT Kids' categories—Food, Mood, Move, and Recharge—and three recipes designed with kids and busy parents in mind. Access the tool from your desktop and you can print out ingredient lists to take with you to the store. Or visit the site on your mobile device for an interactive ingredient list and check off items as you go. Get started today: **webmd.com/parenting/raising-fit-kids/fit-calendar**.



### MEAL MUSTS

Our Facebook fans are going gaga over egg recipes that we recently posted. It was the most-clicked magazine post of the month: "Trying to eat healthier? Get egg recipes in *WebMD Magazine* that will fill you up and won't let you down." And, we won't let you down this month either! We spring for **chicken** (page 49) and catch up with **carrots** (page 48).



Tell us what you're passing around the table this season at **facebook.com/webmd**.



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# HOT TOPICS!

FACTS AND NEWS YOU CAN USE

HEALTHY  
START



## PUCKER UP!

RESEARCH SHOWS THAT ROMANTIC KISSING NOT ONLY ELEVATES AROUSAL BUT ALSO **HELPS A PERSON EVALUATE A MATE'S SUITABILITY.**

Source: Archives of Sexual Behavior



## Want to stop snacking?

Try seeing red. In one study, people drank less soft drink from a red cup than a blue cup and ate less food off a red plate than a blue plate.

Source: Appetite

# 90 million

Number of chocolate bunnies produced for Easter each year. (And 76% of people eat the chocolate rabbit's ears first.)

Source: National Confectioners Association



People who are discriminated against for being overweight are **2.5 times more likely to develop obesity**, a study reports, and people who are already obese are **three times more likely to remain obese** if they perceive discrimination.

Source: PLOS One



**WHEN A FULL MOON IS IN THE SKY**, SLIPPING INTO SLUMBER TAKES FIVE MORE MINUTES AND TOTAL SHUT-EYE IS REDUCED BY 20 MINUTES.

Source: Current Biology



**A REGULAR BEDTIME REALLY DOES MATTER:** KIDS WHO DON'T HAVE ONE DISPLAY MORE BEHAVIORAL PROBLEMS AT HOME AND AT SCHOOL.

Source: Pediatrics

**30%** of low-income mothers **can't afford** diapers for their babies.

Source: Pediatrics

Percent of patients who say **their doctors discuss the benefits of regular exercise**. Two-thirds report their doctors broach the healthy-eating conversation.

Source: Gallup



**Two-thirds** of Americans think **restaurants should list calories on menus**. But **only 31% support limiting the size of sugary drinks when eating out.**

Source: Pew Research







## Power Lunch

That PB&J in your daughter's lunchbox may have long-lasting benefits. A 15-year study followed 9,039 girls ages 9 to 15 in 1996. Girls who had a daily serving of vegetable fat and protein, such as nuts, corn, or beans, had a 68% lower risk of benign breast disease later on. And the girls' biggest source of veggie fat and protein was peanut butter. Some types of benign breast disease can increase the risk of breast cancer.

Source: Breast Cancer Research and Treatment



## Stand Up

Feeling low? Stand up! Women who sit seven hours or more each day are more likely to have depression symptoms than those who sit four hours or less, a study says. Researchers suggest that the lack of interaction with the environment that comes with sitting for long stretches may contribute to depression. Excessive sitting can also limit the activity of endorphins (feel-good chemicals in the brain) and may reduce blood flow to parts of the brain that control emotions.

Source: American Journal of Preventive Medicine

# 7,500

Number of **U.S. children hospitalized for gunshot wounds** each year. The number has steadily risen in the past 10 years. Forty percent of children's gunshot wounds occur in the home.



Source: American Academy of Pediatrics



## WALK THIS WAY

Do you exercise to stay fit during pregnancy? Your workouts may keep your baby's brain fit, too—just 17 minutes a day of moderate aerobic exercise, such as brisk walking, can help. In a recent study, babies born to mothers who exercised 117 minutes a week during pregnancy were more responsive to sounds in their sleep during their first two weeks of life than babies whose mothers exercised just 12 minutes a week. These heightened responses indicated improved activity in the area of the brain where language learning happens.

Source: Neuroscience

HEALTHY  
START



## Take Heart

What's good for your heart may also be good for your bones.

The American Heart Association's diet recommendations to prevent heart disease may boost bone health, too.

Among 933 people ages 47 to 79, those who followed the association's diet closely had increased bone density and a lower risk of osteoporosis after two years. The low-fat, high-fiber diet emphasizes fruits, vegetables, whole grains, lean meats, fat-free dairy, and two servings of fish per week.

*Source: The American Journal of Clinical Nutrition*

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to Look and  
Feel Beautiful

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Learn More



Percentage of kids ages  
6 months to 17 years  
who got the flu vaccine  
last year, **up 5%** from  
the year before

*Source: CDC*

WebMD.com

### Hot Hits

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

Is male menopause real?

Causes of ankle pain

How often to shampoo?

What are night sweats?

What does the liver do?

Risks of heavy drinking

What is black seed  
used for?

How fitness devices work

What is laser hair  
removal?

Stomach flu symptoms

\*as of Jan. 1, 2014

TOP: NUPK/VEER; VSTOCK LLC/GETTY IMAGES





# First String

AN IN-DEPTH LOOK AT DENTAL FLOSS



## Starting Point

Anthropologists have uncovered pointed sticks, tools ancient peoples used to clean their teeth.

## Silk Road

A New Orleans dentist in the early 1800s gets credit for stressing the importance of flossing and first telling his patients to use a thin silk thread.

## Material Matters

In the 1940s, nylon became the floss material of choice. It didn't shred like silk, and it was more consistent in texture.

## Two Time

Starting at about age 2, people should floss once a day, before or after brushing, as long as it is done thoroughly.

## Let's C

Use 18 inches of floss, wrap it around your middle fingers, and when you get to the gum line, follow a "C" shape around the tooth and scrape up and down.

## Wax Base

Floss types vary, including those with flavors and wax.

## Long Line

An elementary school in North Carolina earned a Guinness World Records title after 1,470 students, parents, and teachers flossed for 55 seconds using a 6,000-foot piece of floss.

—Rebecca Scherr

PERSONAL BEST

HEALTHY  
START

# Shailene Woodley

THE ACTOR SHARES HER HEALTHY  
LIVING HABITS



## Down to Earth

"I go outside whether I'm in the city or backwoods of any state. I connect with the ground, the trees, just breathing fresh air while I go for a walk, and I find myself living in my heart instead of in my mind."



## Trailer Stash

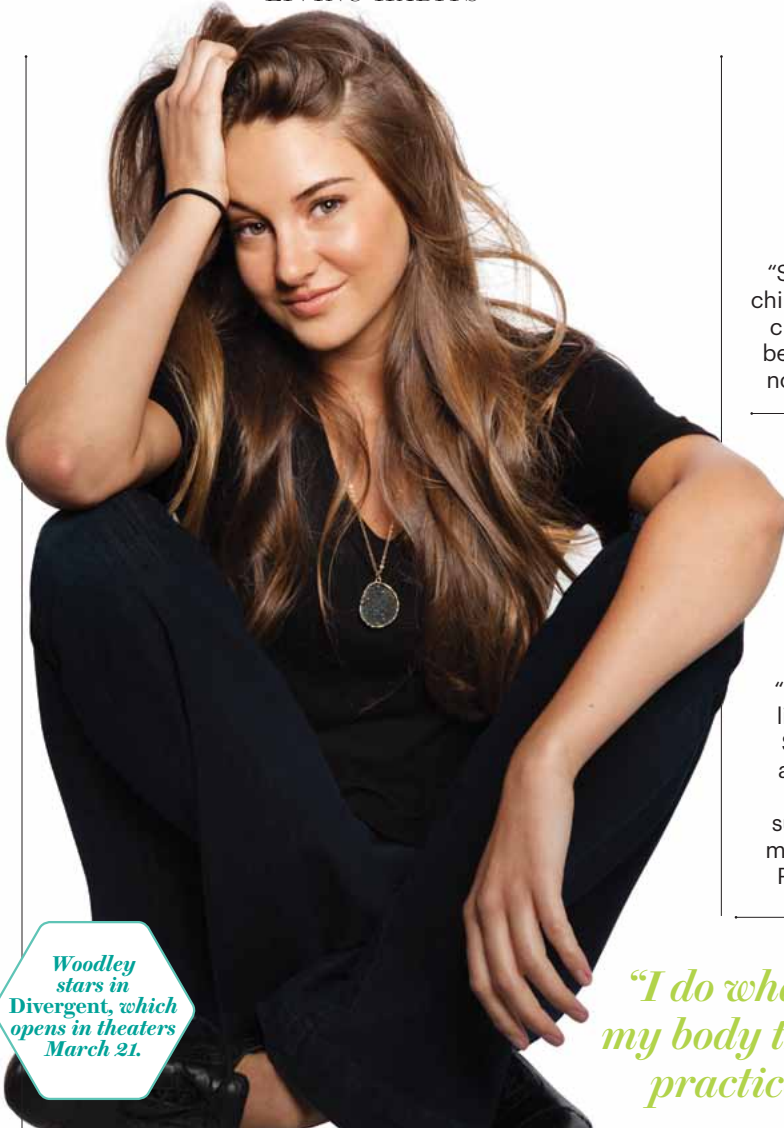
"I don't eat any food on set and I bring my own breakfast, lunch, and dinner. I always have olive oil, for making a salad, plus seaweed and spirulina gamasio. I don't buy packaged foods, and usually bring what I've cooked the night before."

Woodley stars in *Divergent*, which opens in theaters March 21.



## Survival Guide

"I always keep a notebook in my purse; I love to write when I feel inspired. I keep a flashlight because you never know when you might need that. And I have a lighter, because heat is so important just in case you're ever stranded and you can build a fire. I did study survival skills."



## Pantry Picks

"Sauerkraut or kimchi, chili garlic spice, and raw chocolate—the cacao bean in its purest form, not heated or melted."



## Beauty Bag

"I only ever use a tinted lip gloss called Sedona Seduction Truffle Stix, an edible chocolate lip balm, body balm, and sunscreen all in one. My mascara is by Tarte High-Performance Naturals."

*"I do what feels good to my body that day, and I practice lots of yoga."*

Actor Shailene Woodley's feature film debut in 2011 opposite George Clooney in *The Descendants* earned her multiple awards and nominations—not bad for her first time out. Born in Simi Valley, Calif., and acting since age 5, Woodley, now 22, appeared in the hit ABC Family series *The Secret Life of the American Teenager* for five years and had recurring roles on other TV series. In 2014, watch for her in the action adventure *Divergent*, based on Veronica Roth's best-selling book trilogy, as well as the independent film *White Bird in a Blizzard* for director Gregg Araki and *The Fault in Our Stars*, the big-screen adaptation of John Green's popular novel. Offscreen, she and her mom, Lori, started the nonprofit All It Takes, with a focus on "compassionate exchanges and realized acceptance among young individuals in middle school."—Stephanie Stephens



## Me Time

"I turn off the phone. Then I cook, read, take a bath, or just go outside. If I'm near a hot spring, I'll find that to nourish my entire body and soul."

CLOCKWISE FROM TOP RIGHT: ANDREY ST/THINKSTOCK; GABOR IZSO/GETTY IMAGES; ALEKSANDR SULGA/THINKSTOCK; SOMMAIL/THINKSTOCK; RON CHAPPEL STOCK/THINKSTOCK



## LIVING HEALTHY



- 12 **On the Street**  
Experts dish out tips for a chef
- 14 **Women's Health**  
Friends can help you live longer
- 15 **Men's Health**  
Cosmetic surgery is for guys, too

# This Way Up

Spring has sprung! Get out and enjoy all its splendors



### EXPERT TIP

"Napping really can help you catch up on your sleep, as long as you don't have insomnia at night. The secret is to nap for 25 minutes, no longer." —**Michael J. Breus, PhD**



# Kitchen Confidant

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

Photograph by Robert Houser

## FLAKE OUT

"Generally, a dry, flaky scalp is a sign of dandruff, even if no itch is present. It can also result from product buildup. Try rubbing tea tree oil—an essential oil with antibacterial and antifungal properties—into your scalp, then rinsing. You can also try organic apple cider vinegar—pour a mix of one-third vinegar and two-thirds water over your scalp, then rinse thoroughly—to break down buildup and balance your scalp's pH."



**Jeffrey Benabio, MD**  
Dermatologist, Kaiser Permanente  
and fellow, American Academy of  
Dermatology

## BONE UP

"Make sure you're getting enough calcium from foods like leafy greens, soybeans, and tofu, and vitamin D from fortified foods. Zinc is an often-overlooked mineral that is also important for healthy bones. Good dairy-free sources include oysters, crab, beans, nuts, and seeds. Some studies also show that vitamin B12 is good for bone health. Finally, make sure you're eating adequate protein in the form of lean meats and especially soy, which also helps the body absorb calcium."



