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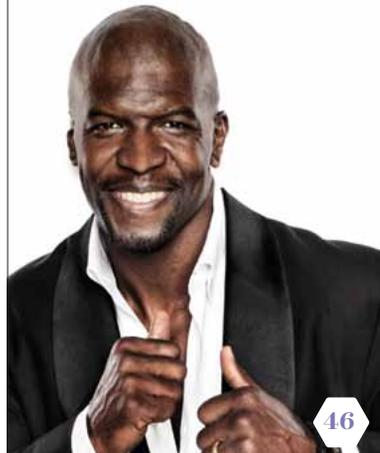
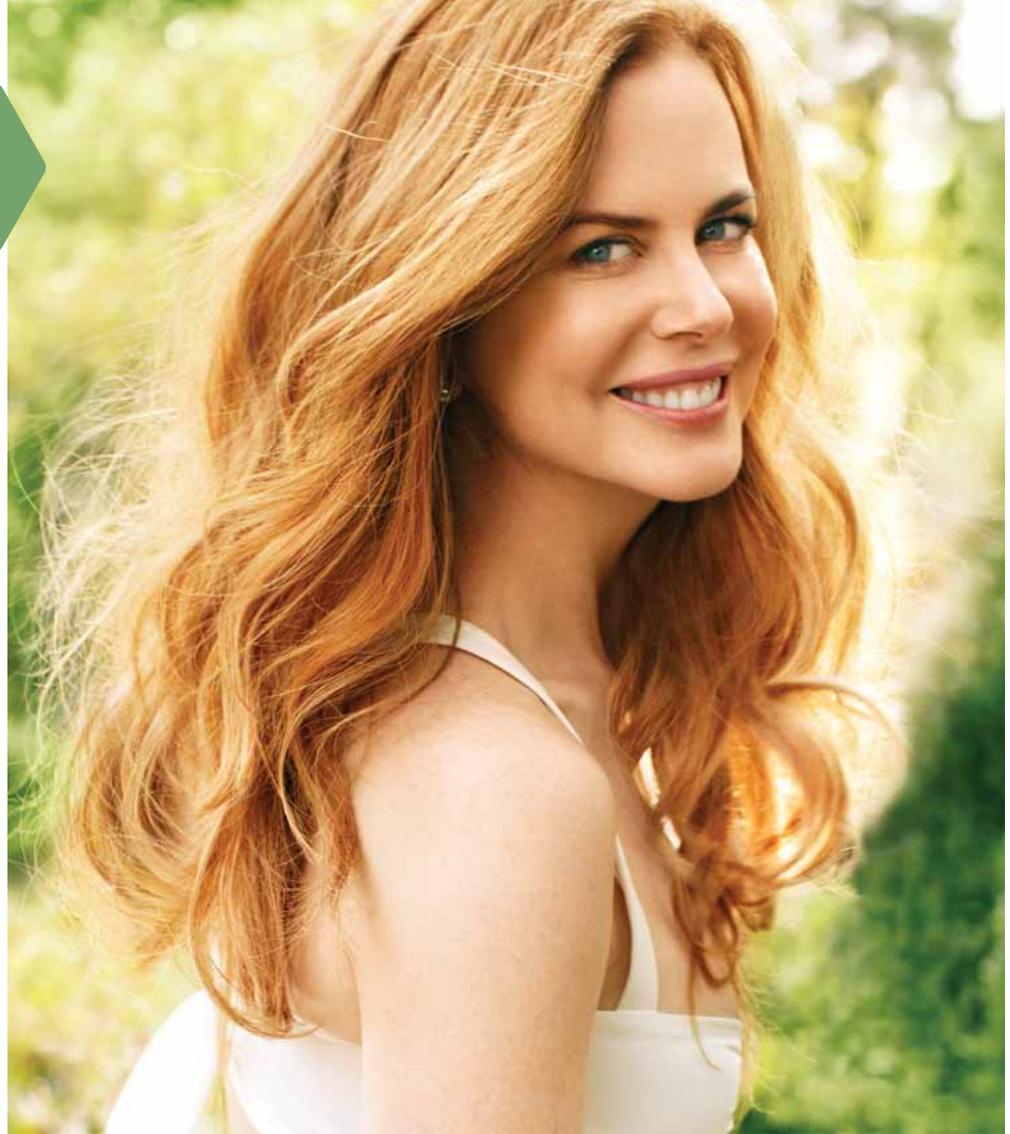
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“
IT IS
EXHAUSTING,
BUT THERE'S A
SELFLESSNESS
TO PARENTING
THAT I LOVE.
”

Whole Nicole

Children are at the core of everything actor **Nicole Kidman** does—from raising her four kids to the childlike quality of acting to her charitable work and role as a U.N. Goodwill Ambassador. The award-winning star opens up about being a mom to two young children and two older ones, balancing family and career, what movies she won't let her kids watch, and why she chooses not to sing in front of her husband, country musician Keith Urban.



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EDITOR'S NOTE

Mother's Day, medical marijuana special report, and more

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TAKE 10

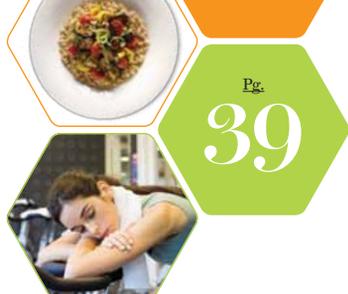
Actor and former football player **Terry Crews** fields Qs about how his time in the NFL helps him on set, shares marriage secrets, and explains how much he's like his *Brooklyn Nine-Nine* character.

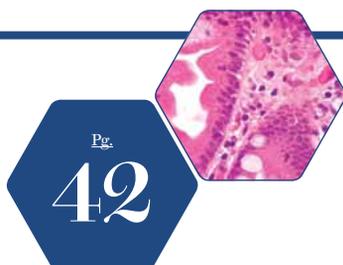


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	LIVING HEALTHY WEBMD ON THE STREET: Our experts help a Virginia-based human resources executive in her search for “me time.” • MEN’S HEALTH: Are you truly listening to your partner? Here’s how to do it—and improve your relationship. • WOMEN’S HEALTH: Learn what “like mother, like daughter” really means and how to set your little girl up for success. • MIND MATTERS: Do you and your partner support each other’s health? Get the do’s and don’ts of getting fit together.
	HEALTHY BEAUTY YOU ASKED: We’ve got the mother lode of Mom’s Day gift ideas. Our experts share eight product picks sure to pamper and please. Plus: Beauty 411 • YOUR SMILE: Get the secrets to a winning smile from a beauty pageant dentist. Also: Are you ready for your next dental visit? A top dentist opens up about how to make the most of your appointment.
	FAMILY & PARENTING PARENTING: When it comes to being a mom, a woman, and staying fit and healthy, actor and author Alicia Silverstone puts kindness first. • KIDS’ HEALTH: Has your child outgrown time-outs? New strategies can get to the root of almost any problem. • BABY TALK: Fevers, teething, and sleeping—oh my! New parents have a lot on their mind. But when is it time to really worry? • PET HEALTH: Are your four-legged friends taking flight with you? We’ve got the plane talk to ensure smoother air travel for you and your companions.
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	FITNESS & EXERCISE WORK IT OUT: Do you spend your workout counting down until it’s over? Stop being a clock watcher with these tactics to help you cross the finish line and enjoy doing it. • FITNESS CHALLENGE: Stay on the ball—literally! Work every muscle of your body with balance-ball workout moves.



WEBMD CHECKUP

HEALTH HIGHLIGHTS: Put your feet first with how-to tips for taking care from heel to toe. • **BY THE NUMBERS:** We take a closer look at skin cancer. • **HEALTH CHECK:** Do you have knee trouble? Do you know how to ease the pain? Take the quiz to find out.

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Kristy Hammam

EDITORIAL DIRECTOR
Colleen Paretty

SENIOR EDITORS
Susan Davis, Sylvia Davis

WEBMD.COM SENIOR DIRECTOR, EDITORIAL
Stephanie Snipes

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CHIEF MEDICAL EDITOR
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MEDICAL EDITORS
Brunilda Nazario, MD; Hansa Bhargava, MD;
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BRAND REVIEW
Lauren Gracco Sumrall, Bill Sims

CONTRIBUTING WRITERS
Christina Boufis, Sonya Collins,
Heather Hatfield, Jodi Helmer,
Ayren Jackson-Cannady, Katherine Kam,
Lauren Paige Kennedy, Shelley Levitt,
Matt McMillen, Erin O'Donnell, Gina Shaw,
Stephanie Watson

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EDITORIAL, DESIGN, PRODUCTION MANAGEMENT

EDITOR AT LARGE Kim Caviness

DEPUTY EDITOR Andrea Gabrick

ASSOCIATE EDITOR Rebecca Scherr

BOOKINGS DIRECTOR Wendy Zipes Hunter
wendy@celebrity-concepts.com

ART DIRECTOR Melissa H. Miller

PHOTO EDITOR Katie Ellsworth

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PRODUCTION MANAGER Judi Sheffer

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SENIOR DIRECTOR, MARKETING Kathleen Cusack
SALES OPERATIONS ANALYST Kisha Jackson

ADVERTISING SALES

Claudia Fern, cfern@webmd.net, 212-624-3728
Patria Rodriguez, prodriguez@webmd.net, 212-417-9542
John Schaetzle, jschaetzle@webmd.net, 212-624-3787

CHICAGO

Tracy Kennedy, tkennedy@webmd.net, 312-416-9275
Anna Novinger, anovinger@webmd.net, 312-416-9278

WEST COAST

Nicole Ransom, nransom@webmd.net, 805-770-2293

SOUTHEAST

Courtney Cofield, WNP Media
courtney@wnpmedia.com, 770-569-8188

SMYTH MEDIA GROUP

Stephanie Musella, Account Executive,
stephanie@smymthmedia.com, 914-409-4216

Diane Cremin, Account Executive,
diane@smymthmedia.com, 914-409-4211



WebMD

111 EIGHTH AVE., SUITE 700, NEW YORK, N.Y. 10011

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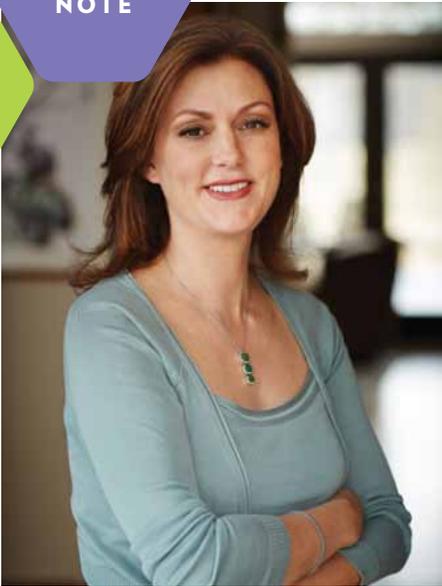
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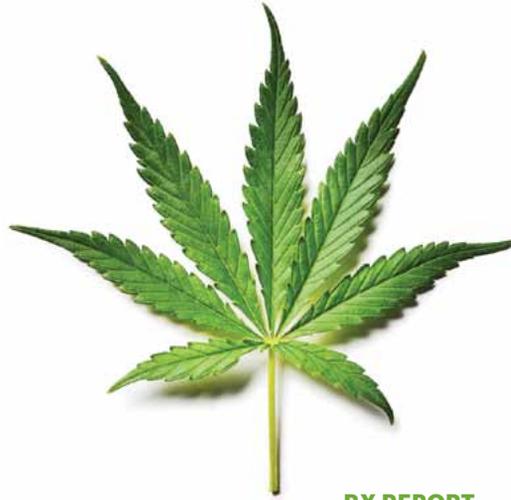
While the modern version of Mother's Day may conjure images of flowers and greeting cards, the women who originally observed it wanted to use their status as mothers to protest injustice and war. No doubt they would have approved of our cover star's efforts to improve the lives of others.

Nicole Kidman, Academy Award-winning actor and mother of four, is also a U.N. Goodwill Ambassador working to end violence against girls and women. A recent report from the World Health Organization found that one in three women worldwide is a victim of violence in her lifetime. Kidman's outreach takes her around the world to countries where U.N. Women works to advocate, raise funds, and bring a voice to women who are sexually and physically abused.

Want to get involved with a domestic or global issue? In addition to helping others, it may be good for you. Research shows that volunteering may help ward off loneliness and depression. A recent study found people who volunteer are less likely to develop high blood pressure than people who don't. Not to mention, reaching out with a helping hand will make your mom—and every mom—proud.

Kristy

Kristy Hammam
Editor in Chief
kristy@webmd.com



RX REPORT

Marijuana has been in the news as more and more states legalize it for medical (and sometimes recreational) uses. Some doctors say it shows promise for people with conditions ranging from seizures to irritable bowel syndrome to chronic pain. But what does the research show? Is marijuana use safe, especially over the long term? We've got answers in a new **WebMD Special Report**. See what doctors, experts, and parents on both sides of the issue have to say. Go to **WebMD.com** and search for "Marijuana on Main Street."

BUTT OUT

E-cigarettes are all the rage among teens, but research into their potential effects on health is still early. That's according to a new WebMD report.

E-Cigarettes: What the Research Shows

reveals that the 1.78 million students in the United States who have tried the electronic kind are more likely to smoke tobacco cigarettes.

Get the latest about what experts do know—search "e-cigarettes" at **WebMD.com**.



Tell us how you're celebrating mom at twitter.com/webmd.

HAIR, HAIR!

Our Twitter fans are flat-out thrilled about last month's hair care article. We tweeted "How to Fix Frizz and Damaged Hair," and it was the most-clicked magazine post of the month. We're hoping to save the day with answers to your beauty questions again this month. We get the scoop on what makes a winning smile, and we've also got a Mother's Day gift guide packed with pampering presents.



