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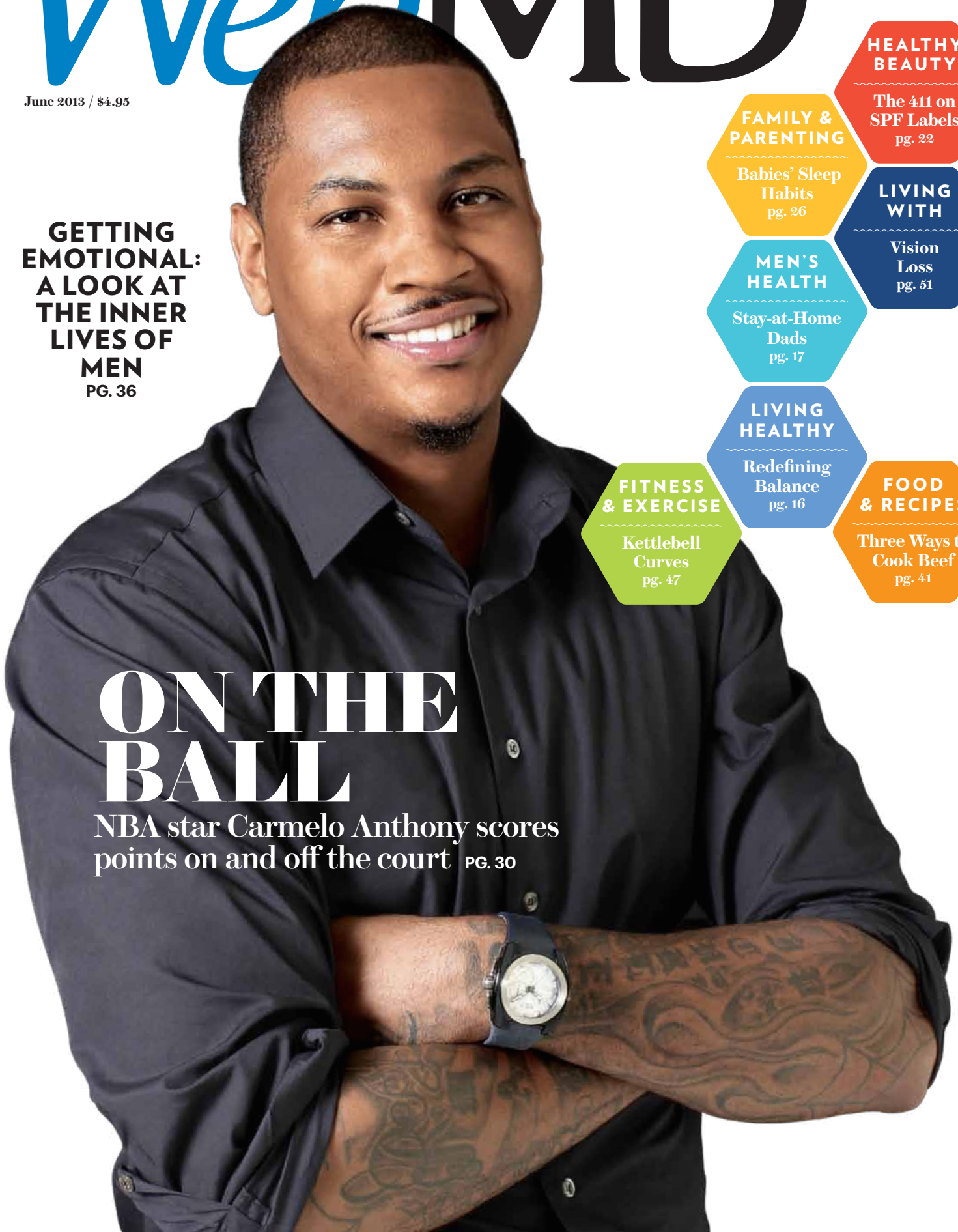
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NBA star Carmelo Anthony scores
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On the Ball

Basketball wasn't **Carmelo Anthony**'s first love, but it helped him focus and navigate his way through his teen years in the tough neighborhoods of Baltimore. Now one of the biggest names in the NBA, Anthony scores mega points for his team, for his hometown, and for inner-city kids.

Baggage Check

Everyone deals with emotions and life experiences differently. Men, in particular, seem to struggle to find constructive ways to cope. But a 70-year-long landmark study of men offers some insights into their inner workings. For our **Men's Health** issue, we take a look at the study's findings and highlight some of the hallmarks of emotionally healthy men.



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“
I LOVE THE FACT THAT EVERY DAY I HAVE A CHANCE TO GET BETTER AT SOMETHING I LOVE TO DO.
”



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EDITOR'S NOTE

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TAKE 10
From the recording studio to his work on screen and off, nothing about rapper and actor **Common** is, well, common. He opens up about his inspirations and aspirations.

Cover photograph by Fairchild Photo Service/Condé Nast/Corbis

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HEALTHY START

HOT TOPICS: Is walking just as effective as running? Can meditation really help teens? Find out and get more news you can use. • **UP CLOSE:** Are you in stubble trouble? We cut to the chase about razors. • **PERSONAL BEST:** Actor **Jordana Brewster** shares her top beauty, food, and relaxation secrets.

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LIVING HEALTHY

WEBMD ON THE STREET: Our experts help a Washington, D.C., accountant focus on a new number: 30. • **WOMEN'S HEALTH:** Is every day a juggling act? Discover a new definition of what it means to be balanced. • **MEN'S HEALTH:** Stay-at-home dads are breaking the mold and having a ball doing it. • **MIND MATTERS:** He loves me, he loves me not. Look for these four signs to find out if he's the one.

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HEALTHY BEAUTY

YOU ASKED: Feel like a new man with expert grooming tips and skin care and shaving picks. • **BEAUTY SMARTS:** Here comes the sun. Get the 411 on what the new SPF labeling guidelines really mean. • **YOUR SMILE:** Does the mere thought of the dentist set you on edge? Ease up with relaxation strategies. **Plus:** Aisle Do, Dirty Secret, and I Tried It.

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FAMILY & PARENTING

BABY TALK: Nick Lachey sings a new tune now that he's a dad. He opens up about how his life has changed. **Plus:** Newborns' sleep habits are unpredictable, so don't worry too much about figuring them out. Find out what you need to focus on instead. • **KIDS' HEALTH:** Have you got a fibber on your hands? Help kids learn how to 'fess up. • **PET HEALTH:** Keep kitten and puppy accidents to a minimum with the scoop on housebreaking.

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FOOD & RECIPES

3 WAYS TO COOK...Beef. This protein-rich food is lean, mean, and delicious. Our recipes will have you seeing red and ready to fire up the grill! • **OFF THE MENU:** New Orleans chef John Besh dishes on his favorite go-to recipe that's perfect for Father's Day. • **LEARNING TO LOVE:** One reader tells us how she got her son to fuel up with a healthy meal every day. **Plus:** Chef Lizzie gives us the sweet lowdown.

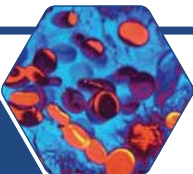
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FITNESS & EXERCISE

PEEKE FITNESS: Guys, are you addicted to food? Swap your unhealthy habits for new fixes and kick your cravings to the curb. • **FITNESS CHALLENGE:** Stuck in a rut? Create new curves and turn your workout routine on its head with kettlebells.

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WEBMD CHECKUP

HEALTH HIGHLIGHTS: June is Migraine Awareness Month. Get a head start on relief with expert tips and pain-relief strategies. • **BY THE NUMBERS:** An up-close look at asthma. • **LIVING WITH...** Age-related macular degeneration. Learn to spot the sign of vision loss and how to protect your eyes. • **MY STORY:** A reader's incredible weight-loss story will leave you impressed and inspired. • **HEALTH CHECK:** Could you have a sleep disorder? Test your shut-eye smarts.

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● Is work-life balance attainable? It's always seemed so onerous to me, this idea of separating the different parts of who I am into two sides of a scale and trying to keep them in perfect proportion. I've been hearing more lately about work-life integration, but that feels a bit blurry; where are the boundaries? Then recently, I came across the concept of work-life harmony and it really resonated.

The definition of harmony is "a pleasing combination of elements in a whole." Work-life harmony is about identifying the personal elements that make you whole: community, spirituality, family, friends, work, and self. Instead of trying to balance them daily, take the time to examine them in totality. Then continually adjust based on the entire composition, not the individual notes alone. As life coach **Lana Holstein, MD**, tells us (page 16), you'll need to emphasize one thing over another sometimes, and that's OK.

In this month's cover story, **Carmelo Anthony** tells us how he keeps work and family in harmony while making time to give back. You don't have to be a Knicks superstar to pull it off. Toss the scale and assess the big picture, ensuring the elements play together in a way that's pleasing for you.

Kristy

Kristy Hammam
Editor in Chief
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Taste Test

Ever wonder how good your sense of taste is? Now you can find out if you're really a foodie or in fact a picky eater with the **WebMD Taste Assessment**. Get personalized results about your ability to taste based on your age, your daily food habits, and more. In addition to your taste report, get expert information about how taste works and what influences you. We've got new tricks to spice up your palate, too. Paprika, anyone? Measure your taste at webmd.com/food-recipes/taste-assessment.

Time to try something new? This taste evaluation may open your eyes.

Fit Wit

"I'll just go to the gym tomorrow." Sound familiar? Don't let a busy schedule derail your weight-loss goals. This month, our fitness guru Pam Peeke, MD, explores men's food addictions and offers healthy fixes. Also, learn how kettlebells can shake up your fitness routine.



Let's get fit together! Have you tried tips or workouts from *WebMD Magazine*? Tell us what you're doing: @WebMD, #webmdmag.

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Man Date

This month we're all about the guys (with some stuff for the ladies, too). We've got **gift ideas for dad** from the grooming department. We report on the ever-growing trend of **stay-at-home dads**. We also get frank about **mental health** and deliver some coping tips for getting through life's ups and downs. Plus, who's up for a cookout in honor of dear ol' dad? We serve up three **grilling recipes** for your meat and greet.



Happy Father's Day! Make sure he knows he's No. 1 and post a photo at facebook.com/webmd.



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HOT TOPICS!

FACTS AND NEWS YOU CAN USE



President Calvin Coolidge approved Father's Day

as a holiday in **1924** to "establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations."

Source: The Library of Congress

16% of Americans say in the past year they used **dry shampoo**, which doesn't involve washing and rinsing hair.

Source: Mintel



\$560

Average spent on a wedding cake in the United States

Source: theknot.com

Basketball

THE MOST COMMON SOURCE OF **SPORTS-RELATED EYE INJURIES** AMONG THOSE AGE 15 AND OLDER

Source: Prevent Blindness America



RIP CURRENTS

ARE THE CAUSE OF 80% OF BEACH RESCUES, AND EACH YEAR MORE THAN 100 PEOPLE DROWN IN THESE STRONG WATERS.

Source: United States Lifesaving Association

How often Americans check work email or voicemail WHILE ON VACATION:

constantly **6%**
regularly **28%**
sometimes **34%**
never **32%**

Source: Harris Interactive for Expedia



Each year **MORE THAN 1 MILLION U.S. ATHLETES SUFFER A CONCUSSION.**

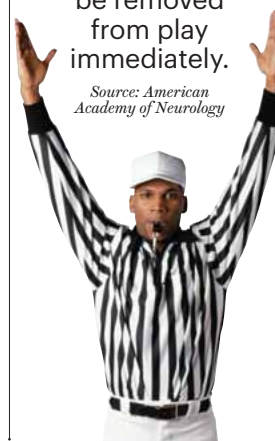
New guidelines recommend anyone with a possible concussion should be removed from play immediately.

Source: American Academy of Neurology



91% of Americans with children under age 18 **cook ethnic foods** at home compared with 78% of those without children.

Source: Mintel



Kids ages 6 to 17

should be active 60 minutes per day, every day. Daily goals for number of steps (measured with a pedometer) are 11,000 for girls and 13,000 for boys.

Source: CDC



12.5 Percentage of men 18 years and older who are in fair or poor health

Source: CDC



Fish List

Two servings of fatty fish per week could add a few years to your life and lower your risk for fatal heart disease. Fatty fish, such as salmon, tuna, trout, and mackerel, is high in healthy omega-3 fatty acid and vitamins A and D. In a 16-year study of people 65 and older who ate fish (but didn't take fish oil supplements), those with the highest levels of omega-3s in their blood at the start of the study—the equivalent of eating about two servings of fatty fish per week—cut their overall risk of death by 27% and their risk dying from heart disease by 35% and lived 2.2 years longer than those who had the lowest levels of omega-3s.

Source: Annals of Internal Medicine

55%

The amount of women who take a folate supplement during the first trimester of their pregnancy. Doctors say all women should do so before and throughout their pregnancy.

Source: Nutrition

WebMD.com

Hot Hits

What's trending on WebMD.com right now*

How to treat a sore Achilles tendon?

What can I do to reduce stress?

What is meningitis?

Can melatonin help me sleep?

Are detox diets safe?

What can I do about insomnia?

Why am I gaining weight?

What is coconut water?

What's the best relief for back pain?

Remedies for poison ivy?

*as of April 1, 2013

TEEN SPIRIT

Meditation may help prevent and reduce depression in teens, according to a study of 408 Belgian students ages 14 to 17, the most common age range for a first episode of depression. Teenagers who completed eight sessions of training in mindfulness meditation, which teaches people to focus on the present moment without judgment, showed significantly reduced signs of depression afterward, compared with their peers. Six months later, fewer teens in the meditation group reported a first instance of depression than those in the other group.

Source: Mindfulness





VIDEO GAINS

When it comes to screen time, parents may want to swap the TV remote control for a game controller, a recent study suggests. Five-year-olds in the United Kingdom who watched three or more hours of TV daily were 13% more likely to have conduct problems, such as lying, stealing, and fighting, by age 7 than their peers who watched less than an hour of TV daily. But video game time was not connected to such behaviors.

Source: Archives of Disease in Childhood

PEP WALK

Not a runner? Take heart. Brisk walking can deliver the same heart health benefits as running, according to a recent study. It isn't the intensity of exercise that counts—it's the calories burned. Runners burn calories twice as fast as walkers do, but runners and walkers who burned the same number of calories during their exercise routines enjoyed the same lowered risk for diabetes, high cholesterol, and high blood pressure.

Source: Arteriosclerosis, Thrombosis, and Vascular Biology



40%
OF MOTHERS
INTRODUCE SOLID
FOODS TO THEIR
BABIES TOO SOON.
BABIES SHOULD
NOT START SOLID
FOODS UNTIL
THEY ARE 4
MONTHS OLD.

