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Rock Steady

In a rough-and-tumble New York City neighborhood, **Chris Rock** was first bullied as a second-grader but later turned the experience into comic gold. The Emmy Award-winning comedian and actor reflects on growing up and the challenges of being a grown-up raising kids of his own.

Skin Deep

Summer's here! Do you need to change up your skin care routine? We talked to **top derms in their 30s, 40s, and 50s** about their secrets to healthy, glowing skin when the temperatures soar. Beat the heat with our expert cheat sheet.



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Get your iPad subscription in the App Store.

“
I WAS BULLIED AND I HAD LOVE AT HOME, SO THAT WAS KIND OF THE PERFECT STORM FOR ME.
”



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Game on! The always-funny **Jane Lynch** talks about her competitive streak, playing the “mean teacher” role, and the off-stage benefits of improv.

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HEALTHY START

HOT TOPICS: What's in your lipstick? Are home births really safe? Find out and get more news you can use. • **UP CLOSE:** Summer sole-stice! We step into the wide world of flip-flops. • **PERSONAL BEST:** Actor Olivia Munn shares her top beauty, food, and relaxation secrets.

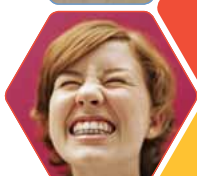
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FAMILY & PARENTING

PET HEALTH: Dancing isn't the only thing that moves Carrie Ann Inaba. She explains how her four-legged friends and rescue animals everywhere have helped her see the world differently. **Plus:** Teach your pet to sit-stay on cue. • **KIDS' HEALTH:** Taking a road trip with a car full of kids? Try these sanity-saving strategies. • **BABY TALK:** Listen up! Learn to spot an ear infection and what to do next.

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FOOD & RECIPES

3 WAYS TO COOK... Scallops. This protein-packed seafood is the catch of the season! Our fast and flavorful recipes are sure to keep them on your plate all summer long. • **OFF THE MENU:** Chef Robert Wiedmaier says *au revoir* to the butter of his beloved Belgian and French cuisine in favor of more Mediterranean-inspired dishes.

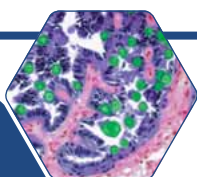
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FITNESS & EXERCISE

PEEKE FITNESS: We've got big news. Could being overweight be a good thing? Not so fast. • **FITNESS CHALLENGE:** Skip the gym and move your workout to the great outdoors with a childhood favorite: the jump rope.

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WEBMD CHECKUP

SPOTLIGHT: Guys, are you constantly running to the bathroom? It might be time to call your doctor. • **BY THE NUMBERS:** An up-close look at immunizations. • **HEALTH CHECK:** Are you making too many trips to the drive-thru? Test your fast-food smarts.

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● Ah, summer. Sunshine, vacations, and...health care reform? That's right. Affordable Care Act awareness campaigns are turning up the volume this summer. Yet if you're like most people, you might not understand what the law means to you or what exactly you should do.

Here are the basics: Starting in January 2014, most Americans will be required to have health insurance or pay a penalty. If you don't have insurance, you'll be able to buy your coverage through your state's new health insurance marketplace, which will help you compare plans and choose one that's right for you.

Some parts of the law have already kicked in. For example, in most cases you now no longer have a copay for preventive care, such as immunizations and screening tests.

As always, your health care costs and the health decisions you need to make for you and your family are intertwined. That's why it's so important to be informed. Now is the perfect time to learn more, before the new marketplaces open in October. We're here to help with a dedicated health reform center on WebMD.com and experts on hand to answer your questions. Just log on to www.webmd.com/myhealthcare.

Kristy Hammam
Editor in Chief
kristy@webmd.com

Running Start

Need a cheat sheet for the new health care law? WebMD's new **Quick Start Guide** can help. Just answer a few questions and you'll receive a personalized results page with a list of all the WebMD health insurance content that's relevant to you. You'll learn the basics and understand your costs and the specifics of your state's plan. You'll get pointed in the right direction and will save time by getting only the info you need.

Get started today at **WebMD.com/MyHealthcare**.



Feet First

We recently asked our WebMD Facebook fans if it was time for a pedicure. The verdict? A resounding "yes!" In this issue, we're swapping our sneakers for flip-flops and revealing how to get pedicure-pretty feet with expert tips and product picks.



What's your favorite summer nail polish color? Tell us and share your tips for making pedicures last at facebook.com/webmd

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"So glad I can now have my own copy. I used to sneak the doctor's office copy in my bag! Now I don't have to..."

—BoomShakaLakaMan, iTunes review



Sleep Sense

What's piquing your interest on Pinterest? On the WebMD Magazine board, it looks like you're craving more sleep. Our **"10 tips for a better night's sleep"** pin got the most repins and likes last month.



Now it's your turn! Tell us how you get a good night's sleep—and share a photo—on your Pinterest page with **#webmdmag**.



HOT TOPICS!

FACTS AND NEWS YOU CAN USE



33% of kids

ages 2 to 17 make decisions about what's served at breakfast, while just 3% have input on the family dinner menu.

Source: NPQ Group



THE LEAST OBESE METROPOLITAN AREAS

Boulder, Colo.
Charlottesville, Va.
Bellingham, Wash.
Fort Collins-Loveland, Colo.
Naples-Marco Island, Fla.

Source: Gallup

To become an astronaut, a person must pass the space physical, which requires **20/100 vision or better (uncorrected) or 20/20 (corrected)**, a blood pressure reading of 140/90 measured in a sitting position, and a height between 62 and 75 inches.



Source: NASA

2 in 5

Reported fires on an average Fourth of July that result from fireworks

Source: National Fire Protection Association

TEACHERS ARE MORE SATISFIED WITH THEIR LIVES THAN MANAGERS, EXECUTIVES, NURSES, AND BUSINESS OWNERS. WHEN IT COMES TO A SENSE OF WELL-BEING AMONG EMPLOYED AMERICANS, PHYSICIANS RANK HIGHEST.

Source: Gallup-Healthways Well-Being Index



Female mosquitoes bite people and animals because the insects need the protein in blood to develop their eggs and produce healthy offspring.

Source: CDC



Nathan's Famous July 4 International **Hot Dog-Eating Contest** began in 1916 in Coney Island, N.Y. Last year's winner and reigning champ, Joey Chestnut, ate 68 hot dogs and buns in 10 minutes.

Source: Nathan's Famous



When European settlers arrived, Native Americans were adding **blueberries**, indigenous to North America, to soups, stews, and meat dishes. They also used the fruit's leaves and roots for medicinal purposes.

Source: U.S. Highbush Blueberry Council



MIND MATTERS

You know the Mediterranean diet is good for your heart, but new research says it may also be good for your head. In a study that followed people older than age 45 for three to five years, those who stuck closest to the Mediterranean diet were about 20% less likely to lose cognitive abilities over that time.

The Mediterranean diet is mostly fish, fruits, vegetables, and grains and includes little to no meat, dairy, and saturated fat.

Source: Neurology



Cold Call

Labels on over-the-counter children's cold medicines warn the products are not for children under age 4. But a survey shows some parents may ignore these warnings: About 40% of parents surveyed give their children cough medicine or multisymptom cough and cold medicines, and 25% give them decongestants. But there is no proof these products improve symptoms in young children, and they can cause dangerous side effects, including allergic reactions, increased or uneven heart rate, drowsiness or sleeplessness, slow and shallow breathing, confusion or hallucinations, and convulsions.

Source: C.S. Mott Children's Hospital National Poll on Children's Health

4,500

Children hurt on amusement rides each year

Source: Clinical Pediatrics



WebMD.com

Hot Hits

What's trending on
WebMD.com right now*

How harmful is
sunburn?

Help for mosquito bites
Best ways to lose belly fat

Vitamin C guide

What is the 3-Day Diet?

Treatments for
excessive sweating

What causes
stomach flu?

How green tea is good
for you

How to tell if your heart
rate is normal

What can you do about
insomnia?

*as of May 1, 2013

BIRTH PLACE

Planned home births have increased 30% in the past 10 years.

While the American Academy of Pediatrics (AAP) does not recommend home births, it has released new guidelines in the interest of safety. Among them: Two health care providers should be present, one for the mother and one for the baby. (Acceptable providers are hospital-affiliated physicians and American Midwifery Certification Board-certified midwives.) Also, only expectant mothers with one fetus who are free of pre-existing disease, had no significant disease during pregnancy, and deliver at 37 weeks or later should consider home birth, says the AAP.

Source: Pediatrics





Heads up, parents: Do you have a teen heading off to college or returning for a new year? WebMD will be there, too, with our Fall edition of **WebMD Campus** magazine in college health clinics and bookstores. Come September, it will also be on our iPad app.

As you probably know all too well, health and wellness aren't always a top priority for this group. But while we all know we need to eat better and exercise more, what you need to know to take care of yourself at 18 is specific, especially if you're away from home, perhaps for the first time, and in charge of your own life.

Taking charge and taking a stand for a healthier planet is our *Campus* cover star Ian Somerhalder's (*The Vampire Diaries*) message to students everywhere. We've also got great advice for those heading off on a semester abroad, the best foods to stock up on to avoid the "freshman 15" weight gain, ways to study smarter, and how to de-stress when too much homework, activities, and that all-important social calendar threaten to overwhelm even the most resilient teen.

Who knows, you may want to take a look at **WebMD Campus** yourself! Enjoy.

Colleen

Colleen Paretty
Executive Editor
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Lip Service

Could too much lip color be too much of a good thing? A recent study of eight lipsticks and 24 lip glosses, ranging from \$5 to \$24 a tube, found potentially dangerous metals in all. Each contained manganese, titanium, and aluminum; most also had lead, with more than half with lead levels the FDA considers dangerous for children. While the study assumed that all lip products are ingested, the FDA says this happens only in very small quantities and is not a safety issue. Until the FDA investigates further, the study researcher advises limiting use of lip products, even as little as twice a day if possible.

Source: Environmental Health Perspectives



TOTAL RECALL

Can't remember what's on your shopping list? Help knock out poor memory with your fists. Making a fist with your right hand increases activity on the left side of your brain, and making a fist with your left increases activity on the right. In an experiment, people who clenched their right fists for 90 seconds before memorizing a list of 36 words (a left-hemisphere task), then clenched their left fists before recalling the words (which happens in the right hemisphere), remembered more words than those who clenched in a different order or not at all.

Source: PLOS One



**ONE
NUMBER OF
CANS OF SUGAR-
SWEETENED SODA
PER DAY (OVER
ABOUT SEVEN
YEARS) IT TAKES TO
INCREASE TYPE 2
DIABETES RISK BY
UP TO 20%**

Source: Diabetologia

UP CLOSE

Sole Mates

AN IN-DEPTH LOOK AT FLIP-FLOPS

Feet First

Flip-flops are one of the earliest forms of footwear. From the ancient Egyptians to California surfers, people around the world have worn similar sandals.

Material Matters

Early versions were made of wood, camel hide, or palm leaf. Now they are more commonly made of plastic and rubber.

Study Abroad

Today's style comes from the Japanese zōri, which American soldiers introduced to the United States on their return from World War II.

Name Drop

"Flip-flop" has been used since 1972 in the United States. The name comes from the slapping sound between the foot and the shoe when walking.

Safe Side

Flip-flops can lead to tendonitis, stress fractures, and other injuries. Choose pairs that are made of high-quality, soft leather to prevent blisters and irritation.

Fancy Feet

A pair of Havaianas with gold feathers and diamonds costs \$17,000.

—Rebecca Scherr



PERSONAL BEST

Olivia Munn

THE ACTOR SHARES HER HEALTHY LIVING HABITS



Wise Words

"Best health advice I ever got: Don't yo-yo diet and lose and regain weight. Also, you won't regret money you spend on taking care of your face with facials and the right products—you can't reverse time."



Pantry Picks

"From Trader Joe's, I've got to have the organic orange juice and those Mini Mint Ice Cream Mouthfuls. For drinks around my pool, I keep Bob & Stacy's Premium Margaritas in pouches—ready to go!"



Road Rules

"When I travel, I believe in doing what I normally do to stay healthy at home. I buy duplicates of products and keep them ready for travel—extra makeup, toothbrush, floss, face wipes, and hand sanitizer."

The new season of HBO's The Newsroom starts July 14.



Trailer Stash

"I keep blister peanuts for that crunch. Also jelly beans, with only four calories each. I don't just grab a handful—I'm picky about which ones I eat!"

"I buy duplicates of products and keep them ready for travel."



Work It Out

"I like having a trainer, because I get very bored very easily. I told my trainer: 'I hate cardio and I won't run, hike, or cycle.' But I want to keep working out, and I know there are others ways to do it, like circuit training—when we train three muscle groups at once."