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HEALTHY START



HOT TOPICS!

FACTS AND NEWS YOU CAN USE

Sugar, more than fat, fuels overeating. Sugar causes greater activation of the gustatory region—the part of the brain responsible for the perception of taste.

Source: The American Journal of Clinical Nutrition



64% OF WOMEN AND MORE THAN 50% OF MEN WHO USE SCENTED PRODUCTS SAY THEY'RE INTERESTED IN FRAGRANCES THAT COULD AID WITH SLEEP OR FRESHEN SHEETS.

Source: Mintel



5.2 million
Number of stay-at-home U.S. moms in 2013. Stay-at-home dads numbered 214,000.

Source: U.S. Census Bureau



Want to shed a few pounds? **TEXT YOURSELF A REMINDER.** In a study, 79% of people attributed healthy behaviors such as weight loss to encouraging text messages about dropping pounds.

Source: CIN: Computers, Informatics, Nursing



69 percent of bosses report they are very satisfied with their current position, though 43% of employed adults say they would rather not become the boss.

Source: Pew Research

Number of cards exchanged each year on **Mother's Day**

Source: Hallmark



How much do you notice those movie preview ads? IT DEPENDS ON



THE SURROUNDING NOISE. ORAL INTERFERENCE, SUCH AS MUNCHING ON POPCORN OR TALKING, MAKES PEOPLE IMMUNE TO A COMMERCIAL'S ADVERTISING EFFECTS.

Source: Journal of Consumer Psychology

Families and mealtimes go together. Some 53% of adults with children under 18 eat in as a family six to seven times per week.

Source: Gallup





TAKE HEART

Not all vegetable oils are created equal. Those that contain a mix of omega-3 and omega-6 fatty acids, such as canola and soybean oil, can reduce your risk for heart disease, a recent study shows. But researchers found no evidence that replacing animal fats with oils containing only omega-6's—such as corn, sunflower, and safflower oils—lowers heart disease risk.

Source: Canadian Medical Association Journal



90%
Proportion of visible signs of skin aging caused by the sun

Source: Environmental Protection Agency



Lunch Time

Want your children to make healthier choices in the cafeteria? Send them to school with cash rather than a debit card. In cafeterias that allow kids to pay with cash, students chose meals that averaged 30 fewer calories than the average meal in debit-only cafeterias, a recent study found. Students also bought more healthy foods, such as fruits and vegetables, in cash cafeterias and more candy and fries at schools where they paid with plastic. Researchers think parents might give kids just enough cash for a standard lunch, while debit cards allow them to put extra (possibly unhealthy) items on their trays.

Source: Obesity

BULLY BUSTER

One way to keep kids from bullying may be to keep them busy. In a study of more than 64,000 kids ages 6 to 17, those who participated in both a sport and a non-sports extracurricular activity were 33% less likely to bully than kids who did not participate in extracurricular activities. Kids who only did non-sports activities were 18% less likely to be bullies than their less active counterparts. Parents of the kids with more activities were also 73% more likely to report that their children had strong social skills.

Source: American Academy of Pediatrics





Search Party

Do you go online when you think you're coming down with something? Your search could help public health officials predict outbreaks of flu and other contagious illnesses more quickly. A recent study found that if analysis of Internet searches were combined with traditional surveillance of infectious diseases, public health professionals could identify outbreaks up to two weeks sooner than they could with traditional methods alone.

Source: The Lancet

10%



Amount of time drivers engage in other tasks, such as eating, texting, and reaching for their phone

Source: New England Journal of Medicine

1 in 3

AMERICANS AGES 50 TO 75 WHO DON'T GET COLORECTAL CANCER SCREENINGS AS RECOMMENDED. THAT'S 23 MILLION.

Source: CDC

TEST TIME

Most women know they should get regular Pap tests to look for signs of cervical cancer. But tests for HPV (human papillomavirus, a sexually transmitted disease that causes most cervical cancers) may offer even better protection over the long term, a study shows. The study followed 175,000 women for an average of six and a half years after they'd had one of the screenings. The Pap and HPV tests were equally effective for the first two and a half years. After that, the HPV tests were 60% to 70% better at preventing invasive cervical cancer.

Source: The Lancet

WebMD.com

Hot Hits

What's trending on WebMD.com right now*

How probiotics work

What are body wraps?

Meningitis symptoms

Fitness trackers for weight loss

What is PTSD?

Cold sore treatments

Benefits of vitamin E

Causes of fatigue

Why do my knees hurt?

Signs of labor

*as of March 1, 2014



BRAIN GAIN

Parlez-vous français? If you do—or if you speak any other second language—you could stay lucid longer as you age. In a study of about 650 people with dementia, those who were bilingual had the first symptoms of dementia four and a half years later than those who spoke only one language. It's not education that delays dementia; people who have trouble reading and writing also got cognitive benefits from bilingualism. Researchers believe that speaking more than one language strengthens areas of the brain that handle executive functions and attention tasks.

Source: Neurology

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1.5%

Percentage of babies born in the U.S. in 2012 as a result of in vitro fertilization. That's **61,740 babies**—the highest number ever reported.

Source: Society for Assisted Reproductive Technology

HEALTHY
START

Number of Americans who have **chronic pain**:

one million

Joint, bone, and muscle pain are among the top reasons people visit primary care doctors.

Source: American Academy of Orthopaedic Surgeons

JUMP START



Heroes. We know you know one or two or maybe more. They could be a neighbor, a friend, a relative, a community organizer, a doctor, a nurse, a young adult, or even a child. Anyone can be a **WebMD Health Hero**. Once again, *WebMD Magazine* seeks the visionary in your life who did something extraordinary for the health and well-being of others in your neighborhood, town, state, even the nation.

network for volunteers to help children with autism, and a doctor and his young patient who increased awareness about kids' cancers.

Who will be the winners this year? It's up to you. Nominations are now open—just go to the **Health Heroes** page at WebMD.com and fill out the form. Tell us a bit about your hero and why you think he or she deserves to win. We'll announce the winners in our November/December 2014 issue.

And watch this space in the next issue for more details about our 2014 Health Heroes awards—we're planning a bigger and better celebration this year to honor the winners.



Last year, we honored, among others, a mom who distributed healthy food baskets to families in her community, a teen who set up a nonprofit

Colleen

Colleen Paretty
Editorial Director
colleen@webmd.com

Bella Thorne

THE ACTOR SHARES HER BEAUTY, FITNESS,
AND HEALTHY LIVING TIPS



Guilty Pleasures

"You can't keep me away from a pack of Slim Jims! And my mom and I have this thing we do called 'cookie soup.' We cook milk in a cup and we put Oreos in it. We let it sit and we eat it like soup."

*Thorne appears in **Blended**, a comedy that premieres this month.*



Drink Menu

"I'll get a Jamba Juice or a pressed juice after I work out and it makes me feel great for the rest of the day. One I love has lots of kale and veggies."



Tricks of the Trade

"One I learned on *Blended* is to take a little sponge and hold your lashes against it while putting mascara on so it doesn't get on the top of your lid."

"There are things in life you hate but you have to force yourself to do because they make you feel better."



Skin Pick

"I use a Clarisonic every day and night. It really does wonders for my skin. I use a regular cleanser for my face, but nothing too heavy. I think if you get too heavy, your pores get blocked up."



Bag Lady

"I have this little bag from Topshop that I carry in my purse. It's filled with random stuff: a small deodorant, body spray, and Aquaphor. I love Aquaphor. It really heals any kind of dryness."



Down Time

"I love to read. It's really hard because I have so much work and so much school. My favorite book is *Ghostgirl*. I really want to read *Miss Peregrine's Home for Peculiar Children*. It's been sitting on my shelf calling to me!"

Teen actor Bella Thorne, 16, doesn't have much free time these days. After a three-year gig playing aspiring dancer CeCe Jones on the Disney Channel's smash hit *Shake It Up*, she's been busy jetting to far-flung destinations like South Africa to shoot big-screen movies. She plays Adam Sandler's daughter in the comedy *Blended*, which premieres this month, and stars opposite Kyra Sedgwick in *Big Sky*, which recently wrapped production. Thorne has also branched out into music—with her first solo single, "TTYLXOX"—and publishing, recently signing a three-book deal with Random House. When she finds a few hours for herself, she spends them hanging with her pals, her cats, and her books.—*Kara Mayer Robinson*

LIVING HEALTHY



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Present Tense

Be in the moment. Take time to stop and smell the flowers



EXPERT TIP

"On mornings when we'd rather sleep in than run, my partner and I remind each other: We're not running for today, we are running for 20 years from now."—*Benjamin Karney, PhD*

New Recruit

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

Photograph by Jonathan Timmes



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

GEAR SHIFT?

"The fact that you are loving your life suggests that you should keep going. Many people work longer these days, some because they need the money, but many others, like you, because they love their work. I certainly wouldn't let age determine your next steps. That said, when you decide you want to slow things down, consider a phase of part-time work before you retire or a transition to volunteer work. Evidence continues to grow that engagement keeps you healthy and mentally sharp."



Laura L. Carstensen, PhD
founding director, Stanford Center on Longevity

WEBMD ON THE STREET

Erni Bridges

Vice president, talent management,
60-something
Alexandria, Va.

Erni Bridges spends most of her time focused on other people—in her career, it's finding the right candidates for jobs, and in her personal life, it's tending to her husband, four adult children, three grandkids, sister, and her mom with Alzheimer's. "Over the past year I've looked up and realized that I need to pay more attention to me! I just need to learn how to make it happen." Bridges says her friends think she's crazy to still be working, but she loves her life. She does find herself wondering, however, "When is the right time to pack in the lunch box?" Her 45-minute drive to work is stressful, and it's tough for her to turn off from work once she gets home. Bridges tries to manage her stress with yoga and workouts with a trainer, but often finds it difficult to get to the gym. She tries hard to eat healthy, focusing on lots of veggies and lean meats. "Is this the right strategy?" she asks.

She's also in search of a strategy for re-setting her internal clock. "I often wake up at 4 a.m. and can't get back to sleep," she says. One of the things that could be keeping her up at night is concern for her mom. She wants to know, "What can my family and I expect as my mother's Alzheimer's progresses? How can we maintain our connection with her as her condition worsens?"

—Andi Gabrick

Read more expert advice in our free iPad app!

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SLEEP TIGHT

"First, do not look at the clock, which will just make you start worrying about how tired you'll be the next day. Second, if you don't really have to go to the bathroom, don't get out of bed. Third, see if you can fall asleep. Don't try hard, just relax. Try counting backward from 300 by threes—it's mathematically so complicated that you can't think of anything else, and it's so doggone boring that you'll be out like a light."



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

MINDFUL MOM

"Eventually, Alzheimer's affects every area of the way a person functions. But emotional memory and the ability to learn on an unconscious level still operate. Speak to your mother, one person at a time, and include her in the conversation. Connect the dots of what she says, imagining what idea she is struggling to express, and repeat your interpretation back to her. And tell her that you know how frustrated she must be when she cannot say what she wants to say."



Judith London, PhD
psychologist and author, *Support for Alzheimer's and Dementia Caregivers: The Unsung Heroes*

DRIVE TIME

"When stuck in traffic, try some simple isometric exercises: Clench your hands into fists, then loosen them completely. Do the same with your stomach muscles—tighten up and then relax completely. Follow with deep breathing: Breathe in through your nose, hold for a count of five, then release the air through your mouth in one whoosh. Do this three to four times, and repeat periodically during the trip. Also, put on music you like (it's OK to sing along), and try some positive self-talk. Repeat to yourself, for example: 'I am strong, I am capable, and I can relax right now.'"



Patricia A. Farrell, PhD
psychologist and author, *It's Not All in Your Head*



Something missing? Read **How to Rekindle the Spark in Your Relationship**, a top article in the Sex & Relationship Center.

WebMD.com

LIVING HEALTHY

MEN'S HEALTH

Hear and Now

LEARN TO OPEN THE LINES OF COMMUNICATION AND IMPROVE YOUR RELATIONSHIP

By **Matt McMillen**

Men want their relationships to succeed just as much as women do, but for some, an inability to empathize with and really open up to their partners sabotages their efforts. "There's a darker aspect of masculinity, a tendency to withdraw, to be impatient and short-fused," says Los Angeles-based psychologist Herb Goldberg, PhD. "A lot of it is unconscious, not done intentionally, and it is deeply rooted and difficult to change."

Difficult but not impossible, Goldberg adds. To develop meaningful and



"What allows a man to maintain a relationship with a woman is the ability to make her feel heard."

lasting relationships, you need to work at opening lines of communication with your spouse or partner, and then keep them open. Here's how to start.

Join a men's group.

Build your skills by talking to other guys, Goldberg recommends. "You won't talk about business, the

stock market, or ball games. Instead you'll focus on your relationships, your emotions, what's going in your life." To find a group, seek out a psychologist or therapist who specializes in men's issues, or check with local churches.

Decide to listen. "What allows a man to maintain a relationship with a woman is the ability to make her feel important, to make her feel heard," Goldberg says. That

doesn't mean you simply nod along as she talks. You pay attention, you ask questions, and you follow up with genuine concern.

Share decisions. Relationships often start with the man in the driver's seat, literally and figuratively. In time, he may feel guilty for taking charge, and she may feel controlled and angry, Goldberg says. "Raise the issue that you want to plan together, and work at doing that right from the beginning. When you take a leadership role like one you may have at work, you're setting the stage for real damage in the relationship."

FROM WEBMD.COM

Q&A

"I'm the father of two young boys. What can I do now to start to build the best possible relationships with them?"



Mark Peterson, 43, stay-at-home dad, Florence, Mass.