**David Grotto, RD**  
president, Nutrition Housecall consulting  
firm, and author, *The Best Things You  
Can Eat*

## HANDS ON

"A simple fix is to wear plastic gloves while washing dishes so your hands don't come into contact with water and harsh soaps. A more natural alternative is to apply sweet almond oil to hands before washing dishes. This oil contains unsaturated triglycerides that moisturize, absorb easily, and form a barrier on the skin to limit the drying effects of hot water. And it's very affordable—a 4-ounce bottle is typically \$2.99 to \$4.99 at health food stores."



**Mohiba K. Tareen, MD**  
founder, Tareen Dermatology, and clinical  
assistant professor of dermatology, University  
of Minnesota and Columbia University

## WARM UP

"Cold hands and feet can be a sign of poor circulation. Blocked or constricted vessels reduce the flow of blood to your extremities, making you feel cold even in warm weather. Numbness, pain, or discoloration of fingertips and toes can happen in severe cases. Try exercise—a brisk walk, yoga—three to four times a week to increase blood flow throughout your body."



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

Read more  
expert advice  
in our free  
iPad app!

## BACK BUILDER

"Your core, back, and shoulders are critical to almost every activity, including daily movements like carrying groceries. You can strengthen all these muscles with one simple but very effective exercise—the slow mountain climber. Start in a push-up position, making a straight line from your shoulders to your heels. Keep your abs and butt tight—don't let hips sag. Slowly bring one leg up, reaching your knee toward the elbow on the same side. Return to the starting position and repeat on the other side. Work up to a goal of 25 on each side."



**Michael W. Smith, MD**  
WebMD chief medical editor and certified  
personal trainer

## WEBMD ON THE STREET

### Marisa Voorhees

Gluten-free chef &  
holistic health coach, 37  
San Francisco

There's no place Marisa Voorhees would rather be than the kitchen—preferably one filled with lots of good (and hungry) friends. And when she left her job as an alumni relations executive a few years back, she decided to make her new "office" in the kitchen. "For me, food is the great communicator," Voorhees says. "I think community is built around the table." Voorhees' own table is gluten- and dairy-free due to her food allergies and intolerances, and although she doesn't feel she's missing out on a delicious life, she does worry about the impact of her dairy-free diet on her bone health. In addition to wondering what she can do to ensure strong bones, she's also looking to strengthen her back, shoulders, and core. "I haul 40 to 60 pounds of groceries around every day," she says. And "my hands are constantly in water, soap, or food. What can I do to keep them looking healthy and young?" Voorhees also says her hands and feet are always cold even though she runs a very warm body temperature. Another head-scratching issue for her is a dry and flaky scalp. "Are there any natural solutions for maintaining scalp health?" —**Andi Gabrick**



Want to be the next WebMD on the Street star? Tweet us your health issues at @WebMD. We might come to your city!

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Need a pick-me-up? Check out **10 Ways to Improve Your Day in Just 5 Minutes**, a top article on the Health & Balance channel.

WebMD.com

## WOMEN'S HEALTH

# Buddy System

NEW RESEARCH SHOWS THE VALUE OF A LITTLE HELP FROM YOUR FRIENDS

By Colleen Oakley



● You probably know most of the “secrets” of longevity: Don’t smoke, eat your greens, exercise every day, get enough sleep, relax. But this one may be new to you: Cultivate more friends. A recent Australian study found that people with a large network of pals were 22% less likely to die prematurely. And other studies show that friends have a positive impact on stress levels and brain health—even your immune system (people with more friends have fewer colds).

As you age, though, making friends isn’t as easy as when you were a kid—maybe because there’s no adult sandbox to go play in. “Research shows that people make friends through repeated unplanned interactions,” says Rebecca G. Adams, PhD, professor of sociology at the University of North Carolina at Greensboro. “It’s not that we lose our ability to make friends as we get older. It’s that we’re less likely to be in situations conducive to friendship formation.”

Reviewed by **Patricia A. Farrell, PhD**  
WebMD Mental Health Expert

The key to expanding your social circle? Break out of it. “Making new friends can be similar to dating,” says Nicole Zangara, LCSW, author of *Surviving Female Friendships: The Good, The Bad, and The Ugly*. “To meet new people, you have to try new activities that interest you. If you like hiking, join a hiking group. If you’re religious, try a new church. Get yourself out there.”

But that’s only half the battle. For an acquaintance to become a friend, you have to open up, which can be daunting. “As we get older, we’re less likely to self-disclose to people we don’t know well,” says Adams, “but for a relationship to get to the next level, you have to reveal something of yourself.”

At the same time you’re making new friends, don’t forget the ones who have been there all along. “It can be equally difficult to maintain friendships over the natural transitions of life,” Zangara says. “If you find that you’re not connecting, bring it up, because they’re probably feeling the same way.”

FROM WEBMD.COM

## Q&A

“I have a friend who’s become increasingly difficult to hang out with. She seems so negative and doesn’t really seem to care about my life. Should I stick it out?”



**Brooke Hight**  
33, elementary school teacher, Atlanta



## EXPERT'S ANSWER

“The short answer? It depends. Like romantic relationships, friendships ebb and flow, so before giving your friend the heave-ho, try talking with her about how you feel. If she’s not receptive or if you find you always feel worse after you spend time with her, it might be time to call it quits. Letting go—especially of a longtime friend—can be difficult. But it will leave more room in your life for people who are supportive and caring, which can be a boon to your long-term health.”



**Nicole Zangara, LCSW**  
author of *Surviving Female Friendships: The Good, The Bad, and The Ugly*



Guys, explore your options with **Nonsurgical Cosmetic Facial Procedures**, a top Healthy Beauty channel slideshow.

WebMD.com

LIVING  
HEALTHY

## MEN'S HEALTH

# Filler Up

THINK COSMETIC TREATMENTS ARE JUST FOR WOMEN?  
GET IN ON THE ACTION, TOO

By Matt McMillen

● Crow's feet, dilated  
● blood vessels, brown spots—men don't like the signs of aging any more than women do. In the past few years, more men have opted for cosmetic procedures than ever before.

"The mindset among men today is that a guy does this to put his best foot forward. It's more of a due diligence thing than a vanity thing," says Birmingham, Ala.-based dermatologist Christopher Harmon, MD.

In 2012, more than a million men opted for cosmetic treatments such as injections that relax facial wrinkles as well as other nonsurgical procedures, according to the American Society of Plastic Surgeons. Here's what they're doing to turn back the clock:

**Anti-wrinkle treatments** Injections of botulinum toxin type A, such as Botox, Dysport, and Xeomin, can banish crow's feet, frown lines between the eyebrows, and horizontal forehead lines for several months by targeting and weakening wrinkle-producing facial muscles.

**Lasers and intense pulsed light procedures** Many types of lasers can



## NIP/TUCK

COSMETIC SURGERY IS ALSO POPULAR WITH MEN.  
THE MOST COMMON PROCEDURES ARE:

**Rhinoplasty** The typical man who undergoes this procedure wants a smaller, less bumpy nose, says David Cangello, MD, a plastic surgeon at Lenox Hill Hospital in New York City. His rhinoplasty patients are usually in their 20s or 30s.

**Eyelid surgery** "It's a rejuvenating procedure for men who want to look younger," Cangello says.

He sees a lot of men with sagging upper eyelid skin, which makes them look tired. Cangello also tends to bags under the eyes.

**Liposuction** This procedure removes excess fat from specific parts of the body, most commonly around a guy's middle. "A lot of men want a leaner physique, a tighter abdomen," Cangello says.

treat an aging face. Pulsed dye lasers, for example, zap dilated blood vessels (spider veins) that redden the nose, cheeks, and chin.

**Soft tissue fillers** Injections of collagen, hyaluronic acid, and other substances that the body produces naturally temporarily smooth out wrinkles, plump lips, and give the face a more youthful look. These treatments last from several months up to two years.



## EXPERT TIP

"Have realistic expectations—men must understand that good cosmetic treatments will make them look well rested and refreshed but not 20 years younger or like Brad Pitt."—David Cangello, MD

Reviewed by  
Karyn Grossman, MD  
WebMD Beauty Expert





## HEALTHY BEAUTY



**17 You Asked**  
Our experts help  
fight frizz and  
split ends

**19 Your Smile**  
Get to the root of  
sensitive teeth

# New Bloom

Put your best face  
forward this season

### EXPERT TIP



“Trust your foundation to be the last step in your skin care regimen instead of the first step in your makeup application.”—*Laini Bianculli, makeup artist*

## YOU ASKED

## Style Guide

FRIZZ? FRAYED ENDS? NURSE DAMAGED HAIR BACK TO HEALTH  
WITH THESE EXPERT TIPS AND PRODUCT PICKS

By Ayren Jackson-Cannady



### Strong Hold

**L'Oréal Studio Line Clean Gel** (\$4.99) "This hair gel gives solid hold without buildup (too much buildup can lead to flakes and split ends). Products with 'water' labeled as one of the first ingredients often rinse out more easily during shampoos and won't gunk up on the hair and scalp."



### Seal the Deal

**Kérastase Double Force Controline Ultime** (\$39) "Brushing hair that has been treated with hairspray can cause breakage. Instead, use a spray designed for damaged hair (like this one that seals and strengthens the cuticle) to polish off your final look and hold hair in place."



### The Protector

**Suave Professionals Keratin Infusion Dry Shampoo** (\$4.49) "Keratin is a protein and the main structural component of hair, so using keratin products—like this refreshing dry shampoo—seals strands by creating a protective layer that smooths, straightens, and eliminates frizz."



**Lucinda Ellery**  
fine hair stylist and specialist,  
Beverly Hills, Calif.



### Volume One

**Living Proof Amp² Instant Texture Volumizer** (\$24) "A lifesaver for short 'dos, this texturizer creates gentle friction to give strands a lift and touchable texture. You can use it on dry hair for simple touch-ups throughout the day and the amped-up look lasts for up to 48 hours."

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.

FROM WEBMD.COM

## Q&A

"There are so many different foundation formulas. How do I pick the one that's best for me?"



**Selma McNair**  
62, retired, Raleigh, N.C.



## EXPERT ANSWER

"Is your skin normal, oily, dry, combination, or sensitive? I adore liquid foundation for mature skin; the formulations are designed to glide over all the skin's nooks and crannies to give skin a smoother look. Powders are great for oily skin because they instantly mattify the skin for a shine-free finish. Cream foundations moisturize and promote hydration, so those with dry skin tend to like these. Air-whipped mousse foundations are excellent for full, natural-looking coverage. Mineral-based foundation is ideal for sensitive skin since formulas are often non-comedogenic and free of oil, talc, and parabens."



**Laini Bianculli**  
makeup artist and custom  
blend cosmetic expert,  
Philadelphia





### Smooth Operator

#### Redken Glass 01 Smoothing Serum (\$22)

"Hair straightening/smoothing products like this are great for taming frizzies sans hot tools. But it's important to remember that the more product you apply, the more likely it is to stick in the hair, causing buildup over time."



### No-Rinse Rescue

#### Aveeno Active Naturals Nourish + Condition Leave-In Treatment (\$6.99)

"Steer clear of products that list 'alcohol' as the first ingredient. Alcohol is severely drying to all hair types. Look for products like this that contain hydrating ingredients like wheat germ or jojoba oil."



**Loredana Farahani**  
stylist at Pini Swissa Salon,  
Boston



### Gold Standard

#### Organix Argan Oil & Shea Butter Moisture Repair (\$7.49)

"Argan oil is amazing for styling hair. It is a natural product that protects, restores, and nourishes hair (and skin and nails, too). Rich in nutrients like vitamins E, C, A, and omegas, it can be used to smooth down frizzies from root to tip."



### Wax On

**L'Oréal Professionnel Texture Expert Lumi Contrôle (\$24)** "If you're wary about using gel on your hair, try a wax or pomade like this one that contains vitamin E and a UV filter instead. Waxes and pomades tend to have less alcohol than gels, if any, so the hold is less stiff and moisture-zapping."

Reviewed by Karyn Grossman, MD  
WebMD Beauty Expert

## Dirty Secret

*"I never throw makeup out. How bad is that?"*

Makeup products don't carry a "best by" date. But they do have built-in expiration dates. Here's a general guide.

**Mascara & liquid eyeliner:** Every time you put the wand back into the tube, you're reintroducing bacteria. These products have the shortest shelf life. Replace every 3 to 4 months.

**Liquid foundation:** Stored away from heat, foundation can remain stable for up to a year. If you have sensitive or acne-prone skin, don't dip your finger into the bottle. Apply with a brush or sponge, and don't double dip.

**Lip gloss & lipstick:** These are less likely than liquid-based makeup to grow bacteria. It's safe to hold on to them for at least six months and the lipstick for a year.

**Powders:** Unless you notice a funny smell or the color has turned, you can safely use powder-based products for 18 months to two years.

**Rebecca Tung, MD**  
division director of  
Dermatology, Loyola  
University Health  
System, Maywood, Ill.

## Shopping List



Take a photo  
with your  
phone!