Makeup Musts

"L'Oréal Visible Lift Color Lift Blush in Berry Lift. I also use it on my lips, along with ChapStick. Also, Clark's Botanicals Ultra Rich Lip Tint in the color Moore Nude [named for actor Julianne Moore]."

Maybe you saw Olivia Munn as ambitious financial reporter Sloan Sabbith on the first season of HBO's *The Newsroom*, created by Aaron Sorkin. The show, returning for season two this summer, depicts avid newshounds at a fictional cable TV network. Or perhaps you watched her three-episode arc on Fox's *New Girl* or caught her in the male-stripper film tribute, *Magic Mike*, also starring Channing Tatum and Matthew McConaughey. Her other notable big- and small-screen outings include the independent film, *The Babymakers*, the film comedy *I Don't Know How She Does It*, Comedy Central's *The Daily Show With Jon Stewart* (as a correspondent), and NBC's *Perfect Couples* and *Chuck*. She divides her time between Los Angeles and New York City.—*Stephanie Stephens*

LIVING HEALTHY



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Post-divorce pitfalls to avoid

Warm Welcome

Hello, summer!
Get wrapped up in all the fun and sun



EXPERT TIP

"When you participate in anything from a book club to a hiking group, you'll meet amazing people. Some may become lifelong friends. You can't make new friends unless you show up."—*Pamela Peeke, MD*

SLEEP SENSE

"The more consistent you can keep the times you go to bed and wake up, the better. Also, to re-set your biological clock, try to get 15 minutes of sunlight each morning, no matter which time zone you're in. And pay attention to the timing of your alcohol and caffeine consumption. Alcohol, while making you sleepy, ultimately keeps you out of the deeper stages of sleep. Caffeine can affect sleep if you consume it within eight hours of going to bed—it stays in your system that long!"



Michael J. Breus, PhD
author of *The Sleep Doctor's Diet Plan: Lose Weight Through Better Sleep*

PERFECT POSTURE

"Try this simple exercise while sitting or standing: Circle your shoulders backward several times to loosen the muscles in your neck and upper back. Then take a deep breath and, as you exhale, let your shoulders drop even lower. Finally, gently squeeze both shoulder blades together a few times. You'll be more relaxed and have better posture in your neck and upper back."



Mary Ann Wilmarth, PT, DPT, OCS
chief of physical therapy,
Harvard University

WEBMD ON THE STREET

Genni Currans

Small Business Owner, 39
Boulder, Colo.

Genni Currans runs a creative agency—and is on the run a lot (always in heels!). Her home base is in Colorado, but she's constantly traveling to San Diego and New York City. And with all that work and travel, she's developed some habits that she's hoping to break. "I sometimes work 20-hour days—and occasionally all through the night. I typically get three to four hours of sleep a night, and not a good, constant sleep," she says. "At times, I will crash and burn. I use my iPad and phone as a sedative to relax my mind to help me go to sleep, which I know is not healthy." She also knows that working for long hours at her computer without getting up is the reason for the tension in her shoulders. "I try to see a massage therapist every or every other week," she says, "but still cannot get rid of the knots." And occasionally the knots are in her stomach. "I don't have the best eating habits," she confesses. "Sometimes I can't stop eating, and sometimes I only eat one little thing all day. When I'm in Colorado, I cook and rarely go the fast food route. When I'm in New York, I have lots of healthy eating options—not that I choose those all of the time." And while she has gotten into the habit of exercising, she's not consistent about it. "I had never worked out until last year. I'm more likely to do classes than to exercise on my own, but when I'm not in Colorado, I don't work out." —**Andrea Gabrick**



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

Road Warrior

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

Photograph by Jensen Larson Photography

BETTER BITES

"The supermarket can be a great place to get fast and healthy food on the run. Prices are lower than in restaurants, too. You can find pre-packed or made-to-order salads and sandwiches and grab bottled water or fresh fruit while you're there. Customize made-to-order sandwiches to suit your taste (and waist). Go easy on the mayo or just ask for mustard, and pile that turkey or roast beef sandwich high with veggies—sliced peppers, tomatoes, cucumbers, and greens."



Carolyn O'Neil, MS, RD
co-author, *The Dish: On Eating Healthy and Being Fabulous!*

ON THE GO

"Even on the road, there are convenient ways to get your fitness on. Book a hotel with a nice gym—many even offer fitness classes that suit business travelers. No gym? Pack some resistance bands and a fitness DVD. You'll feel like you're working out with a class in your hotel room. Or head outdoors for a brisk walk or a jog in the park. You'll be surrounded by many others doing exactly the same thing."



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

WOMEN'S HEALTH

Active Duty

FAMILY HISTORY ISN'T THE ONLY FACTOR IN HEALTHY AGING.
LEARN WHAT YOU CAN DO TO BREAK THE MOLD

By Stephanie Watson

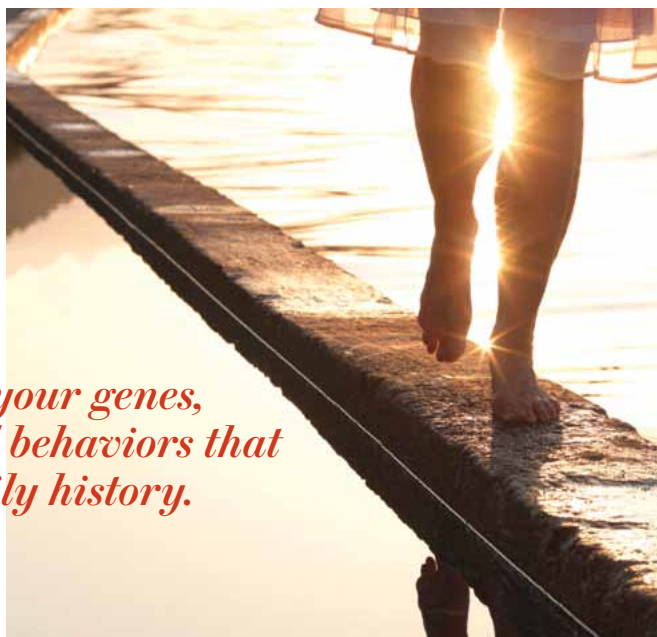
● Bebe Shaw didn't hit the genetic lottery. Her mother died from congestive heart failure, her father of a heart condition. The younger of her two brothers had a heart attack at age 52, and her younger sister is on the verge of congestive heart failure.

You can't change your genes, but you can avoid behaviors that contribute to family history.

Shaw, 69, has high cholesterol—a serious risk factor for heart disease.

With such a checkered health history, she's not taking any chances. "I am an advocate of exercise and diet," says Shaw, who works as a paralegal in Ocala, Fla. "I play tennis three days a week, go to spinning and Zumba classes at the Y twice a week, and try to ride my bike on a nearby trail every day." She also eats well, takes a statin drug to control her cholesterol, and visits her doctor regularly for checkups and screenings.

Looking at your relatives' medical histories is like peering into a crystal ball. You get a glimpse at your future but not the whole picture. You can't change the genes you inherited, but you can avoid behaviors that



contributed to your family's health problems.

"Some people can have a family history of heart disease, but it's actually a history of smoking, overeating, and a sedentary lifestyle. And if you adopt that lifestyle, you're going to run into the same problems your parents did," says James Pacala, MD, associate head of the Department of Family Medicine and Community Health at the University of Minnesota. Lifestyle was a big factor in Shaw's family: Her father was overweight, and her younger brother, a smoker.

Take preventive action now to help make sure you're healthy into your 60s,

70s, 80s, and beyond. "You must remain active and engaged. By that, I mean physically and mentally active and socially engaged," says Pacala, who is also president of the American Geriatrics Society. He ticks off the necessities: aerobic and resistance exercises, a balanced diet that's low in saturated fat and high in fruits and vegetables, and brain games and social outings to keep you sharp.

You also want to try to avoid diseases. "Get your immunizations, your cancer screening tests, your cardiac and osteoporosis risk factors assessed before you have those problems," Pacala says.

FOREVER
YOUNG

WE'VE ALL SEEN 70- AND 80-YEAR-OLDS WHO LOOK AND ACT DECADES YOUNGER. HOW DO THEY DO IT? JAMES PACALA, MD, SHARES A FEW SECRETS.

Refuse to take it slow.

"There's a sort of societal expectation that you're supposed to slow down as you get old, and I think you should fight against that," Pacala says. "Don't let your grandkids get up and mow the lawn for you and get you a glass of water. Get up and do it yourself."

Take a daily walk.

Even if your pace is gentle and the distance is short, the time spent on your feet will help keep your bones strong.

Read the newspaper with your morning bowl of oatmeal.

Keeping your mind engaged could ward off the brain changes that lead to Alzheimer's and other forms of dementia, while the whole grains in your bowl help prevent heart disease.

Downsize your portions.

Overeating leads to obesity and diabetes, which can shorten your lifespan. An overstuffed plate has also been linked to memory loss in people age 70 and older.

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



Is your love on the rocks? Connect with others who are going through tough times at facebook.com/webmd.

MEN'S HEALTH

New Game

DIVORCED? NOW WHAT? AVOID THESE THREE PITFALLS AFTER MOVING ON

By Matt McMillen

Adapting to life after divorce is hard for guys under the best of circumstances. But you can make it easier on yourself, your ex, and your children if you avoid some of the most common mistakes.

Dating Too Soon

Too many men start dating before the dust has settled on their divorce, says psychologist Sam J. Buser, PhD, co-author of *The Guys-Only Guide to Getting Over Divorce and On With Life, Sex, and Relationships*. They rush into new relationships—and often new marriages—within the first year. “That’s no doubt the biggest mistake,” says Buser.

Buser says men jump into dating because they’re lonely, vulnerable, and sad and they’re looking for someone to help them feel better. “The relationships they start do not often work out in the long run,” he says. “I advise my patients to wait at least two years. I’ve never had a man take me up on that advice, but I do try to slow them down.”

Isolating Yourself

After a divorce, it’s easy for a guy to let himself become isolated, especially if his ex gets custody of the kids. That’s another big mistake. It can worsen feelings of depression, guilt, and loneliness, a potentially dangerous mix. Divorced men are twice as likely to commit suicide as married men.

Buser’s advice: Connect with other guys. Call up old friends. Join a softball team, a club, or a professional association. “Expand your social and professional network to avoid isolation.” He also says the aftermath of a divorce is a great time to go back to school: Returning to the classroom keeps you



GOT KIDS?

IF YOU’RE A DAD, DIVORCE DOESN’T CHANGE THAT. YOUR CHILD STILL NEEDS YOU AS A FATHER, NOT AS A VISITOR. SOME TIPS FROM OUR EXPERT.

Stay involved. “That should be the most important thing from the man’s point of view: His child wants him and his child needs him,” says psychologist Gordon E. Finley, PhD. “Maintaining the relationship is important for your child’s developmental outcome: social, emotional, and educational.”

Go beyond fun times. Finley warns against becoming what he calls a “Disneyland dad,” who acts as if his role is to show up on weekends and provide the kids with gifts and a good time. “That’s not good for you or your kids,” Finley says. “Help them with their homework. Talk about what’s on their minds.”

active, stimulates your mind, potentially advances your career, and gets you out of the house.

Making Introductions Too Soon

You’ve met someone new. You’re excited and happy. Good for you. Just don’t make the mistake of expecting your kids to be upbeat about the news.

“The last thing the kids want to see is parents getting involved with someone else,” says Gordon E. Finley, PhD, a psychologist who specializes in issues facing divorced men and an emeritus professor of psychology at Florida International University in Miami. “They are going to be unhappy. Date when you feel ready, but leave the kids out of it.”

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

HEALTHY BEAUTY



17 You Asked
Feet first! Expert
pedi tips and
product picks

19 Beauty Smarts
Beach bag
must-haves

21 Your Smile
Braces—they're
not just for kids

Made in the Shade

Keep your cool and stay sun safe
all season long



EXPERT TIP

"Never wear makeup on a long flight—it essentially means sleeping in your makeup. The only exception I would make is lipstick."—*Debra Jaliman, MD*

YOU ASKED

Foot Soldiers

DIVE FEET FIRST INTO SUMMER WITH EXPERT
PEDICURE TIPS AND PRODUCT PICKS

By Ayren Jackson-Cannady

**Liquid Gold**

Essie Apricot Cuticle Oil (\$8) "The cuticle is an important barrier that prevents bacteria from entering through the nail and into the skin. I suggest *not* cutting or pushing cuticles. Apply a little cuticle oil, like this one made with moisturizing cottonseed and soybean oil."