EXPERT'S ANSWER

"Be there and listen empathetically. Listen to what they say and to what they want to do. Of course, it's important to steer them in the right direction and offer suggestions, but be sure you're talking with them, not at them. Look at them, pay attention, and respond to them as if what they're saying is the most important thing. Let them know that by the questions you ask and the positive support you give. And do check your electronic equipment at the door."



William Pollack, PhD, assistant clinical professor of psychology, Harvard Medical School, and author of *Real Boys: Rescuing Our Sons From the Myths of Boyhood*



Help mom indulge! Watch **No-Guilt Mother's Day**, a top video on the Women's Health Center.

WebMD.com 

WOMEN'S HEALTH

Bond Girls

THE MOTHER-DAUGHTER RELATIONSHIP LAYS THE FOUNDATION FOR KEY LIFE SKILLS. HERE'S HOW TO DO IT RIGHT

By Colleen Oakley

● Being a mom is hard. It's not just the laundry and carpooling and picking up toys and never having enough time in the day to do it all—it's also that constant feeling that everything you're doing (or not doing) is in some way scarring your child for life. According to new research, that feeling may not be unfounded—especially when it comes to daughters.

A recent study from the University of Georgia found that, even more than other family dynamics, the mother-daughter relationship determines a girl's future relationship skills and self-esteem. When mothers are overly critical, their daughters are more likely to have poor social skills and unhealthy attitudes toward eating, compared with girls with more supportive moms.

The finding is not entirely surprising, says Analisa Arroyo, PhD, lead author of the study. "We've long known that children's sense of self-value and self-image are strongly influenced by messages sent by parents," she says. "But I think this study raises awareness of the mother's role in daughters' self-views, social competence, and mental health."

Suzanne Degges-White, PhD, author of *Mothers and Daughters: Living, Loving, and Learning Over a Lifetime*, agrees. "The mother-daughter relationship is important in a multitude of ways," she says. "Essentially, it's a female's first



experience of an intimate relationship, and through this relationship we learn about trust, about separation and connection, about putting another's needs ahead of our own, and about who we are as individuals."

So how can you ensure a strong mother-daughter bond, one that gives your daughter a good foundation for healthy relationships—both with others and herself? It's all about communication. Experts offer these tips.

Focus on the positive. Try to make most conversations constructive, rather than critical, Arroyo says. For example,

instead of pointing out something she's wearing that you don't like, point out something you do: "The color of that shirt looks great on you!" And it's not just about appearance. "When your daughter makes a bad decision—which she's bound to do—don't focus on the error of her ways. Focus on helping her enhance her decision-making skills in the future," says Degges-White.

Stop talking about weight. In our culture, we're ingrained to bemoan our own bodies as well as criticize others'. "Instead of making weight the focus of your conversations, focus on being healthy, strong, and/or fit," Arroyo says. Remember, even if you're not talking directly to your daughter, she will pick up on and learn from what you say to yourself and others.

EXPERT TIP



"If you raise your daughter with unconditional love, mutual respect, healthy boundaries, and realistic expectations, she will always find her way back to your arms and your heart, no matter how far afield she seems to wander."

—Suzanne Degges-White, PhD

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

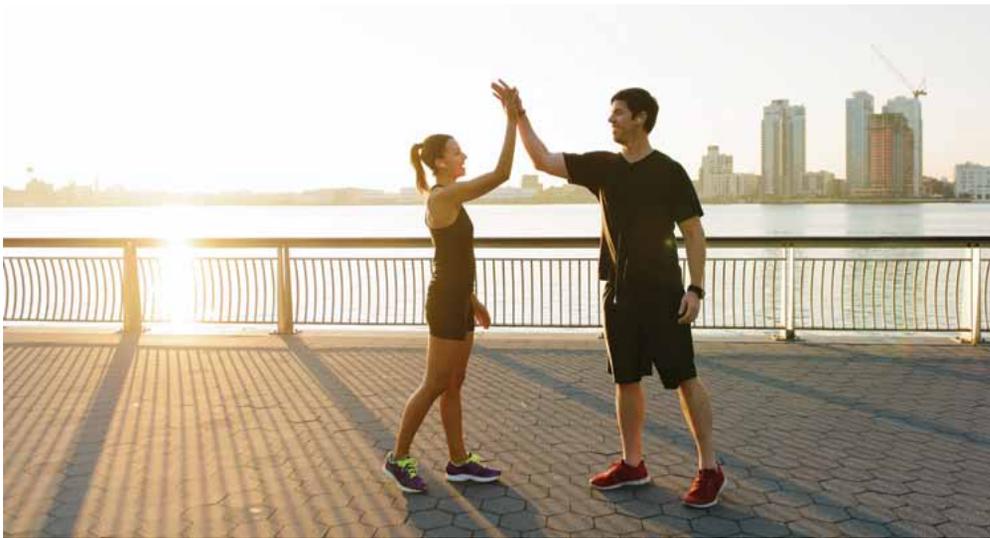
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MIND MATTERS

Dream Team

ARE YOU AND YOUR PARTNER IN IT TO WIN IT? LEARN THE DO'S AND DON'TS OF GETTING HEALTHY TOGETHER

By **Matt McMillen**



● You and your spouse or partner may be best friends, but are you allies when it comes to getting in shape, eating well, and living a healthy lifestyle?

For many couples, the answer is no, say psychology professors Thomas Bradbury, PhD, and Benjamin Karney, PhD, co-directors of the Relationship Institute at UCLA and co-authors of the recent book *Love Me Slender: How Smart Couples Team Up to Lose Weight, Exercise More, and Stay Healthy Together*.

Over the past two decades the professors videotaped thousands of young married couples to study how couples communicate. They found that many important conversations revolved around health. “Often we’d see couples in which both partners wanted to get healthier, but they just weren’t getting traction,” says Bradbury.

But some couples do make it work, he adds. Here’s what they do (and don’t do) to achieve a healthy lifestyle together:

DO model healthy living. “Switch to nonfat milk, for example, or order the chicken sandwich instead of the hamburger,” Bradbury

says. “Small things that we see modeled in our relationship start to become the norm.”

DON’T simply make suggestions if your partner struggles with his or her weight. Focus your energy on understanding the problem. “Sometimes the most effective thing to do is say something like, ‘Tell me what’s behind your need to lose weight,’” Bradbury says.

DO think long term. Good health takes work, so discuss the rewards to be reaped in years to come, like playing with your grandkids. Bradbury says, “Tell your partner, ‘I want to be with you for a long, long time.’ That can be a powerful message. And chocolate cake every day isn’t consistent with that.”

DON’T criticize. Instead, encourage. Notice when your spouse or partner orders a salad or takes a walk. That will help her or him stay optimistic.

DO return to healthy activities you did as a younger couple, like taking walks together or playing tennis. “Incorporate those kinds of health-promoting activities into your identity as a couple again,” Bradbury says.

FROM WEBMD.COM

Q&A

“I exercise a lot already, and I’d like to get my husband into working out as well. What’s the best way to motivate and encourage him without sounding like a nag?”



Anne Rudwick, 35, department administrator, Portland, Ore.



EXPERT ANSWER

“When we share a life and a household with someone, we have ways of shaping their environment to make healthy behaviors easier. Does your husband like Netflix? Buy a treadmill and plant it in front of the TV. Does he complain he doesn’t have time to get to the gym? Buy him that time by taking care of the kids a few nights a week. Maybe he’ll get behind biking, or hiking, or salsa dancing. Find the activity he likes, and make it easier for him to do it. No nagging required.”



Benjamin Karney, PhD, co-director of the Relationship Institute at UCLA and co-author of *Love Me Slender*

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

HEALTHY BEAUTY



18 You Asked
Pamper Mom with
expert gift picks

20 Your Smile
How to get a
winning grin, and
how to prepare
for your next
dental visit

Made in the Shade

The sun is shining! Get out and
enjoy it, but cover up



EXPERT TIP

“When you run your tongue over your teeth, they should always feel perfectly smooth—that’s how you know you have adequately cleaned your teeth.”—*Mark A.H. Sivers, DMD*

YOU ASKED

Gift Rap

LOOKING FOR THE PERFECT MOTHER'S DAY PRESENT? OUR EXPERTS SHARE EIGHT MOM MUST-HAVES THAT ARE SURE TO PLEASE

By Ayren Jackson-Cannady

**Under Cover****Nars Radiant Creamy Concealer** (\$29)

"Don't be fooled by the creaminess of this concealer—it still dries down and stays put. You can use it all over the face, from covering darkness under the eyes to the red or brown spots left after breakouts and blemishes. Mom will love how easy it is to throw in her makeup bag and apply on the go."

**Sweet Touch****The Body Shop Chocomania Body Butter** (\$20)

"If she loves chocolate and wants dewy skin, this is the gift for her. Made with decadent ingredients such as cocoa butter, honey, aloe, marula oil, and shea butter, this keeps skin hydrated long after applying."

**Mask Appeal****GlamGlow SuperMud Clearing Treatment** (\$69)

"This 10-minute clay mask pulls out impurities without drying out the complexion. It leaves the skin with a beautiful glow and is a must for busy moms who find it hard to get a monthly facial."

**Pencil Point****Bite Beauty High Pigment Lip Pencil** (\$24)

"A little of this super-pigmented and hydrating lip pencil goes a long way, not to mention the chubby applicator that makes it easy for Mom to keep her lips luscious. Bonus: It's loaded with resveratrol, an ingredient shown to protect against sun damage."

FROM WEBMD.COM

Q&A

"Help! I'm always getting hangnails. What can I do?"



Erica Strong
25, speech therapist,
Greenville, N.C.

EXPERT
ANSWER

"The next time you get a hangnail, trim it down with a cuticle clipper. Try not to cut too close to the base of the hangnail, which could lead to infection. I recommend trimming the hangnail after you take a shower so it is nice and soft. After you trim, apply lotion and cuticle oil to your hands and nails. Dryness is one of the main causes of chronic hangnails, so hydrate your hands and nails frequently and you should see fewer popping up."



Erica Marton
celebrity manicurist,
New York City



Susan C. Taylor, MD
Society Hill Dermatology, Philadelphia

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BEAUTY 411

What are dry shampoos?

Whether it's an aerosol formulation you spray on your hair or a powder you shake on, the key ingredient is the same: a starch (commonly listed as aluminum starch octenylsuccinate) that has the unique ability to sop up moisture and oil, giving greasy, lightly soiled hair a pick-me-up in just seconds. (Other ingredients you might see are rice starch and even tapioca.) **Bonus: When you brush out the product, hair gets a volume boost, too.**

The secret to proper use, so you don't end up with telltale powder streaks or sticky residue, is to always use on dry hair and take the time to thoroughly brush out the powder once you've applied it. For this reason, people with very thick curly hair often aren't the best dry-shampoo candidates—they simply can't brush it out enough to reap the benefits. If you can, find one that matches your hair color—dry shampoos come in a range of hues, from blond to black.

—*Ni'Kita Wilson*
cosmetic chemist,
vice president of
product development,
Englewood Lab



Luscious Layers

Bliss 'Zest' to Thrill Lemon+Sage Body Care Set (\$88) "This spa-quality body set includes a body wash, scrub, and cream. To transform dry skin into smooth, supple skin, Mom should layer all of the products in the kit—shower with the wash and the scrub, and then apply the cream while her skin is still slightly damp."



Mist Opportunity

Caudalie Beauty Elixir (\$18) "Used after cleansing, and before or after makeup, this refreshing face mist is infused with grapeseed oil to give skin a little boost of radiance and hydration. It's also perfect for when you need a midday pick-me-up. With regular use, it may help smooth fine lines and tighten pores."



Sun Day Best

La Roche-Posay Anthelios 50 Daily Anti-Aging Primer With Sunscreen (\$40) "With a nongreasy, matte finish, this primer sunscreen is great for wearing under makeup to protect skin against sun damage. It also covers and helps reduce the appearance of fine lines, wrinkles, pores, dark spots, and redness."



Good Scents

Armani Code Gift Set (\$83) "A personal fave, this is great for moms who want to smell yummy. This gift set comes with eau de parfum, shower gel, and body lotion, infused with notes of orange flower, fresh ginger, and honey-sandalwood."



Damaris Carr
makeup artist, New York City

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



Want to improve your smile? Check out **Cosmetic Dentistry: Before and After**, a top slideshow on the Oral Health channel.

WebMD.com

YOUR SMILE

Mouth Makeover

AN OFFICIAL BEAUTY PAGEANT DENTIST OFFERS THE INSIDE SCOOP ON COSMETIC DENTISTRY

By Shelley Levitt

There really *is* such a thing as a “winning smile.” Victoria Veytsman, DDS, an official dentist to the Miss America and Miss Universe contests, says pearly, pleasingly proportioned whites can help a woman snag the sash. “Confidence is what sets the winners apart,” the New York City cosmetic dentist says. “A beautiful smile has a lot to do with that.”

For some pageant contestants, celebs, and brides, a trip to a cosmetic dentist is essential. For a complete smile makeover, you’ll want to see your dentist 18 months before a big event, Veytsman says. For smaller tweaks, like repairing chips, a single appointment is all you need.

Straightening

If you had braces when you were a kid and stopped wearing your retainer, you’ll likely find your teeth sliding back to their pre-orthodontia position as you hit your 20s and beyond. “Bone and teeth are dynamic,” Veytsman says, “and it’s their natural tendency to shift back.” A transparent U-shaped “aligner,” custom-made to fit over each tooth, can correct mild to moderate



cases of crooked, crowded, or improperly spaced teeth almost invisibly. There’s little guesswork: a lab generates a 3-D animated video of what your corrected teeth will look like. Treatment takes anywhere from six to 18 months and ranges from \$3,500 to \$8,000.

