

November/December 2013 / \$4.95

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## FEATURES

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### L.A. Confident

**Christina Applegate** is no stranger to the spotlight. And while growing up under the critical eye of Hollywood can be hard, the actor learned to develop a true sense of self. Now that she's a mom, she taps into the lessons of her own life to help her daughter thrive and develop a healthy sense of self-esteem.

### Called to Care

In our eighth annual **WebMD Health Heroes** tribute we honor Americans doing extraordinary things for the health and wellness of others. Read their inspiring stories, from a teen who helps kids with disabilities to a veterinarian who makes sure service dogs get the care and love they need.



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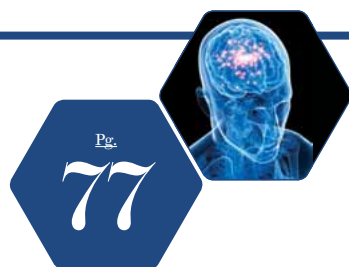
### TAKE 10

**Owen Wilson** talks turkey. The actor describes what it's like playing the holiday bird in the new movie *Free Birds* and how his life has changed since becoming a dad.

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## WEBMD CHECKUP

**SPOTLIGHT:** Rheumatoid arthritis can make office work tough. Get relief with these tips. • **HEALTH HIGHLIGHTS:** Learn how to manage chronic pain with expert relief tips. • **BY THE NUMBERS:** An up-close look at Alzheimer's disease. • **LIVING WITH:** Psoriasis. Lifestyle changes can help reduce or shorten flare-ups. • **MY STORY:** A reader's cancer diagnosis transformed his outlook on life. • **HEALTH CHECK:** Is it the winter blues or SAD? Learn more about seasonal affective disorder.



## EDITOR'S NOTE



What inspires you? If you're lucky, it might be several things. Here at WebMD, we're inspired by everyday people doing extraordinary things to give back to others. That's why, for the eighth consecutive year, we're celebrating WebMD Health Heroes.

Joseph Campbell, a mythologist who wrote about the hero's journey, defined a hero as "someone who has given his or her life to something bigger than oneself." Our heroes this year all have different journeys but share a common trait: They all recognized the need for change and saw how they could achieve that change, through dedication and perseverance.

This year's WebMD Health Heroes include a veterinarian who started a police dog fund to treat dogs in the field, a mom who provides fresh produce at reduced prices, a young woman who helps kids with disabilities get fit, and a doctor/patient duo who paved the way for an innovative cancer treatment.

As the holidays approach, we think about gratitude. Take a moment to read these stories of people we're grateful for. We hope you're as inspired as we are by how they've given back in such amazing ways. Have a wonderful holiday season.

*Kristy*

Kristy Hammam  
Editor in Chief  
kristy@webmd.com

## ACA IQ

The new health insurance marketplaces are now open, but some people are still confused about how the Affordable Care Act works. WebMD helps clear up the confusion. In a new series of one-minute videos, we talk to people on the street about their health insurance coverage-related questions and provide simple, concise explanations. Topics range from the "donut hole" and insurance caps to the individual mandate. To watch, go to [webmd.com/health-insurance](http://webmd.com/health-insurance).



## Home Work

We recently posted on Twitter "12 ways exercise can change your life." Turns out, many people enjoy getting fit—it was one of our most retweeted posts last month. In this issue, we tell you **what equipment you need to get fit at home** (page 75). No matter where you are, you have no excuse for not staying in shape!

Do you work out at home or at the gym? Share your tips for making sure you work out during a busy day at [twitter.com/webmd](http://twitter.com/webmd).



What's your favorite fall food? Tell us and share your recipes for Thanksgiving dishes at [twitter.com/webmd](http://twitter.com/webmd).



## Bird Is the Word

We recently asked our Facebook fans to tell us their favorite thing about fall. Most people said the cooler weather, but many also mentioned fall foods. In this issue, we've got **three unexpected ways to cook a fall favorite: turkey** (page 70). Get cooking!

## We Want to Hear From You!



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# HOT TOPICS!

FACTS AND NEWS YOU CAN USE

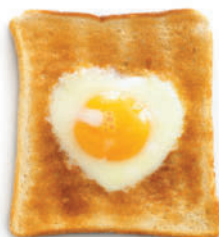


The life expectancy of 65-year-old U.S. men and women is **the longest in Hawaii** and the shortest in Mississippi.