**Wrap Star**

Glytone Body Ultra Heel and Elbow Cream (\$50) "If you come down with a case of dry summer feet, take a cue from pro nail technicians: Before bed, coat your feet with a moisturizer like this one, wrap them with plastic wrap to help the lotion absorb, and leave on about 30 minutes."

**Magic Lotion**

AmLactin Moisturizing Body Lotion (\$14.99) "Avoid walking around in open-toe shoes with slippery feet by using lighter lotions. One infused with lactic acid—like this one—is even better because it fights flaking. Save the heavy foot creams for nighttime use."

**Marie Jhin, MD**

director, Premier Dermatology, San Francisco, and author, *Asian Beauty Secrets: Ancient and Modern Tips From the Far East*

**In the Rough**

The Body Shop No More Rough Stuff Pumice (\$6) "Pumice stones can soften corns and calluses, but be sure the skin is moist. Soak your feet in lukewarm water for about 10 minutes, then wet the pumice stone and gently rub it across the rough areas in a circular motion until the skin feels smooth."

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FROM WEBMD.COM

Q&A

"I have fine hair that wilts during the summer. What gives?"



Shaelyn Ellis
40, graphic designer,
Roanoke, Va.

**EXPERT ANSWER**

"The moisture in the air can adhere to fine hair, making it wilt like a flower. To armor your tresses against humidity, create a barrier with thickening foam mousse. Apply a dollop of the mousse evenly from the scalp down throughout damp strands to instantly fatten them up. Next, blow-dry and style your hair completely—if the hair is still damp, it will attract moisture from the air. Steer clear of products with silicone and emollients, which can weigh down fine hair."



Jet Rhys
hairstylist, owner, Jet Rhys Salon, San Diego



Shoe In

Adidas Chilwyanda Fitfoam Flip-Flops (\$32) "It is a good idea to wear waterproof sandals around pools to minimize exposure to bacteria, fungi, and the wart virus. Slip on a shoe with built-in support like this, which has a visco-elastic foam foot bed that contours to your sole. The lack of support in the classic flat flip-flop encourages arch and heel pain."



Double Duty

Kerasal Ultra20 Extra Strength Moisturizer (\$9.99) "Sand, wind, chlorine, and sun can have a drying effect on the skin of the feet, so use a topical emollient to lock in moisture. Creams that contain urea like this one tend to exfoliate as well as moisturize."



Dawn Sears, DPM
doctor of podiatric medicine and surgery,
St. Albans, N.Y.



Burn Notice

Banana Boat After Sun Aloe Vera Gel (\$5.99) "Remember to apply a water-resistant sunblock with SPF 30 to exposed surfaces of the feet (usually the top and sides). If you find yourself outdoors without protection for your feet and you do get a sunburn, a little aloe vera gel will instantly soothe the sting."



Toe Tools

Earth Therapeutics Pedicure-to-Go (\$6.99) "Getting a pedicure at a nail salon exposes you to bacterial or fungal skin and nail infections. Bring your own instruments like these and don't let a pedicurist use a communal nail file on you, since this can grind fungal spores into your nails."

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



AISLE DO

PRODUCT PICK

Banana Boat Summer Color Self-Tanning Lotion (\$6)

Neutrogena MicroMist Airbrush Sunless Tan spray (\$10.99)

EXPERT

Erica Kelly, MD
dermatologist, clinical
assistant professor
of dermatology,
University of Texas
Medical Branch,
Galveston

"These have been my favorite go-to products for years. I apply the lotion almost everywhere—on my legs, arms, torso. It has a golden tint, so you can see right away if you've missed any spots. Then I spray the tanner on my back and the backs of my hands. What I like about both these products is that they have a very natural-looking color. Products that claim to have a great scent may smell nice at first, but once they react with your skin, they all have the same self-tanner stink."

Shopping List



Take a photo
with your
phone!

☐ Essie
Apricot
Cuticle Oil

☐ Amlactin
Moisturizing Body
Lotion

☐ Glytone Body Ultra
Heel and Elbow
Cream

☐ The Body Shop No
More Rough Stuff
Pumice

☐ Adidas Chilwyanda
Fitfoam
Flip-Flops

☐ Kerasal Ultra20
Extra Strength
Moisturizer

☐ Banana Boat
After Sun
Aloe Vera Gel

☐ Earth Therapeutics
Pedicure-to-Go

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HEALTHY
BEAUTY



BEAUTY SMARTS

Bag Check

MAKE SURE YOU'RE PROTECTED WHEREVER YOU GO THIS SUMMER WITH THIS LIST OF SUN-PROTECTION MUSTS

By Liz Krieger

● ● ● Summertime means you've shed the weight of cool-weather layers, but you'll still need to toss a few extra items in your bag to ensure you're covered for maximum sun protection. Whether you're headed to the beach or just walking around town, keep these sun-smart summer staples close at hand.

All-over sunscreen Look for the words "broad spectrum," says Jennifer Linder, MD, a board-certified dermatologist in sunny Scottsdale, Ariz., because that indicates the product blocks both UVA and UVB rays. "You don't want anything less than SPF 30," Linder says, and while you can buy sprays and sunscreen wipes, many

experts consider lotions and creams better choices.

"If you know you'll be sweating a lot, exercising, or in water, look for a product that says it's water-resistant for 80 minutes," Linder says—and remember to reapply often. "There's no such thing as truly waterproof sunscreen," she explains, and recent changes to labeling require that companies specify how long their products are water-resistant.

Face sunscreen While you can use any kind of sunscreen on your face, some people prefer a face-specific formula, "especially if you want one that's tinted or has special ingredients that can address a skin condition," Linder says. If you have

sensitive or acne-prone skin, you'll likely want a special sunscreen for your face since these products tend to have a lighter texture and are designed to absorb into the skin faster, Linder says. She notes that many are made without added oil, to keep your own oil production in check and help prevent clogged pores.

"Some broad-spectrum sunscreens also contain ingredients to help even out skin tone, such as licorice extract and kojic acid, and some minimize the look of fine lines and wrinkles by keeping the skin hydrated with glycerin," she adds.

Sun-protection hair spray While there's no

FDA-approved SPF for hair, it's smart to add a swipe of your regular face or body sunscreen to your scalp to protect that tender skin from burns, says Linder.

And "to keep strands healthy and keep color from fading, you can look for special 'sun-protectant' hair sprays, which often have sunscreen ingredients," says Ni'Kita Wilson, a cosmetic chemist and vice president of research and innovation at Englewood Lab.

SPF 30 lip balm Sure, you can dab on sunscreen, but most people prefer a formula made for the delicate skin on your lips, if only because it tastes better. Reapply throughout the day.



BEAUTY 411

What is a BB cream? Do I need one?

These days it's hard not to notice this cleverly named crop of new products. For many women, BB creams are a terrific, timesaving skin solution with the sleek, unfussy utility of a little black dress.

The "BB" stands for "beauty balm," a cream that's a combo of several products in one: a primer, to smooth imperfections and help makeup adhere; a complexion-toner, to even out redness or other splotches; a moisturizer; and a sunscreen—all tucked into a light formula that's perfect for the time-pressed woman who likes a no-makeup look.

Still, the range of shades can be limited to just one or two hues (particularly vexing for those with darker complexions), so people with stubborn, dark under-eye circles or more difficult color-correction needs may still want to apply concealer or a layer of foundation.

One important note: If you plan to rely on a BB cream for your daily sun protection, choose one with SPF 30 and be sure to extend it down your entire neck, too. If you have acne-prone skin, seek one that's oil-free, as other varieties could be too hydrating for your skin type.

—**Jeanine B. Downie, MD**

dermatologist and co-author of *Beautiful Skin of Color: A Comprehensive Guide to Asian, Olive, and Dark Skin*

Long-sleeve shirt

Cover your skin for extra protection, especially on the sunniest days. Surfer-inspired "rash guards" with high necks and long sleeves keep your skin safe during long dips, and you can also find clothes meant to withstand the sun. "Plenty of companies make fabrics specially designed to offer sun protection, labeled as UPF (ultraviolet protection factor)," Linder says. If you don't have something that's got built-in UPF 30, choose dark, tight weaves that block out more harmful rays than a flimsy white tee.

Sunbrella Tote a small umbrella for those times when you want some shade—and there's no leafy tree in sight. "Any little bit of protection helps," says Linder.

Oversized sunglasses

Look for a pair that blocks 99% to 100% of UVA and UVB rays to protect your eyes and the delicate skin around them, Linder says.

Wide-brimmed hat

Baseball caps or bucket hats, Linder notes, don't adequately cover the sides of the face or the back of the neck. "I've actually removed melanomas from inside and behind patients' ears," Linder says. "You need to be aware of shading more than just the front of your face."

Water bottle "Staying hydrated in the heat is important for all the body's organs to function properly," says Linder.



Dirty Secret

When I get blisters on my feet, I cut them off with cuticle scissors. Is this bad?

Yes! Stop! A blister is nature's bandage, protecting the raw, tender skin that lies underneath. Remove the roof of a blister, and you expose that skin to fungus and bacteria, which can lead to an infection.

The best thing to do is leave the blister alone. In a few days it will burst and the fluid inside will drain on its own. If the blister causes you discomfort, you can take careful steps to release the liquid.

First, clean the area with soap and water. Then, wipe down a straight pin or needle with rubbing alcohol or Beta-dine, a topical antiseptic you can buy in any drug-store. Gently poke a single tiny hole in the top of the blister (you want to keep the skin intact). Often, there's so much pressure built up inside the blister that the fluid will leak out on its own. If that doesn't happen, press the blister—again, very gently. Once the blister is flat, apply a dab of triple antibiotic ointment or cream, and cover with a bandage.

Slicking an anti-blister balm like Band-Aid Friction Block Stick (\$8) on your heels and toes can also help prevent your favorite shoes from rubbing you the wrong way.

Jacqueline Sutera, DPM
podiatric surgeon, City
Podiatry, New York City

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

YOUR SMILE

Straight Up

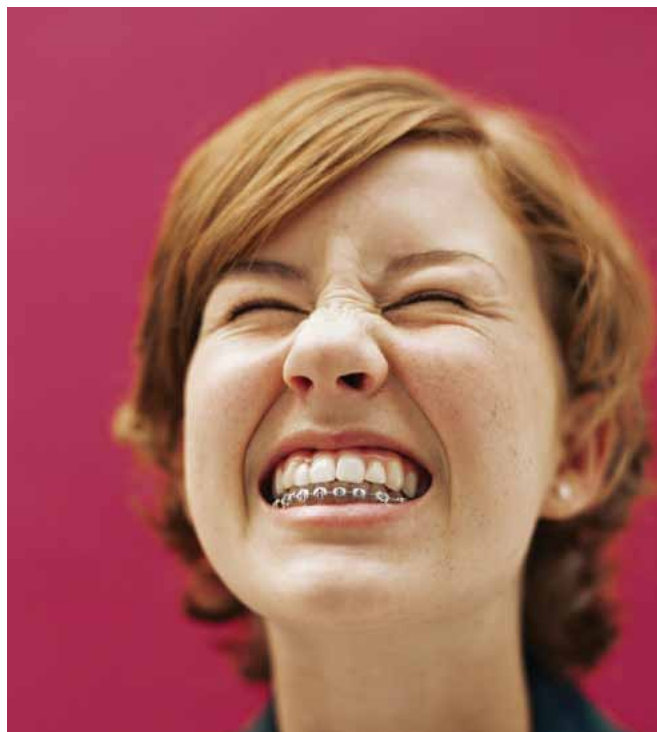
BRACE YOURSELF—ORTHODONTIA ISN'T JUST FOR KIDS ANYMORE

By Stephanie Watson

When country singer Faith Hill walked the red carpet at the Grammy Awards in February, the blogosphere lit up with buzz about her clear braces. “Look out, Grillz, there’s a new mouthware trend on the rise!” gossip maven Perez Hilton said.

Hill, 45, is one of a growing number of people who choose to straighten their teeth later in life. So is Steve Skidmore, who at age 57 got braces to realign his smile after having a few teeth pulled. “I explored implants, but they were too pricey for me,” the retired real estate professional says. The braces cost much less than implants and also fixed his overbite.

Braces work the same way at any age. In adults, they can adjust teeth that were never corrected in childhood or that have shifted over the years. In 2010, orthodontists treated more than 1 million adults with braces and other straightening devices, in large part because the image of braces has changed, says Skidmore’s orthodontist, John F. Buzzatto, DMD, MDS, president of the American Association of Orthodontists. “People used to refer to them as ‘railroad tracks,’”



he says. “Braces are a lot less noticeable now.”

You can still get the traditional metal brackets, but today’s braces also come in ceramic, which mimics your teeth’s natural color, and in clear plastic that fits like a retainer over the teeth. You can also be fitted with lingual braces, which stick to the backs of teeth so they’re essentially invisible.