Veneers

These thin shells of porcelain that are bonded to the front of teeth can produce dramatic results. “When veneers don’t look natural, it’s because the porcelain is opaque so you get that Chiclet look,” says Veytsman. “But today’s veneers are highly translucent and multi-chromatic.

You have control over color, shape, and the overall effect of the smile,” Veytsman says. Veneers typically require two to three visits to the dentist over a month to six weeks and cost from \$1,000 to \$2,500 a tooth.

Recontouring & Bonding

Think of this as a tooth sculpting. In a single appointment, a dentist can recontour your tooth by sanding down the enamel and then applying a tooth-colored resin to repair chips and cracks, lengthen the tooth, correct uneven alignment, or perform other dental wizardry, Veytsman says. Costs range from \$100 to \$500 a tooth.

MODEL BEHAVIOR

WE ASKED KOUROSH MADDAHI, DDS, A COSMETIC DENTIST IN BEVERLY HILLS, CALIF., HOW HIS FASHION MODEL PATIENTS MAINTAIN SUCH GORGEOUS SMILES.

“Models work very long hours and they drink a lot of coffee and cola. I always wondered how they could do that without staining their teeth,” he says. “It turns out some models drink these beverages through a straw. The downside of that is you can end up with smoker’s lines because you’re always puckering your mouth. Other models have a better method: They drink teeth-staining beverages from a cup that has a lid and an opening—like a classic Starbucks lid. That way the liquid goes right to the back of your throat without making contact with your teeth.”

And who has the best smile in Hollywood? Maddahi says, “Julia Roberts has a naturally wide, beautiful smile.

Normally when someone smiles you see between eight and 10 upper teeth. But when Julia smiles, she shows 12 to 14 teeth, from cheek to cheek, and they’re all straight and white.”

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

Need a refresher? Watch **How to Avoid Teeth Brushing Mistakes**, the top video on the Oral Health channel.




YOUR SMILE

Clean Streak

A TOP DENTIST REVEALS HOW TO MAKE THE MOST OF YOUR DENTAL VISIT

By Liz Krieger

As president of the concierge dental practice Charles River Dental in Boston, Mark A.H. Sivers, DMD (who happens to have a wide, pearly white grin), aims to make dental care as positive, painless, and downright relaxing as possible—complete with warm neck wraps, eye pillows, and paraffin hand treatments to distract you from the business at hand.

“If you find going to the dentist a painful or scary thing, that means you need to find a new dentist,” he says. Sivers, who has served on the faculty of Tufts University School of Dental Medicine in the field of general, restorative, and implant dentistry, shares these words of wisdom.

If your dental cleaning takes less time than a sitcom, it’s not thorough enough. “A dental checkup in less than a half-hour is simply not enough time for both a cleaning and for the dentist’s exam. The cleaning from the hygienist alone should take at least 30 to 45 minutes. Then there’s the dentist’s portion, which should not be a 30-second handshake and drive-by. He or she should check every



tooth, all the gums, all the way around, as well as do an oral cancer screening.”

In for something like a crown, an implant, or a cap? Ask your dentist where, exactly, the hardware was made. “There are a few places dentists can buy their supplies. One group comes from places like Switzerland, Germany, and Japan, where they are made under very tightly controlled conditions by the leading technicians of the world. Then you can get materials from Mexico, China, or Thailand, where the workers are often trained on the job and the quality is questionable.”

Two words: Do floss.

“Tons of new products may claim to simulate flossing and believe me, the whole world is looking for a substitute, but dental floss is the gold standard. I think of it this way: Floss is like the rag used in an old-fashioned shoeshine. It bends around the shoe, enveloping it with each pass back and forth.”

Improve your technique. “Unfortunately, most of us are still brushing much the same way we did as little kids—hard, fast, and not very accurate. To thoroughly clean these tiny areas, you need to go up and down, back and forth, and in circular motions.”

PATIENT FIRST

WE GET UP CLOSE AND PERSONAL WITH MARK SIVERS, DMD, ABOUT HIS OWN DENTAL HABITS.

Do you chew gum? “Yup. I do. Not a lot, mind you, but I do. The extra saliva is good for your mouth.”

Sugarless gum, right? “No, not always! The kind with xylitol artificial sweetener is popular because it sticks to bacteria and inhibits its growth, and sometimes I’ll chew that. But I also chew plain old sugary gum—any kind. The added saliva production effectively dilutes the sugar, so it’s truly not that different.”

If you can’t brush, what do you do? “I usually just rinse thoroughly with water, although eating an apple can help, too. Other good

choices when it may be hard to brush: cheese, nuts, and 100% raw cocoa.”

Are you one of those people who brush their teeth after lunch? “Nope, I don’t. I brush twice a day, just like we recommend to our patients. The truth is, statistically speaking, adding the extra brushing doesn’t make that much of a difference.”

Do you replace your toothbrush after a cold? “No, but I use a toothbrush that comes with a UV sanitizer station, so I do sanitize the head after each use. After each checkup (every three months) I swap out the head for a new one.”



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What to worry about (and what to let go of)

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Air travel tips for you and Fido

PARENTING

One of a Kind

Alicia Silverstone, who might forever be known as Cher from the '90s classic comedy film *Chueless*, is also a producer, blogger, best-selling author, and mom. Her son serves as inspiration for her latest book

By Lauren Paige Kennedy

EXPERT TIP



"Children keep changing all the time. Watch for the changes. Find one that you can see is important to your child and point out that you recognize it. It helps him notice himself and what he's achieving."—*William Pollack, PhD*



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

Silverstone's new book, *The Kind Mama*, was released in April.

PARENTING

Mama Bear

● **How has motherhood changed you?**

You have to be in the moment. When you have a baby it prioritizes everything. You have to cut out anything that doesn't work—there's no fluff time.

Your new book, *The Kind Mama: A Simple Guide to Supercharged Fertility, a Radiant Pregnancy, a Sweeter Birth, and a Healthier, More Beautiful Beginning, is a lifestyle guide for women. What is a "kind mama"?*

It's not just about being kind to your baby; it's about being kind to yourself. Getting yourself as healthy as possible, to fortify *you* and make you available for every precious moment.

You write about how your own labor didn't go as planned. How did you feel about it?

I labored at home but had to go to the

hospital at the very last minute. My feelings around that are complicated. I had some sad feelings, but I was also thrilled because I did have a natural birth. But you can't help but feel: "What went wrong?"

Why should a new family embrace "lying-in" in those early weeks and months?

I treated it like the most amazing vacation of my life, a time for mamas and their husbands or partners and the precious baby they just made to fall in love and focus on each other. When you bounce right back to work, you might be missing the point of the entire experience. You're taking the focus and energy away from being a present mama—not just for the baby, but for you.

Are you still breastfeeding *Bear Blu*, 3?

I am. I don't have a plan for that. Nature will take its course. That's something we'll decide together, as every mom and baby do together. It's not like planning when you'll get your

hair cut! When he's done or when I'm done, then we'll deal. Now it's something we both love and enjoy so much.

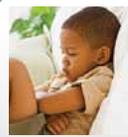
Do you ever indulge in "bad" foods?

I'm human! If someone sends me stuff to test, I can't refuse! Beautiful dark organic chocolate? I love amazing chocolate. I love to go out to eat and have a glass of wine. That happens rarely, but if I do, I don't feel bad about it.

What's your exercise routine?

I love to walk in the [Hollywood] Hills. I love my yoga class. The amazing thing about this [vegan] lifestyle—and exercise is so good for your health and your heart—and following this kind of diet, is that even when I can't exercise, I'm still good. I'm not getting up at 4 a.m. before a 15-hour day to go to the gym. I'm healthy, and my body looks great because of the way I eat.

Reviewed by Hansa Bhargava, MD
WebMD Medical Editor



How strict are you? Take **Discipline Do's and Don'ts**, a top Parenting channel quiz.

WebMD.com 

KIDS' HEALTH

Problem Child

TIME-OUTS NO LONGER AN OPTION? GO FOR GOLD-STAR BEHAVIOR WITH THESE STRATEGIES

By Gina Shaw

● When children are toddlers, many parents learn to rely on a simple, short list of discipline strategies: redirect, distract, time-out (or “time-in”). But as kids grow and change, your disciplinary toolbox needs to grow with them.

“With older kids, there really isn’t a blanket ‘consequence’ to use for problem behavior,” says Amy McCreedy, founder of Positive Parenting

“Time together has a direct relationship with behavior.”

Solutions and author of *If I Have to Tell You One More Time*. “You have to look at the specific behavior or problem, and then figure out what makes the most sense to solve it. Sometimes the solution is a ‘consequence,’ but most of the time it’s not. Because they’ll be out of your house sooner than you think, and if all they’ve ever been exposed to is ‘consequences,’ they’re not going to be able to solve problems on their own.” Try these tactics:

Set aside quality time. Parents tend to think of little kids as needing more attention, but tweens and teens need what McCreedy calls their “attention basket” filled on a daily basis. “Older kids are busier and we spend less time with them,” she says. “But time together has a direct relationship with behavior. You spend 10 minutes fully present with your child, and you’ll get it back tenfold in good behavior.”

Define your non-negotiables. What rules or behaviors are most important to you? Choose five big things, and make clear to your children what the rules are—and the consequences of breaking them. “For example, you may have a rule that video games are only for certain times—the weekend or after homework is done,” McCreedy says. “If the child doesn’t respect that rule, they lose video privileges for the next week.”



Dig deeper. What if your child says, “I’m not going to do my homework, and you can’t make me”? He’s right—this is a power struggle you can’t win. Instead, try to get at the underlying problem. Is he struggling with fractions? Does he need a different homework space?

Use “when, then.” You could say to your child, “No TV time until your homework is finished.” Or you could say, “When your homework is finished, then you can watch TV until dinner.” Which do you think will get a better reaction?

Hold family meetings. Start with something fun, like a board game or a bike ride, *then* discuss things you need to solve. Talk about it as a family and let your kids help find solutions.

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

FROM WEBMD.COM

Q&A

“My daughter rarely threw tantrums. Suddenly, at almost 8, she’s having a lot more emotional outbursts and reacting intensely to small things. What can I do?”



Jennifer Metzger,
Montclair, N.J.



EXPERT'S ANSWER

“These kinds of meltdowns in an older child may be the earliest signs of the heightened emotional sensitivity of adolescence. Try these strategies. Keep a mood diary. Track when the meltdowns happen and look for patterns and stressors.

Start a ‘sidebar conversation.’ Kids are often more willing to open up when they’re doing something else with you, like walking the dog, riding in the car, or helping cook.

Use ‘I notice’ instead of ‘Why?’ Direct questions about their behavior can cause children to react with defensiveness or shame.”



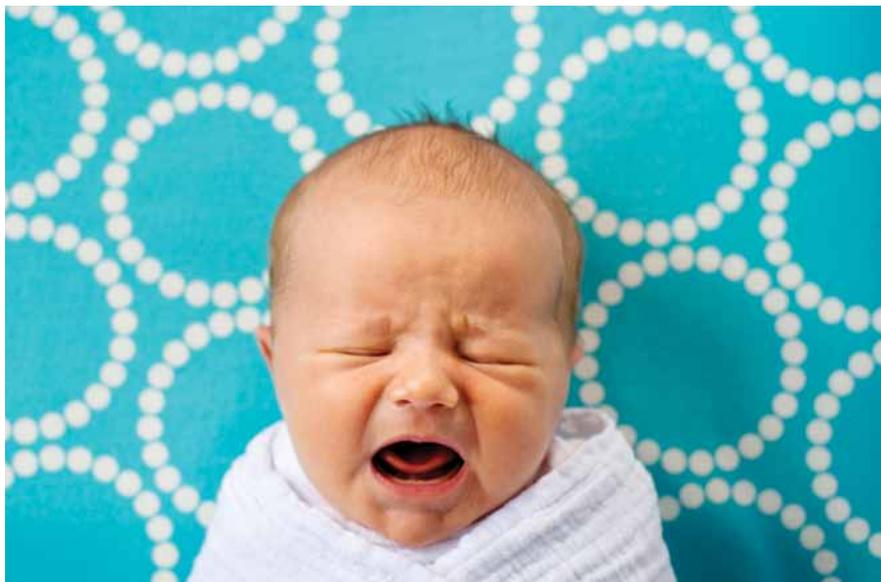
Lisa Dungate,
PsyD, psychologist and child and family counselor,
Saratoga Springs, N.Y.

BABY TALK

Small Stuff

DON'T SWEAT EVERY LITTLE THING. KNOW WHEN IT'S REALLY TIME TO WORRY—AND WHEN IT'S NOT

By Katherine Kam



● ● ● New parents tend to fret about lots of things: every fever, every early morning awakening when baby still isn't sleeping through the night. Elaine Donoghue, MD, FAAP, co-chair of the American Academy of Pediatrics (AAP) Council on Early Childhood, understands—and her insights might just help ease those jittery thoughts.

Fever Phobia

“There’s a lot of fever phobia out there,” says Donoghue, a pediatrician in Allentown, Pa. But when baby runs a temperature, it’s not always a bad thing. “Fever is a sign that the body is fighting infection, so it can be a good sign,” she says.

However, a very young baby with a fever might have a serious bacterial infection, she says. According to the AAP, parents should call a doctor if a baby younger than 8 weeks runs a fever of 100.4 degrees or higher (when measured rectally).

Beyond the first three months, as long as the baby is immunized, just monitor him for any troubling symptoms.

Teething Troubles

Contrary to what many parents believe, erupting teeth won't make babies sick. “Teething does not cause fever, diarrhea, or any other form of illness. Mostly, it just causes discomfort,” Donoghue says.

Most of the time, all your baby needs is something cool to chew on while you hold and comfort her.