Source: Pediatrics



Weight Game

Want to lose weight? Try an office pool. In a recent study, overweight co-workers competed in groups of five for a share of a \$500 cash pool for each month they met their weight-loss goals. In six months, the competitive dieters had each lost an average of 7½ pounds more than co-workers who stood to earn \$100 a month based on their individual weight loss alone.

Source: Annals of Internal Medicine



Nut Case

If you get nuts about walnuts, you could reduce your risk of developing type 2 diabetes. Walnuts are high in healthy fatty acids, fiber, and antioxidants. In a study that followed more than 100,000 women ages 35 to 77 for 10 years, researchers discovered those who ate two or more 1-ounce servings of walnuts per week were almost 25% less likely to develop the condition than women who rarely or never ate the nuts. The researchers noted that other factors, such as weight, also affect diabetes risk.

Source: Nutrition

ZERO

The difference between mothers/fathers and husbands/wives rating the **stress of balancing work and home demands**

Source: Pew Research Center

 **1 in 10**
DEATHS IN THE UNITED STATES CAUSED BY HIGH SALT INTAKE

Source: American Heart Association

JUMP START



Here's something for your to-do list this month: Tell us about your **Health Heroes**.

Last year, we honored four people who made a real difference in health: a lung cancer survivor who started a research foundation; a mother who changed pesticide policies at California schools; a woman who devised a weight loss challenge for herself and her coworkers; and a couple who set up a support system for other families after they lost their son to an epileptic seizure.

This year, we're looking for five new heroes—individuals or groups—to honor.

Diabetes Health Hero: Someone who helped people live better with type 2 diabetes

Weight Loss Health Hero: Someone

dedicated to helping people achieve better health and healthy weight

Healthiest Mom

Hero: A mother who went the distance to improve her family's or community's health

Pet Health Hero:

A star veterinarian who championed or changed pet health
Doctor/Patient Duo Health Hero: A doctor and a patient team who changed the well-being of others.

To nominate someone you know, go to the **Health Heroes** page at **WebMD.com** by July 15. Good luck!

Colleen

Colleen Paretty
Executive Editor
colleen@webmd.com



TAN LINES

Indoor tanning is just as risky as the real thing. In fact, the American Academy of Pediatrics supports a federal ban on indoor tanning for everyone under age 18. Research shows that, just like sunbathing, indoor tanning increases the risk for skin cancers, including melanoma, the deadliest type. Minors are banned from indoor tanning in California and Vermont, and most states have some laws regarding teens and indoor tanning. Still, more than 25% of high school girls in the United States have tried it.

Source: Pediatrics

UP CLOSE

Inside Edge

AN IN-DEPTH LOOK AT RAZORS



Art Show

Early drawings show that cavemen used stone, shark's teeth, clamshells, and other sharp materials to remove facial hair.

Ancient History

In 330 B.C., Greeks and Romans began shaving their heads and beards so enemies couldn't grab hold of their hair during hand-to-hand combat. Archaeologists have also found gold and copper razors in ancient Egyptian tombs.

Close Encounter

Steel-straight razors, or cut-throat razors, were produced in Sheffield, England, in the 18th and 19th centuries. A honing stone or a leather strop sharpened the knife-like tool and took much skill to use.

Cutting Edge

In the 20th century, advertising campaigns and slogans for Gillette Safety Razor Co. helped usher in a new era of shaving using double-edged safety razors with replaceable blades.

Take Charge

U.S. Army Col. Jacob Schick patented the first electric razor in 1928. Eleven years later, Remington and Philips Laboratories showed off an electric razor that didn't require shaving cream, soap, or water.

Ladies' Choice

Before World War I in the United States, women began to "smooth" underarm hair with safety razors. Hemlines rose, and by World War II, women shaved their legs, too.

Space Gadget

Astronauts during the Apollo missions had access to a shaver that required the user to wind it up for power. A collection bag prevented removed hair from defying gravity.

Sky's the Limit

The most expensive razor, the Zafirro Iridium, has blades of white sapphire and a handle made of a metal found only in meteorites. Just 99 of these \$100,000 razors are available. —Rebecca Scherr

Jordana Brewster

THE DALLAS STAR SHARES HER HEALTHY
LIVING HABITS



Makeup Musts

"I never leave home without eos lip balm (my lips get so dry), baby oil to take makeup off, and Terri Lawton moisturizer."

"I make my own breakfast or lunch every day, like a kid going to school."



Snack Attack

"Chickpea snack bars from The Good Bean for protein are a go-to. I also mix almond butter in Greek yogurt with Stevia—sweet and savory at the same time."



Wise Words

"My mom told me to always take makeup off before going to bed. She also said, 'Don't touch your face,' but I do. Get enough sleep—I try to get seven hours."



*Brewster stars in the recently released movie **Fast & Furious 6**.*



Purse Power

"I always keep in my purse all-natural hand sanitizer, a bottle of water, and my glasses for driving at night and seeing movies."



Saving Face

"I drink a ton of water, 16 glasses a day. Also, be careful what you put on your face, and then remove it. With all the makeup I wear on-set, some days I like to have nothing on my face."



Dis Stress

"It's really important to ground myself. I do Vedic meditation 20 minutes in the morning and again in the afternoon. It's really easy—I started with five-minute tapes I bought online. It helps me be mindful and present for the challenges we all face with stimulation and technology coming at us all the time."

With the revival of *Dallas*, which just wrapped up its second TNT season, actor Jordana Brewster stirs things up on the legendary Southfork Ranch as the cook's daughter, Elena Ramos. And in the film *Fast & Furious 6*, which premiered last month, she takes her fourth turn as Mia Toretto—the hard-action series began in 2001 with *The Fast and the Furious*. In her teens, she had a recurring role on *As the World Turns* and later appeared in TNT's *Dark Blue*, NBC's *Chuck*, the films *The Invisible Circus*, *Annapolis* for Disney, and *The Texas Chainsaw Massacre* prequel. A graduate of Yale University, Brewster was born in Panama City and has lived in London, New York City, and Rio de Janeiro. She now calls Los Angeles home.—**Stephanie Stephens**

NEW!

Health Questions?

WebMD *answers*

This recipe helps me sneak greens into my diet...

Exercises after baby? I have a great routine to share...

I had a heart attack at 40. It can happen! This is what it felt like...

This is how I get a car seat in and out of a taxi...



Ask your question and get answers from leading doctors, organizations, and people like you.

When you come with questions, you also bring answers. Share your experience and assist others.

GET HELP. GIVE HELP.

[Ask Your Question](#)

WebMD *answers*

Rock On

Get a grip on summer and all its splendors

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No, you can't really balance it all. Find out why

17 Men's Health
Stay-at-home dads break the mold

18 Mind Matters
Four signs that you're in the right relationship



EXPERT TIP

"I believe in seeking out things that you're passionate about, things that make you feel alive." —*Lana Holstein, MD*

Numbers Game

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

Photograph by Zaid Hamid



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

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BRAIN MATTER

"Multitasking is a brain energy thief that harms cognitive performance. So silence your phone, turn off your email alerts, and do one task at a time. If you find that impossible, start with 15-minute intervals and work your way up to longer periods. To improve focus, stop 'doing without thinking.' Figure out ways to incorporate your own unique approach and ideas to work tasks or at meetings. Your brain will benefit."



Sandra Bond Chapman, PhD
chief director, Center for Brain Health,
University of Texas at Dallas

SCREEN TEST

"Choose a sunscreen with zinc or titanium dioxide, mineral sunscreens that act as 'physical blockers' to shield your skin from both UVA and UVB rays. Look for micronized formulations, to prevent that whitish hue on your skin. And skip shiny lip gloss when you're in the sun! I'm seeing an epidemic of skin cancer on women's lower lips, and it's partially due to the shiny glosses that magnify the sun's rays. Choose a lip balm with SPF 30."



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

FROM THE HIP

"Give your joints a rest-and-recovery period by mixing up your routine. Every other day, do a lower-impact exercise, such as on an elliptical machine or a bike. Include resistance training at least twice a week, since strong muscles help support joints.

Also, try a shorter stride. Most runners take long strides, which puts added stress on the joints. Instead, take three strides per second: One of your feet should strike the ground three times every second. It will feel awkward at first, but will become more natural with time."



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

SUPPLEMENTAL KNOWLEDGE

"A multivitamin designed for women under 50 would be a good start. It will contain at least 18 mg of iron, although that may not be enough, given your past deficiencies. Liver is the best food source of iron. Not a liver lover? Try soybeans, navy beans, lentils, spinach, or kidney beans. Most women don't need a separate folic acid supplement. A woman's multivitamin will provide the daily recommendation of 400 IU. The USDA also requires that common foods like cereals and breads be fortified with folic acid."



David Grotto, RDN
president, Nutrition Housecall consulting
firm, author, The Best Things You Can Eat

WEBMD ON THE STREET

Jessica Shuster

Certified Public Accountant, 30
Washington, D.C.

Jessica Shuster is used to focusing on numbers. But when she turned 30 earlier this year, she was surprised about what she started paying attention to. "Maybe it sounds paranoid to be thinking about it now, but I've heard that crossword puzzles can help prevent Alzheimer's. Should I be doing them—or something else—to keep my brain in tip-top shape?" She's also found herself thinking about vitamins. "Is there a 'cheat sheet' of supplements I should be taking? I have had low vitamin D levels and iron in the past, and I've heard women should be taking folic acid." Shuster maintains an active, healthy lifestyle, but now that she's left her 20s behind, she's run into a few issues. "I love running and used to do middle distances of under 10 miles. But lately, my hips have felt strained and tight and my joints have felt less comfortable." And of course, the one thing that perhaps every thirtysomething woman worries about is skin care and how and when to shake up that routine. Shuster, who wears SPF 30 every day, is already ahead of the game, but wants to ensure that her product pick is effective against both UVA/UVB rays.—**Andrea Gabrick**

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A Healthy Way to Look and Feel Beautiful

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WOMEN'S HEALTH

New Balance

FEELING OFF-KILTER? STOP TRYING TO BE PERFECT AND
LEARN TO PRIORITIZE

By Gina Shaw

“Balance” seems to be *the* self-help catchphrase these days. Everyone seems to be chasing that elusive balance, hoping to be able to give just the right amount of attention to work and home life, family and career, and personal and professional goals. But is this just another way of making yourself feel guilty for perfection you’ll never achieve?

“Most of our lives are not in balance. We emphasize one area or another for a time, and that is just fine in my book,” says Lana Holstein, MD, a life coach and director of women’s health at Canyon Ranch health resort in Tucson, Ariz.

Holstein suggests women will feel a lot less stressed if they think instead about prioritizing. Something’s going to get more of your time and your

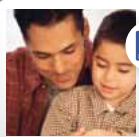
attention, and it’s OK to have different priorities at different times in your life.

For example, some women choose to take time off from work when their children are babies. Others concentrate on their careers when their kids are small so they can be more flexible when the kids are in school, going to games and concerts and being home when the school bus arrives.

Don’t lose sight of what brings *you* joy. “If you are not experiencing joy, something is missing and you must go after it. Life is long and it has many phases. It will all ‘balance’ out if you are attuned to what sustains your body and spirit.”

Reviewed by **Laura J. Martin, MD**
WebMD Medical Editor





Are you a stay-at-home dad? Connect with others at [facebook.com/webmd](https://www.facebook.com/webmd).

LIVING
HEALTHY

MEN'S HEALTH

Home Work

SOME DADS RELISH A FULL-TIME JOB AWAY FROM THE OFFICE

By Matt McMillen

● This Father's Day, let's celebrate the stay-at-home dad. In the past 10 years, his numbers have doubled and are closing in on 200,000 nationwide. For some, it's a choice. For many, it's the economy and the bleak employment market that have thrust them into a new domestic role. Whatever the reason, their job demands no less work. But it does demand an attitude adjustment.

"The stay-at-home dads I've met are just everyday dudes. They are sports fanatics, they like cars."

Aaron Rochlen, PhD, a professor of counseling psychology at The University of Texas at Austin, studies stay-at-home dads. He says most men grow up to believe they'll be breadwinners rather than caregivers for their kids.

"Dads have always loved their children, but they didn't always change their diapers," he says. "While many men make a smooth transition to staying at home, many do struggle."

For men who cling to traditional gender roles, that struggle centers on the divide between expectations and reality when the wife makes the money and hubby stays home. But the notion of a provider "goes beyond the financial to what is needed for the family more broadly," says Rochlen.

Many of the men he's talked to soon appreciate the rewards of their new career. "They recognize the impact they can have on their children. And they value the connection they build with their kids by being there with them."

Unfortunately, stay-at-home dads often work in isolation, says Rochlen.



DAD DUTY

PSYCHOLOGIST AARON ROCHLEN, PHD, OFFERS THESE TIPS FOR STAY-AT-HOME DADS.

Own your role. You will get a range of reactions when you tell people you're a stay-at-home dad, says Rochlen. Learn to be comfortable with that, and figure out in advance how to respond.

Open up. Healthy relationships are built on open discussion and support, says Rochlen. Both parents' roles are different and difficult, and spousal communication is essential.

Meet the challenge. It's not rocket science, says Rochlen. Guys just need to get in there and figure out how to deal with diapers, rashes, and the rest of the daily grind of caring for newborns and young kids.

There may be more of them these days, but they remain a relatively rare breed—and that can breed loneliness. When a guy takes his kids to the playground, he often sees only moms. He's the odd man out.

But it's easier these days to connect to other dads like him, says Rochlen. Early this year, meetup.com listed nearly 200 social groups across the country devoted to stay-at-home dads. Almost 15,000 members have signed up.

"The stay-at-home dads I've met are just everyday dudes," says Rochlen. "They are sports fanatics, they like cars. They don't lose any of their coolness or masculinity. Calling them Mr. Mom infuriates them. They are not moms. They are men."

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

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your pet healthy!

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LIVING
HEALTHY

MIND MATTERS

Love, Actually?

FOUR SIGNS YOUR RELATIONSHIP IS REALLY HEADED
TOWARD HAPPILY EVER AFTER

By Leslie Becker-Phelps, PhD



● Your heart's aflutter. Your new
● flame is all you can think about. Must be a keeper, right? Not necessarily. Falling in love takes only about one-fifth of a second, according to a recent study from Syracuse University. Staying in love is another matter (Exhibit A: the nearly 50% divorce rate in America). How do you know your relationship can stand the test of time? Ask yourself whether these factors ring true for you.

You believe your partner is a good person. Everybody has faults, but the litmus test is whether you focus on your partner's good characteristics—or flaws. A Stony Brook University researcher found that married couples who were still in love after 10 or more years of marriage remember more positive aspects of experiences they've shared than negative ones.