Source: CDC

MEDICAL EXPENSES FOR AMERICANS WITH DIABETES ARE **2.3 TIMES HIGHER** THAN FOR THOSE WHO DON'T HAVE THE DISEASE.

Source: American Diabetes Association



MEN WHO SKIP BREAKFAST HAVE A **27% HIGHER RISK OF HEART DISEASE** THAN THOSE WHO EAT THE MORNING MEAL. AND MEN WHO EAT LATE AT NIGHT HAVE A WHOPPING 55% HIGHER RISK OF HEART DISEASE THAN OTHERS.

Source: Journal of Circulation



The high number of fall births may not just be because "Baby, it's cold outside." **Sperm cells also might be healthiest in winter**, meaning they move faster and fewer are abnormal.

Source: American Journal of Obstetrics and Gynecology

THE NUMBER OF HIV-POSITIVE AMERICANS—18% DON'T KNOW THEY ARE INFECTED. DEC. 1 IS WORLD AIDS DAY.

Source: CDC, [aids.gov](http://aids.gov)

## 1.1 million



In 2012, **60% of cellphone owners used their phone to help with holiday gift buying** while inside a store. About 27% of those surveyed said they checked for better prices elsewhere.

Source: Pew Research Center



People choose menu items with fewer calories if they see the **amount of exercise required to work off** a meal, not just calorie counts.

Source: The Journal of the Federation of American Societies for Experimental Biology



WONDERING WHAT TO DO WITH ALL THAT EXTRA HOLIDAY TURKEY? **YOU CAN FREEZE COOKED TURKEY FOR UP TO FOUR MONTHS.**

Source: National Turkey Federation





## Coffee Break

Sure, coffee and tea help us stay awake, but they may also help us stay alive. Among nearly 2,500 people over age 40, coffee and tea drinkers died at lower rates over 10 years than those who abstained, a study shows. Each daily cup of joe—regular or decaf—cut coffee lovers' risk of death by 7%. Each cup of tea slashed the risk by 9%.

*Source: Nutrition*

**1** Number of grams of **UNSATURATED FAT** in a 3-ounce serving of boneless, skinless turkey breast. This cut of the Thanksgiving bird has 120 calories, 26 grams of protein, and no saturated fat.

*Source: National Turkey Federation*



## TUBE TIME

As with most everything, when it comes to TV viewing, your kids do as you do, not as you say. In a study of 1,550 parents and their children, for every hour of TV parents watched, their children watched an additional 23 minutes. Parents' TV viewing habits had a greater impact on their kids' patterns than screen time rules or access to a TV in the bedroom. The American Academy of Pediatrics recommends kids get no more than two hours of noneducational screen time per day.

*Source: Pediatrics*



## DIET PLAN

Not sure which diet program is right for you? If you're 60 or older, it might be one that includes a little guidance. In a study, more than 1,600 dieters ages 25 to 83 followed a self-directed diet or one that included either Internet support or personal counseling. Self-directed dieters all had similar weight-loss results, regardless of their age. But among those who got Internet support or personal counseling, the older dieters lost significantly more weight and were more successful at keeping it off than their younger counterparts.

*Source: Obesity*



# Make 2013 Your Year!

## WebMD Food & Fitness Planner

Just set your weight goal and get a personalized plan to help you achieve weight loss success!

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**COMBINED STATE AND  
LOCAL CIGARETTE TAX**,  
ADDED TO THE PRICE  
OF CIGARETTES  
SOLD IN  
NEW YORK CITY.

*Source: Campaign for Tobacco-Free Kids*



## ***MIND WORKS***

Tired of the old grind? Not so fast. It may work wonders for your mind, new research shows. In a study of more than 400,000 retirees, those who retired at an older age were less likely to develop dementia later. For each additional year the retirees worked, their risk of dementia dropped by more than 3%.

*Source: Alzheimer's Association*





**Heroes.** One plans to set up free sports clinics and healthy eating programs for kids in urban and rural communities. Another helps a hospital continue finding better treatments for children with cancer. A third wants to assist her church help those in her community who are in need. A fourth will ensure a local police department can buy emergency kits for dog handlers and also help a horse rescue foundation purchase medicine and blankets.

These are the ways our **2013 WebMD Health Heroes** plan to use their \$2,500 award, which WebMD donates to each winner's choice of charity or foundation. Meet this year's winners on page 84 and online at [webmd.com/healthheroes](http://webmd.com/healthheroes), where you'll find more photos and stories.