Which type you get depends on how much

adjustment your teeth need, how self-conscious you are, and how much you want to spend. A set of metal or ceramic braces or plastic aligners can cost between \$4,725 and \$6,940. Lingual braces are custom-fit to the back of the teeth, so they’re the priciest option, at \$10,000 or more. “I might recommend [clear plastic aligners] if it’s more of a mild crowding situation,” Buzzatto says.

METAL OF HONOR

GOOD ORAL HYGIENE IS ALWAYS IMPORTANT, ESPECIALLY WHEN YOU HAVE BRACES. JOHN F. BUZZATTO, DMD, MDS, OFFERS THESE TIPS TO KEEP YOUR NEW ORAL APPLIANCE CLEAN AND AVOID WIRE BREAKS.

Don’t rush the brush. Brush after every meal, making you sure you clean both your teeth and the braces that cover them. “I would recommend a power brush over a manual brush,” says Buzzatto. If you’re wearing an aligner, take it out and wash it thoroughly.

Get in between. Don’t forget to floss. Flossing isn’t as easy when you’ve got wires stretching across your teeth. One solution: “We have these brushes that look almost like a little Christmas tree,” Buzzatto says. “They can slide up and down between the wire and the tooth.” Use these in addition to floss.

Avoid sticky situations. Stay away from hard and sticky foods, like apples, carrots, and caramels—anything that can break off brackets or “get caught and stick to the teeth.”



EXPERT TIP

“The wires on newer braces have more elasticity, so your treatment at the orthodontist is generally more comfortable and requires fewer visits than in the past.”—**Eric Yabu, DDS, WebMD oral health expert**

FAMILY & PARENTING



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Expert behavior training tips
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A summer road trip survival guide
- 26 Baby Talk**
Is it an ear infection? Learn how to tell and what to do

PET HEALTH

To the Rescue

Dancing With the Stars judge Carrie Ann Inaba gives animals a leg up through her organization

By Melanie D.G. Kaplan



EXPERT TIP

"Consider all possible negatives and positives before choosing a pet. Do you have allergies? A cat or dog that sheds a lot might not be the best choice."—*William Draper, DVM*

"There's so much magic in the world. And I'm more open to it now because of my animals."

PET HEALTH

Safe Haven

● Your organization, Carrie Ann Inaba Animal Project, collaborates with animal rescue groups to help abused and neglected animals. What has this taught you about human behavior?

I've found that I'm truly an animal lover, and that's the community I relate to. These are people who will spend their last \$25 on gas to transport an animal. Animals provide unconditional love. I want to share that with more people—people who lack contact with other humans, like seniors who are alone.

Do you think rescue pets need more TLC than other animals?

I know one thing—they know you saved them. If their life is in danger, they know it, and they show that appreciation in beautiful ways. You don't know their past, so you have to be a lot more tuned in to your animal. That's the gift you get—putting your energy toward another creature. That's what love is.

You have a Chihuahua and four cats. Some of your pets have had medical issues. How do you deal?

My boxer, Cookie, recently passed away. She had a heart condition and had been in a cage for so long when I adopted her. My cat Taz has had three surgeries and has only one kidney. He has a feeding tube, and he is one of the happiest, healthiest cats I have ever seen. Loving all my special-needs animals is so rewarding.

What's it like when you get home?

I walk through the door, get attacked by [Chihuahua] Peanut, and play with her on her big bed. I give Taz water through a syringe. Squeaker gets dinner. Taz gets dinner. Peanut gets three choices for dinner, because I never know what she'll want to eat. I wash more animal dishes than human dishes.

Read the full Q&A with Inaba in our free iPad app.

***Dancing With the Stars* airs on ABC.**

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

FELIX MACK

PET HEALTH

Cues Control

TIME TO GET TRAINING UNDERWAY?
LEARN TO DO IT WITH A CLICK

By Sonya Collins



● “No cats on the counter!” Sound familiar? We all order our pets to stop this or stay off that. Pets do need to learn household rules, just like any other family member, but it doesn’t have to be all about “No!”

“The conventional view is that the purpose of any training is to stop the animal from doing things. But modern training is built on reinforcing what you want and replacing the behavior you don’t like with something you do like,” says Karen Pryor, author of *Reaching the Animal Mind: Clicker Training and What It Teaches Us About All Animals* and a pioneer of the clicker training method, based on the work of psychologist and behaviorist B.F. Skinner. The method has been used to train hundreds of species, even guinea pigs and pet rabbits. You use a sound, such as a click, to show your pet when it has done what you wanted and to alert it that a reward, such as a bit of food, is on the way.

“The click penetrates into the nervous system in a way that natural cues in the wild

would,” Pryor says. “You’re ringing the bell in the brain, dopamine cascades, they get a sense of thrill, and—bingo—now they get the food.”

Saying “Good!” isn’t the same as a click. “It’s a sound that’s set aside only for this instance. People think they can say ‘yes’ and ‘good,’ but you [also] say, ‘yes’ and ‘good’ on the telephone all the time. [These words have] no benefit for your pet,” Pryor says.

Here’s how to get started: Buy a clicker, a small hand-held noisemaker available at pet supply stores. A bell or whistle will work, too.

Next, teach your pet that the sound brings a treat by clicking, then immediately give your pet a small piece of food. After a few rounds, only click when she does what you ask. Start with something she may already know how to do, such as coming when you call her.

Once your pet has learned that cue, reserve the click for other behaviors you’re trying to teach. For example, when your dog is on the couch, say “down.” When he gets down, click and treat. “This is universal.

FROM WEBMD.COM

Q&A

“My dog goes freely in and out the doggy door and sometimes he climbs the fence. How can I get him to stop?”



Shannon Caldwell
44, career coach,
Athens, Ga.



EXPERT ANSWER

“Getting your dog to change his behavior when you’re not there to correct it is not a training problem. It’s a management problem. You can train the dog to come when you call his name. But if you’re not home, you can’t expect the dog to change his ways when he wants to go out exploring. He’s going to find ways to amuse himself when you’re not there, and climbing the fence is one of them. Keep the dog inside when you’re gone—or build a higher fence.”



Karen Pryor, CEO,
Karen Pryor Clicker
Training, Waltham, Mass.,
and author of *Reaching the Animal Mind: Clicker Training and What It Teaches Us About All Animals*

Reviewed by
William Draper, DVM
WebMD Pet Health Expert

KIDS' HEALTH

Car Keys

NEED A VACATION FROM "ARE WE THERE YET?"
STAY SANE WITH TIPS FOR A SMOOTH ROAD TRIP

By Stephanie Watson



● One thing that's certain about road trips with children: They're an adventure. Just ask Colleen Lanin, editor and founder of the family travel website travelmamas.com and author of *The Travel Mamas' Guide*. During one family car trip to Disneyland, her daughter (now age 8) suddenly awoke from a nap and sat straight up in her car seat. "She said, 'Mommy, I don't feel good,' in a panicky way," Lanin recalls. "I emptied tissues out of a tissue box and shoved them under her face just in time."

Not every car trip with kids is destined to be dramatic, but there will always be challenging moments. To save your sanity on the next long car trip, follow this timeline.

Before You Go Plan your route. Map your destination and figure out some good places to stop. For example, if you know your kids need to eat lunch at 11 a.m., look for a town along your route that has kid-friendly restaurants and a park where they can burn off energy.

Write up a packing list to make sure you bring everything you might need. Take lots of books, toys, and games as well as an extra box of diapers, food and drinks, a first-aid kit, pillows, blankets, and garbage bags.

Hour One Start the trip with a fun activity. If you're traveling with older kids, play a book on CD. Let younger kids watch a movie, or read them a new story.

Hour Two Break out the first round of snacks. Lanin suggests bringing several healthy choices, including whole wheat crackers, fruit, and cheese sticks.

Hour Three Take a break. Three hours straight in the car is the limit for most young children. Stop for lunch and a bathroom break. Ideally, also find a park where you can let the kids "get their wiggles out."

Hour Four Have one parent get in back with the kids. The adult can break up sibling squabbles and supervise a craft or game.

Hour Five Pop in a CD of silly sing-along songs or play a game of "I Spy." The older kids might roll their eyes, but it will make a good distraction. Around now, take another pit stop to let your kids stretch their legs.

Hour Six When the kids get stir-crazy, break out the surprise treats. "I like to bring a few forbidden snacks with me," Lanin says.

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



DIS STRESS

By Hansa Bhargava, MD

The other day my 7-year-old son complained he couldn't get to sleep. After a few questions, he admitted he was worried about a math test the next day.

Sadly, stress causes all kinds of unpleasant symptoms in kids.

A 2010 American Psychological Association survey revealed that almost one-third of children reported a physical symptom such as a headache or trouble sleeping due to stress.

Learning how to unwind and decompress is essential for your child to be able to sleep well and feel good. Here are some tips:

Establish a quiet bedtime routine. Make sure you turn off TVs, video games, iPads, and other technology at least an hour before bedtime.

Listen to soft music. Let your child choose from a few classical, instrumental favorites. Then, relax and listen together.

Count slowly to 10. Teach your child to inhale deeply and then exhale. Deep breathing invokes the relaxation response that can calm a person when stressed or upset.

Visualize a favorite scene. Thinking about a recent trip to the beach or a favorite toy can help your child relax.

Get more ideas to keep your family happy and healthy at the **Raising Fit Kids Center**.





Pain, redness, fever? Learn the signs with help from **Ear Infection Symptoms**, the top article at the Ear Infection Health Center.

WebMD.com

BABY TALK

Now Hear This

IS IT AN EAR INFECTION? LEARN HOW TO SPOT ONE AND WHAT TO DO NEXT

By Katherine Kam



● Even newbie parents can spot diaper rash or a runny nose with no problem, but ear infections may come with only a whisper of symptoms. Yet three-quarters of children will get one by age 3.

“An ear infection happens when you get infected fluid or pus behind the eardrum,” says Jennifer Shu, MD, FAAP, a pediatrician in Atlanta and editor of *American Academy of Pediatrics Baby & Child Health*. The most common cause? Colds. When secretions get trapped in the middle ear, viruses or bacteria can cause an infection and result in a bulging or reddened eardrum.

Children under 3 are most susceptible to ear infections, Shu says. “They don’t have strong immune systems. They haven’t been exposed to many of these germs before, so it takes them a little longer to fight them off.” Young kids also have more horizontal Eustachian tubes (channels that connect the middle ear to the throat), allowing fluid to collect instead of drain.

Fever may come with an ear infection, but

not always, Shu says. Parents might spot other symptoms, such as earaches, ear drainage, trouble hearing or sleeping, ear tugging, poor appetite, vomiting, and diarrhea. But, “for many children, it’s just fussiness, crying more than usual, being clingy,” Shu says.

If your child seems ill or has a fever, see a pediatrician. Babies under 6 months usually require antibiotics, Shu says, to prevent spread of infection to other parts of the body. From 6 months to 2 years, the AAP recommends considering observation without antibiotics, as long as the child isn’t severely ill. However, at this age, if the diagnosis of ear infection is certain, it’s usually best to treat with antibiotics. If your child is age 2 or older, don’t be surprised if the doctor recommends holding off on antibiotics.

“We try not to treat if it’s a very mild infection or if they’re not complaining that much,” Shu says. According to the AAP, parents may choose to wait 48 to 72 hours and then start their child on antibiotics if there’s no improvement.

ALL EARS

JENNIFER SHU, MD, FAAP, OFFERS SOME TIPS TO HELP PREVENT CHILDHOOD EAR INFECTIONS.

Breastfeed your baby for the first year.

Breast milk contains antibodies and may cut risk of ear infections.

If you bottle feed, keep baby sitting up.

Milk flows more readily into the middle ear if a child sucks on a bottle lying down.

Do your best to prevent colds.

Clean your child’s hands frequently. If you can, limit her time in group care or choose a setting with fewer children.

Keep your child’s allergies in check.

When mucus from allergies blocks the Eustachian tube, the chance of getting an ear infection increases.

Don’t smoke.

According to some studies, children who are exposed to second-hand smoke are two to three times more likely to get ear infections compared with other kids.

Ask your pediatrician about pneumococcal, flu, and meningitis vaccines. Research shows that vaccinated children have fewer ear infections.

Reviewed by
Roy Benaroch, MD
WebMD Baby Care Expert



The Affordable Care Act Will Affect You



1 Learn the
Basics



2 Understand
Costs



3 Know Your
State Plan



4 Get Ready
to Enroll

WebMD will make it easier to choose the best health insurance coverage for you and your family.

If you want to learn more or follow the latest news, come visit us at WebMD.com/MyHealthcare.