Sleep Challenges

When will baby sleep through the night? “That is a perennial concern,” Donoghue says. Typically, babies will begin to sleep through the night between 4 and 6 months, she says.

Bleary-eyed parents can help their infant reach that long-awaited moment by not making their child dependent on them for sleep. “It’s not good to rock a baby to sleep and then put him in his crib,” Donoghue says. “Make sure all his needs are taken care of, and then set him down in his own safe sleep environment.”

Reviewed by Hansa Bhargava, MD
WebMD Medical Editor

A Healthy Way to Look and Feel Beautiful

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PET HEALTH

Flight Plan

HOW TO PREPARE YOUR FOUR-LEGGED FRIEND FOR A TRIP AT 30,000 FEET

By Sonya Collins

"Dog breeds" is a top search term at WebMD.com.

It's spring and your thoughts turn to summer vacation. While you search the Internet for flights and hotels, Fido watches you with his big puppy-dog eyes. Ever thought of taking him with you? Before you print boarding passes for your dog (or cat), get a few tips to ensure the trip is a tail-wagger for you both.

First, get your pet used to his carrier. "Make the carrier part of the furniture, not something that only comes out once a year," says Elizabeth J. Colleran, DVM, owner of Chico Hospital for Cats in California and Cat Hospital of Portland in Oregon. Leave the carrier out by the dog bed or the scratching post, so your pet will explore it and be comfortable with it.

Pet fares are about \$100, and pets count as an allotted carry-on.

Take your pet for car rides in the carrier. Maybe the ride ends at the park, or with treats, or just back at home. Show your pet that trips in the carrier end well, says Douglas G. Aspros, DVM, a partner at Bond Animal Hospital in White Plains, N.Y.

Now that your kitty or pup is an experienced carrier passenger, it's time to book

your flight. You can learn about pet policies on airline websites. Pets that fit in a carrier under the seat are allowed in the cabin but in limited numbers, so book early. Pet fares are about \$100, and pets count as one of your allotted carry-ons. Bigger pets, or those beyond the number allowed in the cabin, can fly cargo, but not in extreme temperatures.



You'll most likely need to bring a certificate of health from your vet to the airport. Aspros recommends your pet wear a tag with your cell phone number on it, as well as have an embedded microchip.

Check the airport's website to know exactly what you should expect when you arrive. Some Transportation Security Administration officers require pets to come out of carriers at security. If so, reach in the carrier and put a leash on your pet before you pull him out.

UP IN THE AIR

YOU'RE FINALLY ON BOARD WITH THE PET CARRIER TUCKED UNDER THE SEAT IN FRONT OF YOU. THESE TIPS FROM DOUGLAS G. ASPROS, DVM, WILL HELP ENSURE A SAFE, PLEASANT FLIGHT.

Prepare. Don't leave food or water in the carrier. Your pet will end up flying in a puddle of spilled water. Just pack some food in your carry-on in case of an unexpected delay. Otherwise, pets travel best on an empty stomach, to avoid accidents and vomiting. If your pet is prone to motion sickness, ask the vet for medication your dog or cat can take before the flight.

Calm. Give nervous kitties and canines the smell of home. Toss one of your dirty T-shirts or their usual bedding into the carrier. You can also spray bedding with Feliway or Adaptil, synthetic feline and canine pheromones, to soothe anxious pets.

Engage. If your pet will stay still, you might be able to hold him on your lap after the plane has taken off. Or just reach in the carrier to pet him.

Reviewed by
Will Draper, DVM
WebMD Pet Health Expert



WebMD[®] Allergy

Take Control of Your Allergies.

Based on the allergies you have, the free WebMD Allergy app for iPhone will help you prepare for each day with a personalized allergy and weather forecast along with doctor-approved tips that can be customized to your and your family's specific allergies.

The WebMD Allergy app helps you to control your allergy symptoms by showing you the allergy levels in your area before you start your day. Whenever. Wherever.



Timely Alerts

One of the keys to managing allergies is knowing when your triggers will be at their highest. WebMD Allergy makes it easy through customizable notifications based on your allergies. With the ability to create alerts based on the severity of the allergy forecast, you have complete control.

Allergy Forecast

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ARTICLES



QUIZZES



TIPS



VIDEOS



SLIDESHOWS

whole Nicole

No kidding—being a mom is no easy feat for superstar Nicole Kidman. The award-winning actor opens up about how she keeps up with two energetic young children, an intense film career, the travel required to stay close to her musician husband, and her international advocacy work

BY GINA SHAW

PHOTOGRAPHY BY ALEXI LUBOMIRSKI



Nicole

Kidman is the first to admit that she's not likely to replace Padma Lakshmi on Bravo's *Top Chef* any time soon. Some celebrities like to tout their prowess in the kitchen, but Kidman, the Academy Award-winning star of films like *Days of Thunder*, *Cold Mountain*, *The Hours*, and *The Golden Compass*, isn't one of them.

"I'm a very basic cook and it's so not my skill. I'm more than happy to order out or have somebody else cook," says Kidman, whose latest film, a highly anticipated biography of Princess Grace of Monaco, opens the Cannes Film Festival on May 14. And although she says she can manage simple salmon and steamed vegetables, Kidman also says that when she and her husband, country star Keith Urban, travel with their daughters Sunday Rose, 6, and Margaret Faith, 3, healthy meals can be a challenge.

"It's hit-and-miss a lot of times and that's the God's honest truth. When we're on the tour bus with Keith, we don't eat so healthily. We'll eat chicken burgers and so on, which we feel is healthier," she says, laughing. "But Keith will go and get a big hamburger or hot dog. But then we do try to get more salads and proteins."

Anyone who has envied Kidman's willowy 5-foot-11-inch figure might feel slightly pleased to learn staying trim is not quite so effortless for her these days. "When I was a teenager, I could eat like a horse and people were shocked. If I'd been shorter I would have had to learn good habits sooner," she says. "But I hit my 40s and I became far more prone to putting on weight, and I had to change the way I've always eaten. No more huge slabs of chocolate cake!"

KID STUFF

Becoming a mother again in her 40s—she also has two adult children, Isabella, 21, and Connor, 19, with her ex-husband, actor Tom Cruise—has given the always athletic Kidman, now 46, a new and more intense focus on staying healthy. "I want to be around so I can see my younger kids get married and meet their children," she says. "Whether that's in God's plan or not, I don't know, but I certainly would love that. That's why exercise is so important to me, and why I take supplements and combine Western medicine with natural remedies." (The Aussie actor recently signed on as a spokesperson for Australia's top vitamin brand, Swisse Wellness, and says she researched the products extensively before agreeing to film ads and to put her name on the line's packaging.)



Being a mom the second time around, more than 20 years after her first diaper change, "does require extra maintenance," Kidman says. "I had more energy when I was younger, but I have more patience when I'm older. It's exhausting, but there's a selflessness to parenting that I love. I love taking care of a little person: watching their personalities form, hearing the funny things they say."

Six-year-old Sunday, she says, is "just dominating the 3-year-old right now.

Watching them work it out is hilarious at times. The little one is very, very strong. I've just gotten one of those books about birth order, and they have a strong, fierce quality, the younger children."

If she could, Kidman says, she'd have four more. (Her 43-year-old sister, Antonia, a journalist in Australia, had her sixth child in December 2012, and Kidman says she gets her parenting advice from Antonia.) But her journey to parenthood has not been easy. "My biggest regret is that it took me a long time to get pregnant. I had a lot of trauma, and a lot of sadness associated with miscarriages and losing children and all sorts of stuff. I'm grateful to have finally reached this place now."

Her passion for children is part of what brought Kidman to acting. "There's a childlike quality in acting that I love," she says. "I used to say that I prefer the company of children, and that's probably still true, although there are some adults I really enjoy now."

But although Kidman won't let her own young kids see some of her films, she says that being a mom hasn't altered her creative choices. "There are certain exploitive things I would never do whether I had kids or not, but I try to stay very open creatively," she says. "That just means the children don't get to see me in many movies. I just did *Paddington Bear*, which will be out at the end of the year, because I wanted to be in a kids' movie!"

It'll be her first since she played a singing penguin, opposite fellow Aussie Hugh Jackman, in 2006's *Happy Feet*. Despite positive reviews for her soprano solos in that animated movie and in *Moulin Rouge!*, with Ewan McGregor,

Rerun: Coming Back After an Injury

When you're a devoted runner like Nicole Kidman—"I grew up in a running family, and my father still runs at 75"—an injury that takes you off the pavement for a while can be frustrating. Kidman tore cartilage in her knee while filming a dance scene in *Moulin Rouge!* in 2000, and problems with it have flared up off and on since then.

Most running injuries involve the knee, foot and ankle, or hip, probably in that order, says William N. Levine, MD, professor of orthopedic surgery at Columbia University Medical Center and head team physician for Columbia University. In older athletes, the injuries tend to develop over a period of time, from overuse, rather than

from sudden trauma.

So how do you get back into running again after an injury?

Don't rush it. Levine advises waiting until you're completely symptom-free, usually six to eight weeks, before running again. "If you've had a significant injury to your knee, foot, ankle, or hip, you can't fake being recovered," he says.

Follow the "10% rule."

Once the injury has healed, start with a short run and increase mileage slowly, by just 10% per week. "If you do five miles the first week, add half a mile the next week," Levine says. "It's important to let your body readjust."

Try cross-training. You may find that you can't run as much as you used to, at least for a while.

How she does it

Never skip the sunscreen.

"I've put on sunscreen and worn hats since I was tiny," Kidman says. "I stay out of the sun. I have no choice."

Work out regularly.

"I find that not only is it good for the rest of your body, exercise is extraordinary for my skin. I once talked to a guy who worked for Estée Lauder, and he said the greatest thing you can do for your skin is to get your heart rate up to a really high intensity 20 minutes a day." An avid runner, Kidman says that after a knee injury, she can't clock the miles she once did, so she alternates with spinning classes.

Don't go to extremes.

Kidman doesn't swear off any specific foods or follow fad diets. "I eat red meat, fish, chicken, everything," she says. "I just have to watch how much I eat more closely."

Meditate.

Kidman tries to squeeze in 20 minutes of meditation every day. "I can't do it first thing in the morning because my daughters come in and wake me up at six, and then it's 'Get me my breakfast!'" she laughs. "So I try to do it at lunchtime, when the little one's napping and the other one's at preschool."



Do you know **The Burning Facts About Sunscreen**? Take the Healthy Beauty channel quiz to find out.



Kidman says she doesn't plan to sing in another movie anytime soon.

"Not a chance! Now that I'm married to a musician, no way," she laughs. "I can't really sing in front of him. I feel embarrassed. He's got perfect pitch, and he hears everything that's wrong, and he judges *American Idol*, for God's sake! I'll warble a little note now and then, but I've lost all my confidence."

WOMEN'S STUDY

Besides her family, one of Kidman's off-screen passions is her charitable work. After filming *Cold Mountain* in Romania and seeing the plight of orphaned and abandoned children in that country, she signed on as a patron for Friedrich's Ataxia Research Alliance, or

the world working to help the voices of female survivors of violence to be heard. She's particularly involved with U.N. Women's UNiTE to End Violence Against Women campaign, which has proclaimed the 25th of every month as "Orange Day"—a day to take action to raise awareness and prevent violence against women and girls.

The campaign "has motivated and galvanized communities, organizations, and individuals worldwide," says Henriette Jansen, PhD, an epidemiologist and expert on violence against women who has worked with the World Health Organization (WHO) and other international organizations for more than 30 years. She notes that until fairly recently, global violence against women and girls was mostly a hidden problem, with only a few activists and researchers pushing for awareness.

"It was only in the early 1990s that the World Conference on Human Rights held in Vienna recognized violence against women as a specific human rights violation," Jansen says. After that, WHO and other leading international groups began

"I've also been involved with grassroots campaigns in certain countries to get women elected to office."

FARA, a U.K.-based organization that operates homes and foster care programs there. And in 2006, she officially became a U.N. Goodwill Ambassador—although she'd been working with the organization for some time—focusing her efforts on ending violence against women and girls.

"My mother raised both my sister and me to have a strong awareness and social conscience," Kidman says. "She was a strong feminist, my mother, and she told me about this group that was then called UNIFEM [United Nations Development Fund for Women], which was doing work in Cambodia with a lot of the women who had been involved with human trafficking and helping them to gain job skills. I called them up and said, 'Can I come and work for you?'"

UNIFEM later merged into U.N. Women, and during the past seven years, Kidman has traveled throughout

collecting data on the problem. In 2013, WHO research found that one in three women worldwide—in some countries, as many as 70% of women—has been the victim of violence, usually from a husband, boyfriend, or other intimate partner. In the U.S., WHO reports, 83% of girls ages 12 to 16 have endured some form of sexual harassment in public schools.

Kidman believes changing these disturbing numbers isn't just a personal issue—it's a political one as well. "I've also been involved with grassroots campaigns in certain countries to get women elected to office," she adds. "Because when women are elected, they tend to take care of things like education and health and social issues that are too often neglected."

MISS READ

When she manages to steal a little time for herself, Kidman sneaks a few minutes with one of the four or five books she always has going at once. "I love good coffee and just sort of lazing around reading. Right now, I'm reading Philipp Meyer's *The Son*, a sort of Texas epic that goes through generations. It's very, very violent, and a hard book to read, but it's so brilliant."

She's also immersed in *Gertrude Bell: Queen of the Desert, Shaper of Nations*. Bell, an adventurer, mountaineer, and spy who explored and mapped the modern Middle East, was the first woman officer employed by British military intelligence. "I'm about to play her in a new film, and she's just fascinating," says Kidman. "I have very diverse tastes in literature. I started reading when I was 4 and read *War and Peace* when I was 9. I'm just an obsessive reader, and I think that's another reason I became an actor. It's how I build characters in my head, and it's how I've built my imagination."