L'Oréal Studio  
Line Clean Gel



Kérastase Double  
Force Contrôle  
Ultime



Suave Professionals  
Keratin Infusion  
Dry Shampoo



Living Proof Amp<sup>2</sup>  
Instant Texture  
Volumizer



Redken Glass 01  
Smoothing Serum



Aveeno Active  
Naturals Nourish +  
Condition Leave-In  
Treatment



Organix Argan Oil  
& Shea Butter  
Moisture Repair



L'Oréal Professionnel  
Texture Expert  
Lumi Contrôle

## YOUR SMILE

## Pain Points

GET TO THE ROOT OF—AND GET RELIEF FOR—SENSITIVE TEETH

By Colleen Oakley

● You've probably been  
● there, sipping that  
refreshing glass of ice water,  
when—*ouch!*—the cold liquid  
hits that delicate spot on your  
tooth that's been bothering  
you for weeks. It's a condition  
known as sensitive teeth, and  
it's a common problem. A

*Clenching or grinding and  
overzealous brushing can lead  
to sensitive teeth.*

recent study published in the  
*Journal of the American Dental  
Association* found that one in  
eight adults suffers from  
sensitive tooth pain, often  
triggered by eating or  
drinking cold, hot, acidic, or  
sweet foods or liquids.

What's at the root of the  
problem? Clenching or grind-  
ing and overzealous brushing  
can lead to sensitive teeth,  
and some people notice  
sensitivity after whitening  
procedures. But the No. 1  
cause is gum recession, says  
David Fields, DMD, a fam-  
ily dentist in Marietta, Ga.  
"This is when gum tissue  
is lost, exposing the root  
surface of the tooth," he says.  
"That exposed root has pores  
or tubules that travel to the  
nerve of the tooth," leaving  
that nerve susceptible to  
painful triggers such as hot  
or cold beverages. In fact,



sensitivity to heat is often a  
sign that a tooth's nerve is  
dying, since a healthy tooth  
generally does not perceive  
heat as painful.

So what should you do if  
you notice sensitivity? First,  
be more gentle when you  
brush your pearly whites.  
Then head to your local  
drugstore, where you can  
find plenty of over-the-  
counter toothpastes created  
for sensitive teeth that can  
help plug up those tubules.  
The key ingredient to look  
for is potassium nitrate.

"Keep in mind, it may take  
a few weeks to build up effi-  
cacy," says Sabrina Magid-  
Katz, DMD, founder of  
Advanced Dentistry of West-  
chester in Harrison, N.Y.

Other helpful tips: Take  
a break from at-home teeth  
whiteners, which can alter  
the physical structure of your  
teeth. Drink water immedi-  
ately after having an acidic  
food or drink, such as fruit,  
orange juice, wine, or coffee.  
And don't brush right after  
eating or drinking. Wait at  
least 10 to 15 minutes.

FROM WEBMD.COM

## Q&amp;A

"My gums bleed  
sometimes  
when I floss my  
teeth, which I  
admittedly don't  
do as often as  
I should. Is this  
normal? Should I  
be concerned?"



**Riley Wyman**  
associate consultant,  
25, Chicago

EXPERT'S  
ANSWER

"Normal? No.  
Common? Yes.  
Bleeding gums  
are often a sign  
of inflammation,  
caused by a  
buildup of food,  
plaque (the soft  
debris that sticks  
to your teeth), or  
calculus (debris  
that's hardened  
onto your teeth).  
Regular flossing  
can help prevent  
this buildup. Once  
a day, you should  
floss gently up  
and down between  
teeth, hugging  
each tooth like  
a 'C.' But it's  
also important  
to have regular  
professional  
cleanings—at  
least every six  
months—since  
there are hard-  
to-reach areas  
that even regular  
flossing and  
brushing can  
miss."



**Sabrina Magid-  
Katz, DMD**  
founder of Advanced  
Dentistry of  
Westchester,  
Harrison, N.Y.

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



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## FAMILY & PARENTING



- 23 Pet Health**  
What to feed your aging pets
- 24 Pregnancy**  
Lose weight before you conceive
- 25 Baby Talk**  
How to make bath time stress-free

### PET HEALTH

# Rescue Mission

Actor Allison Janney has a soft spot for dogs. She's opened her home and heart to a lucky few

*By Melanie D.G. Kaplan*



#### EXPERT TIP

"Fresh fruits, vegetables, and proteins can help delay the symptoms of aging and keep your pet's weight under control."—*Ernie Ward, DVM*



# Dog Daze

## What's the story of your dogs, Dutch and Sippie?

I was filming *The Help* in Greenwood, Miss., and had too many days off in a row. So I started looking at the Petfinder app, for cattle dogs, and I saw Dutch—this teeny puppy with the largest ears. He was at a kill shelter. They put him in my arms, and I fell in love. They said, “Well, he has a sister.” I said, “Let’s do it.” I had to move out of The Alluvian Hotel, so the pups and I stayed with [director] Tate Taylor, and they proceeded to poop all over everything.

## What does your first dog, Addie, think about the new kids?

Addie couldn’t have been more upset with me. It took about six months.

## Who's in charge?

I’m not a great alpha. The dogs rule the roost. I sometimes sit on the couch to watch the news while they are running all over. It’s like Jurassic Park. Dutch is a jumper, and I haven’t discouraged him because I think it’s great—I’m so tall and he can leap up to give me a kiss.

## When you're stressed out, is one of them your go-to dog?

Addie is this gracious, loving dog with a peaceful energy, like a Buddha dog. She calms me. Dutch won’t get in bed with me at night, but at some point I wake up to him flapping his ears by my head—my signal to lift up the covers and let him in. It’s sweet—like he doesn’t want the girls to know he’s a mama’s boy.

## Do they travel with you?

When I got Sippie and Dutch, I thought finally I’ll have my emotional-needs dog that I can travel with. At the pound they assured me these were Chihuahua mixes, and then they each grew to 40 pounds. So I just need to find a little guy for travel, but I’m kind of on dog lockdown now.

*“I’d love to get a bigger piece of property and get a few more dogs.”*

Janney stars in the CBS series *Mom* and is in the film *Bad Words*, opening in March.

Read the full Q&A with Allison Janney in our free iPad app!

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





How healthy is your pet? Find out with the **Pet Health Evaluator**, a top tool on the Pet Health channel.

WebMD.com

## PET HEALTH

# Super Bowl

OLDER DOG OR CAT? IN ADDITION TO PET FOOD, HERE'S HOW TO BOOST THEIR MEALS

By Sonya Collins

Just like people, aging pets struggle with cognitive decline, loss of eyesight, joint pain, and weight gain. So what should you feed your aging dog or cat to help keep him in optimal health? "If you want your pet to be as healthy as possible for as long as possible, the most important decision you make every day is what you choose to feed it," says Ernie Ward, DVM, founder of the Association for Pet Obesity Prevention.

For Ward, that's pet food a few days a week and fresh "people" food on other days. Commercial pet food, Ward says, ensures pets get all the vitamins, minerals, and micro-nutrients they need, while fresh, whole foods give them the benefits of an unprocessed, nutrient-dense diet.

"So you don't have to worry, 'Did my dog get enough arginine?' Because you got that from the kibble, you can feel good about giving them some fresh salmon and some spinach or chopped-up kale."

### Brain Health

Studies show that vegetables and some fruits, particularly blueberries, help maintain brain function as we age. Animals can potentially



reap the same benefits, says Ward, who deduces this from studies that show the benefits of fruits and vegetables in humans and mice.

You can alternate commercial dog treats with bite-sized fruits and veggies. Dogs love raw blueberries, carrots, broccoli, and watermelon. Many cats like veggies, too, including cooked carrots, broccoli, squash, and green beans.

### Eyesight

Yes, carrots are good for the eyes, and while dogs and cats can snack on carrots, they aren't the best source of nutrients that maintain eye health. "Spinach, kale, collard greens, green peas, and squash are far better sources of the carotenoids that improve eye health than carrots," Ward says. Just make sure you mince or chop leafy greens well before you feed them to pets.

### Joint Function

Studies show that omega-3 fatty acids and glucosamine/chondroitin sulfate can help alleviate arthritic pain and other joint aches in aging cats and dogs. Vets have recommended these nutrients to pet owners for a couple decades, since many pet foods don't contain them. Talk to your veterinarian about which supplements might be best.

## POISON CONTROL

MANY REAL FOODS CAN BE GREAT FOR PETS, BUT CATS AND DOGS SHOULD KEEP THEIR PAWS OFF THESE POTENTIALLY TOXIC PEOPLE FOODS, ACCORDING TO THE ASPCA.

**Chocolate, alcohol, onions, garlic, and any moldy foods** can be toxic for both dogs and cats.

**Raw bread dough** can seriously harm pets because the live yeast can expand in their stomachs, decreasing blood flow and cutting off breathing.

**Avocados** can cause upset stomach in dogs and cats.

**Hops** can poison dogs and cause high fever that damages organs.

**Macadamia nuts** can poison dogs and cause pain, tremors, fever, and leg weakness.

**Grapes and raisins** can cause kidney failure in dogs.

**Xylitol**, a sugar-free sweetener, can cause dogs to develop disorientation and seizures.

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



## PREGNANCY

## Shape Up

TRYING TO CONCEIVE? LOSE THAT EXTRA WEIGHT FIRST IF YOU CAN

By Stephanie Watson



*“You should get down to the healthiest weight possible before you conceive.”*

● Planning for a baby? You’ve got a lot to consider. Does your home have room for a new baby? Are your finances in order? You also need to ask, how healthy is my body?

Ideally, it should be in the best possible shape to house and nourish a growing baby. If you’re overweight, doctors advise losing the extra pounds before you conceive, if possible. Going into your pregnancy overweight means you could put your own health and your baby’s health at risk, and potentially set your child up for a lifetime of health issues.

Studies link being overweight to a list of pregnancy complications, including miscarriage, stillbirth, and birth defects such as spina bifida (too many pounds also makes it more difficult for you to conceive in the first place). You’re also more likely to develop problems during your pregnancy, including

high blood pressure (preeclampsia) and gestational diabetes.

Even more concerning are the potential lifelong effects of an overweight mom on her baby. “Research suggests that overweight mothers are programming babies *in utero* to be overweight

## GAME PLAN

EVEN IF YOU BEGIN YOUR PREGNANCY OVERWEIGHT, YOU CAN DELIVER A HEALTHY BABY. FOLLOW THESE TIPS FROM ALISON G. CAHILL, MD.

**Contain the gain.** Don’t try to lose weight while you’re pregnant, but do limit your weight gain. If you’re overweight—meaning you have a body mass index (BMI) of 25 to 29.9—at the start of your pregnancy, don’t gain more than 25 pounds. Women who are obese to start (with BMIs of 30 or above) shouldn’t put on more than 20 pounds.

**Pick it up.** The pace, that is. “We really encourage patients to be active,” she says. A 30-minute walk every day is a great start if you’ve been sedentary.

**Stick to basics.** You’ll get balanced nutrition with meals that include moderate portions from all the major food groups.

themselves and to have long-term problems with obesity and childhood diabetes,” says Alan M. Peaceman, MD, chief of maternal-fetal Medicine at Northwestern Memorial Hospital in Chicago.

How much weight should you aim to lose? “You should get down to the healthiest weight possible before you conceive,” Peaceman says. “But any weight loss before pregnancy is good.”

“If the goal is 40 pounds and you can get halfway there and lose 20 pounds, we know that has a positive effect,” says Alison G. Cahill, MD, assistant professor of obstetrics and gynecology at Washington University in St. Louis.

The best way to get down to a healthy prepregnancy weight is the tried-and-true method—diet and exercise. Ask your primary care doctor or OB/GYN for tips on losing the weight safely.

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



## BABY TALK

# Tub Talk

BATH TIME DOESN'T HAVE TO BE A BIG TO-DO. STAY ABOVE WATER WITH THESE TIPS

By Heather Hatfield



For new parents, bath time can be daunting, with all that water and a slippery, wiggly baby. Eileen Costello, MD, a pediatrician at Brigham and Women's Hospital in Boston, helps new moms and dads understand how to keep baby well washed and safe.

"For newborns, until the umbilical cord comes off, which can take up to three weeks, a warm sponge bath on a clean towel on the floor is the best way to start," Costello says.

Once the cord comes off, baby can graduate to a tub that fits in the sink. But for both situations, safety comes first. "Never take your hand off her, and never walk away for even a second," says Costello. "That's all it takes for a baby to slip or slide, or worse, fall."

Bath time shouldn't come every day.

"Babies don't sweat, and they really don't get dirty," Costello says. "So you only need to give your baby a bath two to three times a week." Nor does it have to last very long. While giving her extra time in the tub may seem as though you're adding moisture, it can irritate and dry out baby's skin. So can some lotions, so you can skip those, too.

For soaps, choose an unscented bar suited for sensitive skin. With a gentle washcloth, focus on cleaning her face, hands, neck, and diaper area. Once you're done washing and rinsing, wrap her up fast since newborns can't maintain their body temperature well and can easily get cold.

After a few tries, bath time should be easy—and could even help baby fall asleep faster.