There's more. This year, we honored two people who improved diabetes awareness and treatment. One is a mom who fought at the state level to help pass a law for more rights for kids with diabetes. The second harnessed the power of online social networks "to bring together people touched by diabetes for positive change." Meet them in our sibling publication, **WebMD Diabetes**, online, and in our iPad app.

Who is your health hero? You'll get the chance to tell us when nominations for our 2014 winners open in January. I look forward to hearing from you.

*Colleen*

Colleen Paretty  
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## Shop Talk

Are you a shopaholic? One in 10 of us is, and the ranks are growing. New research shows compulsive shoppers have two things in common. First, they don't think credit card debt is a big deal: They may max out cards, skip payments, or only pay the monthly minimums. Second, they often shop to feel happier. The researchers suggest you can control your shopping by paying attention to credit card statements and asking yourself why you want to make each purchase.

*Source: Economic Psychology*

## D DAY

The key to maintaining mobility as you age may be vitamin D. Among people ages 55 and up, those deficient in vitamin D had an average of two more physical limitations than their counterparts, a recent study found. Few foods naturally contain vitamin D, but it's added to many foods, such as orange juice and milk. The NIH recommends 600 IUs of vitamin D per day for people ages 51 to 70, and 800 IUs for those over 70.

*Source: The Journal of Clinical Endocrinology & Metabolism*



## Sweet Nothings

You might want to step in before your teen goes for that second soft drink. In a study of 1,433 kids ages 14 to 17, those who drank more than the average 1.3 servings of sugar-sweetened drinks per day had more risk factors for heart disease, diabetes, and stroke two years later. Boys in this group also had lower levels of "good" cholesterol and higher triglycerides, regardless of their weight, while girls were more likely to be overweight.

*Source: The American Journal of Clinical Nutrition*

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

## Hot Hits

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

**How many calories do I need?**

**Solving relationship problems**

**The truth about sweeteners**

**Symptoms of adult ADHD**

**What causes shoulder pain?**

**What do flea bites look like?**

\*as of Sept. 1, 2013

# Idina Menzel

THE SINGER AND BROADWAY STAR SHARES  
HER HEALTHY LIVING HABITS



## Dinner Bell

"I love sushi. I also eat lots of chicken or a piece of grilled fish like tilapia with spinach and Brussels sprouts."

*"Sometimes when things are feeling a little chaotic, I try to focus on my son and what he needs."*