You trust your partner. Mysterious and exciting can be thrilling, but can also leave you feeling insecure. Having to worry about what your partner

is doing will inevitably lead to unhappiness. Trust is the foundation of any solid relationship and can lead to a lifetime of emotional intimacy and security.

You feel loved and accepted. Not only should you be able to share your thoughts and feelings without concern or judgment, you should also feel appreciated by your partner—and equally appreciate him or her. In fact, in a study at Arizona State University, couples who expressed gratitude to each other said they felt more satisfaction in their relationships.

You reach out when you're upset. Can you talk to your partner about your stresses—even when your partner is the source? Couples who can communicate about their issues have a lower divorce rate than those who avoid or withdraw from conflict, according to researchers at the University of Michigan.

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



HEALTHY BEAUTY



- 20 You Asked**
Men's grooming tips and product picks
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The scoop on sunscreen labels
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Techniques to relax at the dentist

See the Light

At the beach, at the pool, on the street—make sure you're covered in the summer sun



EXPERT TIP

"The most important aspect of good skin health is regular use of broad spectrum sunscreen and eliminating smoking." —*Mohiba K. Tareen, MD*

YOU ASKED

Man Power

HERE COMES THE GROOM! EXPERTS OFFER A GUY'S GUIDE TO SHAVING AND SKIN CARE WITH TIPS AND PRODUCT PICKS

By Ayren Jackson-Cannady



Dry Spell

Lush Almond & Coconut Smoothie (\$21.95)

"A common reason men have dry and itchy skin is that they use soaps that are too harsh. A better solution is to use a body wash with a moisturizer, which won't strip skin of natural oils that offer protection. This all-natural pick has almond and coconut oils."



Light Source

Eucerin Daily Protection SPF 30 Moisturizing Face Lotion (\$8.99) "Reluctant to use heavy cream moisturizers or ointments because they feel too thick and sticky on your skin? Opt for lotions instead—products that contain dimethicone can provide a good moisture barrier and still feel light on the skin."



Jeffrey Benabio, MD
dermatologist, Kaiser Permanente
San Diego



It's the Balm

Dove Men+Care Hydrate Post Shave Balm

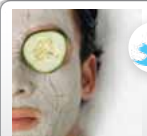
(\$6.59) "Aftershave shouldn't sting or dry your skin out. If it does, consider switching to an aftershave lotion or balm instead. This one is alcohol free and contains vitamin B5 to help relieve irritation instantly and soothe skin."



Spot On

Clean & Clear Advantage Acne Spot Treatment (\$12.54) "Nip stubborn ingrown hairs in the bud by spot-treating them with a salicylic acid cream or serum, which helps soften the skin covering the hair. Then, gently pluck the hair out with clean tweezers."

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.



What's your best grooming tip? Tell us on Twitter at @WebMD #webmdmag

Dirty Secret

I've started sprouting—and plucking—wiry hairs on my chin. What's up?



Those chin hairs invariably start showing up sometime in your 40s as you approach menopause and your hormonal levels shift. They're distressing, I know.

So, by all means, get rid of them. Plucking is fine. Just be gentle. Shaving is the simplest and the least traumatic way to remove unwanted hair. But, the hair might feel a little rougher when it grows back.

Over-the-counter depilatories are also fast and inexpensive. But women with sensitive skin might be irritated by the chemicals. Make sure you choose a product that's specifically formulated for the face and do a "use test" on the inside of your arm right at the elbow crease. If you follow the manufacturer's instructions for how long to leave the product on and you don't notice any irritation, it should be fine on your chin or upper lip, too.

Helen M. Torok, MD
medical director,
Dermatology & Surgery
Center at Trillium Creek,
Medina, Ohio



Sun Down

Neutrogena Clear Face Liquid-Lotion SPF 30 (\$9.99) "Other than shaving, men in general are unlikely to do *anything* to their skin every day. The easiest way to protect your skin on a daily basis is to use sunscreen like this one, which blends into skin quickly and has an SPF of 30. The important thing is to apply a lot of it and reapply frequently."



Speed Bump

RoC Multi Correxion Skin Renewing Serum (\$27.99) "Razor bumps are a result of trapped hairs burrowing back into skin, leading to inflammation. Slough away dead surface skin cells with a retinol cream or serum like this, which helps prevent the blockage of hairs."



Brush Strokes

Tweezerman Deluxe Badger Shaving Brush (\$12.99) "Using an ample amount of shaving cream on a warm, wet beard will result in an excellent shave. Using a shaving brush to apply shaving cream can help boost lather, which lifts hairs for a smoother shave."



Soft Start

Cetaphil DermaControl Oil Control Moisturizer With Sunscreen, Broad Spectrum SPF 30 (\$16.99) "Prefer using an electric shaver on dry skin, but don't like irritation? Make sure your skin is hydrated and moist prior to dry shaving, and then afterward, use a skin-soothing moisturizer like this one with SPF."



Thomas Rohrer, MD
dermatologist, Chestnut Hill, Mass., and
associate clinical professor of dermatology,
Brown University School of Medicine

Reviewed by Karyn Grossman, MD
WebMD Skin Care Expert



AISLE DO

PRODUCT PICK
St. Ives Blemish & Blackhead Control Apricot Scrub
(\$3.79)

EXPERT
Dornecchia George Carter, MD
Dermatology
Associates of
Uptown, Dallas

"This facial scrub, which has 2% salicylic acid, is one of my favorites—it smells great, gently cleanses pores, and fights acne while exfoliating the skin. But use it no more than one to two times weekly, particularly if you have very sensitive skin. Gently massage it into the skin in circles with your fingertips. You can also leave it on for several minutes prior to rinsing for maximum effect. One of my personal secrets is to use it as a spot treatment. Dabbing a touch on an active pimple and leaving it overnight can often calm it down."

Shopping List



Take a photo
with your
phone!

☐ Lush Almond & Coconut Smoothie

☐ Eucerin Daily Protection SPF 30 Moisturizing Face Lotion

☐ Dove Men+Care Hydrate Post Shave Balm

☐ Clean & Clear Advantage Acne Spot Treatment

☐ Neutrogena Clear Face Liquid-Lotion SPF 30

☐ Tweezerman Deluxe Badger Shaving Brush

☐ RoC Multi Correxion Skin Renewing Serum

☐ Cetaphil DermaControl Oil Control Moisturizer With Sunscreen, Broad Spectrum SPF 30



It's glow time! Learn how to be sun smart with these **10 Tips for a Healthy Tan**, a top Healthy Beauty video.

WebMD.com

BEAUTY SMARTS

Message on a Bottle

STILL BAFFLED BY SPF NUMBERS AND TERMS?
NEW LABELS TAKE THE GUESSWORK OUT OF SUN PROTECTION

By Sonya Collins

When you buy your next bottle of sunscreen (and yes, you should be using it every day, year-round), you might notice some changes to the labeling. On both traditional sunscreens and sunscreen-containing cosmetics, there are new terms, new meanings behind some of the old ones, and some words you just won't see anymore. Here's a rundown.

You won't find **sunblock** in your drugstore aisle. Products can only claim to filter, or "screen," sun rays, not block them. They also can't claim to be **water-proof**, only **water-** or **sweat-resistant**.

Broad-spectrum sunscreens must filter both UVA and UVB light. This is the best way to help prevent skin cancer, since both types of rays can cause the disease. UVB radiation also causes sunburn while UVA rays tan the skin—a sign that sunlight has already penetrated the skin and done damage inside the body.

"When you get tan, that's melanin—your body's defense—going up to protect your DNA, which means your DNA is already injured," says Ellen Marmur, MD, founder of Marmur



Medical and associate clinical professor of dermatology at Mount Sinai Medical Center in New York City.

Until recently, any label could boast broad-spectrum protection, but now the FDA requires a test to prove it.

Sunscreens that aren't broad-spectrum, and any

product with an SPF below 15, must include a **skin cancer/skin aging alert** on the label that explains the product only protects against sunburn, not skin cancer or premature aging.

Even broad-spectrum sunscreens with an SPF of 15 or higher can only claim

to help prevent skin cancer and premature aging when used properly and along with other **sun-protection measures**, like wearing protective clothing and sunglasses and staying out of the sun from 10 a.m. to 2 p.m.

Products can no longer claim **instant protection** without proof, so plan on applying them at least 15 to 30 minutes before going out in the sun and reapplying often. New labels advise users to reapply at least every two hours or after **40 or 80 minutes** of swimming or sweating, unless the product can prove longer protection.

You might need to apply even more often than the label indicates, Marmur says. "Sunscreen chemicals are like fuel in your car. They get used up. It's possible that within 15 minutes, it's used up. When your skin feels hot, it's burning. Either find shade or reapply."

WebMD.com



Have you tried a product you read about in our pages? Let us know. We just might feature you in an upcoming issue!

I Tried It!

I tried Olay Complete Daily Defense All Day Moisturizer With Sunscreen, recommended in the January/February 2013 issue. The lotion has a light, nongreasy feel, and while it goes on white initially, it sinks into your skin really quickly and disappears. It's odorless, and it lives up to its "sensitive skin" claim by not clogging pores or causing breakouts. While it left the drier areas of my combination skin a tiny bit parched, I think it's a fine budget moisturizer/sunscreen combo.—Cindy Bagwell, Dallas



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



Make an appointment with the No. 1 Oral Health channel slideshow, **Top Problems in Your Mouth.**

WebMD.com

HEALTHY
BEAUTY

YOUR SMILE

Tune Out

ANXIOUS ABOUT YOUR DENTAL VISITS? THESE RELAXATION TIPS WILL HELP YOU OPEN UP AND SAY *OM*

By Susan Davis

The prescription was nearly unbearable for someone who doesn't love dental visits: I needed two crowns, which would entail four visits, plus X-rays, impressions, anesthetic injections, and copious drilling. To make matters worse, I have a strong gag reflex, which makes anything having to do with X-rays or molds just a bit torturous.

But as I sat in the dentist's chair the first day, I discovered that by breathing slowly and focusing my attention on the maple tree outside the window, I could tolerate the

Music can help take your mind off what's going on in your mouth.

procedure. At least enough to avoid doing something dramatic. Or embarrassing.

That could be you, too. Dentists (and experienced patients) offer these techniques for getting through complicated dental visits.

Breathe. It's natural to hold your breath when you feel anxious. But it's not helpful. "When your oxygen decreases, your panic increases," says Vincent Mayher Jr., DDS, a dentist in Haddonfield, N.J. "so breathe slowly and deeply."

Tame the reflex. If you gag easily, breathe through your nose and try to keep

your tongue still. Some dentists also recommend applying Chloraseptic Sore Throat Spray to the back of your throat and tongue before gag-inducing procedures such as X-rays.

Be in the know. Some people feel better when they know exactly what's going on. Ask your dentist to show and tell you what she's doing throughout the procedure.

Listen up. Music, audiobooks, and relaxation programs can all help take your mind off what's going on in your mouth.

Let go. Clenching your hands and feet won't ease

your tension. Try relaxing the muscles in your body one by one, from your toes to the top of your head.

Get sedated. If you're really anxious, you can take sedatives or muscle relaxants or ask to breathe nitrous oxide (laughing gas) to help calm you down.

Speak up. What's the No. 1 thing you can do to alleviate anxiety? "Communicate," says Mayher. "Find a dentist you can trust, and talk about your fears. What's important to remember is that we're your dentists, not your confessors. We're not judging you!"



EASY CHAIR

Wish dental work were just, somehow, easier? During the Colonial era, barbers (who moonlighted as dentists) used "tooth keys"—basically metal claws—to wrench teeth out (without anesthesia). We've come a long way. And some dentists use techniques that make visits even more comfortable, says Vincent Mayher Jr., DDS.

Computerized Anesthesia By carefully controlling the flow of local anesthetic, new technology prevents the deep sting that injections into the gum often cause. "The device is just the size of a pen," Mayher says. "That, combined with controlled flow, can make a big difference in people's perception of pain." Added bonus: At least one of these devices plays a song while dispensing the anesthetic.

CAD/CAM Crowns

Getting a crown traditionally required two visits—the first to take impressions of the tooth with molds, prepare the damaged tooth, and place a temporary crown, and the second visit to cement the permanent crown. Now, using digital scans of your tooth and special software, dentists can design, create, and place the crown in one appointment. Dentists also use CAD/CAM for creating bridges, dentures, and veneers.

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

FAMILY & PARENTING



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Tips for getting baby to sleep through the night
- 27 Kids' Health**
How to get them to tell the truth
- 28 Pet Health**
The scoop on housebreaking

BABY TALK

Tuned In

Becoming a dad gave Nick Lachey something new to sing about

By Liz Krieger



EXPERT TIP

"If your child details a fictitious trip to Disneyland, say, 'We haven't been, but if we did go, what would you want to do?' Let them pursue what's in their imagination." —**Mark Bowers, PhD**

"I can't wait to take him to his first baseball game, to watch football with him, to have a catch with him."

*Lachey's latest album, **A Father's Lullaby**, was inspired by the birth of his son.*

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

BABY TALK

Father Time

You have two nephews. Did that experience prepare you for having your own son, Camden?

To some extent, yeah, in that any experience you have is good. I mean, at least I had changed some diapers. But it's a whole other ballgame when it's your *own* child—and certainly when you're changing multiple diapers a day.

What has been the most challenging part of this first year of parenthood for you and wife Vanessa Minnillo?

Definitely the first few days home with Camden. You're still so new as a parent, and he's so new, and there's just all this uncertainty. You just don't want to screw up. I remember even that first ride home from the hospital was incredibly nerve-racking.

What has surprised you most about parenthood?

The way your life changes so much, so fast, and in every way. It affects every decision you make, and for the rest of your life. Actually, I'm not exactly *surprised* by this—I did expect it—but perhaps I'm just amazed at how broad-sweeping it is.

Have you had any moments where you thought, "Daddy FAIL!"?

Well, the first time Vanessa went out of town and I had to do his bath solo. It sure wasn't pretty, and it was not nearly as smooth as when his mom does it. Oh, I got him clean, in the end...but I felt like I was subjecting him to a subpar bath experience.

How would you feel if Camden wanted to follow in your footsteps?

I felt so lucky that my parents were 100% supportive of anything I wanted to do, and I'm determined to show the same unwavering acceptance of my son, whatever *he* wants to do.

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



Is your child getting enough zzz's? Watch **How Much Sleep Do Kids Need?**, a top video on the Health & Parenting channel.

WebMD.com

BABY TALK

Snooze Clues

DON'T WORRY ABOUT TRYING TO FIGURE OUT YOUR INFANT'S SLEEP PATTERNS JUST YET. WORRY MORE ABOUT NOT SETTING UP ANY BAD HABITS

By Stephanie Watson

Kara Cantrell knew she was in trouble by the second night after her son was born. "He screamed through the night,"

Running into the nursery at every whimper can establish a pattern that's hard to break.

remembers the 41-year-old actor from Atlanta. "I'd had a four-day labor and C-section and was just a mess. And there was this screaming creature and I didn't know what to do."