### EXPERT TIP

"Make sure that the timing of baby's bath is strategic. Hungry or over-tired infants typically don't respond well to the stimulation of a bath."—*Sara DuMond, MD*



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# TAKE THE LEAD IN Your Health

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TAKE THE LEAD IN  
**Your Health**

**D**ear Walmart Shopper,  
The first of the year is behind us, and it's already time for another issue of "Your Health" magazine! With the spring season quickly on its way, this issue focuses on preparing for the season in order to get out and enjoy the outdoors.

Many of us started off the year with a New Year's resolution, with a goal to work toward developing healthier habits. For me, there's no better season than spring to work on improving your health. There are so many opportunities to get active and be healthy. Of course, getting outside in the spring can also mean it's time to stock up on allergy medications. Your Walmart pharmacist can answer all of your questions about these and other medicines to help find what is right for you.

I hope you enjoy the tips in this issue and that they help you to enjoy the season even more.

Thank you for being a great Walmart customer!

Sincerely,



Paul E. Beahm  
Senior Vice President,  
Health & Wellness

**NET GAINS P. W9**

Get an inside look at how NBA star **Russell Westbrook** stays strong on and off the court.

**P. W5 AIR FORCES**

Allergy season is here. Manage your symptoms and get relief now.

**P. W7 CLEAN BREAK**

Spring into action with our how-to cleaning guide.

**P. W12 HEART SMART**

Get the facts about how to keep your ticker in tiptop shape.

**P. W16 SNOOZE VIEWS**

Learn how to make sleep a priority for the whole family.

COVER PHOTO BY IOVATE HEALTH SCIENCES INTERNATIONAL INC.

This content is selected and controlled by WebMD's editorial staff and is funded by Walmart.

# Air Forces

## Allergy season seems to get longer each year. Here's how to manage your symptoms and get relief

BY GINA SHAW

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

**H**ave you noticed worsening spring allergy symptoms in the last few years? Environmental changes, such as increased carbon dioxide and warmer temperatures, mean a longer allergy season in some areas, especially in the northern half of the country.

That means pollen shows up earlier and lasts longer, making your eyes water and your nose run even more. And that's not all. "In many areas, there seem to be increasing amounts of pollen in addition to a longer season," says Warren V. Filley, MD, an allergist with the Oklahoma Allergy & Asthma Clinic and a professor at the University of Oklahoma College of Medicine.

In recent years, trees have gone through what allergists call a "super bloom." Normally, trees bud in a pretty standard succession. But once in a while, including twice in the last 10 years, weather changes have brewed up a "perfect pollen storm" of spring trees all budding and pollinating around the same time. If you happen to be allergic to many types of tree pollen, Filley says, "a super bloom means a much heavier onslaught of symptoms."

You can't do much about the weather, but you *can* prepare for allergy season:

**Know your allergies.** If your symptoms interfere with your life even if you're taking medications, see an allergist. Testing can help you find out which pollens you're allergic to and how severe your allergies are.

**Start early.** Spring tree pollen usually peaks in mid-March and again in mid-April, but in recent years pollen has wafted through the air in some regions by early February. The first sign isn't flow-ers on the trees, but the buds hinting that leaves are about to come out.

So if you have moderate allergies and take over-the-counter medication for those symptoms, start your regular dose as soon as you see the maple trees budding out. "Don't wait for your symptoms



to start," says James L. Sublett, MD, co-founder of Family Allergy & Asthma in Louisville, Ky., and section chief of pediatric allergy at the University of Louisville School of Medicine. "Keep track of the pollen report in your area, and start your medication as soon as you see it going up."

**Care for your indoor air.** Tempted to open the windows and enjoy the spring air? Don't! You'll invite all that pollen inside. Keep windows closed and use a fan to circulate air. Make sure your air conditioner and heating system are fitted with HEPA (high-efficiency particulate air) filters to keep pollen from circulating through the house. Be sure to change the filters as directed on the packaging.

**Don't bring it in.** If you've been outside on a high-pollen day, take your shoes off and leave them at the door. Then shower and change clothes right away. "This way you don't transfer all that pollen to your furniture and bedding," Sublett says.



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# From the Counter

## Product Picks From Your Walmart Pharmacist



**Evan Schnur,**  
Walmart Pharmacist  
Bentonville, AR

Spring has arrived! As a pharmacist, two things come to mind when thinking about spring. First, it's a great time to get outside and be active. And second, it's also time to start thinking about how to prevent allergy symptoms from flaring up while you're enjoying the outdoors. Walmart has all of the items you need to do both—and, of course, a lot more, too!



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# Clean Break

Get the most out of spring cleaning with this step-by-step guide to tackling your home's top problem spots

BY SONYA COLLINS

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



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It's time to clear away the dust and cobwebs and let the sunshine in. Want to get your home spring clean, but don't know where to start? Hit just a few areas that will go a long way toward making your home feel springtime fresh.

### Bedding

You wash your sheets regularly, but what about the mattress pad, dust ruffle, duvet cover, pillows, shams, throw blankets, and under the bed?

"Spring cleaning is a great time to do a lot of laundry, so get that going while you're doing another task," says Jolie Kerr, author of the online column Ask a Clean Person and the book *My Boy-friend Barfed in My Handbag and Other Things You Can't Ask Martha*.

Even feather pillows can usually go in the washer and dryer. Once you get all the bedding into the washing machine—and throw in blankets from

other rooms, too—tend to the bed itself. Let the mattress and box springs air by an open window or outside. Use a pet stain cleaner to remove any stains, Kerr says. Remove dust mites with a vacuum cleaner and brush attachment.

### Curtains & Upholstery

If your curtains and furniture covers can go in the washing machine or to the drycleaner, now's the time. If not, use a vacuum cleaner and brush attachment or a steamer.

Take cushions outdoors to beat them and spot clean with an upholstery cleaner or pet stain remover that's appropriate for the upholstery and type of stain.

Give the legs and bases of furniture a good dusting or wipe with a warm, damp cloth. "Most people dust surfaces, but they forget to do things like the legs of the chair and the base of the table," Kerr says.

### Medicine Cabinet

Spring is a great time to do a sweep of your medicine cabinet. Check your fridge for old medications, too. "You should discard all medications after their expiration date," says Lindsey Elmore, PharmD, an assistant professor at Samford University's McWhorter School of Pharmacy. "It's not that the medicines become toxic; it's that they degrade."

Liquids, creams, and ointments dry up and become more potent when the water evaporates, Elmore says. Eye medicines can grow bacteria. Tablets can simply fall apart.

The best way to dispose of prescription and over-the-counter drugs is at community drug take-back events, Elmore says. If you can't find one near you, follow disposal instructions on the package or bottle. Flush drugs only if the label says so, as this can hurt the water supply.

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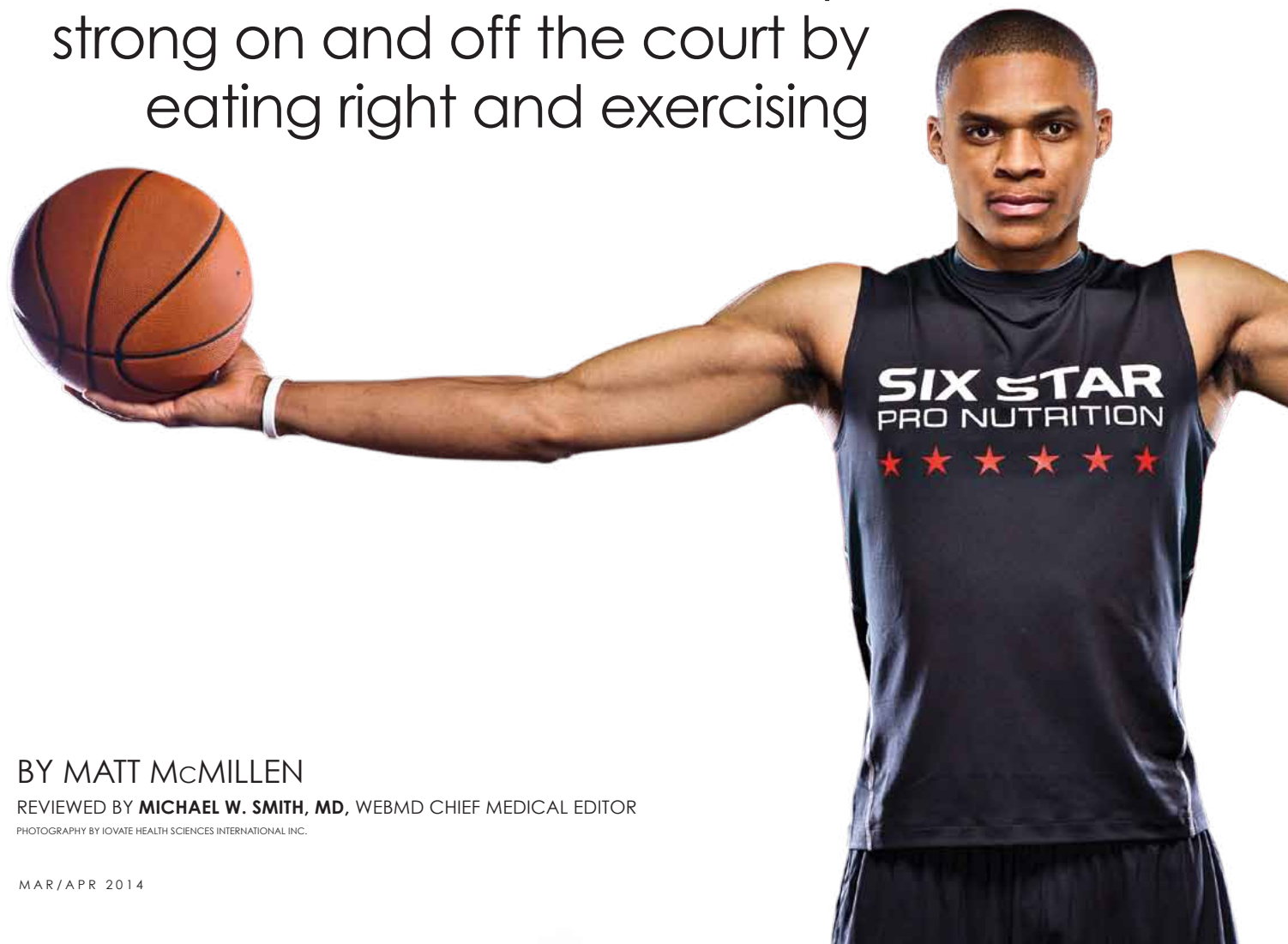
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# NET GAINS

NBA star Russell Westbrook stays strong on and off the court by eating right and exercising



BY MATT McMILLEN

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

PHOTOGRAPHY BY IOVATE HEALTH SCIENCES INTERNATIONAL INC.



For three-time NBA All-Star and 2012 Olympic gold medalist Russell Westbrook, health is all about eating the right food, staying fit, taking time to relax, and making sure he gets enough quality shut-eye.

Take eating right, for starters. Westbrook, the 25-year-old guard for the Oklahoma City Thunder, says it's been part of the game since he was a kid. "My mother and father always encouraged us to make healthy choices," he says. "My family ate very well."

But it wasn't until he started playing with the pros in 2008 that he learned just how important good nutrition is. The rigors of basketball required him to pay special attention to how he fueled his body. "Since I've been in the NBA," Westbrook says, "I have had to work harder to eat more nutritious and healthy meals."

One meal he never misses is breakfast, both during the season and the off-season. It gets him going before practice or before his daily workout. When he cools down, Westbrook drinks a protein shake or eats a protein bar. "Since we travel so much, I usually carry some Six Star protein bars with me," says Westbrook, a spokesperson for the brand.

Despite his best efforts to follow a healthy diet, Westbrook does admit that he has a few weaknesses. "I love a good cheeseburger and fries. There's nothing better!" he says. "I also like candy, but I have to make sure that I don't eat too much of it."

The team keeps him too busy to allow him much time in his own kitchen, so he gets most of his meals in restaurants, where he often favors surf over turf. "I really like fish, and I eat all types," he says, with one exception: "No sushi."

Westbrook's healthy diet helps power his 20-points-per-game average. But exercise is another crucial component in his year-round efforts to stay court ready.

"In the off-season, I work out three times a day," says Westbrook. "I usually do a basketball workout in the morning, lift weights in the afternoon, and then go back to the gym to get more shots up later in the day."

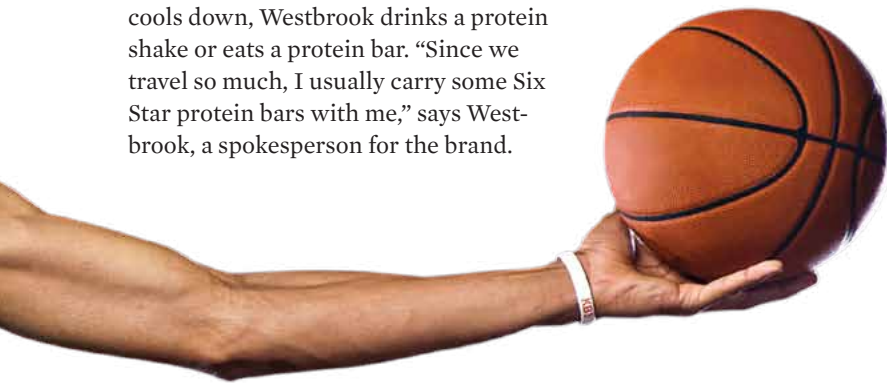
Just as they promoted good eating habits, Westbrook's parents always encouraged him and his younger brother to move and play. "My brother and I always played multiple sports growing up," Westbrook recalls. "We were so active that we never had to go out of our way to get physical activity or be healthy. It was our lifestyle."