***FUNNYMAN CHRIS ROCK**
HAS BUILT A CAREER
MINING HIS CHILDHOOD
IN NEW YORK CITY.
BUT THE EMMY AWARD-
WINNING ACTOR AND
COMEDIAN HAS A NEW
PERSPECTIVE NOW THAT
HE'S RAISING KIDS OF HIS OWN.
HE OPENS UP ABOUT BULLYING,
HELICOPTER PARENTS,
AND WHY HE HASN'T HAD
A PB&J IN YEARS*

By Lauren Paige Kennedy

Photograph by Mark Mann/Contour by Getty Images



rowing up

IS HARD TO DO.
AND RAISING KIDS IS NO
CAKEWALK, EITHER.
JUST ASK COMEDIAN
CHRIS ROCK.

The stand-up sensation has made countless quips over the years about being bullied as a boy in rough-and-tumble Brooklyn, N.Y., depicted on *Everybody Hates Chris*, the TV show he created. He's also famous for his rip-roaringly funny (and brutally honest) comments about marriage and parenthood in his Emmy Award-winning specials for HBO. Now, as his new film *Grown Ups 2* hits big screens in July, the provocative comic mines more coming-of-age discomforts—that of kids and the adults who rear them—for laughs.

These days Rock, 48, views the wonder years from two very different vantage points: as someone who was once tormented at school and as a father of two young daughters (Lola, 11, and Zahra, 9, with wife Malaak Compton-Rock) living in an age of “helicopter” parents.

And, true to form, he's got some wisdom to share.

BULLY DANCE

The bullying began when he was in second grade. “We lived in Bed-Stuy [Bedford-Stuyvesant], one of the most famous ghettos in the world” is how he once described his former stomping grounds. “My mother and father wanted me to go to a better school, so I was bused to this poor, white neighborhood...I was the only black boy in my grade for most of the time. I was a little guy, too, a skinny runt.”

Surprisingly, he's prepared to give his former bullies a pass—sort of. “Of course, I'm against bullying!” Rock says with his trademark intonation. “To-tal-ly, totally against it! But on the other hand...” He pauses for comedic effect. “Who's going to cure cancer? Who's gonna figure out how to advance stem cell research? *Someone who got bullied, that's who!* You think Bill Gates didn't get bullied? Put the most successful men and women in the world in one room, and ask them to put their hands up to see which ones were bullied.” Another beat passes before he shares his own theory: “*Most of 'em!*”

In 2007 Rock went so far as to tell host James Lipton of Bravo's *Inside the Actors Studio* that bullying was “the defining moment of my life...it made me who I am.” On air, he even profusely thanked the pack of boys who regularly “kicked my a--, spit in my face, and kicked me down the stairs” because the experiences not only forged his quick wit, he insists, but also fueled his determination to succeed.

However, Rock is the first to say all that bad has to be tempered with good, or no good can come out of it. “Who's your boss?” he posits, laughing out loud, before answering: “Either somebody whose dad or mom owns the place, or someone who's put up with a *lot* of adversity and overcome it. But

“Who's going to cure cancer?
Who's gonna figure out how to advance
stem cell research?

*Someone who got
bullied, that's who!”*

you need love, too,” Rock maintains. “Bullying without love? You can be destroyed. ...But you know, I was bullied and I had love at home, so that was kind of the perfect storm for me, you know? I just read the *Steve Jobs* book [the biography by Walter Isaacson]. There's *no way* you can tell me that guy wasn't beat up in school! And what happened? He used that pain to make sure he'd be in a position where he would never be bullied again.”

Catherine Bradshaw, PhD, MEd, deputy director of the Johns Hopkins Center for the Prevention of Youth Violence and co-director of the Johns Hopkins Center for Prevention and Early Intervention, says of Rock's “perfect storm” position: “It's good he can frame his experiences in a positive way and use them as a motivator, and he's providing insightful commentary,” she says.

“But many of us don't have the ability to look back with a positive reflection, much less navigate the experience when it's happening. You've probably heard of the ‘It Gets Better’ campaign [a series of online PSAs that reminds bullied kids that soon enough these tough years will be behind them]. Youth going through the throes of bullying often don't have the insight to say to themselves, ‘Oh, in 20 or 30 years I'm going to feel differently about the experience, and things are going to get better for me.’ If kids don't have a supportive home environment to talk things through, they may not have the reserves to cope.”



TO BE OR NOT TO BE

Is your child a bully or being bullied? “I advise parents to explore stopbullying.gov,” says youth violence expert Catherine Bradshaw, PhD, MEd, who helped develop the go-to federal guidelines for parents, educators, and kids on the pervasive bullying problem. She suggests strategies for spotting and addressing bad behavior in and out of school.

Notice changes in routines.

If your child suddenly can't sleep, begs to stay home from school, or constantly complains of maladies, pay close attention—and query your kid with love. “Also, look for outward clues: scratches on their arms, bruises, or missing items that might have been stolen,” Bradshaw advises.

Talk, but choose your words wisely.

Bradshaw suggests having a “bully talk” before there's a problem, in which you promise support. Also, “never suggest that a child in any way deserves to be bullied: ‘If only you wore different clothes,’ that sort of thing. Defend your child's absolute right not to be treated unfairly or physically harmed.”

Alert school authorities.

Don't hesitate to speak to a teacher or principal—and don't apologize for being your child's advocate. “Insist that the bullies be held accountable and that the bad behavior stop. Gather as much evidence as possible—emails, texts—to support your position,” Bradshaw says.

Remarkably, Bradshaw says, when she conducts seminars on bullying and asks audience members if they have been bullied in the past, it's not only the Bill Gates types who raise their hands. Nearly everyone does. “Research shows that 80% of youth have experienced some form of bullying,” she says, adding, “It's clear Chris was touched profoundly by

crust out of his eyes!” Like, I would get *graded* on how I handled my brothers. My girls are *not* ready for that!”

It's clear times have changed. “For every generation, the previous generation makes it easier,” the star muses. “So what happens is, the next generation doesn't have to be as smart or as disciplined. Things aren't as bad.”

“**I'm not worried about bones! I'm constantly repairing feelings. There's no cast for feelings—love is the Band-Aid. I constantly have to apply love to broken feelings and hope they mend.**”

his experience, because he continues to draw upon it in his work all these years later.”

Bradshaw does back up Rock's belief that he may be a funnier man because of those Brooklyn baddies: “Some research does show that youths who can draw upon sarcasm as deflection can handle these instances better than kids who really internalize these actions.”

PARENTING PREDICAMENT?

Rock is reflective about his childhood battles, but he wonders if his own kids—growing up in a seemingly more protective age when everyone wins the trophy and no one is excluded from the birthday party—possess the same well of strength from which to draw.

“My oldest is 11,” he says, “and when I was her age I used to make breakfast for three of my brothers. Sure, breakfast was just heating up water and pouring out packs of oatmeal, but *still*. I would get three kids ready for school, then myself. My mother and father would see us out, and look over my work. *‘OK! Andre's a little dirty here. You didn't wipe the*

So, are modern parents hovering too much and demanding too little, as popular sentiment suggests? Bradshaw unequivocally says *no*. “I would argue that life is more complex now than when we were kids,” she says. “Social media, television, video games—it's a really heavy cognitive load for children, who must make decisions as they navigate through this social media world. We're not buffering them too much. There's simply a higher level of risk kids are now exposed to, whether it's violence on TV, kids carrying weapons to school, or being faced with bullying, even in the cyber realm.”

As a father, Rock claims to be a disciplinarian, but nothing like his own folks. “I try to be strict,” he says. “But the circumstances aren't as grave. I grew up in the 'hood! Paying attention to authority was very important to my parents. I definitely got spanked, but the circumstances, especially for a black boy, [were different]. Not listening to authority? You could get shot by a cop! My kids don't live there, you know what I mean?”

He chuckles, then adds, “I don't have to be as strict. When we ran out into the street after the ball when my mother told us not to,



ROCK SOLID

Chris Rock is a lean, mean comedy machine—and he's often mistaken for a man much younger than his 48 years, due to his enviable physique. But is his workout a gut-bustingly good one?

“It's all cardio!” he insists. “Cardio is *everything*. No doctor ever said: ‘Oh, I can't believe he's dead! He's got those great abs!’”

Eating right, exercising, and aging with strength are no joke, says Pamela Peeke, MD, MPH, WebMD's fitness expert. While she agrees Rock is smart to integrate aerobic exercise into his regimen, Peeke advises the

of course we got a spanking. Because cars and buses and trucks could get you killed! You can run into my street now and get a ball. My strictness will come in later when the girls are in college. I'll crack the whip more then.”

With not one but two preteen daughters, Rock is preparing himself for the inevitable dating scene on the horizon. For a man who can get pretty graphic in his routines about sex and relationships, he's surprisingly mellow about what lies ahead. “I am *not* gonna flip out!” he insists. “If a guy comes in, well-mannered, holds out his hand, and gives me a firm shake, I'll be OK. Honestly. I mean, it's gonna happen! There's nothing you can do about it. All you can do is be a presence. Just being around stops a lot,” he says, setting up the punch line. “That's all you need. In New York they have cops on horseback. Tell me, what is that good for? It's good because when people see cops, they calm down. Because who the h--- can a cop catch on a horse?”

But, fellas, do be warned: “I got no problem, however, being the bad cop,” he says.

Of course, he does worry. Zahra has asthma and must also contend with a peanut allergy. “We had a toddler scare early [with her asthma], but she's doing great now,” Rock says. “No peanuts in the house—it's a peanut-free zone. I *love* a peanut butter and jelly sandwich, but I haven't had one in eight years.”

Anxieties notwithstanding, parenthood pleases this comedian to no end. “I love it all,” he enthuses. “I'm a fortunate man: I've got some money. Because we all know

Grown Ups 2 star to rethink his aversion to ab work.

Core strength is key to good health. “As men hit age 40 they begin to lose the hormone testosterone, which can lead to an increase in waist circumference and belly fat,” Peeke says. “Men don't need a perfect six-pack to be healthy. But they should aim for a

belly circumference of well under 40 inches—the 34- to 35-inch range is ideal.” Anything greater puts men at risk of high blood pressure, type 2 diabetes, heart disease, dementia, and certain cancers, including breast cancer and colon cancer.

Strong abdominals prevent back pain. “The stronger the abs, the stronger

the toughest thing about being a parent in general is providing for people who don't work.” He snorts at his own joke.

But it's obvious he's a total softie when it comes to his kids. “I've got way more patience than I ever would have had with boys,” he says of his daughters. “They're *sooo* emotional. My hostage negotiator skills are very attuned right now. Little things are humongous crises, and you gotta negotiate them down. Tears come at the drop of a hat, especially with my youngest. You gotta talk 'em through it a lot of times, and you can't get mad!”

My brother has all boys and they just break s--t all the time. They run, and things get broken. With girls, *feelings* get broken. Constantly. I'm not worried about bones! I'm constantly repairing feelings. There's no cast for feelings—love is the Band-Aid. I constantly have to apply love to broken feelings and hope they mend.”

So Rock's new movie, *Grown Ups 2*, isn't much of a stretch from reality, with its theme of Generation X adults reliving their own youths through the escapades of their New Millennium offspring? “We had a lot of fun,” he says, as he recounts reuniting with old pals Adam Sandler, Kevin James, David Spade, and Salma Hayek to film the sequel.

Of course, looking back and laughing at those tender years is easier when your very job is to make jokes. Fortunately for Chris Rock, it's he who gets to laugh last.

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





Skin Deep

Should you switch up your summertime skin care routine? We talk to top derms about how they keep their complexions healthy and glowing when the temperature soars

 BY SHELLEY LEVITT

Summertime and the living is easy.

Believe it or not, so is taking care of your skin, no matter your age. We asked dermatologists in their 30s, 40s, and 50s to share their hot-weather complexion routines and product picks.

Caroline Piggott, MD, 31
*Clinical dermatologist,
Scripps Clinic,
San Diego*

What's your personal skin care philosophy?

For me, it's all about maintaining a nice skin tone and using makeup to highlight my eyes, which is where I want my patients looking.

Do you change your regimen for the summer?

Luckily, I live somewhere with a steady, warm climate year-round, so the answer for me is no. But when I'm at the beach, I'm careful to reapply sunscreen every two hours, especially if I go in the water, because no sunscreen is perfectly waterproof.

What's your skin care routine?

In the morning I wash my face with Cetaphil Derma-Control Oil Control Foam

Wash (\$11.99). The foam is light, so it doesn't feel abrasive or leave behind any residue. After that, I apply CeraVe Facial Moisturizing Lotion AM (\$13.99), with an SPF of 30.