A couple months later, things weren't much better. Just when her son seemed to be settling into a sleep pattern, he'd switch things up. "Suddenly he'd get up six times a night, or he'd sleep miraculously for 10 hours," Cantrell says.

About the only thing parents can predict about their newborn's sleep cycles is that they'll be unpredictable. "When babies are first born they're all over the place," says Jodi Mindell, PhD, associate director of the Sleep Center at the Children's Hospital of Philadelphia and author of *Sleeping Through*



the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep. Hunger—or a lack of it—usually determines when a newborn sleeps and wakes. By around 3 months, babies start producing the hormone melatonin, which puts their sleep cycle into a more regular rhythm.

Every baby's sleep needs are different. Newborns can sleep 10 to 18 hours a day. From 4 months to about 1 year of age, they'll sleep nine to 12 hours at night, with a couple added naps during the day. But

SLEEP SECRETS

JODI MINDELL, PHD, OFFERS A TIP FOR GETTING YOUR BABY TO SLEEP.

Wrapping your baby in a blanket can help him feel secure enough to drift off to sleep. When you swaddle, make sure your baby's legs can bend at the hips, to avoid hip problems later. Also, make sure you only swaddle when you're awake and watching him. If baby is alone in the crib, no blankets should be on or around him (you want to reduce the risk of SIDS).

remember, most babies will sleep only about five to six hours at a time to start. Still, even a five-hour interval will give you some rest.

After your baby is about 4 months old, running into the nursery at every whimper can establish a pattern that's hard to break. "You really want to start having your child fall asleep independently so that they're not dependent on rocking, nursing, going in the stroller," Mindell advises. "Then when they wake up in the middle of the night, they can fall asleep on their own."



EXPERT TIP

"Unless you plan on having a family bed indefinitely, don't co-sleep with your baby, thinking you'll transition them to their own crib at some point in the future."—Sara DuMond, MD

Reviewed by
Sara DuMond, MD
WebMD Baby Care Expert

KIDS' HEALTH

True Lies

IS YOUR CHILD FIBBING? LEARN HOW TO TELL AND THE BEST WAY TO HANDLE

By Jennifer Soong

● Preschoolers (kids ages 3 to 5) are busy learning to grasp the line between reality and fantasy, and one way they may do that is to tell fibs or tall tales. Parents often react hotly, but that's not always the best way to handle the situation.

"They will say, 'Gosh, my child is lying. I don't know what to do.' But it's a fuzzy line between what's real and what's not in a child's imagination," says Tanya Remer Altmann, a pediatrician and author of *Mommy Calls: Dr. Tanya Answers Parents' Top 101 Questions About Babies and Toddlers*.

Let's say your 3-year-old spills milk on the floor. You ask, "Who spilled it?" and your child says, "Not me." It's not that your child is lying, Altmann says. She may wish she hadn't spilled it, or, if the incident happened an hour ago, she might not even remember.

Pediatric psychologist Mark Bowers, PhD, of the Ann Arbor Center for Developmental & Behavioral Pediatrics in Michigan, says children under age 5 are too young to understand what a lie is. That's because they don't have the same cognitive



capacity as a kindergarten-age kid, who is beginning to learn the difference between right and wrong. "You don't have a future criminal on your hands because your child's not 'fessing up to spilling the milk in the kitchen," Bowers says.

If you catch your child drawing on the walls, you may be tempted to confront her. It's better to state what the rule is and offer a

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HELPING HANDS

By Hansa Bhargava, MD



As a mom and pediatrician, I know life can get crazy-busy. But if you can cook a little with your kids on Saturday or Sunday, it may make a big difference in their attitude toward good-for-you foods.

Remember, kids watch and learn from what you do. The more you cook, the more they'll notice—and maybe they'll even pitch in to help. If your kids aren't excited about joining you in the kitchen initially, don't give up. Just offer the option another time when they're less distracted, or try another food. Here are some ways to get your kids involved with meals.

Take them grocery shopping. Ask them to help you make a list first.

Let your kids help pack their school lunches. Choose and make the foods together.

Ask them to prep vegetables, whether washing carrots or peeling corn, and have them set the table.

Plan a garden together. Buy the seeds and containers, and talk about where you'll plant in the yard. Later, watch the vegetables grow—and then cook them.

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



Reviewed by Louise Chang, MD
WebMD Senior Medical Editor

EXPERT TIP

"Have fun with your children. Join them so they can pursue what's in their imagination." —Mark Bowers, PhD



PET HEALTH

Training Day

LEARN THE DO'S AND DON'TS OF HOUSEBREAKING
YOUR FOUR-LEGGED FRIENDS

By Stephanie Watson



● Your new puppy or kitten is the perfect little bundle of joy—until he starts leaving little bundles of something else all over your floors.

Puppies and kittens aren't like human babies. You can't wait two years to start potty training. "With a puppy or kitten you say, 'Oh it's just a little mess.' But when that puppy is a 70-pound dog, it's not as cute," says Bernadine Cruz, DVM, associate veterinarian at Laguna Hills Animal Hospital in California.

Start getting your pet into the habit of going outside or in a litter box as soon as you come home from the shelter or breeder. "Puppies and kittens like routines, just like human

ROYAL FLUSH

Jane Brunt, DVM, executive director of the CATalyst Council and founder/owner of the Cat Hospital at Towson in Maryland, offers tips for toilet training your cat.

Move your cat's litter box into the bathroom. Then, put a cardboard or plastic box inside the toilet bowl, resting it on the rim of the bowl and putting the seat down, and fill it with a couple of inches of kitty litter.

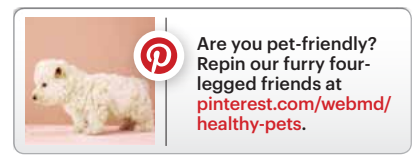
Once your cat gets used to going on top of the toilet, replace the box with a sturdy piece of cardboard with a hole. Gradually make the hole bigger until your cat is going in the toilet bowl. Then remove the cardboard. Cat toilet training kits are also available. Make sure the toilet is always unoccupied when kitty wants to use it. "The lid has to be up, and it has to be accessible," says Brunt.

children," Cruz says. "They may not catch on immediately, but they will learn." If you're lucky, your pet will have already picked up a few training tips from mom and dad before coming to live with you.

Don't give your new family member free rein of the house until you've established some training routines. Set up a space where you can confine your pet—and his messes. For puppies, a crate is ideal. "Often people think of crates as being somewhat cruel, but it can be a secure area for them," Cruz says.

A good rule of thumb is to keep puppies in the crate for no more than one hour per month of age, plus one additional hour. So a 2-month-old puppy can stay in the crate for three hours max. Confine kittens to a small section of your house—a bathroom, a

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



closet, or even a playpen. Put everything your kitten needs—food, water, and litter box—within reach.

but by 4 months your puppy should be in the habit of doing his business outside.

If your pet does make a mess, don't punish. More often than not, the problem is yours.

Learn to read your pet's body language. Some dogs are obvious when they have to go, Cruz says. Others are subtler. "They will give you that doe-eyed look and wander around." If you notice your pup nosing around, pick it up and head outside. When your puppy goes in the yard, instead of on your Persian rug, some serious praise is in order. Training might take some time,

Kittens are a snap to house-train. Cats instinctively cover their messes (to hide their waste from predators), so put them in the litter box a couple of times and they should get the idea.

If your puppy or kitten does make a mess, don't punish. More often than not, the problem is yours: Either you didn't let your puppy out in time, or you forgot to clean the litter box. ("If someone only flushed your toilet once a week, would you want to go in it?" Cruz asks.) Get a good odor neutralizer to clean up the mess, but never hit or scold. When a pet just won't house train, see the vet. Your kitten or puppy might have a physical problem, such as a bladder infection, that you need to address.



EXPERT TIP

"The idea with the litter box is you want your cat to go in it. You want it to be a positive thing. So we encourage people to not put the litter box in an area that might be scary."—Jane Brunt, DVM

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*American Journal of Preventive Medicine, August 2008



ON THE BALL

BY MATT MCMILLEN

*NBA star
Carmelo Anthony
is tenacious on and
off the court, scoring
points for his team
and the youth who
follow in his
footsteps*

Photography by Wesley Mann/August

YOU WOULDN'T KNOW IT

by watching him play, but basketball was not Carmelo "Melo" Anthony's first love. "That was baseball," says the 29-year-old star player with the New York Knicks. "But whatever season it was, that's what sport I played. I didn't have a real love for any one sport."

Then he grew up. Way up. In the summer between his sophomore and junior years of high school, Anthony added 5 inches to his frame to reach 6 feet 7 inches. "That's when I really fell in love with basketball."

No doubt his height helped him dominate on the courts, but he had always been a supremely able player. From the time he was a child, if he had a basketball in his hands, he could put it in the basket. "It was always something that I just knew how to do," says Anthony. "I was always able to score points."

That ability, coupled with a resolve born of his upbringing, has brought Anthony a long way.

HOOP DREAMS

Anthony was born in 1984 in New York City, in Brooklyn's Red Hook neighborhood, which, four years later, *Life* magazine described as "a community ruled by crack." His Puerto Rican father, Carmelo Iriarte, died of liver cancer when Anthony was 2. It was a tough beginning for the future superstar, and circumstances would only get harder.

When he was 8, Anthony and his mother, Mary Anthony, moved to one of Baltimore's toughest neighborhoods, the blighted, drug-ravaged landscape portrayed in HBO's *The Wire*. There, he surrounded himself with a tight circle of friends, and they hung together like a protective shield. Instead of getting caught up in the drugs and violence that marred their community, they earned money by scraping

grime off the windshields of passing cars. They played sports together. They held each other up, Anthony says.

"We'd all push each other. We'd get each other in the morning, walk to school, walk to practice, like a little breakfast club," he recalls. "I didn't have anyone to show me which steps to walk, which way to go. I didn't have that in my neighborhood. But I had my peers, and we pushed each other, we motivated each other."

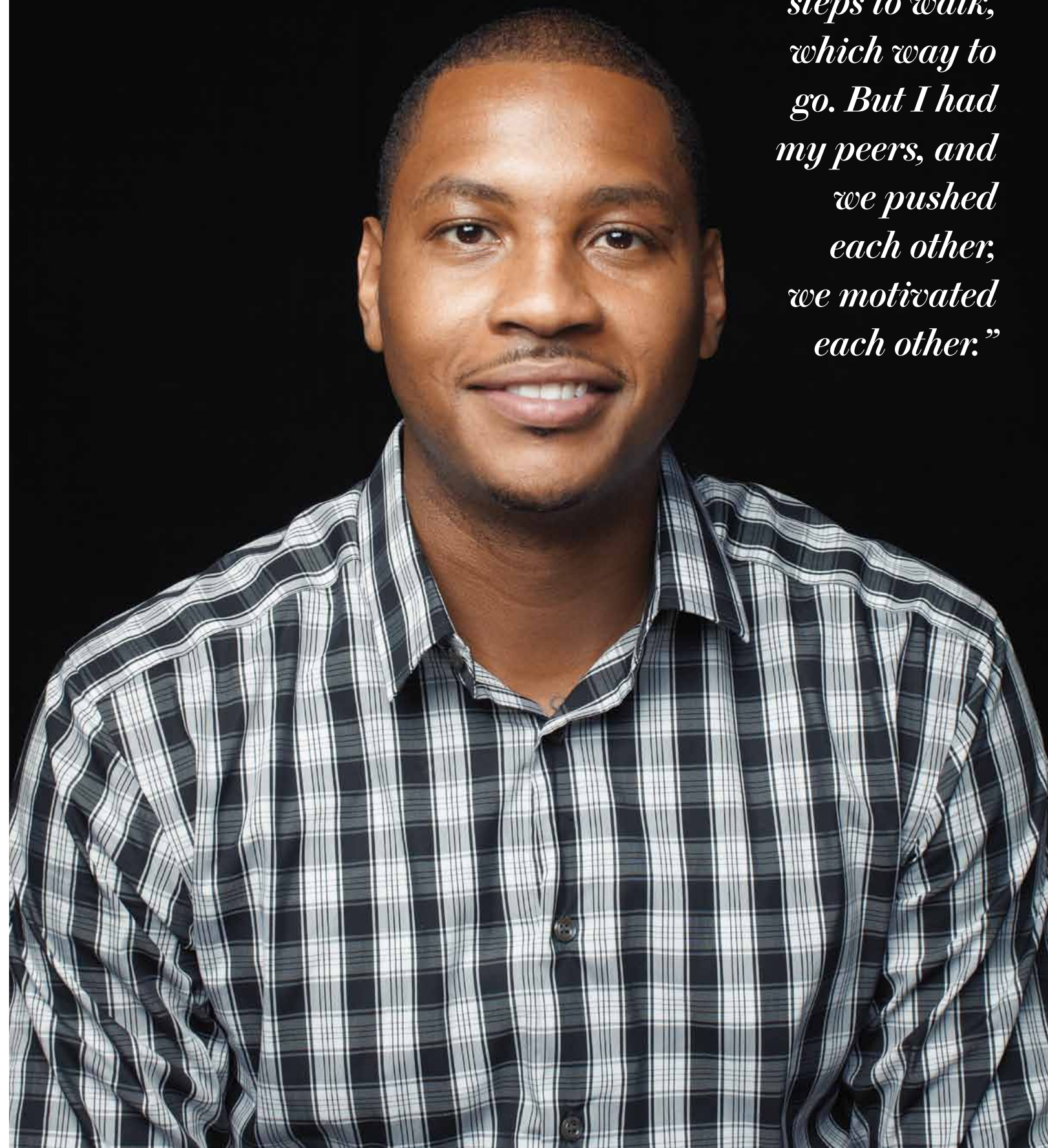
When they weren't out trying to make a few bucks, they spent afternoons and weekends on the basketball courts at the Robert C. Marshall Recreation Center. The facility was a haven for Anthony, an escape from the streets. Then, when he was 13, the rec center closed. It was a bitter setback, Anthony says, but one that taught him a valuable lesson. "You have to survive on your own, and believe it or not, that closing kind of changed my nature. When they closed it down, I had to ask myself, 'What's next?'"

He entered high school, played basketball, and within a few years, he started to take charge of the game. But his transformation went beyond physical growth. He also did a lot of soul searching, and he found his answer.

"When you're a teenager, you go through a phase where you kind of get lost and you don't know what's your next step, what's going to happen to you next," says Anthony. "For me at that point, I looked at my circumstances and I saw something better for my life."