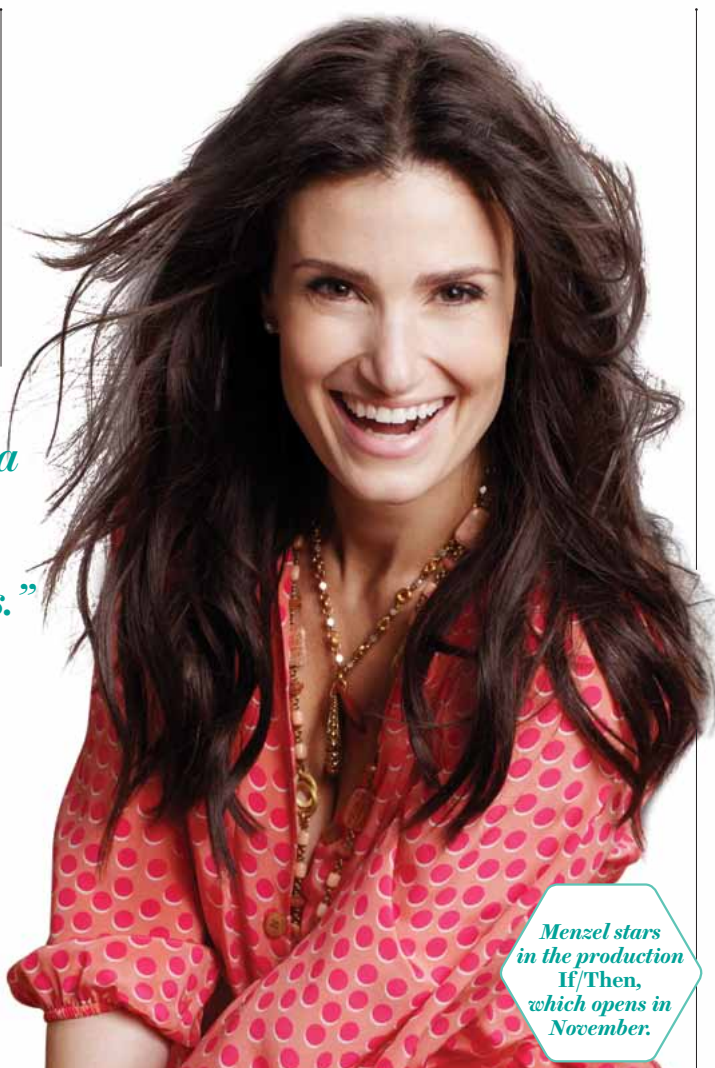
## Shower Power

"Along with enough sleep and taking proper supplements, I steam—in my steam shower. I find it's very healing—more than just your typical tea and honey. I let the steam get into my throat, and I can even warm up my voice and vocalize."



## Snack Pack

"I'm not very disciplined, and if I don't bring my own snacks [on set], I might eat the wrong things. I keep apples, blueberries, and almond butter on hand."



*Menzel stars in the production **If/Then**, which opens in November.*

With credits in stage, film, television, and music, Idina Menzel, 42, has won a Tony Award for her green-girl portrayal of Elphaba in the Broadway musical *Wicked* and garnered a Tony nomination for her character Maureen in the rock opera *Rent*. On TV, she's played Rachel's biological mother, Shelby Corcoran, on Fox's hit series, *Glee*. Also a songwriter, Menzel—known for her strong and emotional performances—has recorded four of her own albums. She's toured since 1998, singing classic pop and musical theater favorites in venues such as New York City's Carnegie Hall and Walt Disney Concert Hall in Los Angeles. This month she voices her first Disney animated film, *Frozen*. She also stars in a new musical, *If/Then*. Menzel and her husband of 10 years, actor Taye Diggs, have a 4-year-old son, Walker.—Stephanie Stephens



## Face Time

"I don't wear a lot of makeup when I'm not working. When I do, I use L'Oréal Voluminous mascara in black, plus a concealer and moisturizer from Laura Mercier."



## Purse Must-Haves

"I have Stevia extract, to use in place of sugar, plus deodorant, and a toothbrush and toothpaste."



## Core Training

"I do Bikram yoga. I also like to box and I have a trainer. I take the art of boxing seriously, but make sure I don't get punched in the face. I do get to punch big, tough guys, and they practice their defense. It's a great core workout. I find Pilates too boring and slow, especially when I'm feeling really athletic."



UP CLOSE

# Face Value

AN IN-DEPTH LOOK AT MAKEUP BRUSHES

**Hair Apparent**

Brushes are made of two types of materials: real hair, such as sable or pony fibers, or synthetic hair, usually acrylic or plastic.

**Custom Made**

Not all brushes are created equal. They are designed for specific applications, including foundation, powder, blush or bronzer, eye shadow, and lips.

**Clean Sweep**

Synthetic brushes are typically easier to clean, ward off bacteria and dirt better, shed less, and work with both cream and powder products.

**Spot Check**

Brushes that aren't cleaned regularly or stored properly can lead to rashes, breakouts, and acne.