Westbrook has also learned the importance of taking it easy. To relax, he plays video games, goes shopping, and hangs out with friends and family. "I don't get much time at home, so I have to make the most of it when I do."

He says the same about sleep, which can be in short supply on the road. "Getting enough sleep is really important, and I always take a nap on game days," says Westbrook. "I make sure to get enough rest before games."

He's also got his own ritual that he practices before he plays. "Before a game I get to the arena a few hours early to get shots up, then I listen to music and make myself a peanut butter and jelly sandwich," he says. "I have to have that sandwich before each game."

Over the past year, Westbrook has faced serious injury for the first time. He's had three knee surgeries since April, when he tore his lateral meniscus, the rubbery cartilage on the outer side of the knee that acts as a shock absorber and stabilizes the knee. "I had never missed any games before this knee injury, so it was totally new to me," he says. "Getting injured is never fun and rehab isn't easy. But I didn't like being on the sidelines watching my team play, so I will continue to work hard to make sure I stay healthy."

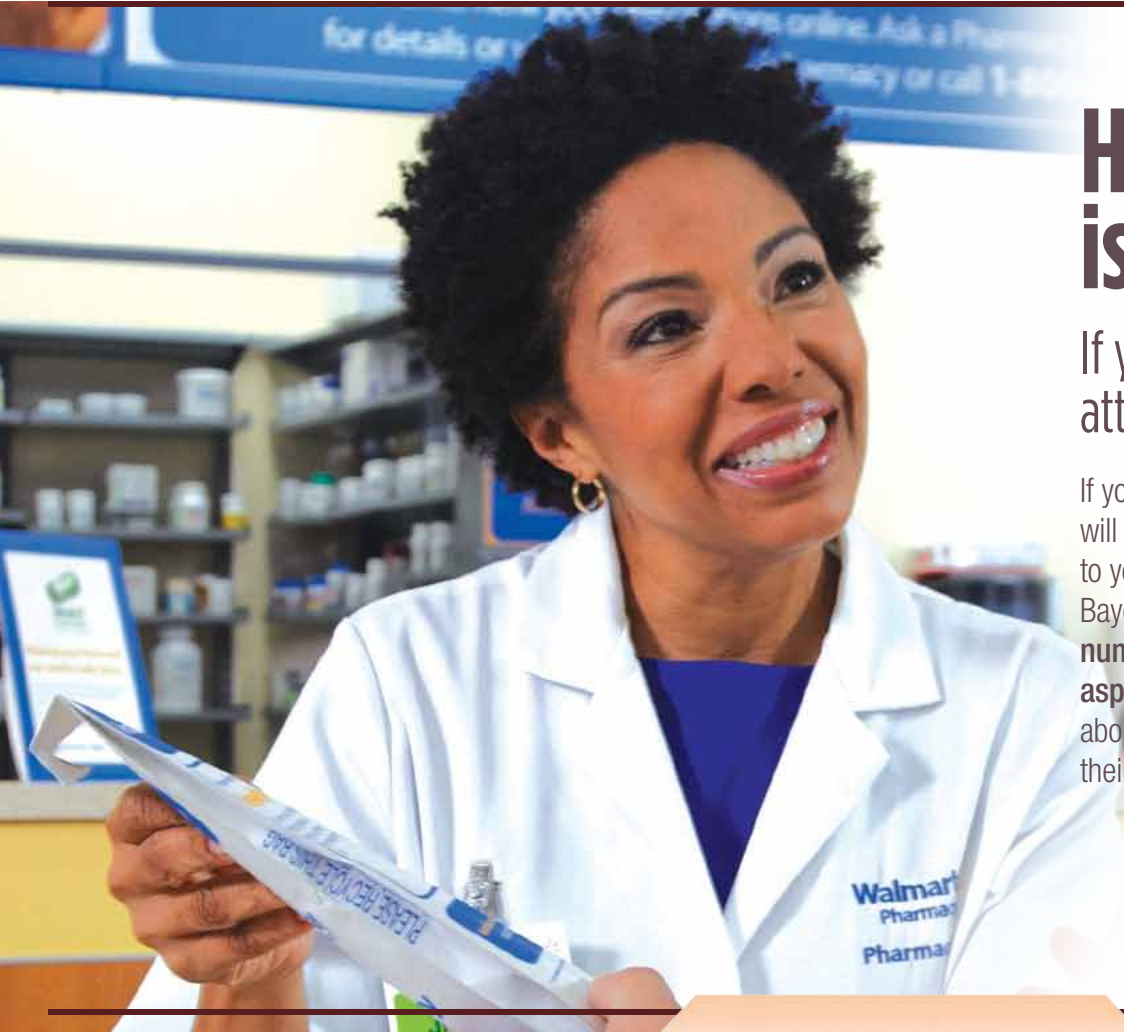


*"Since I've been in the NBA, I have had to work harder to eat more nutritious and healthy meals."*

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# Heart Smart

What really helps keep your ticker in tiptop shape? An expert separates the myths from the facts

BY STEPHANIE WATSON

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

**Y**ou want to be heart-healthy, prevent heart disease, and live an active life—but not every piece of advice you hear is worth heeding. Roger S. Blumenthal, MD, director of the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, weighs in on some popular heart-health tips to help you sort myth from fact.

## Is chocolate really good for my heart?

Eating chocolate to keep your heart healthy sounds like wishful thinking and, in a sense, it is. Cocoa does contain healthy plant compounds called flavonoids, which researchers think may help lower unhealthy LDL cholesterol, improve blood flow, and reduce blood pressure—all essential ingredients for preventing a heart attack or stroke.

Yet transforming cocoa into your favorite candy bar involves a large infusion of fat, sugar, and calories, which can lead to weight gain—a heart disease risk. “Chocolate in small to moderate portions can be helpful, but it’s far from a cure-all,” says Blumenthal. If you indulge, eat small pieces and stick to dark chocolate (70% or higher cocoa).

## Will a glass of red wine a day keep heart disease away?

This advice may be worth heeding. Studies show that a glass or two of red wine daily can lower the risk of heart disease and stroke by about 20%, and might even improve longevity. But the same advice holds true for any type of liquor—including beer and spirits. Researchers believe alcohol may improve heart health by lowering LDL (“bad”) cholesterol and raising HDL (“good”) cholesterol.

Just be careful not to over-imbibe. “Wine also has a lot of calories,” Blumenthal cautions. And alcohol can increase certain health risks if you drink too much. One drink a day for women and



one to two for men is plenty. (One drink equals 4 ounces of wine, one beer, or 1.5 ounces of liquor.)

## Can medicine alone lower my heart risks?

Drugs that lower cholesterol and blood pressure can help, but they can’t take the place of old-fashioned diet and exercise for preventing heart disease. “They may slow progression of hardening of the arteries, but people are still going to get it unless they improve their lifestyle habits,” Blumenthal says. Consider this: Studies find that cholesterol-lowering drugs can reduce the risk of a heart attack by 25% to 50%. A healthy diet, regular exercise, and weight loss can slash your risk by 80%—without any side effects.



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# 5 ALLERGY QUESTIONS

with a Walmart Pharmacist



**Tadu Mariam**  
Walmart Pharmacy Manager  
Store 2884, Las Vegas

## Q. What else, besides taking allergy meds, can I do to help manage and alleviate my symptoms?

**A.** There are a few things you can do to relieve your symptoms. Use a humidifier for moist air to open up your sinuses and help with pressure. Warm compression can also ease sinus swelling. With regard to saline rinses and neti pots, they are used to flush mucus from your sinuses. They can be used once or twice a day with prepared salt water.

## Q. What's the best way to prepare my kids for allergy season?

**A.** Try to minimize your child's exposure to allergen triggers such as pollen, wheat, and grass. Make sure you have an antihistamine and a humidifier on hand. There are several different medications available, depending on the severity of your child's symptoms, both prescription and OTC. By consulting with your pharmacist, the best result can be achieved.

## Q. How do I manage my cold symptoms versus my allergy symptoms?

**A.** Since there is no cure for a cold, resting, drinking plenty of water, taking vitamin C and echinacea, and taking cold lozenges can shorten colds, especially when taken with early symptoms. Hand washing is excellent as well. For allergy symptoms, nasal rinses, humidifiers, taking a decongestant (if you don't have high blood pressure), and taking an antihistamine can help. Pharmacists are always there to help patients with colds and allergies and the frustrations that come with these.

## Q. What if I have pet allergies, too?

**A.** If you have pet allergies, the best way to prevent symptoms is to avoid your triggers. Therefore, as much as possible, you should avoid exposure to pet allergens. Take an antihistamine before you visit someone who has pets. If you live with a pet, then you should clean and vacuum pet dander frequently and take an antihistamine on a regular basis.

## Q. What do I need to know if I'm taking OTC allergy meds—are there any possible interactions with other meds (prescription or OTC) that I need to be aware of?

**A.** Yes, allergy medications interact with certain medications. Make sure you tell your doctor before mixing any medications. Ask your pharmacist for further information.

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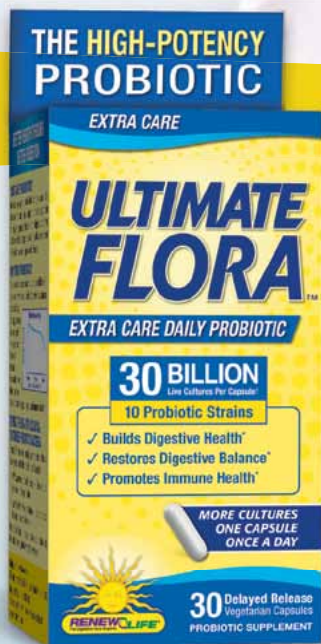
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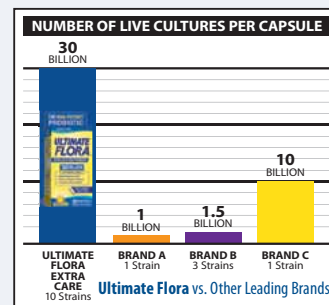


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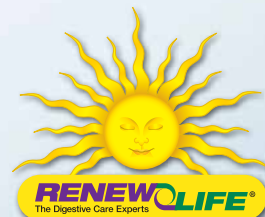
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# Snooze Views

Make sleep a priority for your whole family

BY JODI HELMER

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR



If you're like many families, your bedtime routine looks something like this: The kids hide under the covers with their cell phones, texting their friends. You and your spouse catch up on emails, run multiple loads of laundry, and watch a little late-night TV before turning off the lights.

What's wrong with this picture? "Most people don't consider sleep a priority," says Michael Breus, PhD, sleep psychologist and author of *Good Night: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health*. "There is always something 'more important' to do, but sleep is just as important to your health as exercising and eating well."

Too little sleep increases your risk of weight gain, heart disease, diabetes, and depression. In a world where tablets, cell phones, and laptops allow for 24/7 connection, a good night's sleep is so scarce that the CDC calls insufficient sleep a "public health epidemic."

According to research published in the journal *Pediatrics*, children with irregular bedtimes suffer from jetlag-like symptoms and are more apt to be hyperactive and have emotional difficulties. They also turn in lower test scores and show a diminished ability to solve problems.

Breus believes fatigue can even increase marital discord: "Any stressor, no matter how small, is perceived to be worse when you're sleep deprived."

The National Sleep Foundation recommends adults log seven to nine hours of sleep per night, preschoolers 11 to 13 hours, and teens nine hours.

Help your kids understand why sleep matters. Does your teen want to ace his SATs? Does your 8-year-old want to score a goal in soccer? "Explain how a good night's sleep supports that," Breus says.



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# good HUMOR

*Laughter is indeed the best  
medicine for **Chelsea Handler**.  
During the worst and best of times,  
the comedian, best-selling author,  
and late-night talk-show host  
laughs at herself—and the world*

BY LAUREN PAIGE KENNEDY  
PHOTOGRAPH BY JEFF LIPSKY/CPI



# Have you no shame, CHELSEA HANDLER?

*The brutally honest comedian answers  
this question with an emphatic, “No!”*

Handler famously dishes it out with a take-no-prisoners style on her late-night E! talk show, *Chelsea Lately*. She gladly takes it, too. Whether she’s mining her own love life, mocking her reputation as a boozy party girl, or serving up coming-of-age anecdotes, the new Queen of All Media doesn’t shy away from her foibles, missteps, and altogether humanness.

Apropos to her other life as an author—she’s had four best-sellers, and her fifth book, *Uganda Be Kidding Me*, a collection of travel-inspired essays, hits shelves this March—Handler’s life is an open book.