Anthony started to see basketball as a way up and out. Until then, Anthony says, he had coasted on his talent alone.

"I didn't have anyone to show me which steps to walk, which way to go. But I had my peers, and we pushed each other, we motivated each other."



He'd watch older players, pick up a few pointers, incorporate them into his game, and score points. But he realized the sport would require much more of him if he wanted to truly master it. "I didn't start taking it seriously until my junior year in high school,"

Anthony says. "But then I started putting the work, the hard work, into it."

The work soon started to pay off. As a junior at Towson Catholic High School, a private school north of Baltimore that has since closed, Anthony averaged 23 points per game and *The Baltimore Sun* named him All Metropolitan Player of the Year for boys' basketball. For his senior year, he left Towson to attend Oak Hill Academy, a Virginia boarding school. There, he helped his team win 32 out of the 33 games they played, including a victory against fellow NBA star LeBron James' high school team. That same year, Anthony was named to the 2002 McDonald's All-American Team.

In 2003, as a freshman at Syracuse University, he led the basketball team to its first NCAA Championship and was named the tournament's most valuable player. That year, the 19-year-old Anthony left college to become the No. 3 NBA draft pick. He signed a \$9 million three-year contract with the Denver Nuggets and an \$18 million contract with Nike. In 2006, he accepted the Nuggets' \$80 million offer to stay five more years, then was traded to the Knicks in 2011.

In his first year in the league, Anthony made the NBA's All-Rookie First Team and averaged 21 points per game. Since then, he's been named to the NBA All-Star Team six times. In 2004, as a member of Team USA, he took home a bronze medal at the Olympic Games. In 2008 and 2012, he and his team won Olympic gold.

KNEE DEEP

Knee injuries account for nearly 20 million doctor visits annually. Athletes run a particularly high risk due to the demands they place on this complex joint, and there are many ways to hurt it. These are among the most common knee injuries.

TENDINITIS is the most frequent complaint, says David McAllister, MD, director of UCLA's sports medicine program. This overuse injury causes inflammation and pain. Treatment usually requires no more than rest, ice packs, and a knee support, such as a neoprene brace. Regular exercise can help protect against tendinitis.

MENISCUS TEARS, often caused by sudden twists, awkward landings, and other missteps, are hard to prevent. These injuries to the cartilage that serves as the knee's shock absorber frequently require surgery to repair, says McAllister. Doctors may prescribe physical therapy in some cases.

ANTERIOR CRUCIATE LIGAMENT (ACL) INJURIES can be disabling and may lead to arthritis down the road, says McAllister. They are often caused by the same type of motion responsible for meniscus tears and are equally difficult to prevent. While mild ACL injuries can heal with the help of muscle-strengthening exercises and a brace for knee protection, many severe cases call for surgery.



BODY KNOWLEDGE

The better Anthony played, the more he understood that the formula for success on the court involved more than just hours of practice. He had to fine-tune his body, make it work for him. Above all, he needed to learn how to be healthy, a skill no one had taught him as a kid.

"When I was younger, it was something that I just didn't get," Anthony recalls. "When I was 18, I didn't yet really understand the fact that you had to lift weights, you had to stay conditioned, you had to eat right. It took me some time to follow that and get that down pat. Once I did, it was just a part of everyday life, it was a routine—you work out, you eat right, you sleep right."

But despite these good health habits, Anthony demands so much of himself physically that the occasional injury is inevitable. This past season, he missed several games due to knee pain. "Even when all I feel is pain, I still want to psych myself up, be naïve, and tell myself it will get better on its own," says Anthony. "I don't want to just sit back and turn my back on my team."

Not surprisingly, knee injuries are common among basketball players, says David McAllister, MD, a professor in

the Department of Orthopaedic Surgery at the David Geffen School of Medicine at UCLA and chief of the Sports Medicine Service. "Lots of stress can cause the knee to become inflamed and painful," says McAllister, who is not Anthony's doctor, "but the pain often indicates a relatively benign condition."

More serious injuries, such as those that damage cartilage in the knee, often require surgery to repair. When you do that kind of damage to yourself, play becomes impossible. "You feel it with every step, every jump, every landing," McAllister says.

HOME COURT ADVANTAGE

Off the court, Anthony spends time with his wife, Alani Vazquez Anthony, better known as La La, and their 6-year-old son, Kiyann Carmelo. Both Anthony and his wife, an actor, keep busy schedules, and time together does not always come easily, he says. But as with his game, he does the work that any healthy marriage requires.

"Communication is key, and you have to put a lot of effort into it," says Anthony. "We're both always on the road, always



working, but we always have some form of communication, whether it's FaceTime, Skype or texts, phone calls, emails. That's what keeps us going."

As far as Anthony has come, he has not forgotten his roots. "Melo has always wanted to give back, to give kids a safe place to play and stay active," says Asani Swann, executive director of the Carmelo Anthony Foundation, which was founded in 2005. Six years ago, Anthony committed \$1.5 million to reopen an East Baltimore rec center much like the one he frequented growing up. Renamed the Carmelo Anthony Youth Development Center, it provides educational and nutritional programs, healthy meals, homework assistance, and, of course, basketball.

"It's tremendous that he is giving back and providing hope to these kids, who really look up to him," says James Piper Bond, president and CEO of the Baltimore educational non-profit Living Classrooms, which partnered with the Carmelo



Anthony Foundation to reopen the center. "The kids really benefit from the support that he's agreed to give, and they depend on this center, which serves kids with a real need for a safe place to be after school."

Anthony visits several times a year, especially in the summer, to meet the youngsters, play pick-up games, and show them what they can achieve.

"The most important thing is to let them know that there's such a thing as belief and hope and dreams, that dreams can come true," says Anthony. "I was one of those kids running around the rec center. It was a lot of hard work, but my dreams came true."

Anthony's foundation has also partnered with a foundation started by his former Syracuse University coach to form Courts 4 Kids, which builds and refurbishes neighborhood basketball courts in disadvantaged areas of Syracuse, N.Y., and Puerto Rico. He also has been involved with NBA/WNBA FIT, a program that encourages kids and families to be physically active.

» **Make exercise a habit.** "If you do something on a regular basis, it becomes part of your life."

» **Take it easy.** "I try to relax before a game rather than get hyped. When I'm relaxed, I'm more prepared and can see things clearly."

» **Give yourself time to heal.** "At the end of the season, I usually take two to three weeks off and let my body just heal normally, rebuild myself."

» **Embrace moderation.** "By this point, I know what I can eat and what I can't eat. I love foods like pizza, but I don't go overboard with it."

» **Believe in yourself.** "If you're not confident, it takes away from a lot of things you could achieve."

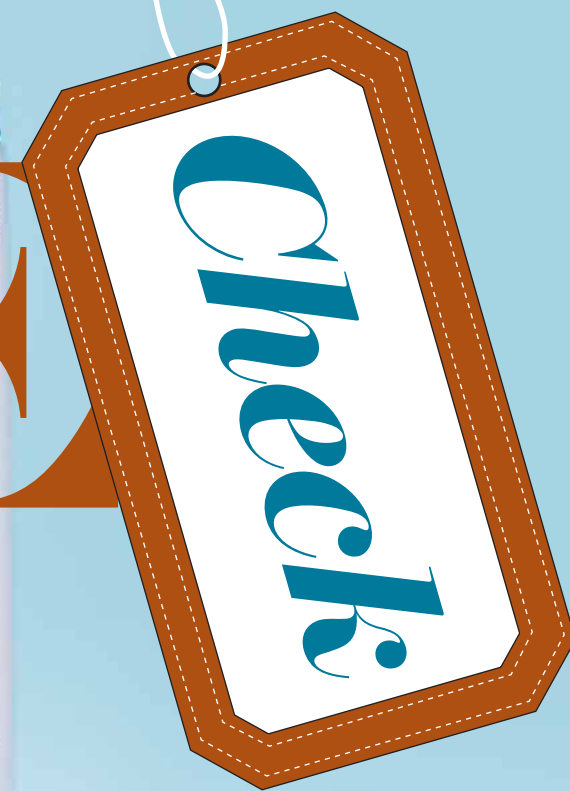
do, and I love the fact that every day I have a chance to get better at something I love to do and have the opportunity to grow. That is important to me, that pushes me, that motivates me."

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

BAGGAGE

EVERYONE DEALS WITH
EMOTIONS AND LIFE EXPERIENCES
DIFFERENTLY. **GUYS, IN PARTICULAR,**
CAN STRUGGLE TO COPE. BUT WITH THE
HELP OF A LANDMARK STUDY, WE TAKE A
LOOK AT **THE HALLMARKS OF**
EMOTIONALLY HEALTHY MEN

BY KATHERINE KAM / PHOTO ILLUSTRATIONS BY FREDRIK BRODEN





It's a tale of two men:

Alfred Paine began life in wealth and privilege. His family wasn't warm or close, but his parents endowed him with a trust fund at birth and later, an Ivy League education. When he died, though, he counted no close friends. He left behind multiple unhappy marriages and adult children who rarely visited him. One daughter described him as having lived "an emotionally starved life."

Paine's schoolmate, Godfrey Camille, also came from an upper-class, troubled home. His parents were loners, nervous, and suspicious to a fault. "I neither liked nor respected my parents," he said. An acquaintance from his college days remembered him as "an intrac-table and unhappy hypochondriac." Needy and unloved, Camille coped unconsciously by running frequently to the college infirmary for unfounded ailments. But he eventually bloomed into what one observer called a "happy, giving, and beloved man." His daughter praised him as an exemplary father. When he turned 80, he threw himself a birthday potluck party and hired a jazz band—and 300 people showed up.

Why did Camille grow into an emotionally healthy man, while Paine did not? Powerful clues emerge from a landmark study on men's development that has run for more than seven decades, making it the longest longitudinal study of its kind in the world.

Paine and Camille, whose real names were disguised, were among more than 200 Harvard undergraduate men whom researchers studied for physical and mental health from late adolescence into very old age. The Grant Study of Adult Development began in 1938 and continues today, though the 62 Grant

men who survive are now in their late 80s or 90s.

What can we learn from the lives of so many men studied over so many years? In his recent book, *Triumphs of Experience: The Men of the Harvard Grant Study*, George Vaillant, MD, a psychiatrist and professor at Harvard Medical School who became the study's director in 1966, extracts the insights gained from the study and translates them into life lessons. The following are some key insights Vaillant discovered about how men can live mentally healthy and emotionally rewarding lives.

Mentally healthy men use mature coping mechanisms to deal with adversity.

In the struggle to manage life's challenges, Vaillant says, men may resort to immature coping mechanisms: refusing to acknowledge one's problems, blaming others for personal failures, being passive-aggressive, displacing anger (kicking the dog instead of the boss), or routinely escaping into a fantasy world.

Immature coping mechanisms have disturbing, telltale clues. "They make you feel wonderful, but they have no sticking power because they're narcissistic," Vaillant says. In other words, blaming others and blowing up in a rage may satisfy you, but no one else. "They can indeed make you happy in the short term, but they're very maladaptive because they drive people away."

Throughout his life, Paine failed to face serious problems, insisting that things were fine. "His greatest strength was that he did not complain; his greatest weakness was that he knew himself very little," according to Vaillant. "He could not acknowledge either his alcoholism or his depression." On questionnaires, Paine described close relationships with his children. But when Vaillant asked what he had learned from them, he snapped, "Nothing. I hardly ever see them."

Of all the men studied, Camille's childhood was one of the bleakest and least loving. Before age 30, his life was "essentially barren of relationship," according to Vaillant. But at 35, Camille's long history of hypochondria ended, oddly enough, when he was hospitalized for 14 months with pulmonary tuberculosis. For the first time, he felt transforming love and care. He went through a spiritual and professional awakening, according to Vaillant, and he no longer needed hypochondria to deal with life.

What happened next? "Once he grasped what had happened, he seized the ball and ran with it, straight into a developmental explosion that went on for 30 years," Vaillant says. Camille started a family, worked as a physician, and found emotional support through psychotherapy and church. Asked what he liked most about medicine, he replied, "I had problems and went to others, and now, I enjoy people coming to me."

Like Camille, the other mentally healthy men in the study displayed an ability to take life's hardship and "turn it into gold," Vaillant says. He identified several mature coping skills, including humor, or not taking oneself too seriously; anticipation, the ability to foresee future pain and prepare for it; stoicism, the ability to endure hardships; and altruism, a concern for others.

Mentally healthy men avoid abusing alcohol.

On the flip side, alcoholism—which Vaillant believes may have a genetic component—damaged the lives of several of the men in the Grant Study. The study found that abusing alcohol posed a major risk to well-being.

In tracking the Harvard men for a lifetime, researchers found that alcoholism was the top reason for marriages breaking up. "Fifty-seven percent of all the divorces in the Grant Study involved alcoholism," says Vaillant.

Contrary to popular belief, men didn't turn to drink after they lost their jobs or their spouses walked out. Instead, Vaillant discovered, alcoholism usually came first, leading to job impairment, bankruptcy, legal problems, or marital rifts.

For example, a man might tell Vaillant that he began drinking after his wife

left him for a close friend. "So he lost his wife and best friend all at once. That's a sad story and would make almost anyone feel sorry for him," Vaillant says. But when the psychiatrist tactfully asked, "Well, did your wife complain about your drinking before she left?" many men would answer yes, he says.

"The conscience is soluble in ethanol," Vaillant says. "You can behave very badly and that makes other people unhappy. If other people get no joy in you, you're unlikely to get joy from them."

Mentally healthy men create loving relationships.

Strong connection to others formed a foundation for mental health, the study found. While Paine was in college, he often reported being in love. But researchers noted that to the

young man, "being in love" meant having someone to care for him, according to Vaillant. Paine's third wife was loving and protective, but he was disrespectful and uncaring in response. Each of his wives described an unhappy marriage, largely because of his alcoholism and fear of intimacy. When Paine died, Vaillant concluded that he was one of the study's saddest cases.

Love was so elusive during Camille's childhood that researchers held out little hope for the lonely college kid. But after his fateful hospitalization, he spent decades building a large social network. "Dad had the innate ability to just give," his daughter said.

When he died at age 82, Camille was deemed one of the big success stories among the Harvard men. According to Vaillant, "Camille left no stone unturned until he found the love he needed, and then he absorbed it greedily."

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

POSITIVE RESULTS

Seeking relief from emotional misery is important, but you shouldn't stop there, says Martin E.P. Seligman, PhD, a University of Pennsylvania professor who began the positive psychology movement. Human beings thrive by discovering what makes life worth living.

In his book *Flourish: A Visionary New Understanding of Happiness and Well-Being*, Seligman discusses his concept of PERMA, five crucial elements of well-being. "People who have the most positive emotion, the most engagement, and the most meaning in life are the happiest, and they have the most life satisfaction," he says.