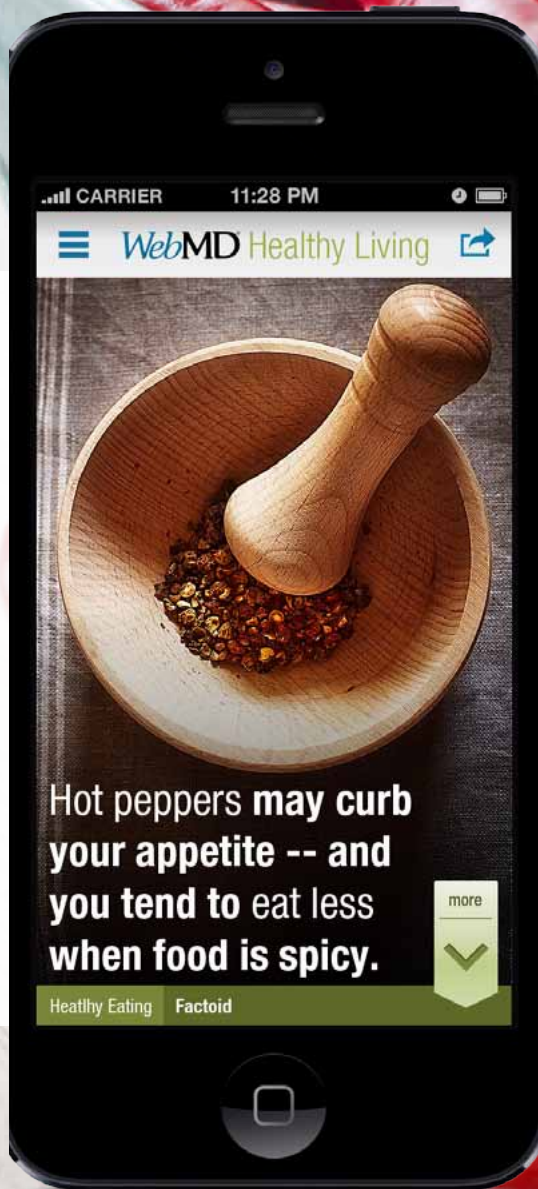
**Care Wash**

Experts recommend washing brushes regularly, weekly to monthly, with a brush-cleaning product or with a gentle shampoo and warm water.

**Exchange Rate**

A good rule of thumb is to replace brushes when bristles start to fray or lose shape.

—Rebecca Scherr



## The New WebMD App for iPhone

Personalized healthy living tips and info that you want plus the health tools that you need.

- Daily mini-magazine based on your healthy interests
- First-aid essentials on the go
- Local doctor, hospital and pharmacy finder

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# Chill Out

Take a deep breath and welcome winter with open arms

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## EXPERT TIP



"Daily movement is so important not just for fitness, but also for focus, energy, and staying in a good mood."—*Hansa Bhargava, MD*



# All American

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

Photograph by Colin Lenton

## HEAD START

"Always apply a broad-spectrum sunscreen to your face and scalp, even when you're not planning to spend the day outdoors. A few minutes of sun exposure, when you're running errands or just getting in and out of your car, can add up. This cumulative damage leads to premature aging and increases your risk of skin cancer. Sunblock and a hat provide double protection to your shaved head."



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

## GYM CLASS HERO

"You're in a small group of people who crave exercise. That's great! But are you taking it too far? It sounds like you don't miss important events and all your free time isn't consumed with working out. So no, I wouldn't say you have addictive behavior. You're just a guy who loves staying in shape. Ease off on yourself when you can't work it into your schedule. You're way ahead of most men already."



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

## CHEAP EATS

"From canned chickpeas and black beans to eggs to milk, you can find plenty of nutritious foods that don't break the bank. Buying fruits and veggies in season can save money, too. Organic, though, doesn't necessarily mean healthier—one study found organic produce was no more nutritious than the conventional type, and even organic foods can contain chemical residues from the environment. What's important is eating plenty of fruits and vegetables, period."



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

## DOG DAYS

"Your veterinarian can get a good idea of how old Roosevelt is by looking at his teeth, eyes, and general condition. Larger-breed dogs are usually considered senior by age 7 or 8. As your dog ages, look for joint problems (is he reluctant to climb stairs or fetch?), hearing and vision loss (does he not hear the car pull into the garage like he used to?), weight change (does he eat normally but gains or loses weight?), appetite loss (has he stopped eating?), and senility (does he seem lost in his own house or fail to recognize people he knows?)."



**Will Draper, DVM**  
WebMD pet health expert and founder of The Village Vets, Decatur, Ga.

## WEBMD ON THE STREET

### Stephen Carney

Employer services manager, 39  
Langhorne, Pa.

Stephen Carney could be the quintessential American dad. He and his wife, Kerry, have three girls, Lucy, 6, Eloise, 5, and Isla, 2, and an aging yellow Lab named Roosevelt. As a single-income family, they struggle with providing healthy food on a tight budget. "We'd like everything to be organic, but we're spending about \$400 a week on groceries," he says. He also wonders how to best care for Roosevelt, who rescuers found six years ago trembling on the side of a road, Roosevelt Highway. Unsure of the dog's age, Carney doesn't know what to expect. "I usually let him figure out what he wants to do—if he's tired, I let him sleep, if he wants to run around, I run around with him," he says. "Are there other things I need to look out for?" As for himself, Carney tries to stay fit, but he doesn't always find time. "If I don't work out regularly—if I miss two days—I become preoccupied and I get grouchy. Is that a sign of addictive behavior?" He also has a family history of skin cancer and wonders if he's doing enough to protect himself, especially his smooth head.