At night I use the same cleanser and I apply Retin-A Micro, a prescription retinoid. Studies show that topical retinoids, which are vitamin-A derivatives, really are effective at preventing and minimizing the appearance of wrinkles. They can dry out your skin, however. So to make sure I don't look flaky in the morning, I apply a thick moisturizer on top—CeraVe Facial Moisturizing Lotion PM (\$12.99).

Favorite makeup pick?

I've been wearing Lancôme Artliner in Noir (\$30) since I was 16. It's easy to apply, not too thin and not too thick. You can get it right against your lashes, so you're not left with a space in between.

Jessica J. Krant, MD, 41
*Assistant clinical professor of dermatology,
SUNY Downstate Medical Center,
New York City*

What's your personal skin care philosophy?

Keep it simple. Unlike the apparently mythical woman who works 12 hours a day and still manages to do a 10-step beauty routine, I'm more of a "what's the least I can do to feel the best and get the greatest benefit?" type of gal.

In keeping with this philosophy, I don't change out my entire skin routine for summer, but I do increase the SPF of my daily sun protection from 30 to 55. Even though there is less and less of a difference the higher SPF you get, I still want that difference. If SPF 30 blocks 97% of UVB rays and SPF 55 blocks 98+%, to me that's still a worthwhile

increase in my protection from UVB damage.

What's your skin care routine?

I cleanse my skin both day and night with a product that's good at removing residual makeup and feels clean, like Neutrogena Original Formula Transparent Facial Bar (\$2.49) or Dove Sensitive Skin Unscented Beauty Bar (\$3.59). I'm not someone who feels that soap is evil. But neither of these is a traditional "soap" bar. The Dove bar contains mild detergents but largely cleans by the softening effect of its embedded moisturizer. The Neutrogena bar uses glycerin as an organic solvent to dissolve oils away gently.

After cleansing I moisturize with NeoCutis Bio Cream Bio Restorative Skin Cream. It's pricey (\$70), but it has a smooth, mattifying texture and an anti-aging ingredient that's made from processed

skin proteins that have been shown to heal wounds with less scarring. I imagine it repairing microscopic damage on my face throughout the day.

I grew up in Fort Lauderdale, and I know the damage of the early years I spent tanning before I knew better has definitely taken its toll on my skin. To prevent additional sun damage, I use Neutrogena Ultra Sheer Dry-Touch Sunscreen Broad Spectrum SPF 55 (\$7.99) in the morning as my foundation. The formula evens out irregular color spots without being too white once it absorbs.

Favorite makeup pick?

I love Benefit's Benetint Rose-Tinted Lip and Cheek Stain (\$30).

Peggy Fuller, MD, 54
*Founder and director,
Esthetics Center for Dermatology,
Charlotte, N.C.*

What's your personal skin care philosophy?

I'm a minimalist. My routine is cleanse, use a moisturizer with sunscreen, exercise, follow a healthy diet, drink lots of water, and get plenty of rest. I wear very little makeup. I don't want to hide glowing and healthy skin. It's the best advertisement for a dermatologist!

What are your must-haves?

I use inexpensive products, like Cetaphil Gentle Skin Cleanser (\$7.99), which is non-irritating even for sensitive-skin types. Olay Regenerist Regenerating

A Man's Guide to Year-Round Skin Care

THIS PARED-DOWN ROUTINE IS AS BASIC AS FLOSSING YOUR TEETH.

William Huang, MD, MPH, 32
Assistant professor of dermatology, Wake Forest Baptist Medical Center, Winston-Salem, N.C.

What's your approach to skin care?

Simple and no-nonsense. My daily routine stays the same, no matter the season.

What's in your skin care cabinet?

Like many men in their early 30s, I still suffer from acne. I cleanse my skin with Neutrogena Oil-Free Acne Wash (\$6.50), which has 2% salicylic acid to help unclog pores and clear acne. To fight acne, I also use the topical retinoid Retin-A at night. One of my favorite facial sunscreens is La Roche-Posay Anthelios 50 Mineral Ultra Light Sunscreen Fluid (\$33.50). It gives you nice broad-spectrum UV protection in a very light formulation. At night I use CeraVe Facial Moisturizing Lotion PM (\$12.99). It contains ceramides, a type of lipid found in the top layer of the skin that helps keep the skin hydrated and soft. For my body, I like CeraVe Moisturizing Cream (\$13). Body and facial moisturizers have different formulations, and you want to be sure the product you use on your face is non-comedogenic, meaning it won't clog pores.

What do you recommend as a must-have product for guys?

If I were to choose just one, it would be a sunscreen. Lots of men don't start using a daily sunscreen until after significant damage has been done.

Serum, Fragrance-Free (\$21.99) has a velvety texture and makes skin glow for a fraction of the cost of some pricey anti-aging treatments. Pond's Dry Skin Cream (\$7.99) is a great day or overnight cream. It's been around forever and that's because it has a simple formula that's very hydrating.

I carry Aquaphor Healing Ointment (\$5) everywhere I go. I use it to soften my lips, hands, elbows, knees, and feet, and it's great for summertime burns, cuts, and scrapes too.

What's surprising about your beauty regimen?

Sometimes people are surprised I use sunscreen because I'm African American. But all hues of skin need UVA and UVB protection to shield the skin from the ravaging effects of the sun. For use year-round, I typically recommend a product with an SPF of 30, such as Aveeno's Positively Radiant Daily Moisturizer Broad Spectrum SPF 30 (\$16.99).

What's the top skin care mistake women make?

My take is that most women overexfoliate, using scrubs and harsh cleansers. Your face is not the floor. Treat it gently. Glycolic acid, a mild alpha hydroxy acid that's derived from sugarcane, is an effective ingredient for keeping skin smooth and pores clear, and it's well tolerated by most skin types. You can find glycolic acid in cleansers, pads, and lotions.

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



39 Three Ways
Get your sizzle on with easy scallop recipes

41 Off the Menu
A D.C. chef gives butter the boot



IN SEASON

Seeing Red

Each year, every American eats more than 22 pounds of tomatoes, mostly in ketchup and tomato sauce form. But long before these products and heirloom varieties arrived on the scene, the vegetable (more precisely, a fruit of the plant) originated in South America. Outside of the Americas, people first cultivated tomatoes in Italy in 1544, but only as ornamental plants—growers thought they were poisonous. Then European immigrants brought them as food to North America in the 1800s. The red color comes from lycopene, an antioxidant linked to decreased risk of both certain cancers and heart disease. One cup of chopped tomatoes has only 32 calories.

THREE WAYS TO COOK

Sea Level

SCALLOPS ARE THE PERFECT SUMMER CATCH—LIGHT, DELICIOUS, AND EASY TO PREPARE

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

Famous for their delicate flavor and buttery texture, scallops are the ultimate “starter seafood,” says chef and conservationist Barton Seaver, director of the Healthy and Sustainable Food Program at Harvard School of Public Health. The beloved bivalves not only taste great but are also easy to prepare at home.

These nutritious delicacies are packed with protein: One 4-ounce serving provides about half the daily value women need. Scallops also offer a modest amount of heart-healthy omega-3 fats and have very little saturated fat. And they're low in mercury, a toxic metal common in some seafood.

Fresh scallops are a treat, but frozen scallops can be delicious as well. “As soon as they hit the dock, they hit the freezer, which means they're frozen at the peak of quality,” Seaver says. To thaw scallops, he recommends placing them on a plate in the fridge, covered with a damp paper towel, on the morning of the day you plan to cook them for dinner. “I would absolutely avoid running them under cold water unless they're wrapped in a protective plastic film.”

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor



Remove any remaining tough muscle and membrane before cooking scallops.

PANTRY PICKS

Keep these staples on hand to whip up our scallop recipes. Kathleen Zelman, MPH, RD, LD, suggests a few of her top picks to guide your next shopping trip.



Better Breadcrumbs: Japanese breadcrumbs, known as panko, absorb less oil and stay crisp longer than regular crumbs. Zelman's faves include Ian's Whole Wheat Panko Breadcrumbs (low in sodium and fat), and Kikkoman Panko Bread Crumbs (light and airy).



Bubbly: For light, delicate vinaigrettes, Zelman uses Champagne vinegar, made from the same grapes used in sparkling wine. She likes Archer Farms Champagne Vinegar (available at Target) and O Champagne Vinegar (available online) as a pricey but delicious indulgence.



Cool Beans: Maybe you avoided lima beans as a child, but Zelman recommends you give these hearty beans another try. Choose brands without added sodium or fat. Zelman likes Birds Eye Fordhook Lima Beans as well as Kroger Baby Lima Beans.

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.

1

Bake Off

Fast and elegant, this dish works well with a mixed green salad and crusty whole grain rolls.

Scallop Gratin

Makes 6 servings

Ingredients

- 2 lbs bay or sea scallops, patted dry
- 1 tbsp extra virgin olive oil, divided
- 3 cloves garlic, minced
- 1 cup white wine
- 1 cup low-sodium vegetable stock
- 3 tbsp fresh lemon juice
- 1 tbsp chopped fresh tarragon (or 1 tsp dried)
- pinch sea salt
- freshly ground pepper
- ½ cup plain panko bread crumbs
- 3 tbsp chopped fresh parsley
- 1 tbsp cooked, crumbled bacon

Directions

1. Preheat oven to 400°F. Spray six individual gratin dishes or one large dish with cooking spray. Divide scallops evenly among the gratin dishes, or place all in the large dish.
2. Heat ½ tbsp olive oil in a large nonstick skillet. Add garlic and sauté 2–3 minutes. Add wine, vegetable stock, and lemon juice. Bring to a boil and cook until reduced by half. Add tarragon, salt, and pepper. Spoon sauce over each dish.
3. Make the gratin topping: In a small bowl, combine panko, parsley, bacon, and ½ tbsp olive oil, and distribute over each dish. Bake 10–12 minutes, or until topping is golden brown.

Per serving

255 calories, 37 g protein, 7 g carbohydrate, 5 g fat (1 g saturated fat), 79 mg cholesterol, 1 g sugar, 319 mg sodium. Calories from fat: 18%



2

Salad Days

This entrée salad features a range of flavors and textures: tender scallops, crisp-sweet Asian pear, and delicate vinaigrette.

Cajun Scallops on Mixed Greens With Champagne Vinaigrette

Makes 6 servings

Ingredients

- 1 ½ lbs bay or sea scallops, patted dry
- 1 tsp low-sodium Cajun seasoning
- 6 cups mixed baby greens
- 2 Asian pears, sliced
- ⅓ cup thinly sliced red onion
- ½ cup toasted, chopped walnuts
- 1 tsp olive oil

Vinaigrette

- ¼ cup extra virgin olive oil
- ¼ cup Champagne vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- ¼ tsp freshly ground pepper
- pinch sea salt

Directions

1. In a small bowl, gently toss scallops with Cajun seasoning. Cover and

refrigerate 30 minutes to 1 hour.

2. Prepare salad: In a large bowl, combine greens, pears, onion, and walnuts.
3. Make vinaigrette: In a small bowl or jar, combine all ingredients and mix thoroughly. Toss salad with vinaigrette. Divide salad among six dinner plates.
4. Heat oil in a medium skillet over medium heat. Add scallops and cook until golden brown, about 3 minutes per side. Place scallops on salads, and serve immediately.

Per serving

218 calories, 21 g protein, 10 g carbohydrate, 10 g fat (1 g saturated fat), 37 mg cholesterol, 2 g fiber, 4 g sugar, 327 mg sodium. Calories from fat: 41%

3

Undersea Sizzle

Celebrate summer's bounty and pair scallops with fresh corn succotash. For extra color and flavor, add a broiled, Parmesan-topped tomato to each plate.

Seared Scallops Over Succotash

Makes 6 servings

Ingredients

- 2 ears corn, husked
- 3 tsp extra virgin olive oil, divided
- 1 onion, finely chopped
- 1 red pepper, chopped
- 1 medium zucchini, chopped
- 1 10-oz package frozen lima beans, with no added sauces or sodium, defrosted
- 2 tbsp minced fresh marjoram, with more for garnish (can substitute fresh basil or Italian parsley)
- 1 tbsp fresh lemon juice
- 2 tsp lemon zest
- 1 tsp unsalted butter
- 2 lbs bay or sea scallops, patted dry
- ¼ tsp sea salt
- freshly ground pepper



Directions

1. With a sharp knife, cut corn kernels off cob.
2. Heat a large skillet over medium-high heat. Add 1½ tsp oil, onion, and red pepper and cook 3–4 minutes until soft.
3. Add corn, zucchini, and lima beans and cook 5–8 minutes. Stir in marjoram, lemon juice, and lemon zest. Cover and remove from heat.
4. Prepare scallops: Heat a medium nonstick skillet over medium-high heat. Add 1½ tsp oil and butter. Add scallops and cook until golden brown, about 3 minutes per side.
5. Divide succotash among six plates. Top with scallops, sprinkle sea salt and pepper, and garnish with additional marjoram.