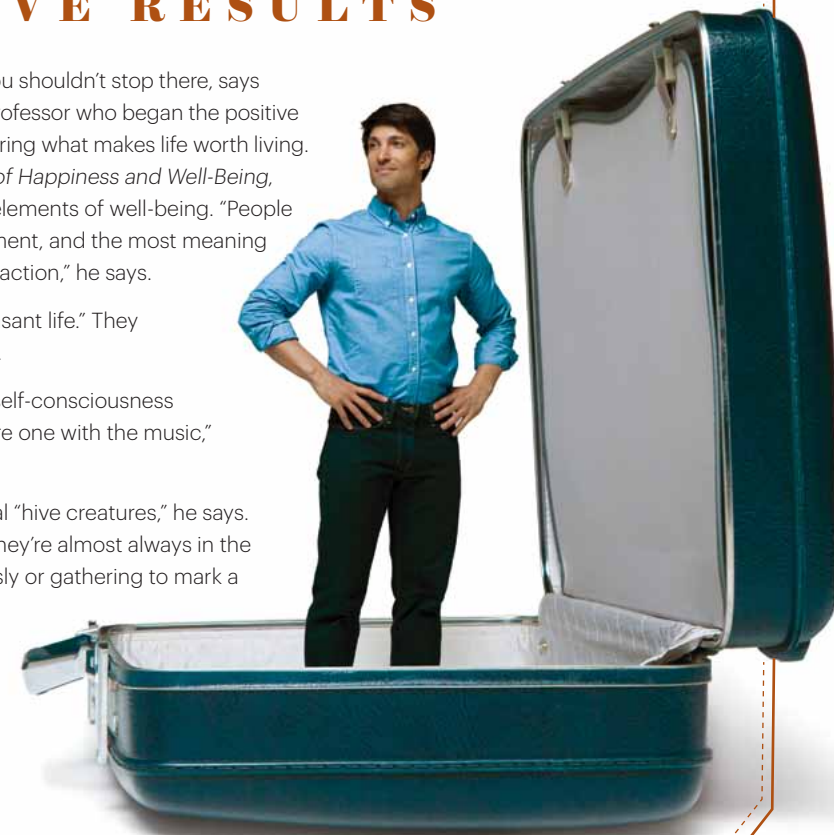
Positive Emotion These feelings contribute to the "pleasant life." They include pleasure, warmth, comfort, rapture, and ecstasy.

Engagement During an engaging activity, people lose self-consciousness and go into a state of flow. "Time stops for you and you're one with the music," Seligman says.

Relationships In short, other people matter. We're social "hive creatures," he says. When individuals reach their highest emotional states, they're almost always in the company of others, whether they're laughing uproariously or gathering to mark a milestone moment.

Meaning Everyone yearns for a "meaningful life" that involves "belonging to and serving something that you believe is bigger than you are," Seligman says.

Accomplishment Reaching one's goals contributes strongly to a sense of well-being.—**K.K.**





FOOD & RECIPES



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IN SEASON

Slice of Life

Watermelon, with roots in southern Africa, has been around more than 4,000 years. Although best known as a fruit, it's a member of the same plant family as cucumber, squash, and pumpkin. More than 200 varieties grow in the United States and Mexico, including seedless, which scientists created 50 years ago. Three-fourths of the watermelons in the United States are harvested in California, Florida, Georgia, Indiana, and Texas; China is the largest producer worldwide. The refreshing summer treat, with its green rind and juicy red or yellow flesh, is 92% water, high in lycopene, and a source of vitamin C and other nutrients. Watermelon is also versatile: Serve it as a soup or in a salad, season and eat the seeds as a snack, or marinate, pickle, or candy the rind as cooks in the American South often do.

THREE WAYS TO COOK

Meat Up

WHERE'S THE BEEF? IT WILL BE ON YOUR GRILL
AND YOUR PLATE WITH THESE EASY RECIPES

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

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



Here's great news for grill-loving guys: Beef is not all bad, as long as it's lean. "It's been on the chopping block for a long time, but it's time to rethink that," says Christopher Mohr, PhD, RD, a nutrition expert and consultant to Discovery Health Channel. Beef provides high-quality protein as well as iron (which helps transport oxygen throughout the body), zinc (which supports immunity), and vitamin B-12 (which aids nerve cell function).

Red meat has long been associated with increased risk of heart disease, but a small 2012 study suggests lean beef has a place in a heart-healthy diet. Researchers followed 36 people with high cholesterol who ate meals composed of fruits and veggies, legumes, whole grains, and low-fat dairy along with about 4 to 5½ ounces of lean beef per day. Their LDL ("bad") cholesterol dropped by about 10%, Mohr says.

Still, he recommends eating modest portions (3 to 4 ounces each) and "building the bulk of your meal around veggies." To minimize saturated fat, always choose lean or extra lean cuts, such as eye of round roast and top sirloin steak.

And if you like your beef best on the grill, cook it carefully. Charred red meat contains compounds known as heterocyclic amines (HCAs), which are linked to cancer. "Try not to char the beef, but cook it at lower temperatures," Mohr says. He adds that some research shows that marinades made with vinegar, oil, and herbs and spices "may create a protective barrier," limiting HCA formation.

Choose cuts of meat labeled "choice" or "select," which usually contain less fat than those labeled "prime."

1

Stick Figure

Dads *and* their kids will love the tasty combo of beef, fruit, and veggies in these colorful kebabs. To save time, buy precut pineapple.

South Seas Sizzling Sirloin Kebabs

Makes 6 servings

Ingredients

Marinade

- ¼ cup light soy sauce
- 3 tbsp fresh lemon juice
- 3 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1 shallot, minced
- 1 tsp minced fresh ginger
- 2 tbsp dark brown sugar
- 2 tsp chopped fresh basil
- pinch freshly ground black pepper
- pinch cayenne red pepper

Kebabs

- 1½ lbs boneless lean beef top sirloin steak or top round, cut into 1¼-inch pieces
- 1 large red onion, peeled and cut into 12 wedges
- 1 red pepper, seeded and cut into 1-inch pieces
- 1 large zucchini, cut in half lengthwise, then into 1-inch slices
- 1 fresh pineapple, peeled, cored, and cut into 1-inch chunks
- 12 fresh basil leaves

Directions

1. Make marinade: Combine all ingredients in a large zip-top bag, reserving 2 tbsp for later use.
2. Place beef in bag and refrigerate at least 30 minutes or as long as overnight. Remove beef and discard marinade.
3. Thread beef, vegetables, pineapple, and basil leaves evenly on six 12-inch skewers. (If using bamboo or wooden skewers, first soak them in water 30 minutes.)
4. Preheat grill to medium high; spray grill rack with cooking spray. Cook kebabs uncovered 8–10 minutes for medium rare, turning occasionally and basting with reserved marinade. Serve kebabs over a whole grain, such as brown rice or quinoa.

Per serving

290 calories, 25 g protein, 15 g carbohydrate, 14 g fat (5 g saturated fat), 46 mg cholesterol, 2 g fiber, 10 g sugar, 248 mg sodium. Calories from fat: 43%

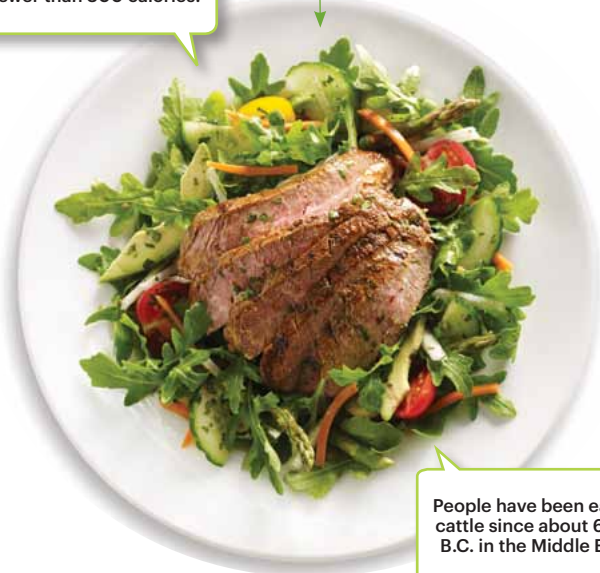
Reviewed by Hansa Bhargava, MD, WebMD Medical Editor

2

Toss Up

Steak doesn't have to be a heavy indulgence. This delectable salad combines just enough flavorful beef with an impressive serving of fresh vegetables.

A 3-ounce serving of cooked lean beef has essential nutrients such as iron, zinc, B vitamins, and protein, and has fewer than 300 calories.



People have been eating cattle since about 6500 B.C. in the Middle East.

Southwestern Flank Steak Salad

Makes 6 servings

Ingredients**Salad**

- ½ tsp coriander
- ½ tsp cumin
- ½ tsp chili powder
- ½ tsp garlic powder
- 1 tsp freshly grated lime peel
- pinch salt
- 1½ lbs flank steak
- 6 cups arugula
- 1 cup peeled and julienne-sliced jicama
- 1 cup shredded carrots
- 1 cucumber, cut in half lengthwise, then into thin slices
- 3 heirloom tomatoes, diced (or 8 oz cherry tomatoes, halved)
- 8 spears asparagus, cut in 2-inch pieces
- 1 avocado, peeled and sliced

Dressing

- 1 tsp honey
- 2 tbsp red wine vinegar
- 1 tbsp fresh lime juice
- 3 tbsp extra virgin olive oil

- 2 tbsp fresh cilantro, finely chopped
- pinch salt
- freshly ground black pepper

Directions

1. Combine first six salad ingredients in a small bowl. Rub evenly on steak and set aside.
2. Preheat grill to medium high; coat grill rack with cooking spray. Grill steak 8 minutes on each side or until it reaches desired degree of doneness. Remove steak from grill; cover and let sit 5 minutes. Cut beef diagonally across the grain into thin slices.
3. Make dressing: Combine all ingredients, stirring well with a whisk.
4. Divide greens and vegetables evenly on each plate. Drizzle with dressing, then top with beef slices.

Per serving

357 calories, 26 g protein, 12 g carbohydrate, 23 g fat (7 g saturated fat), 46 mg cholesterol, 5 g fiber, 5 g sugar, 274 mg sodium. Calories from fat: 58%

3

Shroom Service

Pairing beef with mushrooms boosts the meaty flavor of these burgers without adding extra fat or calories. The recipe uses button mushrooms, but any type will work.

Beefy Mushroom Burgers

Makes 8 servings

Ingredients

- 1 large onion, finely chopped
- 4 cloves garlic, minced
- 1 lb button mushrooms (about 6 cups), finely chopped
- 2 lbs extra-lean (95%) ground beef
- 1 egg white, lightly beaten
- dash salt
- freshly ground pepper to taste
- 2 tsp Worcestershire sauce
- 2 tbsp breadcrumbs

- 8 whole grain buns
- sliced tomato and onion, and dark-green lettuce leaves (for garnish)

Directions

1. Coat a large nonstick frying pan with cooking spray. Sauté onion, garlic, and mushrooms over medium-high heat 3–5 minutes. Drain any excess liquid, and place the mushroom mixture in a large bowl.
2. Add ground beef, egg white, salt, pepper, Worcestershire sauce, and breadcrumbs to the mushroom mixture; combine thoroughly. Form the mixture into eight patties. Cover and refrigerate 20–30 minutes.
3. Place beef patties in the frying pan used to sauté the veggies (or you can grill the patties). Cook each patty over medium high heat 4–5 minutes per

side, or until an instant-read thermometer shows an internal temperature of 160°F.

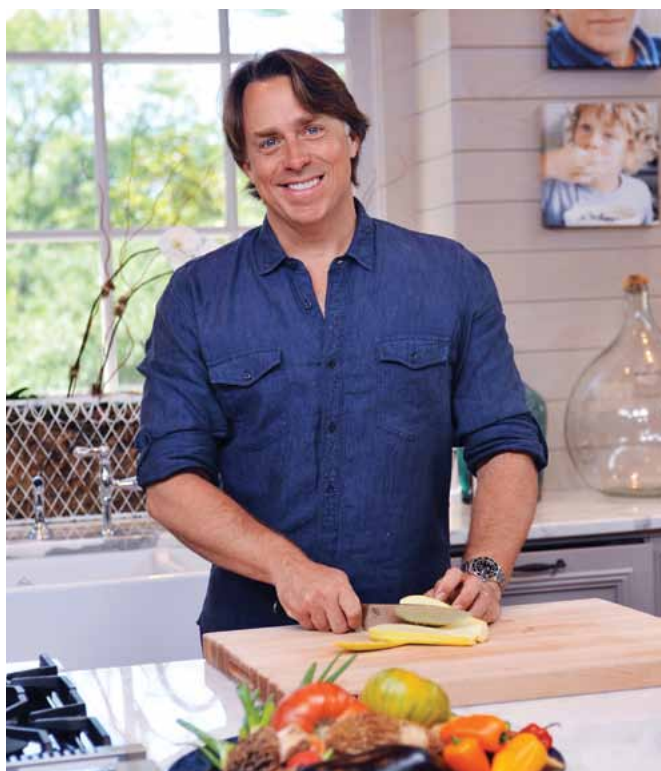
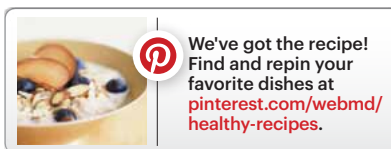
4. Serve burgers on whole grain buns garnished with a slice of tomato, onion, and lettuce leaves.

Per serving

335 calories, 35 g protein, 34 g carbohydrate, 9 g fat (3 g saturated fat), 69 mg cholesterol, 6 g fiber, 5 g sugar, 308 mg sodium. Calories from fat: 24%



Annually, Americans eat an average of 61 pounds of beef per person, down from 80 pounds per person in 1980.



OFF THE MENU

John Besh

CHEF/OWNER: AUGUST, LUKE, LA PROVENCE
NEW ORLEANS

New Orleans chef John Besh likes Father's Day to be unlike any other day in the year. "It will be a casual celebration, a day I can relax," says the winner of the 2006 James Beard Award for Best Chef in the Southeast. "Seldom do I have the chance to let my hair down and just be with my family in the house."

Besh has nine restaurants in his empire, the best-known of which is August, which focuses on contemporary French cuisine with southern Louisiana-accented flavors and the finest of local ingredients. At home, the food's still fresh and local, but Besh trades sophistication for simplicity. Like the meal he's mulling for Father's Day: grilled wild Alaskan salmon with a salad of grilled avocados and tomatoes.