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



35 Three Ways
Color your plate with eggplant

37 Off the Menu
A Philly chef puts family first

IN SEASON

Pod Squad

Scientist Gregor Mendel made the common garden pea plant famous when he used it to explain his theory of heredity in the mid-1800s, but people and peas have a much longer relationship. The small, round, green veggies in pods were one of the earliest crops humans grew and consumed thousands of years ago in Central Asia and the Middle East. In medieval times, people ate dried peas daily because of their low cost, availability, and nutritional value. In 1767, Thomas Jefferson planted peas, his favorite fresh vegetable, at Monticello. Today, Canada is the leading exporter, with 3 million tons of peas a year, and India is the biggest importer. Peas are available year-round thanks to freezing and canning techniques, and they pack a powerful nutrition punch.

One cup of raw green peas has 8 grams protein, 58 milligrams vitamin C, and only 117 calories.

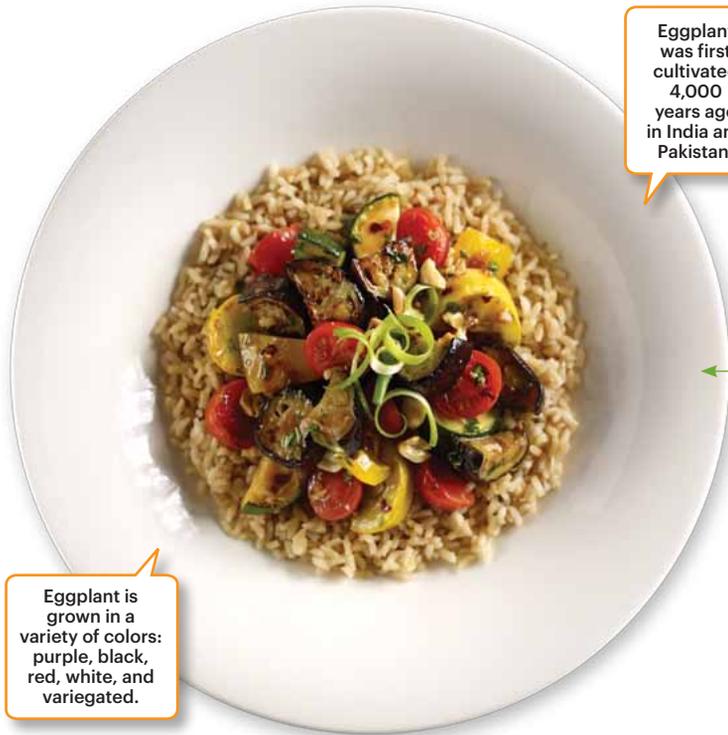
THREE WAYS TO COOK

Purple Power

KID-FRIENDLY AND ANTIOXIDANT-PACKED EGGPLANT
BRIGHTENS PLATES THIS SEASON

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD



Eggplant is grown in a variety of colors: purple, black, red, white, and variegated.

Eggplant was first cultivated 4,000 years ago in India and Pakistan.

● If you're stuck in a menu rut, ● think purple. The jewel-toned eggplant is often overlooked but offers many possibilities.

Kids are particularly drawn to this fruit (eggplant is technically not a vegetable), which is in season right now, says Gila Daman, MS, RD, CDN, a dietitian at Jacobi Medical Center in New York City. "It's purple and glossy and pear-shaped, and that makes it sort of funky and exciting," she says. "We encourage families to increase variety and texture, and eggplant is a fun one to explore."

It's the central ingredient in baba ghanoush, a Middle Eastern purée that doubles as a kid-friendly dip for

raw veggies. And eggplant is delicious after cooking a few minutes on the grill, making it a great summer option for meatless meals.

The purple color comes from an antioxidant chemical known as nasunin, which protects cell membranes from damage, Daman says. Eggplant also contains chlorogenic acid, an antioxidant that may lower LDL or "bad" cholesterol. A very good source of fiber, eggplant also delivers other important nutrients, such as the B vitamins thiamin (which supports the immune system) and B6 (important for brain function), and vitamin K (which promotes blood clotting and benefits bones).

So brighten up your diet this summer with some purple eggplant. "As dietitians like to say, It's good to taste the rainbow," Daman says.

1
Take a Wok

If you're trying to get more veggies in your diet (and who isn't?), this stir-fry is a delicious way to do it. Red pepper flakes give it a little kick—add more if you prefer more heat. Serve over brown rice.

Szechuan Eggplant Stir-Fry

Makes 4 servings

Ingredients

- 2 tsp cornstarch
- 2 tbsp reduced-sodium soy sauce
- 1 tbsp dry sherry
- 1 tbsp rice vinegar
- ½ cup low-sodium chicken stock
- 1 tbsp canola oil
- 1 yellow bell pepper, cut in 1-inch pieces
- 1½ lbs Japanese eggplant, cut in 1-inch cubes
- 1 large zucchini, cut in 1-inch pieces
- 1 large yellow squash, cut in 1-inch pieces
- 2 garlic cloves, minced
- 1 tbsp fresh minced ginger
- 1 cup cherry tomatoes, halved
- ½ cup fresh parsley, chopped
- ½ tsp crushed red pepper flakes
- ¼ cup chopped, unsalted peanuts
- 4 green onions, sliced
- 1 tsp sesame oil

Directions

1. In small bowl, combine cornstarch with soy sauce, sherry, vinegar, and chicken stock. Set aside.
2. Heat canola oil in wok or large nonstick frying pan over medium-high heat. Add bell pepper and cook 2–3 minutes. Add eggplant, zucchini, yellow squash, garlic, and ginger and continue cooking, stirring frequently, 5–7 minutes or until all vegetables are tender. Add cherry tomatoes, parsley, red pepper flakes, and soy sauce mixture and cook 1–2 minutes until sauce has thickened.
3. Serve garnished with peanuts, green onions, and sesame oil.

Per serving

181 calories, 7 g protein, 22 g carbohydrate, 9 g total fat (1 g saturated fat), 9 g fiber, 7 g sugar, 289 mg sodium. Calories from fat: 45%

Reviewed by Hansa Bhargava, MD
WebMD Medical Editor

2

Recipe Redo

Traditional eggplant Parmesan can be greasy and rich. Roasting makes this version much lighter. Serve with a salad and crusty bread.

Light and Healthy Eggplant Parmesan

Makes 8 servings

Ingredients

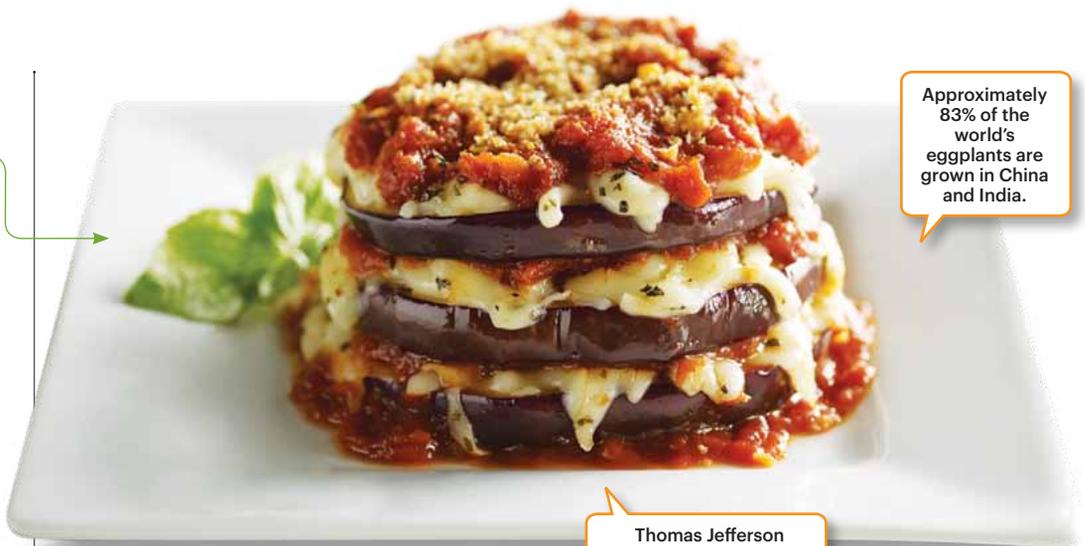
- 2 lbs eggplant, cut crosswise in ¼-inch slices
- 6 cups jarred low-sodium marinara sauce, divided
- 3 cups shredded part-skim mozzarella cheese, divided
- ½ tsp dried basil
- ¼ cup grated Parmesan cheese
- ½ cup whole wheat panko bread crumbs
- 2 tsp olive oil

Directions

1. Spray two rimmed baking sheets with cooking spray. Arrange eggplant slices in a single layer and spray lightly with more cooking spray. Roast at 400°F until lightly browned, about 10 minutes per side.
2. Reduce oven to 350°F. Lightly coat bottom of 9-by-13-inch baking dish with marinara sauce. Arrange eggplant slices in a single layer on sauce, followed by one-third of the mozzarella, and half the basil and sauce. Repeat layers of eggplant, mozzarella, and basil and sauce, and sprinkle remaining mozzarella on top.
3. In a small dish, combine Parmesan cheese, bread crumbs, and olive oil. Sprinkle mixture evenly over dish. Bake 20–25 minutes until cheese melts and sauce bubbles.

Per serving

269 calories, 13 g protein, 29 g carbohydrate, 12 g total fat (5 g saturated fat), 20 mg cholesterol, 8 g fiber, 14 g sugar, 278 mg sodium. Calories from fat: 39%



Approximately 83% of the world's eggplants are grown in China and India.

Thomas Jefferson grew eggplant in his garden and is credited with introducing eggplant to the United States.

3

Open Sesame

Grilling veggies intensifies their flavors in this tasty spring sandwich. It features Japanese eggplant, a smaller variety that cooks faster than regular eggplant.

Open-Face Grilled Melanzane Sandwich

Makes 4 servings

Ingredients

- 1½ lbs Japanese eggplant, cut crosswise in ½-inch slices

- 2 red peppers, de-seeded and cut in quarters (may substitute bottled roasted bell peppers, drained)
- 2 large portobello mushrooms
- 1 red onion, cut into 4 slices
- 4 tsp extra virgin olive oil, divided
- 4 slices country wheat or ciabatta bread
- 2 garlic cloves, peeled
- ¼ cup (2 oz) goat cheese

- 1 tsp balsamic vinegar
- dash sea salt
- freshly ground pepper
- 2 cups arugula
- 8 large basil leaves

Directions

1. Preheat grill to medium-high. Lightly brush eggplant, peppers, mushrooms, and onion with 2 tsp olive oil. Grill vegetables until tender, about 10–12 minutes, turning once. Cut grilled mushrooms and peppers in strips.
2. Spray bread lightly with cooking spray. Grill 1 minute on each side or until toasted. Cut garlic cloves in half, and rub cut edge on one side of each bread slice. On that same side, spread a thin layer of goat cheese.
3. In small bowl, combine 2 tsp oil, vinegar, salt, and pepper. Toss with arugula until lightly coated.
4. Top each piece of bread with greens, eggplant, peppers, mushrooms, onions, and 2 basil leaves and serve.

Per serving

240 calories, 11 g protein, 32 g carbohydrate, 9 g total fat (3 g saturated fat), 6 mg cholesterol, 9 g fiber, 10 g sugar, 234 mg sodium. Calories from fat: 34%

PANTRY PICKS

For delicious results with our three eggplant recipes, **Kathleen Zelman, MPH, RD, LD**, recommends these healthy ingredients, which she keeps in her own kitchen.



Devoted to the Goat: Zelman believes everything tastes better with a little bit of creamy, tangy goat cheese, also known as chèvre. Her favorite brands: Ile de France and Whole Foods 365 Everyday Value Organic Fresh Goat Cheese.



Pleasing Cheese: There's no match for the flavor of fresh mozzarella, but shredded mozzarella sold at your supermarket is a reasonable alternative. Zelman uses Sargento Traditional Cut Shredded Mozzarella Cheese and Polly-O Part Skim Mozzarella Cheese.



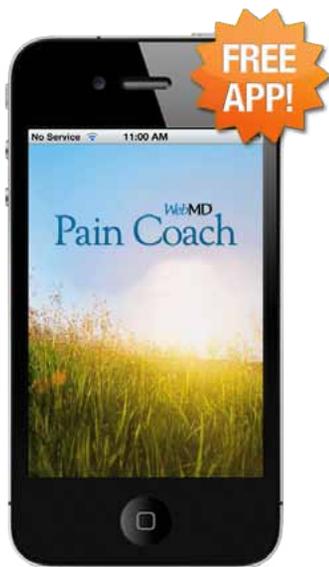
Hit the Sauce: Jarred tomato sauce can't be beat for speedy suppers. Her favorites are Rao's Homemade Tomato Basil Marinara Sauce With Basil and Eden Organic Spaghetti Sauce, No Salt Added.

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OFF THE MENU

Jeff Michaud

CHEF/CO-OWNER
OSTERIA, ALLA SPINA, AMIS
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• The most valuable lesson chef Jeff Michaud learned during the three years he spent cooking in northern Italy had less to do with food than with family.

“Eating in Italy always happened at the table with family around you, especially on Sundays,” says Michaud, winner of the 2010 James Beard Award for Best Mid-Atlantic Chef. “Taking the time to enjoy your life and spending it with the ones you love—you don’t see that as often in the United States.”

Italy is also where Michaud, 36, started his own family. He met his wife, Claudia, while he was honing his kitchen skills in Bergamo, in the foothills of the Alps.

JEFF’S GEMS

His go-to comfort food: “Pizza.”