Per serving

274 calories, 31 g protein, 28 g carbohydrate, 5 g fat (1 g saturated fat), 51 mg cholesterol, 6 g fiber, 5 g sugar, 358 mg sodium. Calories from fat: 15%

OFF THE MENU

Robert Wiedmaier

CHEF/OWNER, MARCEL'S, BRASSERIE BECK, MUSSEL BAR
WASHINGTON, D.C.

Chef Robert Wiedmaier had built a career—and a small restaurant empire—cooking with butter, cream, and other rich staples of Belgian and French cuisine. And it showed, both on the plates he serves and on his own frame. But four years ago, his doctor told him it was time to trim the fat.

“He said that where I was at when I turned 50 would determine my longevity,” says Wiedmaier, who runs seven restaurants in and around Washington, D.C.

Wiedmaier listened. Within seven months, he had dropped 36 of his 251 pounds. His diet included copious amounts of Chinese green tea, and spinach wraps stuffed with veggies tossed with tzatziki, a sauce made of yogurt, garlic, and cucumbers. He taught himself tricks to control his urge to eat, and he gave up carbs. And he did 50 push-ups and 50 sit-ups each day.

“Then,” says Wiedmaier, now 53, “I sprained my shoulder and fell off the wagon.” Now, though, he has begun to drop the pounds once more, helped along by a new and healthier attitude toward eating.

He’s brought this focus on good-for-you food to his customers. Last fall, Wiedmaier opened Wildwood Kitchen, where he serves a Mediterranean-inspired menu that favors olive oil over butter and simple, healthy dishes like his red snapper *en papillote*. “It’s a classic French preparation, but, with no butter or cream, it’s healthy and cool to do.” —**Matt McMillen**

ROBERT'S
RULES

His go-to comfort food: “I like a great burrito, filled with slow-roasted pork, black beans, and a little hot sauce. There’s something very comforting about eating with my hands.”

The one food he could eat every day: “Pizza with fennel sausage and caramelized onions, though I also love my morning drink of banana, avocado, mango, kale, chia seeds, kiwi, and coconut water.”

What he eats when he wants to lose 5 pounds: “I eat a lot of fish and salad. Grilled salmon or halibut served over salad.”

Where he gets his best recipe ideas: “I should keep a pad of paper by the bed, because I get a lot of ideas in dreams. Also, when I’m relaxing in a hot tub or talking over the menu with my *chef de cuisine* at Marcel’s.”

The one lesson he thinks every home cook should learn: “Get to know your fishmonger and your butcher. He will tell you everything about what’s freshest that day, to the point where he will even call you and tell you about, say, the beautiful, fresh Monterey squid that’s just come in.”

Steamed Red Snapper *en Papillote* With Vegetables and Carrot Broth

Makes 4 servings

Ingredients

- 4 sheets parchment paper
- 1 tbsp olive oil
- 10–12 cilantro stems
- 1 stalk lemongrass (sliced)
- 4 7-oz red snapper fillets
- ¼ tsp salt
- pepper to taste
- 1 daikon radish, peeled and julienned
- 1 carrot, peeled and julienned
- 4 green onions, washed and split into four pieces
- 1 red pepper, julienned
- 1 yellow pepper, julienned
- 10 snow peas, julienned
- 1 tbsp cilantro leaves, chopped
- 1 cup white wine
- ½ cup carrot juice

Directions

1. Preheat oven to 450°F. Fold parchment paper in half and cut a heart shape.
2. Spread each heart-shaped parchment on a work table and evenly divide the olive oil between all four, greasing the middle of the paper evenly. Evenly distribute the cilantro stems and lemon grass slices over the olive oil.
3. Place red snapper fillets, skin side up, on one side of each heart and sprinkle with salt and pepper. Evenly distribute the vegetables and cilantro leaves over the snapper. Fold parchment paper over snapper and seal edges, leaving a 1-inch space open.
4. Pour ¼ cup wine and ½ cup carrot juice through the space in each parchment packet and close up.
5. Place the four packets on a baking pan and bake 8½ minutes. Remove from oven and serve immediately.

Per serving

317 calories, 38 g protein, 12 g carbohydrate, 8 g fat (1 g saturated fat), 80 mg cholesterol, 2 g fiber, 316 mg sodium. Calories from fat: 22%



FITNESS & EXERCISE



- 43 Peeke Fitness**
Is being overweight really all that bad?
- 44 Fitness Challenge**
Jump into a new routine

Sea Change

Make waves with new summer workouts

READER TIP

“Whenever you are going to start any new physical activity, try to start it light in order to help your body adjust.” —*AlexiaSmith, WebMD community member*

PEEKE FITNESS

Big News

COULD CARRYING AROUND A FEW EXTRA POUNDS ACTUALLY BE A GOOD THING? GET THE FACTS

By Pamela Peeke, MD

● Is it possible that
● carrying an extra 20
pounds may be safer than
being of average weight?

Normal weight doesn't always indicate optimal health, fitness, or wellness.

Earlier this year you might have heard about a surprising CDC analysis of the relationship between weight and death. The study found that people who were slightly overweight were less likely to die prematurely than people of normal weight. (This wasn't true of obese people—those with a body mass index, or BMI, over 30 were worse off.) Some media outlets speculated that being overweight could be “a good thing.”

Scratching your head? As with many studies, this one needs to be taken with a grain of salt. Here's why.

BMI basics One problem with the study is that the researchers only noted people's BMIs (the ratio between weight and height). They didn't look at where their fat was located (especially whether it was inside or

outside the belly). Yet people who carry excess fat deep inside their bellies (called visceral fat) are at a higher risk for heart disease, diabetes, and cancer than those whose fat lies just under the skin of the abdomen (subcutaneous fat). So, you can't draw the conclusion that being slightly overweight is healthy, because some kinds of fat are quite dangerous.

Normal versus healthy

The study's “normal” weight category included anyone who was slender or of average weight. But the researchers didn't look at how healthy people were—that is, whether they smoked, ate healthy foods, drank heavily, took drugs, or exercised. Nor did the study

SEE FIT
While it's possible to be overweight and fit, Pam Peeke, MD encourages patients to be as healthy as possible within “normal” weight ranges.

Measure your progress. Gauge the success of your efforts not just by pounds lost but also in terms of energy, mood, amount of exercise, and diet improvements (such as eating fewer processed foods).

Think labs not lbs. In setting fitness goals, aim to improve your test results, such as for blood sugar, cholesterol, blood pressure, and body fat percentage, rather than lose pounds.

consider whether these normal-weight people had diseases, such as cancer or prediabetes. In other words, normal weight doesn't always indicate optimal health, fitness, or wellness.

Fat versus fit Conversely, being overweight doesn't mean you're unhealthy. I have patients who have dropped 100 pounds through healthy habits but still ended up 20 to 30 pounds above the approved upper limit for an ideal body weight. Their metabolic profile on lab tests is normal, and their blood pressure and pulse are healthy. They are more fit and living a healthier lifestyle than many people who are considered at a normal weight or BMI.



FITNESS CHALLENGE

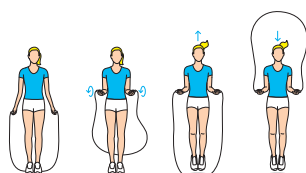
Skip Day

TAKE A TRIP BACK TO YOUR CHILDHOOD—
PICK UP A JUMP ROPE

By Jodi Helmer

● Your favorite childhood game is a great adult workout. Jumping rope torches about 95 calories in 10 minutes. It also tones your core, glutes, and legs and improves balance. The all-in-one workout is one of the reasons personal trainer Ramona Braganza, creator of the 3-2-1 Training Method, incorporates jump rope into workouts with clients such as actors Jessica Alba, Scarlett Johansson, and Kate Beckinsale. “A jump-rope workout never gets boring because there are so many ways to mix up the routines,” she says.

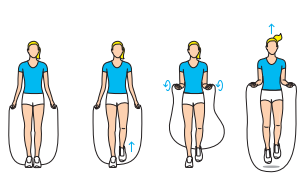
Do these moves at least three times per week. Between moves, rest for at least one minute. For beginners, Braganza suggests buying a thicker rope with nonweighted handles. As you build endurance, switch to a thinner rope and weighted handles to build strength in your shoulders.



Basic Jump

“Boxers love this beginner move because it’s great for conditioning,” Braganza says.

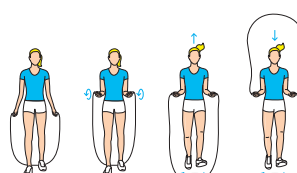
1. Holding the handles of the jump rope in each hand, stand with feet together and place the rope behind your heels.
2. Keeping your elbows at your sides and arms bent at a 90-degree angle, use your wrists to turn the rope.
3. With your knees slightly bent, jump over the rope just before it hits the ground. Repeat.
4. Set a goal to jump rope for three minutes straight.



Alternate Leg Jumps

“Balancing on one foot also provides a great workout for your core,” Braganza says.

1. Holding the handles of the jump rope in each hand, stand with feet together and place the rope behind your heels.
2. Raise your left foot slightly off the ground.
3. Keeping your elbows at your sides and arms bent at a 90-degree angle, use your wrists to turn the rope.
4. With your right knee slightly bent, jump over the rope just before it hits the ground. Land on your right foot.
5. Repeat 10 times on the right foot and then repeat on the left side. As you get more comfortable with the move, work up to 20 repetitions on each side.



Boxer Twist

This move works the obliques and quads.

1. Hold the handles of the jump rope in each hand, stand with feet apart, your right foot about 6 inches ahead of your left, and place the rope behind your left heel.
2. Keep your elbows at your sides and arms bent at a 90-degree angle, and use your wrists to turn the rope.
3. With your knees slightly bent, jump over the rope just before it hits the ground. Land with your left foot 6 inches in front of your right foot. Your feet are making “scissor” motions each time you jump over the rope.
4. With every rotation of the rope, alternate landing with each leg forward: right, left, right, left, for a total of three minutes.

Q

“I’d like to join a gym, but with so many options it’s hard to know which one is right for me. How do I find the best fit?”

Millie Annis, 28,
education assistant, St. Paul, Minn.



A

“Before signing up, evaluate your goals. Think about how you plan to use your membership and eliminate facilities that don’t have the amenities you want. You’ll have no trouble finding a gym with cardio equipment and weights. If you want to take yoga classes to unwind or need a swimming pool to train for a triathlon, your options narrow. Also, the staff should know their stuff if you have questions or need assistance with proper technique. Take a tour, and request a trial membership. After a few weeks, you should know whether it’s a club you want to join.”



Diane Hart, certified personal trainer, owner of Hart to Heart Fitness, Albany, N.Y., and president of the National Association for Health and Fitness

WebMD[®] Checkup

TAKING CARE, LIVING WELL

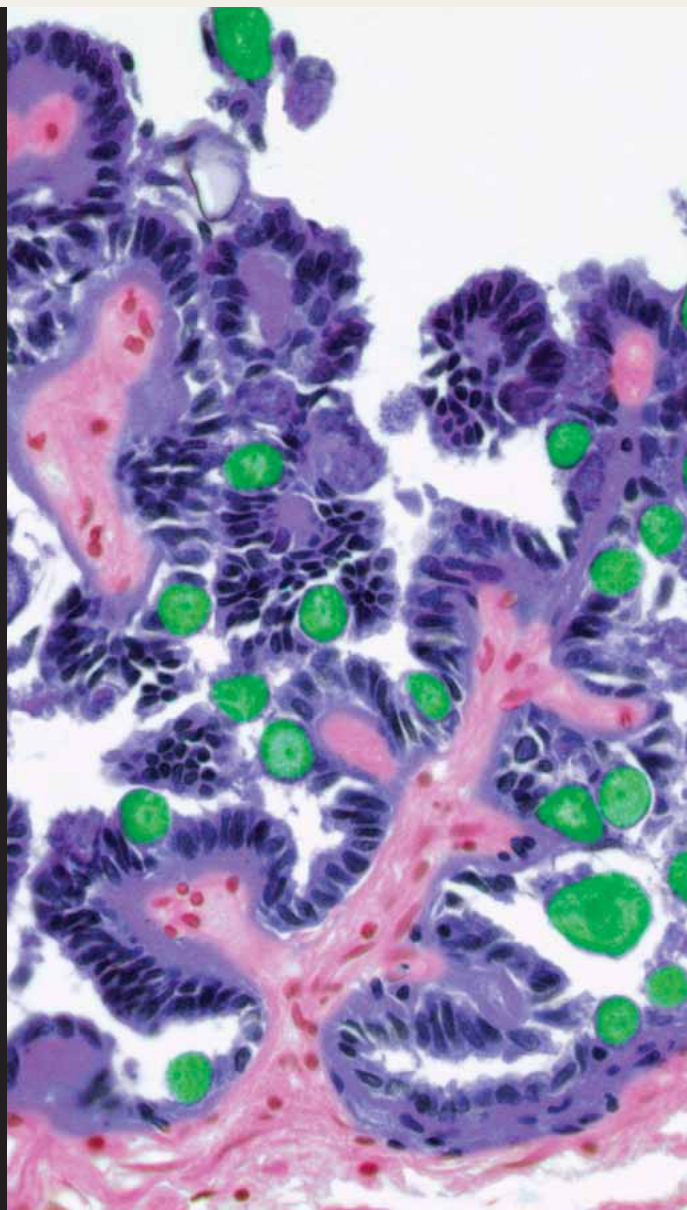
This July, people around the world raise awareness about the sometimes silent disease **hepatitis**

World Hepatitis Day is July 28. The event brings international attention to hepatitis to help improve prevention as well as access to testing and treatment. All hepatitis types, A, B, C, D, and E, infect the liver and can lead to cirrhosis and liver cancer, an almost always deadly disease.