And the best part is that Besh has four sous chefs at home: Andrew, Luke, Jack, and Brendan, ages 8 to 17. "All my sons love to cook and have fun helping me out in the kitchen," Besh says. "One thing that I really want to pass along to my children is the beauty of the family table, all of us sitting down together, slowing down, and having a proper meal." —**Matt McMillen**

Herb-Grilled Wild Alaskan Salmon With Grilled Avocado and Tomato Salad

Makes 8 servings

Ingredients

- 1 skin-on wild Alaskan salmon filet (suggest 2 lbs)
- ¼ tsp sea salt
- freshly ground black pepper
- 1 tbsp olive oil
- big handful fresh mixed herbs (dill, fennel, chives, tarragon)
- juice of 1 lemon

Salad

- 4 unpeeled avocados, halved and pits removed
- ¼ tsp salt
- freshly ground black pepper
- 1 tsp olive oil
- juice of 1 lime
- 4 heirloom tomatoes, thinly sliced
- ¼ cup olive oil
- 2 tbsp sherry vinegar
- 1 tbsp avocado oil (optional)
- leaves from 2 sprigs fresh basil, minced
- 1 clove garlic, minced
- ½ tsp pimento

Directions

1. Wipe down the grate on your grill with a small amount of olive oil. Heat it to high or make a hot charcoal fire.
2. Season salmon with salt and pepper. Drizzle with olive oil and pat to rub in. Make a blanket of herbs on the filet.
3. Place salmon skin side down on the grill, cover closed, and cook 5 minutes. Turn over and cook an additional 5 minutes, or until just cooked through. With a long spatula, remove salmon from the grill and squeeze a little lemon juice over the filet. Transfer to a large platter; set aside.
4. Season avocados with salt and pepper and rub with

olive oil and lime juice. On the hot grill you used for the salmon, place avocados flesh side down and cook 5 minutes.

5. Arrange tomato slices on a serving platter. With a large soup spoon, remove avocado halves from their skins and slice about ½-inch thick. Alternate avocados with tomatoes on the platter.
6. For the dressing, whisk together olive oil, sherry vinegar, avocado oil (if using), basil, garlic, and pimento. Drizzle over salad.
7. Serve salmon with grilled avocado and tomato salad.

Per serving

442 calories, 25 g protein, 9 g carbohydrate, 35 g fat (6 g saturated fat), 62 mg cholesterol, 5 g fiber, 2 g sugar, 221 mg sodium. Calories from fat: 69%

Adapted from My Family Table: A Passionate Plea for Home Cooking by John Besh (Andrews McMeel Publishing)

WebMD.com

What's Cooking!

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

Easy Slice-and-Bake Cookies

Orange Cranberry Chicken

Sweet Potato Enchiladas

Spiced Pecan Chicken

Black Bean Croquettes

*as of April 1, 2013

LEARNING TO LOVE

How I Got My Son to Love Breakfast

MICHELLE KOWALSKI-HELLE, 54, ARCHITECT,
GRAYSLAKE, ILL.

Like parents everywhere, Michelle Kowalski-Helle, of Grayslake, Ill., marked and enjoyed each developmental milestone her son Andrew reached. Crawling, walking, talking, and by age 5, eating all sorts of new and different foods. There was just one big hitch. “Breakfast!” says Kowalski-Helle. “Eggs, oatmeal, breakfast meats, cereals, he just hated them all.”

One by one Kowalski-Helle introduced and reintroduced all of the American breakfast standards to no avail. But then she thought, Andrew ate the vegetables, meats, and starches she served at lunch and dinner, so why not offer those things at breakfast? “I thought, there’s no reason the first meal of the day has to be the foods we culturally identify as breakfast foods. It just needs to be nutritious.” Kowalski-Helle shifted the morning meal plan. Andrew, now 14, embraced breakfast, eating last night’s pasta with chicken and vegetables instead of an omelet. “It was a big relief for both of us. I liked seeing him go to school feeling full and fueled up for the day. And he was a lot happier.”—**Monica**

Kass Rogers

Reviewed by
Kathleen Zelman, MPH, RD, LD
WebMD Food & Nutrition Expert



POWER AID

A lot of Americans balk at breakfast, says Kristin Kirkpatrick, MS, RD, and manager of wellness nutrition services at the Cleveland Clinic in Ohio. Some, like Andrew, just don’t like traditional breakfast foods. Still others say they just can’t stomach food early in the day. “Stress, lack of sleep, or eating too late at night—all of those things can dampen the healthy desire to eat when your body needs it in the morning,” says Kirkpatrick. But, she says, your body really does need breakfast—preferably within an hour of rising—so your empty tank gets refueled. And that doesn’t mean a sugary donut and heavy-cream coffee,

things that will give you a burst of energy and then leave you crashing an hour later.

“You want something that will fill you up, keep you satisfied, give you as many nutrients as possible, and keep your blood sugar at an even keel,” says Kirkpatrick, who recommends a breakfast made up of about 55% to 60% complex carbs for fiber and energy (vegetables, fresh fruits, and whole grains), 30% to 35% protein for staying power and satiety (lean meats, fish, eggs, and low-fat dairy), and 15% to 20% healthy fat such as olive oil, seed, or nut butters, also for satiety and energy. (Exact ratio depends on age, weight, and activity level.)



SWEET LOWDOWN

By Chef Lizzie

If you’ve heard it once, you’ve heard it 1,000 times—sugar is bad for kids’ teeth, weight, and long-term health.

It’s easy to identify obviously sugary foods such as candy and ice cream. But most sugar comes from hidden sources, including drinks (such as sweetened fruit juice and sports drinks), snacks (fruit gummies, toaster pastries, and some flavored yogurts), and many breakfast cereals.

Try these tips to help your kids cut back on their sugar intake:

Sub in water. Help each kid in your family cut out one glass of juice, sports drink, or soda per day. Replace it with a glass of water. After a couple days, replace two sweet drinks with water.

Check the labels. When you buy juice, make sure the bottle or can says “no sugar added” and “100% fruit juice”—these are the healthiest and most natural juices. Also look for (and skip) juices that say they have cane crystals, corn syrup, maltose, dextrose, sucrose, and fructose. Those are all words for sugar.

Watch Chef
Lizzie in
action at **fit.**
WebMD.com!





FITNESS & EXERCISE



46 Peeke Fitness
Tips for battling
food addiction

47 Fitness Challenge
Try out a new kind
of bell curve

Hoop It Up

Have fun getting fit and
staying healthy this season

READER TIP

"I found that whenever I get a sudden junk food craving, working out helps. When I finish, I eat a serving of fruit to make sure that the hunger won't come back." —*tlennylen16, WebMD community member*

PEEKE FITNESS

Kick the Habit

GUYS, DO YOU HAVE A FOOD ADDICTION? CHANGE YOUR WAYS BY DEVELOPING A HEALTHY FIX

By Pamela Peeke, MD



● My patient, Mitch, wanted to shed 50 pounds. He was a super-achieving psychologist who worked too many hours. In fact, work was his whole life. He found it hard to say “no” to anything—except his own workouts and healthy eating.

Mitch turned to work to numb his underlying feelings of anxiety, depression, and self-doubt. His mother, who criticized him for most of his life, triggered those emotions. He also used food, most notably sugar, to numb those feelings.

You may imagine only women have issues with overeating, but I’ve seen hundreds of men struggle with the same compulsion women have to indulge in the “hyperpalatables”—processed sugary, fatty, salty food combos. Recent research shows that anybody can become addicted to food just as they can develop addictions to nicotine, alcohol, and cocaine. All these can cause actual physical changes in the brain’s reward center as well as impair the part of the brain that helps people make the right decisions.

These foods deliver what I call a “false fix” for dealing with life’s stresses by making you feel better—but only temporarily. The trick to managing your addiction is to develop “healthy fixes.” These are daily habits that positively alter the chemical balance and nerve pathways in your brain, so your brain gives you the dopamine rush you crave in a way that keeps you happy, healthy, and productive.

You might get your fix from yoga, working on cars, meditation, listening to music, hiking, fixing up your house, painting, swimming, running, or volunteering. You’re looking for something to heal and reclaim your brain, your free will, and your ability to take control of your life.

Mitch found the will to change when he realized he no longer wanted to be controlled by his mother. To free himself, he made time for the trainer, the gym, and more vacations. He shed both mental and physical weight and discovered a new reward system based on a healthy high of joy for the body and mind—a kind of joy he hadn’t known existed.

TAKE ACTION

It takes what Pam Peeke, MD, calls an “EpiphaME,” a deeply personal wake-up call, to realize you want to stop depending on destructive “false fixes” to get through life. Follow her tips to integrate a “healthy fix” into your daily routine and fulfill your true hunger for the fulfilling life you deserve.

Pick a healthy fix.

Pinpoint one new productive habit you’d like to adopt to achieve your goals, such as eating healthy breakfasts to support your weight-loss goals.

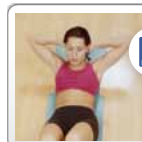
Don’t sabotage it. Be honest here. Do you wake up too late? Watch TV instead of going to the grocery store? Fail to make a shopping list of healthy foods?

Face your fears. What’s the worst that could happen if you succeed? Will your friends feel alienated if you lose weight? Is it scary to imagine being fully present, fully healthy in the world?

Show commitment.

Convert each fear into an affirmation of your intention: “I am committed to losing weight and enjoying healthy, sustaining friendships,” or “I am committed to being a healthy person.”

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



Workouts in the gym or at home? Tell us what you do at [facebook.com/webmd](https://www.facebook.com/webmd).

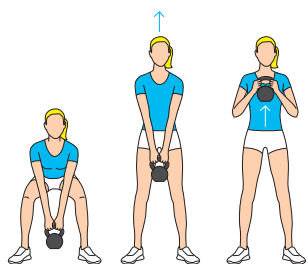
FITNESS CHALLENGE

Bell Curves

WANT TO STEP UP YOUR GAME? TRADE DUMBBELLS FOR KETTLEBELLS FOR A TOTAL-BODY WORKOUT

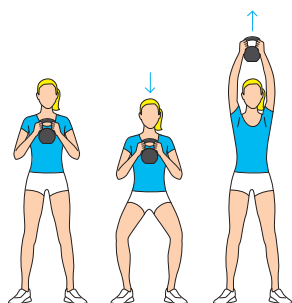
By Jodi Helmer

Kettlebells, the cast-iron cannonballs with handles you'll find sitting beside the free weights in the gym, are a fitness trend that is here to stay, says Missy Beaver, a certified personal trainer in Santa Monica, Calif. She's used kettlebells to train celebs such as actors Katherine Heigl and Ellen Pompeo. The weight isn't evenly distributed in a kettlebell, which means your stabilizer muscles have to work harder to perform each move. Use a 10- or 15-pound kettlebell and try these moves three times per week.



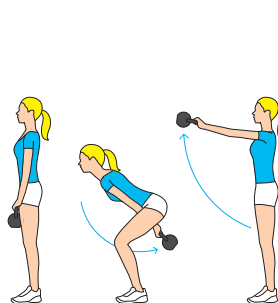
Two-Handed Snatch Pull

1. Stand with your feet shoulder-width apart, toes turned out 45 degrees.
2. Place the kettlebell between your feet, bend down, and hold the handle with an overhand grip.
3. Push your hips back, keeping your chest lifted and eyes looking forward.
4. Squeeze your glutes, push through your heels, and stand up slowly until your arms and legs are straight.
5. Slide your hands from the top of the handle to the sides of the kettlebell, bend your elbows, and curl the kettlebell toward your chest (using a movement similar to a bicep curl).
6. Repeat 10 times.



Two-Handed Push Press

- Get great definition in your shoulders, arms, and trapezius (the muscle between your shoulder blades) with one simple move.
1. Stand with your feet shoulder-width apart, toes turned out at a 45-degree angle.
 2. With both hands, hold the sides of one kettlebell's handle, with elbows bent and the kettlebell at chest height (at the top of the bicep curl position).
 3. Bend your knees, lowering your body 6 to 8 inches.
 4. Drive through your heels, straighten your legs, and push the kettlebell overhead until your arms are fully extended, elbows locked. Controlling the movement, lower the kettlebell to chest level.
 5. Repeat 10 times.



Two-Handed Kettlebell Swing

1. Stand straight, feet slightly wider than shoulder distance.
2. Bend your knees, push your hips back, and lower into a quarter squat (bending your knees just to a 45-degree angle).
3. Using an overhand grip, hold the handle of the kettlebell with both hands.
4. Swing the kettlebell down between your legs.
5. With your glutes and abs tight, thrust your hips forward into a standing position while swinging the kettlebell back forward and, keeping your arms extended, raising it to chest height.
6. As the kettlebell begins its swing back downward, bend your knees, push your hips back, and return to the starting position.
7. Repeat 10 times.

Q

"Watching shows like *Dancing With the Stars* makes me want to add dance classes into my workouts.

With so many different classes available, how do I know which one to try?"

Jensena Parish, 36, marketing director, Oshawa, Ontario



A

"Dancing is a great workout. To torch calories, try Zumba. You don't have to get each move just right, and the upbeat music will motivate you to move faster and push harder. To focus on the technical aspects while building muscle and flexibility, try ballet. The graceful moves elongate and tone muscles and improve posture. Ballroom dancing is a good combination of cardio and toning with an emphasis on technique. The calorie burn depends on the style of dance—the jitterbug is better for cardio than the waltz, for example."



Jaana Kunitz, award-winning ballroom dancer and creator of *Core Rhythms DVD dance workouts*

WebMD[®] Checkup

TAKING CARE, LIVING WELL

Blood donations are always needed. Learn how your contribution can help

June 14 is **World Blood Donor Day**, when countries worldwide raise awareness of the need for blood donations and to honor voluntary donors.

One pint of blood, the amount of an average donation, can save up to three lives.