“I don’t take myself too seriously,” says the star. “I think that’s emotionally healthy. If you make a fool out of yourself, I don’t think there’s any point in feeling stupid about it. It’s better to share it and laugh. Everything makes for a good story, in my opinion, after about 20 minutes. Even if it’s horrendously embarrassing or humiliating, it’s always funny.”

As she chronicles in her second book, *Are You There, Vodka? It’s Me, Chelsea*, she first knew she could be a comedian

at age 21 after being charged with driving under the influence. When she was asked to tell a court-mandated class about her DUI experience—which entailed spending the night in prison with female murderers—she left her fellow offenders overflowing with laughter. The rest is comedy history. So is getting behind the wheel loaded, for that matter. “I got a DUI once,” she told a panel of reporters. “I haven’t gotten one since.”

What sets Handler apart, then, is her total self-acceptance, warts and all. “I embrace my shortcomings,” she says. “I don’t have too many regrets. You have to embrace the things you don’t like about yourself or the things you find embarrassing. You can’t be like: *I don’t want people to know I did this!* Who cares?”

## **Truth Be Told**

She feels the same way about her love life, which she’s not at all uncomfortable discussing. The comedian never married but has been in several long-term, publicly charted partnerships—she dated Comcast CEO Ted Harbert for four years, followed by an on-and-off flame, hotelier André Balazs, with whom she split for good in October—and is the first to tell you she’s enjoyed her fair share of romances.

So the double standard women often face when it comes to their sexuality doesn’t sit well with her. “I feel like it’s our duty as women to go out and get what we want,” Handler says. “There’s nothing wrong with thinking, *That’s a really hot guy!* And going up to a man in a bar—which I actually did this weekend in New York City—and giving him your phone number. It doesn’t matter whether he calls or not. It matters that you put yourself out there and you don’t really care about the outcome. I don’t have any shame in that at all.”

She’s equally unguarded about her unplanned pregnancy at age 16, which she chose to terminate after pained reflection. While she doesn’t joke about that memory, she doesn’t hide from it either. Brokering in honesty, it seems, is Handler’s business.

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



## *The World* ACCORDING TO CHELSEA

### **Real friends are there for you.**

“I think it’s important to show up. Period. Physically, emotionally, any way, over and again. Not once, and not just when people are in crisis. You know, actually be there on a consistent basis. That’s what a friend is.”

### **Sarcasm can be good.**

Handler grew up in a family where the kids ran wild and sarcasm was the spoken language. “We all have a dry sense of humor. We get along pretty well. We bonded together because of our [inattentive] parents. We were basically six orphans in an orphanage.”

### **Travel as much as possible.**

“I love going on great vacations with my friends,” says the star, who’s been known to make jaunts to Mexico with her pal, actor Jennifer Aniston. “My book *Uganda Be Kidding Me* is about the safari in Africa I took two summers ago with five of my friends, my sister, and my cousins. We went to South Africa and Botswana. Every story is embarrassing. It’s why everyone thinks Americans are idiots, basically.”

### **Go with your gut.**

“I don’t have a lot of people advising me,” says Handler, who calls all the shots on her show. “I find it empowering to say: *This is how we’re going to do it.* I don’t like to negotiate over things I have a gut feeling about. If you want to be in business and work with me, this is the way it’s going to be. Now, if you want to take advice from people you have respect for, that’s one thing. But when you know what you’re doing and you have a lot of confidence in it, you should trust your gut.”



# "I never wanted to be a stand-up comedian. I just wanted people to know who I was."



Sharing her experiences publicly and through a comedic lens is therapeutic, says Mary Lamia, PhD, professor at the Wright Institute in Berkeley, Calif., and a clinical psychologist with a practice in nearby Kentfield.

"We all make mistakes and feel shame," Lamia says. "But experiencing unrelenting shame is a dangerous emotion. It separates us from others and is the No. 1 cause of suicide. The antidote to shame is human connection. When we embrace the things that happen to us, we connect with other people. Acceptance from others is a form of healing."

That Handler deconstructs her history for laughs before a live audience is not lost on Lamia. "There are four clinical responses to shame," she says. "You can hide or withdraw. You can avoid, which is what drives substance abuse. You can attack others. Or you can attack yourself. When a comedian makes us laugh using shame, what she does is take those four responses and turn them around. Telling stories and using comedy to create pleasure in others is restorative. It's exactly what people do in self-help meetings or with their friends."

Anyone who follows Handler's writing knows she's dabbled with the avoidance response. And she certainly serves up with self-deprecating humor. What about the third response?

"People can say that I'm a bully. That's hardly how I look at it," she answers. "I think it's better to call people out on ridiculous behavior than to not say anything. I like people who have opinions. When I agreed to do my show, I said I'm not going to be a talk-show host who doesn't make fun of people who are making fools of themselves. It's not the most

popular way of going about things. But it's certainly entertaining."

## Tears of a Clown

The theory that many brilliant comics draw their humor from a well of sadness might be true in Handler's case. At age 10, she lost her oldest brother, Chet, when he fell off a cliff while hiking. His sudden death devastated her family and continues to reverberate among its members, decades later. "I'm 40 now, and when people leave, I think, 'Are they going to die?'" she says.

When the star's mother went through the final stages of breast cancer in 2006, Handler felt that loss acutely, too. But, unlike when her brother passed away, she had time to process her grief.

"When my mom died, we had six months to a year to emotionally prepare for it," she explains. "It was so sad, but not as hard. I think the things you don't recover from are the things you have no warning for."

"Sudden loss is unfinished business," agrees Kenneth J. Doka, PhD, professor of gerontology at the graduate school of The College of New Rochelle and senior consultant to the Hospice Foundation of America. "But one isn't easier than the other. The loss of a younger person leaves unanswered questions. Was it preventable? There may be guilt, anger, and plenty of 'if only's.'"

Handler left little room for "if only's" with her mother. When the cancer took a turn for the worse, the comedian remained at her mom's bedside. She recalls how her father, who is still living, refused to accept the inevitable.

"My mom said, 'You have to explain to your dad that I'm actually dying, because he doesn't believe it.' And my dad is sitting right there, reading the used-car section, or whatever. I yelled, 'Do you hear what Mom is saying? She says she's going to die! You need to say goodbye to her.' And he said, 'I won't say goodbye. We'll just keep her alive no matter what we have to do.' And I said, 'No. You don't keep someone alive for

## good GRIEF

Comedian Chelsea Handler grappled with grief when two family members died—one suddenly, the other after a prolonged illness.

Is there a healthy way to deal with so much loss? "Grief is a personal process, and everyone goes through it in an individual way without set responses," says grief expert Kenneth J. Doka, PhD.

However, he adds, "there are five tasks involved with grief: accepting reality, dealing with emotions about the death, relocating the person in relation to your life, readjusting without that person, and grappling with any lingering philosophical or religious issues that may arise."

Many people struggle with mourning, Doka says. But unhealthy patterns reveal themselves when a mourner "becomes self-destructive or can't function, or can't ever envision life without the person who has passed."

If this occurs, Doka says, consider your available resources. "First, look inside at your strengths and what has helped you with loss before. How did you cope? Next, look for external strengths. Who are the people you can count on? Are there organizations you belong to? Does your faith offer support? Finally, there are many support groups with counselors trained in grief to help you recognize you're not alone."

you. You let them die for *them*.' That was the only time in my life I really had to be the adult."

Sorrow resonates in her voice as she relives the moment. A beat passes, then the comic in her can't resist: "Yeah, that lasted three weeks."

## Healthy Act

Handler first moved to Los Angeles from New Jersey at age 19 with the intent of pursuing an acting career. While she has appeared in the occasional feature film over the years, stand-up comedy was a better fit.

"I would go on these auditions, and I'd be surrounded by these actresses who were half the size of me. Fact is, everyone is *still* half the size of me!" she jokes. "Everybody [in Hollywood] has a little bit of body dysmorphia. I'm guilty of that. You're surrounded by people who look perfect."

But after years of living a comic's lifestyle—late nights, alcohol-fueled tours, cigarettes, and maybe a few other substances—Handler is committed to cleaning up her act. "I've gotten rid of a lot of bad habits this year," says the trailblazer, who is only the second woman after Joan Rivers to host her own late-night talk show.

"I don't smoke anymore," she adds. "I work out regularly now, play tennis, do Pilates. When I was in my 20s I would party whenever I wanted to, however I wanted to. That gets boring. I actually feel healthier now than I've been in a long time. Anything in my life that was causing me stress I've removed."

So what inspired the overhaul? "I finished my [latest] book," she says. "That was a good turning point. I broke up with a boyfriend, and that was a good turning point. I just wanted to make that statement, to be healthy inside and out. My brain was there, but my body wasn't."

She's also prepping for a different kind of book and comedy tour. "I'm taking downtime now to physically prepare," she says. "I want it to be a healthy tour. When you go on the road, usually everyone's partying. I don't want to do that. I want to have sets that I remember and be there for the people who've paid for tickets to see

me. I'm preparing myself, mentally and physically."

With five books under her belt, all based on her own life, does she ever worry she might deplete the fodder? "I'll never run out of material," she says. "Who would ever have thought I'd have more than *one* book? Not me. I never wanted to be a stand-up comedian, or a talk-show host either. I just wanted people to know who I was."

And then, the punch line: "I'll probably wind up being a senator. Because that's not something I'm planning on either."







**49 Three Ways**  
Take chicken to  
the next level

#### IN SEASON

# Crunch Time

The carrot's roots trace back to Afghan origins 2,000 years ago. Purple and yellow carrots were cultivated in Western Europe and China in the 1300s, and the orange variety that became an American staple was discovered in the Netherlands in the 18th century. Today, Bakersfield, Calif.-based Grimmway Farms is the world's largest carrot grower (and the first to produce and market frozen baby carrots in 1985), processing about 10 million pounds per day. Overall, U.S. carrot production is worth \$300 million annually. Americans' consumption accounts for 30% of their vitamin A intake, which comes from the carotene in the carrot's edible roots. Vitamin A and beta carotene help protect the eyes and are linked to reduced heart disease and cancer risk. One medium-sized carrot has 25 calories and 195 milligrams of potassium.

Rotisserie chicken has less fat than other roasted chicken because much of the fat drips off as the chicken rotates and cooks.



## THREE WAYS TO COOK

## Fowl Play

COME HOME TO CHICKEN THAT'S EASY TO PREPARE, VERSATILE, AND NUTRITIOUS

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

For fast, satisfying weeknight meals, chicken rules the roost. And for good reason: Kids love it, there are a thousand ways to prepare it, and it's nutritionally impressive. Three ounces of boneless, skinless chicken breast contain 31 grams of protein, a flock of heart-protective B vitamins, and about 4 grams of fat, says nutritionist Kathleen Zelman, MPH, RD, LD, who says chicken appears on her own table three nights a week.

Zelman recommends thinking beyond chicken breasts—she's also a fan of chicken thighs. "Because thighs have a bit more fat, they hold up better, especially on the grill," Zelman says. A 3-ounce portion of skinless

chicken thighs contains about 8 grams of fat, and that little extra adds flavor and moisture. Zelman sometimes cooks chicken with the skin on to keep it juicy, but removes most of it before eating to trim fat and calories.

However you prepare your chicken, don't rinse it before cooking, says Jennifer Quinlan, PhD, associate professor in the nutrition sciences department at Drexel University in Philadelphia. Raw chicken can contain pathogens such as salmonella and campylobacter, but "washing won't decrease them, and in fact mobilizes them," spraying the germs into your sink and onto counters and clothing, she says. When possible, move chicken straight from its original packaging to the pan or dish for cooking (which destroys those germs).

Reviewed by Hansa Bhargava, MD  
WebMD Medical Editor

**APP  
BONUS!**  
Pantry Picks:  
What you need  
to have on hand  
for these  
recipes.

1  
Taco 'Bout It

These flavorful tacos contain jicama, a fresh, crisp root veggie with apple-like texture, and are topped with avocado crema, a delectable Mexican-inspired alternative to plain sour cream.

Southwestern Chicken Tacos  
With Mango and Avocado Crema

Makes 6 servings

## Ingredients

- 2 tsp canola oil
- ½ tsp chili powder
- ½ tsp ground cumin
- dash of salt
- freshly ground pepper to taste
- 1½ lbs boneless, skinless, chicken thighs
- 1½ cups shredded broccoli slaw
- 1 cup peeled, julienne-cut jicama
- 2 tbsp finely chopped sweet onion
- 1 mango, peeled and sliced
- ¼ cup fresh cilantro
- ½ ripe peeled avocado
- ¼ cup low-fat sour cream
- 1 tbsp fresh lime juice
- 2 tbsp fat-free milk
- 12 6-inch white corn tortillas

## Directions

1. Heat oil in a large, nonstick skillet over medium-high heat. Combine chili powder, cumin, salt, and pepper in a small bowl, and sprinkle mixture on chicken pieces. Sauté chicken 3 minutes per side or until an instant-read thermometer reads 165°F. Cut cooked chicken into bite-sized pieces; cover and keep warm.
2. In a medium bowl, combine broccoli slaw, jicama, onion, and mango.
3. Make the crema: Place cilantro, avocado, sour cream, lime juice, and milk in a blender. Process until smooth.
4. Heat tortillas according to package directions.
5. Assemble tacos by evenly dividing chicken and mango salad among the tortillas. Top each taco with a drizzle of avocado crema and serve.