The one food he could eat every day: “Peaches. Especially when they are right from the tree and are still warm and you bite into one and it’s so juicy and messy to eat.”

When he wants to lose five pounds: “I stick to eating canned tuna and arugula.”

Where he gets his best recipe ideas: “They usually come from when I am traveling in Italy, and most of them happen when my mother-in-law is cooking for me. My chefs at the restaurants inspire me every day, and they push me to be more creative.”

The one lesson he thinks every home cook should learn: “Don’t be afraid to try new ingredients. You never know what might be your next favorite food.”

(continued on page 38)



(continued from page 37)

As he writes in *Eating Italy: A Chef's Culinary Adventure*, his debut cookbook published last fall, "I fell head over heels in love not only with a woman, but also with her family, her cuisine, and her culture."

"Chefs spend a lot of time at the restaurant, but you have to make time for yourself and your family."

At his restaurants, he challenges himself and his staff to match the level of cooking he experienced abroad. They make their own salumi (cured meats), for example.

"Nothing that we get imported can compare,"

WebMD.com

What's Cooking!

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

Tomato Gratin

Spaghetti Genovese

Turkish Style Pizza

Chicken With Honey-Orange Sauce

Salmon With Red Wine-Morel Sauce

*as of March 1, 2014

says Michaud. "We have to be more inventive here to have the same quality products they have in Italy."

To stay in shape, Michaud boxes or practices Brazilian jiu-jitsu most mornings.

Then he sits down for breakfast with his wife and 3-year-old daughter, Gaia, before a long day in the kitchen.

"Chefs spend a lot of time at the restaurant, but you have to make time for yourself and your family," says Michaud. "Some nights I try to get home earlier to put my daughter to bed, and my days off are always spent with the family."

Michaud and his wife are already teaching Gaia what it means to eat well. "My daughter has yet to eat fast food—instead she eats oysters, clams, shrimp, rabbit," he says. "We cook what we want, and she eats what we cook. More parents should follow that model."

At home, Michaud says, "I try to keep meals super easy, so I usually use the grill." The veal loin recipe he shares exemplifies the way he prefers to cook. "I love the simplicity of it."

—Matt McMillen



Seared Veal Loin With Heirloom Tomato Basil Salad

Makes 6 servings

Ingredients

- 4 tomatoes (preferably heirloom, if available)
- 3 tbsp olive oil, plus a few tablespoons for searing
- 1 tbsp red wine vinegar, preferably Barolo
- 6 basil leaves, cut into thin strips
- 2 lbs boneless veal loin
- 8 sprigs fresh rosemary
- 8 sprigs fresh thyme
- sea salt (preferably Maldon) to taste
- pepper to taste

Directions

1. Halve the tomatoes, then remove seeds and excess liquid. (Michaud recommends first peeling the tomatoes, but says it's optional.) Remove core and finely dice flesh. In a bowl, toss diced tomatoes with olive oil, vinegar, and basil. Season with salt and pepper. Let stand at room temperature 30 minutes.
2. About a half-hour before serving, cut veal crosswise into 6 equal portions

(about 6 oz each). Season with salt and pepper and let stand at room temperature 20 minutes.

3. If using a grill, heat to medium. Otherwise, heat remaining olive oil in a large sauté pan on medium-high heat.
4. Grill veal pieces about 4 minutes on both sides. On the stovetop, sear until golden brown on both sides but medium rare in the middle, about 4 minutes per side.
5. Remove from heat and let rest 10 minutes.
6. Slice veal into ¼-inch-thick pieces and place on a platter. Garnish with rosemary and thyme, season with sea salt, and serve with the tomato salad.

Per serving

392 calories, 30 g protein, 7 g carbohydrate, 28 g fat (8 g saturated fat), 120 mg cholesterol, 3 g fiber, 3 g sugar, 330 mg sodium. Calories from fat: 64%

FITNESS & EXERCISE



40 Work It Out
Time's up! Stop watching the clock

41 Fitness Challenge
Get on the ball with these moves

Match Point

Game on! Get set for whatever the season serves up



EXPERT TIP

"I like to incorporate both cardio and resistance exercise in a circuit workout. Thirty minutes turns out to be a breeze because I'm switching frequently between cardio and resistance."—*Scott L. Danberg, MS*

WORK IT OUT

Beat the Clock

DO YOU SPEND YOUR WORKOUT COUNTING DOWN UNTIL IT'S OVER? ENJOY IT MORE WITH THESE STRATEGIES

By Kara Mayer Robinson

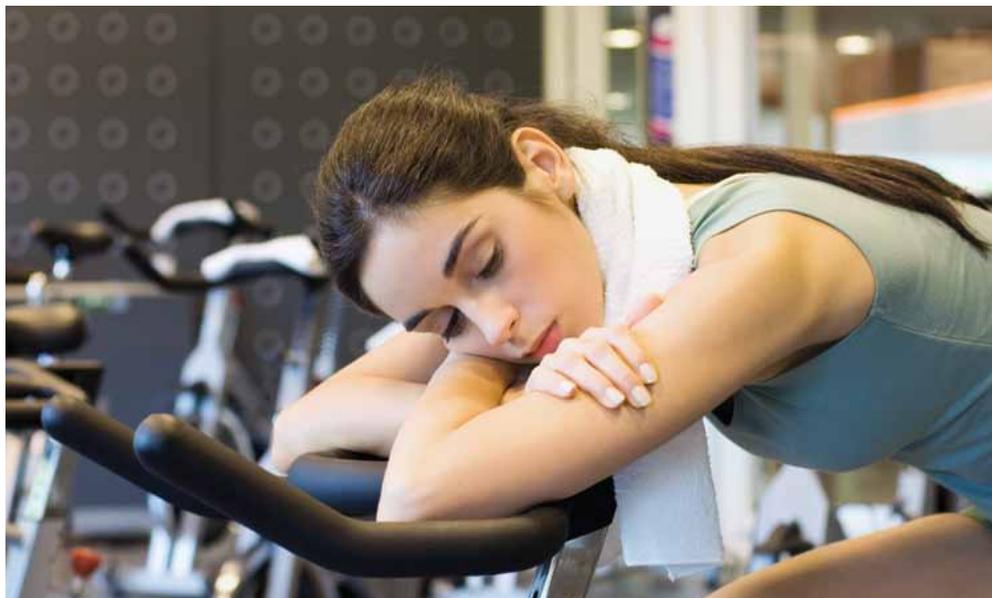
● Time flies when you're having fun. It can zoom by when you're exercising, too. Recent studies suggest that simple tricks can make workouts feel easier so you can last longer. Those findings, plus insights from Scott L. Danberg, MS, director of fitness at the Pritikin Longevity Center + Spa in Miami, can help keep you from throwing in the towel too soon.

You can do it. During your next workout, tell yourself, "I feel fantastic!" or "I'm doing a great job." A study published in *Medicine & Science in Sports & Exercise* suggests that positive self-talk during exercise can make you feel like you're exerting less effort and bolster your performance. Repeat the mantra over and over while you work out.

Reminding yourself of the benefits from exercise, such as stronger muscles or more pep and energy, can also make your motivation soar so you stick with it longer, Danberg says.

Turn up the beat. A study published in the *Scandinavian Journal of Medicine & Science in Sports* found that people worked harder and enjoyed exercise more when listening to fast-tempo tunes.

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



EASY GO

THESE RESEARCH FINDINGS MIGHT HELP BOOST YOUR WORKOUTS.

Sip caffeine. A recent study found that men who drank a caffeinated energy drink an hour before working out felt better and lasted longer during resistance training. Sip an energy drink with 179 milligrams of caffeine (or drink two 8-ounce cups of coffee) 60 minutes before your next workout.

Put up a mirror. Another study found that treadmill runners who watched themselves in a mirror used oxygen more efficiently and ran better than those who didn't. Try hanging a mirror in front of your treadmill.

Slurp a cold drink. One study found that in hot, humid weather, cyclists who drank a cold beverage before and during exercise felt less strain and lasted longer. Before your next hot-weather workout, grab a cold drink—about 40°F—before you gear up.

Load your playlist with whatever pumps you up, whether it's pop, hip-hop, or even marching music, Danberg says.

You've got a friend. Recruit a friend or invite your family to hit the gym

or run with you. Chatting with a walking partner, playing tennis with your spouse, or shooting hoops with colleagues can also make your workout time fly. Plus it lowers the odds that you'll ditch your workout.

"We're more likely to crawl out of bed if a friend is waiting for us on the street corner," Danberg says.

Don't forget Fido. A study in the *Journal of Physical Activity & Health* found that dog owners who walked with their furry friends logged more time walking and were more physically active than non-dog walkers.

Go in bursts. When you're exercising for less time, it's easier to work out harder, Danberg says. If your goal is 40 minutes of physical activity, a moderate pace will help you last. But if your goal is 20 minutes, you can pick up the pace and it won't matter if you get fatigued more quickly. Vigorous exercise gives you the same health benefit in half the time.



Sit up! It's time to watch **Killer Abs**, the top video at the Fitness & Exercise Center.

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FITNESS CHALLENGE

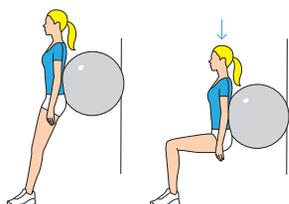
Bounce Back

NEED A NEW ROUTINE? HAVE A BALL—LITERALLY—AND BUILD LEAN MUSCLE

By Jodi Helmer

You'll often find exercise balls tucked into a corner at the gym, but few people know how to incorporate them into a workout. Julie Schoen, a personal trainer and author of *Get in Shape With Exercise Ball Training*, thinks the oversized balls are essential tools for working up a sweat and building muscle.

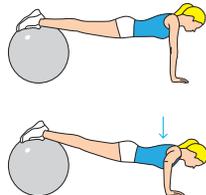
"Exercise balls can literally work every muscle in your body and help tone the legs and thighs," she explains. Do these moves four times a week to help build long, lean muscles.



Wall Ball Squat

"This is my go-to move for improving the shape of my glutes and thighs," Schoen says.

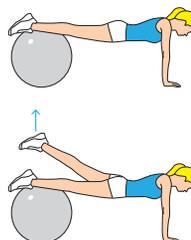
1. Stand with your back facing a wall and feet slightly wider than hip-width apart.
2. Place the exercise ball between your back and the wall, leaning back slightly to keep the ball elevated.
3. As you lean against the ball, bend your knees and lower yourself into a squat (as if you're going to sit on a chair behind you). Make sure your knees don't jut out past your toes.
4. Return to the starting position. The ball should stay pressed between the wall and your body.
5. Do three sets of 10 reps.



Decline Balance Push-Up

This move works the triceps, shoulders, chest, and abs. It's a favorite for Schoen because it has all of the benefits of a regular push-up and more.

1. Start at the top of a push-up position with hands shoulder-width apart, arms straight, and feet on top of the exercise ball.
2. Keeping your gaze toward the floor, bend your elbows to lower your chest toward the ground. Tighten your core to keep your body straight from head to toe.
3. Press back up to the starting position to finish one rep. If you need to rest between reps, keep your feet on the ball and bend your knees.
4. Do three sets of 10 reps.



Plank Raise

"If I am super crunched on time, this is the one I do," says Schoen of the move that works the abs, back, legs, and glutes.

1. Start at the top of a push-up position, hands shoulder-width apart, arms straight, and shins on top of the exercise ball. Tighten your core and don't let your butt sag.
2. Keeping both legs straight, lift the left leg into the air.
3. Lower the leg back to the ball.
4. Do 10 reps.
5. Repeat the move using the right leg. Do two more sets of 10 reps, alternating legs.

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

Q

"I'd like to include my dog on my daily runs. How do I know if she'll make a good running partner?"

Rosie Molinary, 40, college professor, Davidson, N.C.



A

"Before you grab the leash and hit the road, it's important to note that some dogs are better suited to long walks in the park. Puppies under 18 months old could sustain injuries because their bones are still growing, breeds with short legs will struggle to keep up, and dogs with short noses (like pugs) can have trouble breathing during a run. If your vet gives you the green light, remember that dogs need to train for long-distance running, just like people. Watch for signs that your dog likes running with you. She should act excited and ready to go when the leash comes out."



Louise Murray, DVM, vice president, ASPCA Animal Hospital, New York City

WebMD[®] Checkup

TAKING CARE, LIVING WELL

May is Celiac Disease Awareness Month

People with celiac disease do not tolerate gluten, a protein in wheat, barely, and rye. When their immune system detects gluten in the digestive tract, it attacks the lining of the intestine, leading to diarrhea, constipation, bloating, gas, or joint pain, among hundreds of other symptoms. Untreated, the intestinal damage can eventually prevent the body from properly absorbing nutrients and cause malnutrition. This could lead to other autoimmune diseases, osteoporosis, thyroid disease, and cancer.