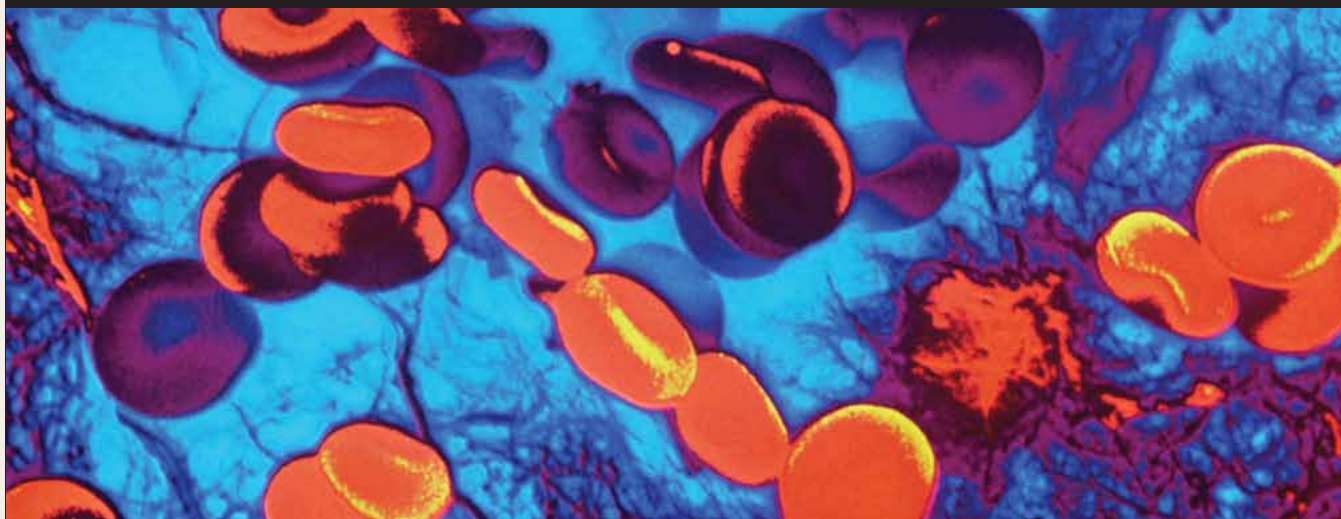
In the United States, 9.5 million people make 16 million blood donations a year. That's about two donations per donor. Still, shortages happen in the summer months when donations are less frequent. If all current donors gave three times yearly, shortages would be rare. More than 44,000 donations are required daily for accidents, complications in childbirth, and treatments for cancer and blood disorders, such as sickle cell disease. Blood is also on hand during all major surgeries.

Blood donations are tested for infectious diseases, including HIV, but donors cannot contract diseases by giving blood because a new, sterile needle is used to draw each donation.

For World Blood Donor Day last year, supermodel Niki Taylor publicized Nexcare's line of fashion bandages, which the Red Cross gave donors at blood drives and donation centers.



Gregory Nicotero, makeup artist for AMC's *The Walking Dead*, "zombie-fied" photos of celebrities, including The Black Keys, actor Mena Suvari, NASCAR's Kurt Busch, and *Extra*'s Maria Menounos, to promote the day.—*Sonya Collins*



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Checkup

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

HEALTH HIGHLIGHTS

HEADS UP

JUNE IS MIGRAINE AWARENESS MONTH.
GET RELIEF WITH THESE TIPS

By **Heather Hatfield**

1 *Get help*

An estimated 47% of people globally had a headache in the past year. In the United States and the United Kingdom, only half of people with migraines had seen a doctor.



2 *Beware of chocolate*

Ingredients in chocolate can trigger a headache. Avoid it for a couple of weeks, then re-indulge. If a headache happens, avoid it forever.

3 *Go alcohol-free*

Alcohol can dilate your blood vessels and dehydrate you, bringing on a massive migraine. Skip it altogether, or drink moderately.

4 *Control stress*

Use relaxation techniques to help stop a headache before it starts.

5 *Plan for periods*

A woman's hormones during her periods can make migraines a nightmare. Plan ahead: Avoid other triggers and practice stress control. Menstrual migraine treatments are available.

6 *Sleep tight*

Sleep disorders can lower the oxygen in your blood, causing headaches. Talk to a sleep specialist to treat your sleep and help your head.

7 *Cut caffeine*

If you skip your morning joe, your head could throb. Consider cutting coffee out of your diet to lower your daily dose of caffeine and improve your migraines.

NEW!

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- Articles, slideshows, and videos related to your condition.
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BY THE NUMBERS

ASTHMA

FACTS AND STATS ON TOP HEALTH CONDITIONS

By *Heather Hatfield*

Adults in the U.S. who have asthma:

18.8 million

Children in the U.S. who have asthma:

7.1 million



School days
children in the U.S.
miss every year
due to asthma:
10.5 million

Workdays employed
adults in the U.S.
miss every year
due to asthma:
14.5 million



Adults with asthma
who had **activity**
limitations due to
asthma in 2008:
6 in 10



Asthma-related
doctor office
and hospital
outpatient visits
in the U.S.
each year:
15 million

Chances a child will develop asthma
if one parent has asthma:



1 in 3

Chances a child will develop asthma
if both parents have asthma:



7 in 10

People in the U.S. who
had an asthma attack
in 2011:

13.2 million

Worldwide ranking
of asthma as a
chronic condition
in children:

1

Deaths
each day
from asthma:

9

Deaths each year from asthma:

3,404

Asthma-related
emergency room
visits in the
U.S. each year:

2 million

People **discharged**
from U.S. hospitals
with asthma listed as
the first diagnosis:

479,000



Average length of
hospital stay for
asthma patients

58.1_{/1,000}

Hispanics
in the U.S.
who have
asthma

78.2_{/1,000}

Caucasians
in the
U.S. who have
asthma

105.5_{/1,000}

African-Americans
in the U.S.
who have
asthma

LIVING WITH VISION LOSS

4 WAYS TO PROTECT YOUR EYESIGHT EVEN IF YOU'VE BEEN
DIAGNOSED WITH AGE-RELATED MACULAR DEGENERATION

By Christina Boufis

● Amy Atcha, 47, began to suspect something was wrong when her 72-year-old mother, Judith Arcy, wasn't able to read a menu or see the numbers on her cellphone. After a visit to the ophthalmologist, her mother's diagnosis turned out to be dry age-related macular

Blind or blurry spots can appear in the center of your vision, making it difficult to read, drive, or even recognize faces.

degeneration (AMD), a chronic, degenerative eye disease that causes central vision loss.

The condition "doesn't come on all of a sudden," says David M. Kleinman, MD, MBA, associate professor and retina specialist with the Flaum Eye Institute at the University of Rochester Medical Center in Rochester, N.Y. (Another form of the disease, wet AMD, is less common but often progresses more rapidly.)

With AMD, light-sensitive cells in the macula (the area responsible for seeing fine detail when you look straight ahead) gradually begin to deteriorate and die.

As the disease progresses, blind or blurry spots can appear in the center of your vision, making it difficult to read, drive, or even recognize faces. These blind spots can get bigger as the disease progresses. If you notice these signs, see an eye doctor for an exam.

"If you are diagnosed with early AMD, you can decrease the chances of losing vision," says Kleinman. "But you



have to change your lifestyle." Here are some tips.

Quit the habit. Quitting smoking may slow the progression of AMD from one eye to the other, according to the American Macular Degeneration Research Foundation. If you smoke, a smoking cessation program can help you stop.

Eat a rainbow of brightly colored fruits and vegetables. "They have antioxidants that are very protective and supportive of retinal health," Kleinman says. Dark green leafy vegetables such as kale and Swiss chard are excellent choices. Salmon and tuna, high in omega-3 fatty acids, may also help prevent AMD from progressing, according to the National Eye Institute (NEI).

Get regular checkups. Make appointments with your ophthalmolo-

gist and also with your primary care doctor to check cholesterol and blood pressure. Maintaining normal blood pressure and cholesterol may help slow progression of AMD, according to the NEI. Some research suggests that high blood pressure and high cholesterol might put the eyes at risk for AMD, Kleinman says.

DID YOU KNOW?

AN ESTIMATED 10 MILLION AMERICANS HAVE OR ARE AT RISK FOR AMD,
THE LEADING CAUSE OF VISION LOSS
IN PEOPLE OVER AGE 55, ACCORDING TO THE FOUNDATION FIGHTING BLINDNESS.



Stuck in the middle? Get the **Truth About Belly Fat**, the No. 1 article on the Health & Diet channel.

WebMD.com

MY STORY

POWER PUNCH

A READER'S INSPIRATIONAL WEIGHT-LOSS STORY

By **Betty Lou Sweeney**
WebMD.com community member

I finally decided I needed to lose weight four years ago when I almost died in the hospital from a bladder infection that spread to the sac surrounding my heart. My cardiologist later told me, "We almost lost you."

I was 69 years old. I weighed 240 pounds. I was pre-diabetic and on 26 medications. I realized

"I started measuring portions, and I lost 110 pounds in two years."

I wanted to be able to enjoy my children, my grandchildren, and my great-grandchildren. I joined a fitness center and started working with a personal trainer.

At first, all I did was walk on the treadmill. I was scared to death of the weight machines. My trainer says he thought, "She won't last two weeks." But now, I work out seven days a week and have run 5Ks and half marathons. I also asked a dietitian for a diabetes-friendly diet. I started measuring portions, and I lost 110 pounds in two years.

As part of my monthly assessment, my trainer made me do a plank (where you balance on your forearms



and your toes). I worked up to 13 minutes. My trainer was surprised—most people have a tough time holding it for even one minute. I decided to go for the world record. On Sept. 28, 2011, I

broke that record by holding a plank for 36 minutes and 58 seconds.

The record was good to achieve, but the psychological benefits of getting fit were even better.

GRANDMA'S GUIDANCE

It's never too late to start. I was 69 when I knew I had to get moving so I could lose my weight and start enjoying life. I went from size 22 to 4 and now weigh 130 pounds.

Keep fighting. Once you start, you have to keep going. I'm at the gym every day. Even on days when I really don't feel like being there, I come out at the end feeling great and glad I did it.

Join a club. The camaraderie, the friendships, and the encouragement that you'll get are unbelievable. Everybody is pulling for everybody else.

Be with positive people. When I was losing weight, if someone said, "You're getting too skinny; you're going to be too thin," I would say, "If you're going to be negative, go away."



ASK YOUR DOCTOR

1

How does being overweight affect my health?

2

How much weight do you think I should lose?

3

How can I safely begin an exercise program?

4

What dietary changes will help me lose weight?

5

Once I get the weight off, how can I keep it off?



HEALTH CHECK

WHAT'S YOUR SLEEP IQ?

● **JBarker83**, a member of the WebMD sleep disorders community, used to sleep just fine. But about a year ago, he found he couldn't fall asleep at night. Instead, he writes, "I lie there in bed for hours tossing and turning, and when I do fall asleep, I wake up, fall back [asleep], wake up. I work the night shift, 4 p.m. to 12:30 a.m. Now all I think about is sleep and if it will ever be easy again." Maybe, but he may need to develop better sleep habits first. Do you know how the following can affect your shut-eye?



ASK YOUR DOCTOR

1

Do my sleep problems indicate I may have a sleep disorder? If so, what type?

3

Will a sleep medication help? Are prescription sleep medications addictive?

2

Are my sleep problems caused by an underlying medical or mental issue?

4

Should I see a sleep specialist? Will I need to undergo overnight testing?

QUIZ

1. Do you watch TV or use a computer before going to bed?
☐ Yes ☐ No
2. Do you smoke or drink alcohol or caffeine before sleeping?
☐ Yes ☐ No
3. Do you exercise before bedtime?
☐ Yes ☐ No
4. Does your pet sleep with you?
☐ Yes ☐ No
5. If you work a night shift, do you take steps to improve your sleep?
☐ Yes ☐ No

Answers: 1. Getting involved in an interesting program or Internet search can steal time from your sleep. In addition, the light from a TV, computer, or other electronic device can suppress the melatonin production in your brain, which normally signals your body to start preparing for sleep. 2. Nicotine is a stimulant and can disrupt sleep. Caffeine is also a stimulant, so avoid it after 3 p.m. (According to the National Sleep Foundation, your body needs six hours to metabolize half of the amount of caffeine you ingest.) Alcohol may help you fall asleep, but it alters sleep stages and increases the number of times you wake up during the night. (One study found that alcohol affected the quality and duration of women's sleep more than men's.) 3. Doctors used to recommend avoiding exercise too close to bedtime, but new research shows that evening exercise doesn't disrupt sleep for people who don't have trouble getting shut-eye. However, if you have insomnia and your doctor says you should avoid evening workouts, heed that advice. 4. Pets can disrupt your sleep by jumping on the bed, playing, scratching, snoring, meowing, barking, or triggering your allergies. Keep them out of the bedroom or at least off your bed. 5. People who work nights are at risk for "shift work sleep disorder," a type of insomnia. In the short term, this condition can cause concentration problems, accidents, irritability, and depression. In the long term, it can lead to heart and digestive problems. Doctors recommend using heavy window shades or eye masks to block light when you're sleeping and maintaining the same sleep/wake schedule every day of the week, even on your days off. If you improve your sleep habits and still don't sleep well, talk with your doctor.

Sources:

National Sleep Foundation; the National Heart, Lung, and Blood Institute; WebMD Sleep Disorders Health center

Common

Rapper/Actor

1 **Your Common Ground Foundation provides summer youth camp and mentoring for kids in Chicago public schools. What was your inspiration for creating it?** Growing up, I had a mother who provided and cared and a stepfather who was there for me, and a lot of my friends didn't have that. I always wished I could give them that support. Once I was able to afford it and was blessed with the platform to do art and music and business, I wanted to utilize it to help others.

2 **Do you have any standout memories from your work with the foundation?** At first the kids don't want to be out in a place where there are no cellphones, no tech. A lot of them are closed off to being out in nature and developing in that environment. Watching them start opening up and communicating, and how the camp affects them, is great.

3 **You wrote your 2012 memoir, *One Day It'll All Make Sense*, with your mother, who also plays a key role in your foundation. How do you work together?** My mom is a really important part of my life. She's provided a



lot for me, and she's always encouraged me to do more. As a teacher and principal, she has always wanted to be present in the lives of young people, so working with the foundation is like one of her callings.

4 **You've said your daughter's birth was a transformative moment. What shifted for you?** I started thinking about what type of world I'm

going to create. It wasn't that my heart wasn't always into that but it became more of a duty to do that. I knew it was time for me to start having even a greater purpose in my music.

5 **What's been your toughest moment as a father?** Truly, one of the hardest things has been not going forward in a relationship with my daughter's mom. But I

knew if I wasn't happy I couldn't be a good father and a good person, so I had to choose to be the best father I could be. It's also hard because I have to make sure to allocate time when I'm in an industry that's so demanding.

6 **You're about to start filming the third season of AMC's post-Civil War drama, *Hell on Wheels*. How has**

playing an emancipated slave affected you? It definitely has led me to understand American history more and the relationship between blacks and whites. I've learned how significant the African people were to the struggle and the building of this country.

7 **You're 41. Has that changed how you look at your health and your life?** I don't think 40 really gave me a jolt or anything. I started my health quest somewhere around 25, and it's constantly growing. I'm learning more about diet and exercise, and [attaining] mental, emotional, and spiritual health.

8 **What's your best health habit?** My best health habit is not eating pork and beef—and exercising multiple times per week.

9 **What's the one thing you will never leave home without?** Water. I love it. I'm a water sign!

10 **If you were president for the day, what would you do?** First, I'd put more money into our education system. I would also sign a bill that would expand health programs for kids. —*Gina Shaw*