## Per serving

330 calories, 26 g protein, 35 g carbohydrate, 10 g fat (2 g saturated fat), 95 mg cholesterol, 6 g fiber, 6 g sugar, 189 mg sodium. Calories from fat: 26%



## 2

**Hot Stuff**

In this recipe, chicken breasts are packed with flavorful Mediterranean ingredients. Pounding the chicken breasts before stuffing helps them cook faster.

**Fiesta-Stuffed Chicken Breast**

*Makes 6 servings*

**Ingredients**

- ½ cup crumbled feta cheese
- ½ cup chopped sun-dried tomatoes, not packed in oil
- ½ cup fresh baby spinach, chopped
- 3 green onions, minced
- 1 tsp minced garlic
- 1 tsp grated lemon zest
- 2 tbsp pine nuts
- 6 5-oz boneless, skinless chicken breast halves
- ¼ tsp salt
- freshly ground pepper to taste
- 2 tbsp olive oil
- ½ cup fat-free, low-sodium chicken stock

**Directions**

1. Preheat oven to 350°F.
2. In a medium bowl, combine feta, tomatoes, spinach, green onions, garlic, lemon zest, and pine nuts, and set aside.
3. Place each chicken breast half between 2 sheets of plastic wrap or wax paper. Pound to ¼-inch thickness.
4. Evenly divide stuffing and place a portion in the center of each chicken breast half. Fold sides over stuffing, and secure with wooden toothpicks.
5. Season chicken with salt and pepper.
6. Heat oil in large, nonstick, ovenproof skillet over medium-high heat. Add chicken and cook 3 minutes on each side or until brown. Add stock to pan, cover, and place in oven 15 minutes or until an instant-read thermometer reads 165°F.
7. Transfer chicken breasts from the pan to a serving dish. Scrape up any browned bits from the bottom of the skillet, and stir them into the remaining stock. Drizzle over chicken and serve.

**Per serving**

273 calories, 36 g protein, 3 g carbohydrate, 13 g fat (3 g saturated fat), 92 mg cholesterol, 1 g fiber, 2 g sugar, 392 mg sodium. Calories from fat: 40%

## 3

**Thai-namite**

This spring salad delivers plenty of crunch and an impressive amount of protein to keep hungry eaters satisfied. Kids will love the tasty dressing.

**Thai Peanut Chicken Salad**

*Makes 6 servings*

**Ingredients****Salad**

- 2 lbs boneless, skinless, chicken tenders
- 1 small napa cabbage, chopped (about 6 cups)
- 1 cup shredded red cabbage
- 1 large cucumber, peeled and chopped
- 1 cup fresh bean sprouts
- 1 cup shredded carrots
- 1 cup shelled, defrosted edamame

**Dressing**

- 2 tbsp rice vinegar
- ½ cup light coconut milk
- 1 tbsp low-sodium soy sauce
- 2 tbsp peanut butter (smooth or crunchy)
- 1 clove garlic, finely minced
- juice from one fresh lime
- ⅓ tsp ground red pepper
- ⅓ cup chopped peanuts
- lime wedges (optional garnish)

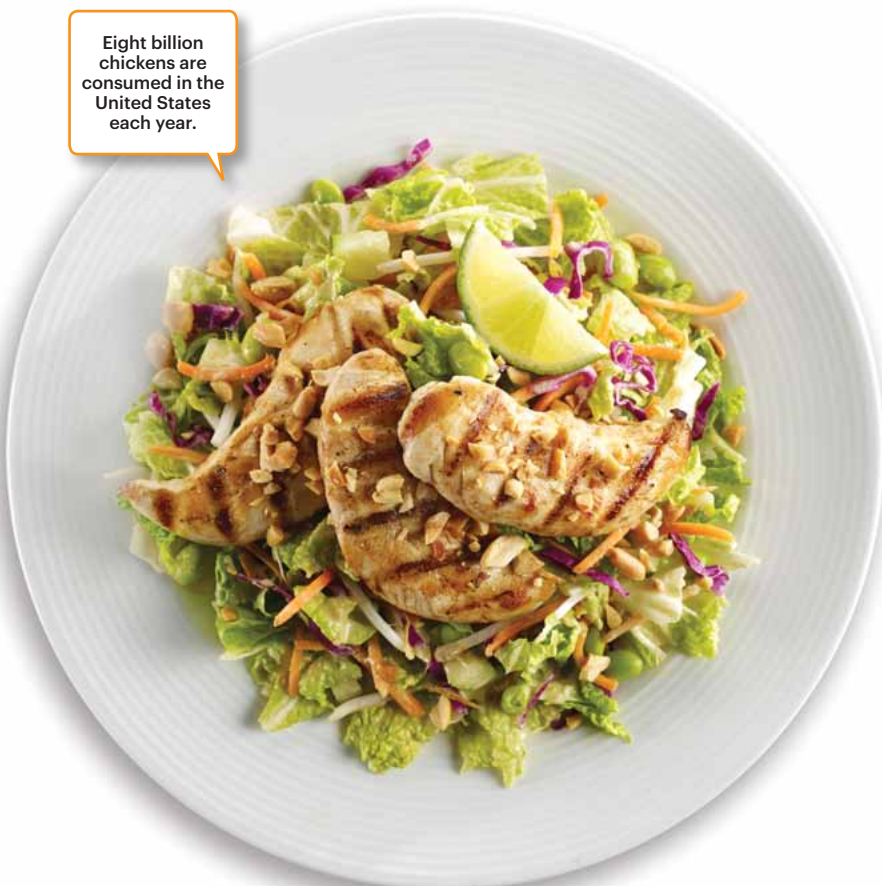
**Directions**

1. Make the dressing first: In a small saucepan over medium-high heat, combine vinegar, coconut milk, soy sauce, peanut butter, garlic, lime juice, and red pepper. Bring to a boil. Reduce heat and simmer until mixture is slightly thickened. Set aside to cool.
2. Spray a grill pan with cooking spray and heat to medium-high. Grill chicken 4 minutes on each side or until an instant-read thermometer registers 165°F.
3. Toss cabbage, cucumber, sprouts, carrots, and edamame in a large bowl. Pour dressing over salad mixture.
4. Divide salad among 6 plates, and top each with grilled chicken. Garnish with peanuts and lime wedges. Serve immediately.

**Per serving**

320 calories, 42 g protein, 13 g carbohydrate, 11 g total fat (3 g saturated fat), 87 mg cholesterol, 4 g fiber, 5 g sugar, 250 mg sodium. Calories from fat: 31%

Eight billion chickens are consumed in the United States each year.



## FITNESS & EXERCISE



**52 Work It Out**  
Why warm-ups  
and cool-downs  
really do count

**53 Fitness Challenge**  
Moves to take with  
you on the road

# Sole Power

Put your workout goals within reach  
and hit the ground running

### EXPERT TIP



"Kids of all ages should be encouraged to do some type of movement for at least one hour a day. When parents are active, kids get excited about moving as well."—**Hansa Bhargava, MD**



## WORK IT OUT

# Stretch Truths

THINK WARM-UPS AND COOL-DOWNS ARE OVERRATED?  
THEY MIGHT GIVE YOU A BETTER WORKOUT

*By Kara Mayer Robinson*

● Warm-ups and  
● cool-downs take just a few minutes but make all the difference for a great workout. Here's how to do both right.

### HOW TO WARM UP

A short warm-up stokes your blood flow and preps your body for exercise. Your muscles respond better to challenges if they're loose and warm. Warm-ups should take five to 10 minutes. You'll know you're done when you feel ready for more vigorous activity.

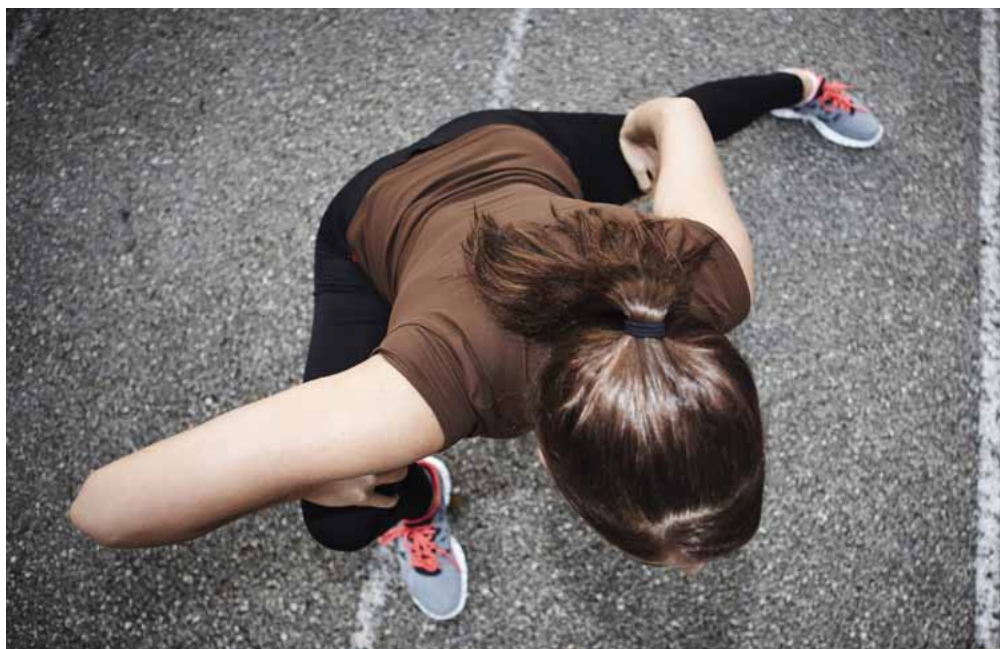
### Before Cardio

Warm up with a slow-paced aerobic activity. Go for a walk, use a treadmill or elliptical trainer on a low setting, or bike at an easy pace, suggests Carol Ewing Garber, PhD, associate professor of movement sciences at Teachers College, Columbia University. Start slow and gradually increase your pace and intensity.

### Before Strength Training

To prep for strength training, choose an easy cardio activity that warms up multiple muscles at once, such as treadmill walking, slow jogging, or easy pedaling on a stationary bicycle.

Or home in on specific muscle groups, says New York City celebrity trainer



### DO'S & DON'TS

**Do take longer warming up if you plan a high-intensity workout. Extend it to 10 minutes instead of five.**

**Don't go from zero to 60. Start at a slow pace, and give yourself enough time to gradually bump things up.**

**Do stretch when your muscles are warm. Stretching cold muscles can cause injury.**

**Don't push a stretch too far. If it hurts, go into the stretch more easily, breathe deeply, and relax into it.**

**Do hold each stretch from 15 to 30 seconds.**

Joel Harper, whose clients include Olympic medalists. "They do 100 reps of the body part they're working that day. If they're doing shoulders, they'll do 25 punching bags in each direction with no weight, 25 shoulder presses to the side, and 25 to the front," he says.

### HOW TO COOL DOWN

Coming to an abrupt stop after vigorous exercise can make you feel light-headed and dizzy. Cooling down keeps your heart rate and blood pressure from dropping rapidly.

### Slow Cardio

Cap off your workout with five to 10 minutes of easy

cardio. Just dial down the intensity of what you're doing, whether it's running, spinning, or Zumba.

### Stretching

Try ending every session with stretching, which boosts flexibility and may reduce risk of injury. Do it slowly and gently. Breathe into each stretch and don't bounce.

Gentle stretches such as shoulder rolls and hip rolls are also perfect post-workout. Try chin drops, too: Lower your chin to your chest and hold for a count of five.

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



Stay on your game with **Managing Muscle Pain, Soreness, and Aches**, a top article on the Fitness channel.

WebMD.com

## FITNESS CHALLENGE

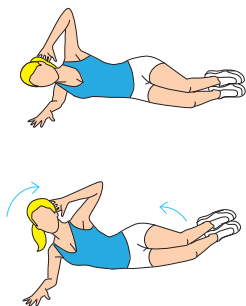
# Road Rules

TAKE YOUR WORKOUT ANYWHERE WITH THIS EQUIPMENT-FREE ROUTINE

By Jodi Helmer

- No time to get to the gym? Signing up for a membership isn't in the budget? Don't sweat it. You can get a good workout without setting foot in a fitness center.

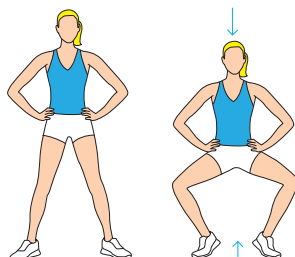
"Working out shouldn't be a hassle," says David Kirsch, personal trainer and founder of the Madison Square Club in New York City, whose celebrity clients include Heidi Klum, Kate Upton, and Kerry Washington. "Being able to take your workout with you makes it more fun." Kirsch suggests three basic moves that can be done anytime and anywhere with zero equipment. Aim to complete the circuit at least four times per week.