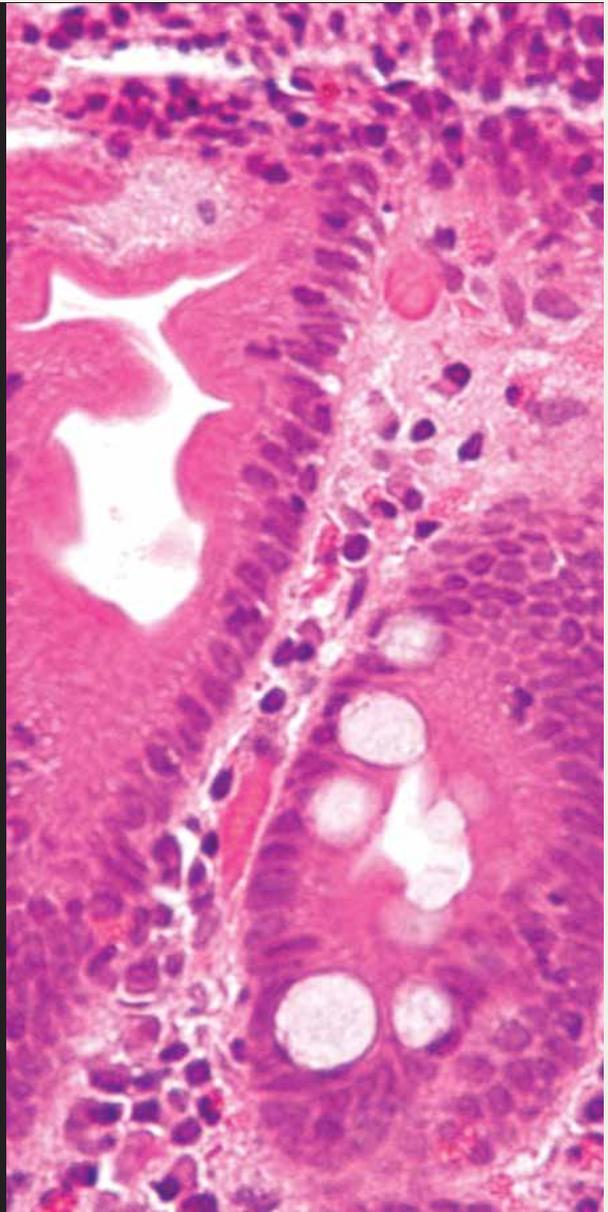
About 3 million Americans (that's 1 percent of the population) have celiac disease but only about 15 percent know it. The average person sees doctors for six to 10 years before getting a correct diagnosis. The only treatment is a gluten-free diet. Bread and other baked goods, cereal, and pasta all contain gluten unless the label says "gluten-free." Processed foods such as lunchmeats, gravy, soup, salad dressing, and beer may also contain gluten.

Some people on a gluten-free diet still have reactions to even trace amounts of gluten. A drug currently in clinical trials could protect against these reactions, and a vaccine in development might one day immunize people to prevent celiac disease.



Former *Survivor* contestant and co-host of *The View* Elizabeth Hasselbeck has celiac disease. She authored *The G-Free Diet*. *Shameless* star Emmy Rossum and political commentator Keith Olbermann also live with the condition.

Jennifer Esposito of CBS's *Blue Bloods* founded Jennifer's Way Foundation to support research, awareness, and advocacy to help those with celiac disease.—*Sonya Collins*



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Your feet are more important than you think. Learn how to choose the right shoes, spot problems, and more.

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

HEALTH HIGHLIGHTS

FEET FIRST

HEEL-TO-TOE CARETAKING TIPS

By **Matt McMillen**

- 1** *Keep it straight*
Cut straight across with your toenail clippers. Curved nail edges invite ingrown toenails.
- 2** *Easy does it*
Care for your callouses with a pumice stone, foot file, or exfoliating scrub, and use a gentle touch.
- 3** *Exercise your feet*
To help circulation, flex your ankles, wiggle your toes, and stretch your calves.
- 4** *Guard against germs*
In the locker room, wear shower shoes or flip-flops to avoid athlete's foot and plantar warts.
- 5** *Pass inspection*
Check your feet often for cuts, cracks, blisters, bruises, or bumps.



- 6** *Pay attention to pain*
If your feet hurt, see a podiatrist. Discomfort, swelling, and numbness are not normal.
- 7** *Measure up*
Your foot size can change at any age, so get your feet professionally measured regularly when you shoe shop.
- 8** *Change your lineup*
To avoid athlete's foot, let your shoes fully dry before wearing. Don't wear the same pair two days in a row.
- 9** *Pedicure plan*
If you have diabetes, get foot care advice from a podiatrist before you hit the salon.
- 10** *Apply generously*
During the summer, keep your feet, especially the tops, covered with sunblock.

EXPERT TIPS



Leslie Campbell, DPM
podiatrist, Texas Health Presbyterian Hospital, Allen, Texas

Athlete's foot can lurk in all public areas. Limit walking barefoot. It exposes feet to sunburn, as well as plantar warts, athlete's foot, ringworm, and other infections—and the risk of injury to your feet.

If you suspect an infection due to an ingrown toenail, soak the foot in warm saltwater, then apply an antiseptic and bandage the area.



Wenjay Sung, DPM
podiatrist, White Memorial Medical Group Los Angeles, Calif.

Wear socks made of synthetic fiber that wicks moisture away from your feet faster than cotton or wool.

If you're an athlete, ask your podiatrist which shoes are best for your sport. Replace athletic shoes yearly; if you're a runner, you need new shoes every 300 to 400 miles.



Rondrick Williamson, DPM
podiatrist, Podiatry Care of Georgia Atlanta, Ga.

If you're prone to swollen ankles or calves and you sit a lot at work, elevate your legs with a footstool under your desk. At the end of the day, reduce swelling by lying down and lifting your legs above the level of your heart.

If you have specific health challenges or foot issues, talk to a podiatrist about the best footwear for your needs.

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

BY THE NUMBERS
SKIN CANCER

FACTS AND STATS ON TOP HEALTH CONDITIONS

By Heather Hatfield



one in five

Number of Americans who will develop skin cancer in their lifetime

3.576 million

Number of all skin cancers diagnosed in the U.S. each year.

Of those,

3.5 million

are squamous and basal cell carcinomas

76,600

are melanomas

3

Number of major types of skin cancers: Squamous cell carcinoma, basal cell carcinoma, and melanoma



50%

Percent of adults ages 18 to 29 who have had a sunburn in the last year

doubled

Increase in risk of skin cancer if a person has had five or more sunburns



#1

Rank of skin cancer on list of most common cancers in the U.S.

Percent of harmful ultraviolet rays that pass through clouds, making sunscreen a necessity rain or shine



80%



number one

Rank of sun and ultraviolet radiation (such as from tanning beds) exposure as risk factors for skin cancer

Cost of treating melanoma in the U.S.



\$2.36 billion

12,000

Deaths from skin cancer each year



9,000

Number of deaths related to melanoma

Sources: American Academy of Dermatology, American Cancer Society, Environmental Protection Agency, Melanoma Foundation, Skin Cancer Foundation

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



HEALTH CHECK

DO YOU HAVE KNEE PAIN?

Jeromem, 23, has had mild knee pain for many years, but recently it became much worse. “Anytime I even do leg-ups I feel unbearable pain,” he writes to the WebMD pain management community. “So my question is: Should I continue to work out or not? Will it eventually make it better if I just work through the pain?” How much do you know about managing knee pain? Take our quiz to find out.



ASK YOUR DOCTOR

1

What’s causing my knee pain: injury, overuse, arthritis, or something else?

3

What kind of exercise should I do? And how often?

2

What are my treatment options? Which pain reliever is best for me?

4

What can I do to prevent my pain from getting worse?

QUIZ

To manage knee pain, you should:

1. Start a new activity.
 Yes No
2. Take pain relievers.
 Yes No
3. Apply ice packs or heating pads.
 Yes No
4. Compress the knee.
 Yes No
5. Elevate the knee.
 Yes No
6. Get surgery.
 Yes No

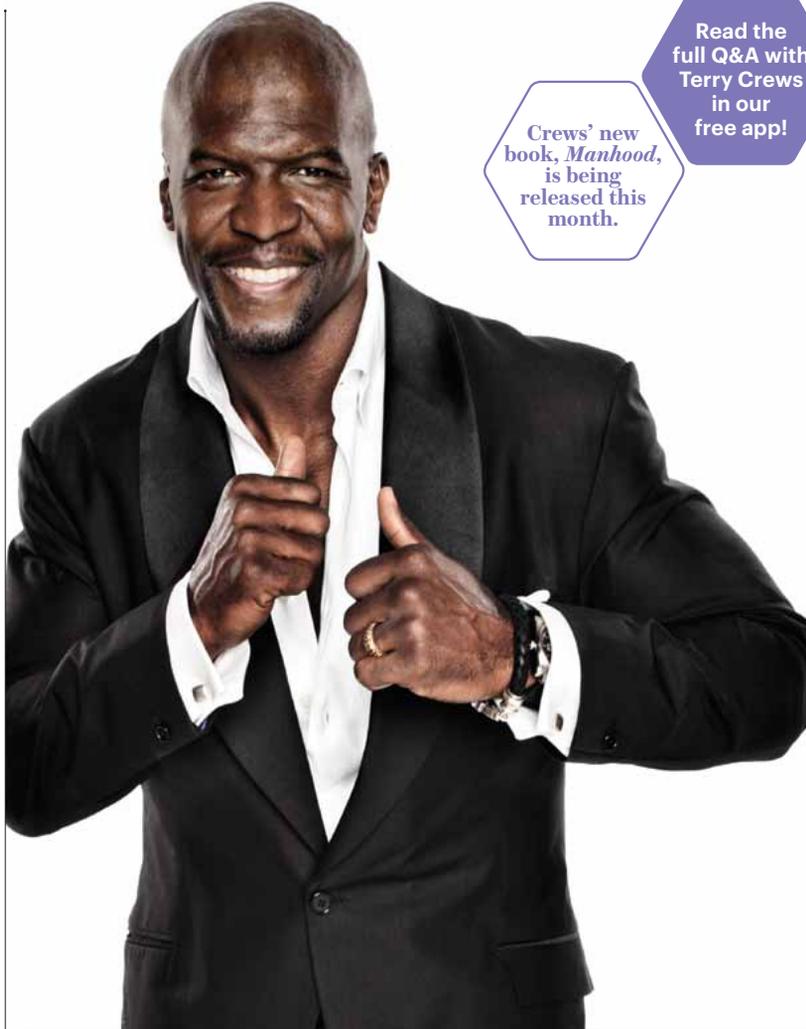
Answers: **1. Yes.** Hurting knees need time off. Stop running or doing anything else that worsens the pain. Instead, stay fit with water workouts, swimming, walking, biking, and other activities that don’t put pounding pressure on your knees, as long as those activities don’t hurt. In the long term, remember that weight training builds muscle strength, which helps support the knee. But don’t do any kind of strength training that hurts this tender joint. **2. Yes.** Over-the-counter medications, such as acetaminophen, can ease pain, while ibuprofen and naproxen reduce swelling, in addition to pain. Pain-relieving gels, salves, and creams that contain capsaicin may also relieve discomfort. **3. Yes.** Apply ice packs for 15 to 20 minutes at a time, four times a day, to keep swelling and pain down. Use heating pads only for chronic knee pain (such as that caused by arthritis). **4. Yes.** To reduce swelling and provide extra support, compress your knee gently by wrapping it with an elastic bandage. **5. Yes.** Limit swelling by elevating your knee above your heart level several times a day. **6. Possibly.** If at-home remedies, physical therapy, medication injections, orthotics, and other non-surgical options don’t work, you can consult an orthopedic surgeon. Even then, surgery is not always the answer. Recent research shows that popular surgical procedures for a torn meniscus (a type of cartilage in the knee) and osteoarthritis of the knee are not always helpful.

SOURCES:

Arthritis Foundation, NIH, Kaiser Permanente, WebMD Knee Pain Health Center

Terry Crews

Actor



Read the full Q&A with Terry Crews in our free app!

Crews' new book, *Manhood*, is being released this month.

1 You're a former pro football player. How has your NFL background helped you in your acting career? When you play sports, you are relentlessly examining yourself. Everything you do when you play is recorded and gone over, and each move, each step is broken down to try to improve it. I know some actors don't watch themselves on film, but I do. What gets examined gets better.

2 Any ways your sports background has held you back? When I retired from the NFL, at first I felt like I didn't really have to work out anymore, because there was no game on the horizon. That's why a lot of star athletes gain so much weight. I eventually realized that I needed to work out for my brain and my body. My brain is my tool, and the best thing for it is exercise.

3 Is working out enjoyable now? Getting in my workout every day calms me down, helps me think better, and helps me learn my lines faster. The actual specifics of the workout don't matter; it's the habit. You almost have to think of your workout like going to a spa—the minute it doesn't make you feel better

it's not going to be a habit you can sustain.

4 What's the best health advice you've ever been given? My wife, Rebecca, gave me a wake-up call about taking care of myself. I was 30 pounds overweight, and one day she came up behind me and pinched my back fat. A man never thinks he's out of shape. And when she did that, it

helped me see myself and that I was heading in a bad direction. I realized I needed to be healthy for my kids.

5 What is your worst habit? Pies, cakes, and all baked goods: I am a sucker for them, and unfortunately I could eat a whole pie. So I have to control myself, but I don't exclude them entirely. I have my cheat days—it's all about balance.

6 What was the biggest challenge in writing your new book, *Manhood: How to Be a Better Man or Just Live With One*? Finding the time. You always think you don't have time, so I had to really examine where I was wasting time; I discovered more time than I would like to admit. I carved out time here and there—between filming scenes, I was writing. The writing

wasn't that hard. I just spilled my guts and tried to come from a very honest place.

7 You have been married 25 years. Any secrets to making it work? You have to own up to your mistakes. And, boy, have I made a lot. You also have to evolve together and realize that no matter how close you are, you are always going to be very different. You have to be constantly talking to one another and evaluating where each person is in life.

8 So how did you evolve? You need to allow yourself freedom to change—even your mind. Sometimes, when you're wrong, you don't even want to admit it. Over the years I learned to change that.

9 What do you miss about the NFL? I miss the camaraderie of a team. But a lot of that has been replaced by on-set camaraderie. Especially on *Brooklyn Nine-Nine*—we're a family and clicked right from the start.

10 How is your Brooklyn character like you? It is me! They based it on me and are constantly incorporating bits of my life into the storyline.—*Liz Krieger*