Hepatitis B and C, which can live in the body for decades without causing symptoms, have the greatest global impact. One in 12 people worldwide lives with one of these viruses.

Both B and C spread through contact with infected blood, such as through a shared razor, toothbrush, or drug or tattoo needles. Type B can also spread through sexual contact. While hepatitis C is usually curable with drugs if diagnosed early, type B is not always treatable but is preventable with a vaccine. Most healthy adults who get hepatitis B are better within six months, but for others it becomes a chronic, possibly fatal, disease.

Singer Natalie Cole had hepatitis C for 25 years before she knew it—after treatment, she is now cured. Gregg Allman of The Allman Brothers Band also has hepatitis C. Singer-songwriter Jon Secada lost his father to the virus.—*Sonya Collins*



46 Spotlight
Guys, learn more about what frequent trips to the bathroom could mean.

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Take a closer look at immunizations with the hard facts, stats, and figures.

48 Health Check
Could you be stopping at the drive-thru too often? Take the quiz to find out.



MEN'S HEALTH

WORK FLOW

RUNNING TO THE BATHROOM URGENTLY OR DURING THE NIGHT?
IT MAY BE TIME TO ASK YOUR DOCTOR WHY

By **Matt McMillen**

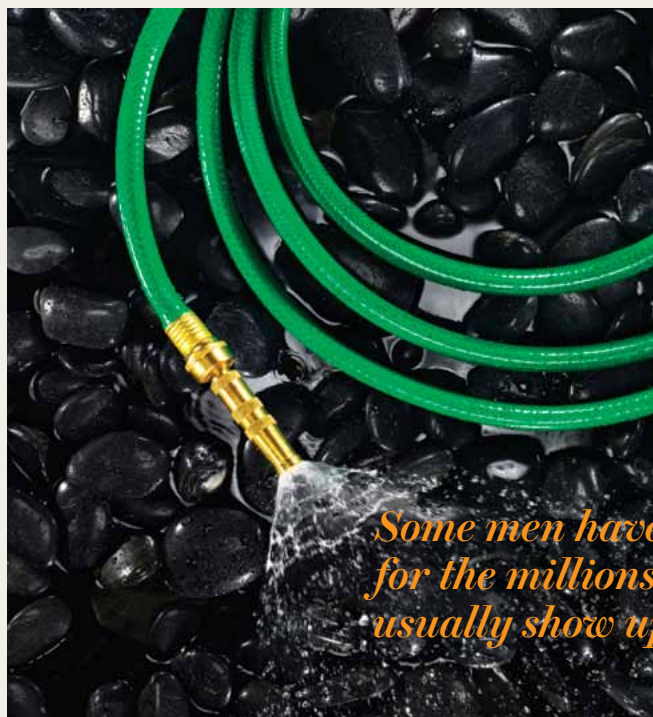
Personal plumbing problems often come with age. Prostate growth, a normal part of getting older, can make it hard to urinate, while an overactive bladder can cause incontinence. If you have trouble in the bathroom, it's time to man up and talk to your doctor.

"Peeing problems are one of the most embarrassing things to deal with," says UCLA urologist Ja-Hong Kim, MD. "But there are things that can be done."

The prostate begins to grow slowly when a man is around age 25. The condition is called benign prostatic hyperplasia (BPH). Some men have no symptoms, but for the millions who do, they don't usually show up until middle age. Here's what happens.

The urethra, the tube that urine passes through from the bladder to the penis, runs through the center of the prostate. As the prostate grows, it squeezes the urethra, obstructing the flow of urine. That requires the bladder muscles to work harder, says Kim.

The result? Over time, it becomes much harder for a man to empty his bladder, the ongoing need to pee sets



off alarm bells of urgency, and his trips to the toilet increase, especially at night. That last complication is the one that most often sends men to the doctor.

"For some men, it's not a problem until it affects their sleep," says Kim. "Getting up four to five times a night is bad."

Occasionally the obstruction increases until urinating is impossible. That's a medical emergency. Call your doctor immediately if that happens to you. And

untreated BPH sometimes leads to urinary tract infections. The best advice? See your doctor if your symptoms bother you, Kim says. Don't let them spoil your sleep or ruin your day.

Overactive bladder (OAB) shares some symptoms with BPH, such as the need to pee frequently and urgently. OAB can also cause incontinence or loss of bladder control, making it impossible to reach the toilet in time.

Normally, the muscle that controls the flow of urine

out of the bladder contracts only when you have to pee. With OAB, however, that muscle flexes on its own, whether or not the bladder is full. Men who have this sudden, sometimes uncontrollable urge to urinate risk inconvenience and public embarrassment.

Fortunately, both BPH and OAB can be treated. Medications control the bladder muscle and, in the

case of BPH, shrink the prostate. Lifestyle changes help, too. Your doctor will likely recommend you curb caffeine and alcohol, both of which can cause the bladder to overflow, and limit the amount of fluids you drink each evening to reduce calls of nature that disrupt your sleep. Kegel or pelvic floor muscle exercises may help control incontinence.

BPH and OAB are benign conditions, but talk to your physician about what's happening, even if it is embarrassing.

Reviewed by Brunilda Nazario, MD, WebMD Lead Medical Editor

BY THE NUMBERS

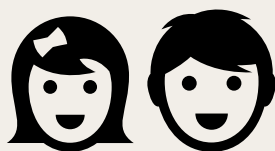
IMMUNIZATIONS

FACTS AND STATS ON TOP HEALTH CONDITIONS

By Heather Hatfield

1796

Year the first vaccine was developed and used to protect a human against an infectious disease (smallpox)



Children killed by smallpox annually before widespread vaccination in U.S.: 1,000

2-3 million

Deaths from infectious diseases prevented every year globally as a result of immunizations

1977

Year smallpox was completely eradicated as a result of the smallpox vaccine in U.S.

6.4 million

Children's lives predicted to be saved worldwide as a result of vaccines, 2011-2020

75%

Children in the U.S. ages 19 months-35 months who are immunized as recommended by CDC



3-4

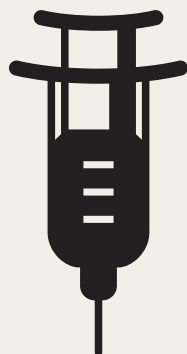
Number of strains the flu vaccine protects against

530,217

People infected with measles in the U.S. every year before vaccinations were available



Major diseases that vaccines protect children against: 16



\$231 BILLION

Predicted value of vaccines in preventing deaths, reducing treatment costs, and minimizing lost productivity worldwide, 2011-2020

Diseases eliminated in the U.S. as a result of vaccinations

diphtheria
smallpox
polio

6

MONTHS
Age most children should get a flu shot



61

People infected with measles in the U.S. every year now that a vaccine is available

20,000

Children in the U.S. hospitalized each year for flu complications



QUIZ

1. Do you choose chicken over beef?
☐ Yes ☐ No
2. Do you substitute mustard for mayo or special sauces with your sandwich or meal?
☐ Yes ☐ No
3. Do you skip the soda or milkshake in favor of water or low-fat milk?
☐ Yes ☐ No
4. Do you read the nutritional content of meals before ordering?
☐ Yes ☐ No

Answers: If you answered “yes” to these questions, you’re on your way to healthier fast food. **1.** Grilled chicken sandwiches—not fried or breaded—have less saturated fat than beef patties. **2.** Mustard has almost no calories or fat, compared with 100 calories per tablespoon of mayo. Mayonnaise and other special sauces can add 50 to 100 calories (or more) to your meal. Even better, hold the sauces and ask for extra lettuce and tomato. See if you can get a whole grain bun, too. **3.** A soda adds more than 13 calories per ounce to your meal, so do the math: A 24-ounce soft drink packs 312 empty calories. Even a small milkshake adds 550 calories, as much as an entire meal. **4.** It’s hard to guesstimate calories and fat grams when you’re just eyeballing the menu. So look a little further: Many fast-food chains post the nutritional content of their food online. Several states require that fast-food restaurants post nutritional information at their restaurant, so ask if you don’t see it. The 2010 Affordable Care Act mandates that all fast-food chains with more than 20 outlets post the nutritional content of their food on-site—although the exact regulations haven’t been finalized. Taking a minute to read these and make healthy choices can save you hundreds of calories and dozens of grams of fat.

SOURCES: McDonald’s; CDC; Burger King; Federal Register; FDA

HEALTH CHECK



WHAT’S YOUR DRIVE-THRU IQ?

During the summer, schedules and diet plans tend to get looser, and you may find yourself at the drive-thru more often than you’d like. It’s true—times have changed. “When I was growing up, fast food was a treat,” **dstar8206** writes in WebMD’s diet community. “We didn’t have super-sized combos. We had a hamburger, small fries, and a small drink.” You can choose healthier options, though. Test your fast-food IQ.

Q

ASK YOUR DOCTOR

1. Is my weight unhealthy? What are the guidelines for healthy weight?
2. How frequently should I have my cholesterol levels checked?
3. Do I need to limit sodium to control high blood pressure? What’s the best way to do that?
4. What other steps should I take to eat more healthy foods?

Jane Lynch

Actor

1 You're supervising festivities on the new

Hollywood Game Night, but would you be a fearsome player?

Oh, yeah, and I can be really competitive. But what I love most about game nights is the teamwork and togetherness aspect of games—the jumping up and down and cheering for each other. My favorite games aren't board games. They're the ones that are sort of pop culture based, like playing "Celebrity." That's what this show is about.

2 Sue Sylvester, the love-to-hate-her character you

play on Fox's *Glee*, is similar to other "mean teacher" roles you've played in the past.

Does this typecasting bother you? Oh, no, I don't mind! I like having the work, for one thing. And I also sort of love extreme characters—it lets me explore that wacky side of things and have fun expressing extreme opinions.

3 You acted with *Chicago's Second City* improv

theater and have been in several movies where much of the dialogue is improvised. Do these skills affect your life outside of acting? There's no question that improv can help you in every

realm of life. You learn to think fast on your feet, but most important, you learn to listen really well and be comfortable with silences in conversations. Because you can't do improv if you aren't listening to other people. I also find it helps in conflicts, although I don't like to argue at all. I can't say it comes naturally—it's something you have to hone.

4 You often play characters who sing, but you're deaf in

one ear! How do you account for your musicality? I come from a rather musical family. No one is a musician per se, but we listened to a lot of pop music and Broadway shows and we were always singing at home. As for my hearing, well... I have one *really* good ear and that's all I really need!

5 You're a big animal rights supporter. What's behind

that passion? It's simple: I adore animals and always have. I mean, I love every kind, even the ones other people are freaked by—like snakes and rats. Animals have such a deep dignity in their eyes—and when they're babies, oh, they are extra cute. Right now I have two dogs and two cats.

6 What's your best health habit? I am a "green eater."

By that I mean I eat a salad with every meal, every day, based on spinach or arugula or other dark leafy—as well as smoothies with kale or another green in the morning. I didn't always eat this way, but now that I do, it's a strong habit.

7 Your worst? Definitely overeating...I can be com-

pulsive and when I overdo things, I do it big. Even though I am quite tall, I can't get away with too much of a weight swing, so that's another reason I try to eat healthy.

8 What's the best health advice you've received?

Moderation—in everything.

9 What's your health philosophy?

Your thoughts are very powerful and can affect your health. Every day I try to stay positive and grateful, and I want to send those feelings into the world toward others.

10 Hollywood can be a nutty place. How do you

stay sane? It's really not an issue. I love my life. I love my house. I love the weather. I love it all!—**Liz Krieger**