### Oblique Crunches

You'll tone your waistline with this move, which works the internal and external obliques, the muscles on the sides of your abs.

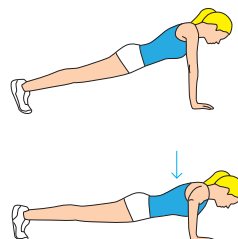
1. Lie on your right side with your knees bent.
2. Place your right arm on the floor in front of you and your left hand behind your head.
3. Keeping your knees together, raise your knees toward the ceiling as high as you can, bringing your left shoulder toward your knees.
4. Hold for 3 seconds.
5. Return to the starting position.
6. Do 15 reps.
7. Repeat the move on the opposite side.



### Plié Toe Squats

In this twist on a traditional squat, you'll work your calves, thighs, and glutes. "It's a great move if you love to wear skirts and want sexy, toned legs," Kirsch says.

1. Stand with your feet a little more than hip-width apart, toes turned slightly out and hands on your hips.
2. Keeping your spine straight, lower your body as if you were going to sit in a chair.
3. While you're lowering into the squat, lift your heels off the floor.
4. Hold five seconds.
5. Return to a standing position, keeping your heels lifted off the floor.
6. Do 15 reps.



### Push-Ups

"Traditional push-ups will never get old, [and] the option to do partial push-ups [on your knees] makes it a great move for anyone," Kirsch says. The tried-and-true move works triceps, shoulders, and chest muscles.

1. Get into the starting push-up position: hands shoulder-width apart, arms straight, balancing on the balls of your feet with your body in a straight line from shoulders to heels. If this is too difficult, place your knees on the floor.
2. Bend your elbows and slowly lower your chest to the floor.
3. Push through your palms to raise your body back to the starting position.
4. Repeat 15 times.

# Q

"I'd like to find a workout partner to help keep me motivated. How do I make sure we have a routine that works for both of us?"

**Liz Saintsing**, 34, artist, Lexington, N.C.



# A

"A workout partner can make all the difference when it comes to motivation.

Choose a workout partner with a similar health profile and a similar schedule. You can go to any exercise class together or take turns spotting during a weightlifting workout. Look for exercise groups or clubs that offer opportunities for people to pair up. Ask the staff at your gym whether they have a buddy program, or talk to a personal trainer about starting a small group. One caveat: Try not to become too reliant on your partner because, as life happens, she may not be able to sustain the commitment."



**Joy Keller**, certified personal trainer and executive editor of IDEA Fitness Journal

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





# WebMD<sup>®</sup> Checkup

TAKING CARE, LIVING WELL



April is **National Autism Awareness Month**. The brain condition has increased dramatically in recent years

Autism, or autism spectrum disorder, refers to a group of brain development disorders. Symptoms and their severity vary greatly but typically include repetitive behaviors such as hand gestures and difficulties with social interaction and communication. Autism can also involve learning disabilities, challenges with tasks like handwriting and picking up small objects, and digestive problems such as chronic constipation or diarrhea.

One in 88 children in the United States has autism, a 78% increase since 2007. Improved diagnostic tests explain part of this gain, but researchers have not yet determined other reasons. The condition affects almost five times as many boys as girls.

Scientists believe autism spectrum disorder most often results from a combination of a child's genes and factors that happen during conception, the mother's pregnancy, or the child's birth—these may include how old parents

are at the time a baby is conceived or a maternal illness during pregnancy. New research suggests that pregnant women who take folic acid greatly reduce their baby's risk.

Singer Susan Boyle, *Britain's Got Talent's* breakout star, learned recently that she has Asperger's syndrome, which is an autism spectrum disorder. Actor Kate Winslet co-founded the Golden Hat Foundation to raise awareness of autism and funding for autism programs. Her book, *The Golden Hat: Talking Back to Autism*, is a compilation of selfies from celebrities who have supported Winslet's cause. Photos of Tom Hanks, Justin Timberlake, and Oprah Winfrey, among others, accompany poetry by Keli Thorsteinsson, a nonverbal teenage boy with autism whose poem about a magical hat that speaks for a child with autism helped inspire Winslet's foundation.—*Sonya Collins*



## 55 Living With

Spring is in the air—and so are your allergies. Learn how to survive the season with our expert answers to your top questions.

## 56 By the Numbers

This month, we take a closer look at migraines and headaches. Here are the facts, figures, and more about this top health condition.

## 57 Health Check

Take the quiz to find out how much you know about heartburn and gastroesophageal reflux disease (GERD). Plus: questions to ask your doctor.

## LIVING WITH SPRING ALLERGIES

SURVIVE THE SEASON WITH EXPERT ANSWERS  
TO YOUR TOP QUESTIONS

*By Erin O'Donnell*

● Sniffling and sneezing your way through spring allergy season? Jan P. Engle, PharmD, FAPhA, head of the department of pharmacy practice at the University of Illinois at Chicago, offers some insights for relief.

### Is it a cold, the flu, an allergy, or something else?

Colds and flu are common during allergy season, and asthma can mimic allergies, too. For example, if people complain of shortness of breath rather than just congestion, notice tightening in their chest, or have a chronic cough that won't go away, those are warning signs that it may be asthma. In these cases, you may need to see your doctor.



### *Start taking your allergy medicine before you have symptoms.*

#### What is the biggest mistake people make when taking allergy medications?

A lot of people wait too long to start taking their medication—until they're so miserable that it's almost impossible for the drug to work. It's best if you can start taking these products before the air is full of pollen; these medicines need time to build up in your body. It's also important to take your medicine regularly. Don't skip doses.

If you know you're allergic to trees, for example, you'd start taking it one to two weeks before trees are predicted to bloom. If you're congested, you might take a decongestant, too. You can also irrigate your nasal passages with saline nose spray or a neti pot to remove pollen.

Try to avoid allergens in the first place. It helps if you know what you're allergic to. Is it tree pollen? Grass? Ragweed? Track pollen counts, which

tend to be highest between 5 a.m. and 10 a.m. Stay indoors if you can during those hours, with the windows closed and air conditioning on.

#### My child has allergies but some medications make him groggy, and I don't want to send him to school like that. What should I do?

Yes, but it's also really important to treat his allergies: Studies show that people with untreated allergies have decreased concentration levels compared with people without allergies or those with treated allergies. Talk to your child's doctor about prescription options.

Also, I recommend that parents keep really close track of their child's weight because they can grow out of the recommended dose so quickly. You may end up underdosing your child, which makes the medicine ineffective.

#### EXPERT TIP

"Many people take their allergy medicines out of the packaging to put them in a pill box, but I don't advise that. You don't have access to the label or the expiration date."

—Jan P. Engle, PharmD, FAPhA





## BY THE NUMBERS

# MIGRAINES AND HEADACHES

FACTS AND STATS ON TOP HEALTH CONDITIONS

By Heather Hatfield

10%

Share of the world's population reporting a migraine in the past year



47%

Estimated share of the world's population that had a headache in the past year



one in four

Number of U.S. households where someone has migraines



28 million

Americans living with migraines

No. 8

Ranking of migraines among the world's most disabling medical conditions



Men in the U.S. who have migraines

6%



Women in the U.S. who have migraines

18%



Percentage of Americans who have chronic migraines—at least 15 days of headache each month for at least 6 months



3 million

Emergency room visits per year attributed to migraines or headaches

113 million



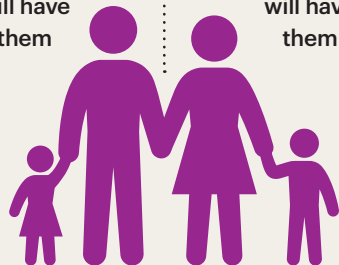
Workdays lost in the U.S. each year due to migraines

40%

If one parent has migraines, risk his or her child will have them

90%

If both parents have migraines, risk their child will have them



25–55 years

Age range during which migraines are most common



4 to 72 HOURS

How long a migraine usually lasts



\$13 billion

Cost of migraines to U.S. employers from lost workdays

\$20 billion

Total cost of migraines in the U.S., including medical care, lost workdays, and lost productivity





## HEALTH CHECK

# GOT HEARTBURN?

While lots of people get heartburn, many don't understand what causes it or how to treat it. Take the case of **buellr0627**, who writes to the WebMD GERD (gastroesophageal reflux disease) and heartburn community: "I get heartburn a lot, but mostly at night when I lie down. I have my pillow elevated but it doesn't help. It does help if I lie on my side though. I haven't really been able to pinpoint anything else." How much do you know about this troubling disorder? Take our quiz to find out.



### ASK YOUR DOCTOR

1

What lifestyle changes can I make to reduce heartburn?

2

Do I need over-the-counter or prescription medication?

3

Should I have any tests to check for complications from heartburn or GERD?

4

If other treatments fail, can surgery help?

## QUIZ

- I caused my heartburn by eating the wrong foods.  
☐ True ☐ False
- I can cure heartburn by eating only bland foods.  
☐ True ☐ False
- I can take as many antacids as I need to treat it.  
☐ True ☐ False
- Heartburn never turns into a serious health problem.  
☐ True ☐ False

**Answers:** All are false. Heartburn develops when a muscular valve called the lower esophageal sphincter functions improperly, allowing stomach acid to flow back into the esophagus. This causes a burning-pain sensation. Fatty foods, onions, garlic, chocolate, peppermint, citrus fruits, and tomatoes can worsen heartburn, but food isn't the root cause—nor will a bland diet ease all symptoms. Talk to your doctor about treatments, including lifestyle changes, weight loss, avoiding eating before sleep, over-the-counter and prescription medicines, and, rarely, surgery. Antacids, a common treatment for heartburn, shouldn't be taken indiscriminately and can interact with certain prescription drugs. Chronic heartburn may signal GERD, a condition that can damage the esophagus and lead to serious problems.

### SOURCES:

American College of Gastroenterology, Esophageal Cancer Action Network, NIH, WebMD Heartburn Health Center

### DID YOU KNOW?

HIGH-FAT FOODS TEND TO STAY IN THE STOMACH LONGER, AND THE LONGER THEY'RE THERE, THE MORE LIKELY THEY MAY CAUSE DISCOMFORT.



# Kristin Davis

Actor

## 1 How did you get involved with the David Sheldrick Wildlife Trust?

I was visiting Kenya with friends in 2009, and one day, while we were on a safari, we came across an orphaned, injured baby elephant. Rescuers from the trust were notified, and so I saw firsthand the devoted work these people do—to save and rehabilitate these beautiful creatures—and it deeply affected me.

## 2 What's the one thing you'd like people to know about the elephants?

Because poachers are killing them for their ivory tusks, these beloved creatures are at risk of becoming extinct. I'm not sure people realize that they are truly at risk, and how bad the situation has become in many parts of Africa. Elephants have no natural predator, except humans. The black market ivory ring has gotten so bad. An elephant is butchered every 15 minutes, which leaves many baby elephants left alone to die.

## 3 You're a Global Ambassador for Oxfam International. Do you ever feel torn between causes?

The work is all very related, I think. Combating extreme poverty is at the root



Davis returns to TV as Ginny in the CBS sitcom *Bad Teacher*.

Read the full Q&A with Kristin Davis in our free app!

of Oxfam, and if poverty didn't exist, much of the poaching could dwindle. Many of the poachers are poor people with limited choices but to engage in this practice. We need to protect everyone who is at risk.

## 4 Has your work abroad slowed since adopting your daughter, Gemma?

Only somewhat. I still go back at least once a

year—I was in Kenya last May. I haven't brought her with me just yet. But soon she'll be right alongside me.

## 5 Is it true that you co-owned a Los Angeles yoga studio in the early '90s?

Yup, I did. Although honestly I'm pretty rusty with my yoga these days. Since Gemma, my time for exercise has become more limited. But I have always found yoga to be

tremendously powerful for reducing stress. It gives you a core strength—and I mean that in a physical and mental sense.

## 6 What's your fitness routine?

Right now because I am back to work on a TV show, I am making a real effort to be in good shape. I do a few kinds of cardio—mostly I hike in the hills in Los Angeles, and I do the elliptical.

## 7 Have your workouts changed over the years?

I've changed how I am moving my body. I used to do double spin sessions, and I had thighs like a body-builder! And then when I started doing more dance-based stuff, I really didn't recognize my body—in a good way.

## 8 What's your best health habit?

Going to acupuncture regularly. I've been seeing the same guy once every two weeks for almost 20 years. I consider him my most central care provider. If nothing else, acupuncture forces you to simply take a few moments to lie down and relax, and there's a lot of good in that, too.

## 9 Do you have a health philosophy?

It's not particularly sexy, but I do think that everything in moderation is the way to go. I've never been into intense diets or fads. My body is just too sensitive for that.

## 10 What is your worst health habit?

I love chocolate. I love pizza. Cookies. Ice cream. I kind of hate salad. Left to my own devices, I would eat like a 10-year-old kid. —Liz Krieger