—Christopher Brandon

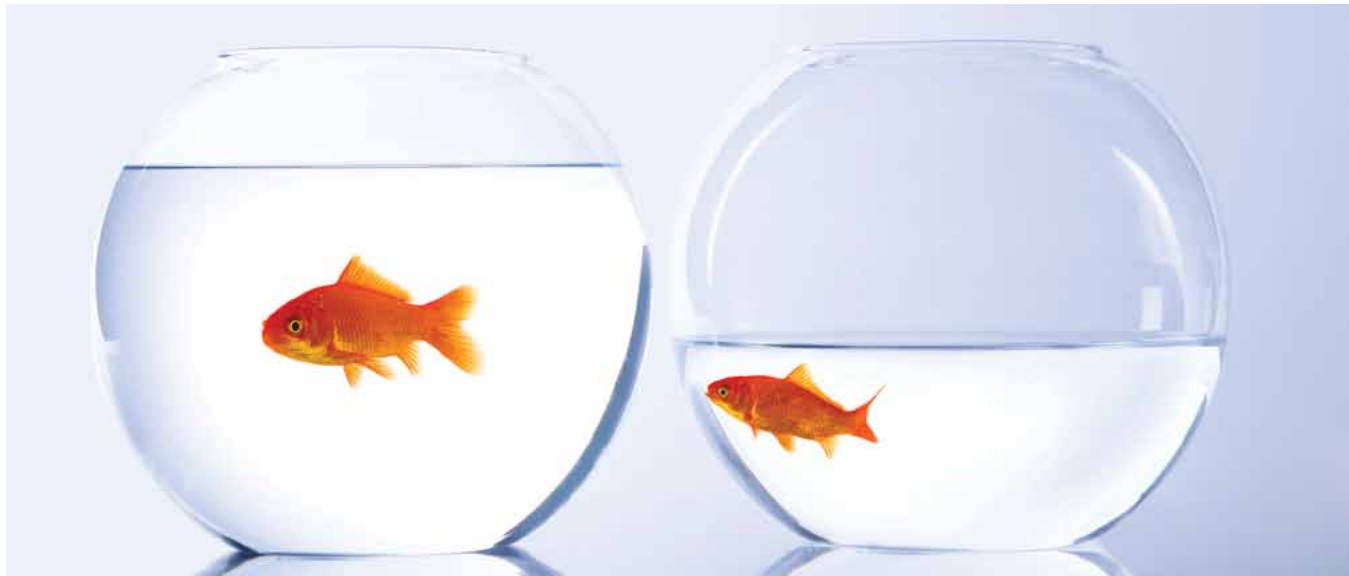
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## WOMEN'S HEALTH

# Hey Jealousy

BEING ENVOIOUS OF A FRIEND MAY NOT BE SUCH A BAD THING AFTER ALL

By Colleen Oakley

The holiday season is filled with parties, cookies, presents, and sometimes something not so fun: envy—the feeling that your friends' parties, cookies, and presents are bigger and better than yours.

"Envy occurs when we lack another's superior quality, achievement, or possession and either desire it or wish that the other lacked it," says Richard Smith, PhD, a psychology professor at the University of Kentucky and editor of the anthology *Envy: Theory and Research*.

So that friend whose house looks like it was trimmed for Christmas by style maven Martha Stewart herself? It's totally normal for you to be envious. In fact, we're most likely to be jealous of people we know, rather than strangers, says Sarah Hill, PhD, a psychology professor at Texas Christian University. "We're constantly aware of how we stack up relative to other people in our lives. And when we don't stack up favorably, it's not a pleasant feeling."

There's a good—and scientific—reason we feel that way. From an evolutionary point of

view, envy alerts us when someone has a survival or reproductive advantage over us, says Hill. "It's sort of like pain—when we touch our hand to a hot stove, we don't enjoy it, but it's a good thing we experience it. It keeps us from leaving our hand there and getting hurt."

Envy not only alerts us to others' advantages but also can help us get out there and achieve our own success. A recent study in the Netherlands found that, for some people, envy can be a powerful motivational force—more so than admiration. "Let's say you have a co-worker who's making more money than you and is getting promoted more quickly," says Hill. "Your envy could motivate you to get the same advantages as your co-worker and not to be complacent that you're being outperformed."

But envy also has an ugly side. "When you feel hostility or a destructive desire to take away an advantage from another person, it's time to get your emotions in check," says Hill. "It's important to step back and think about what advantages you have that others don't."

And remember, even if your friend seems to have it all, down to the big promotion and immaculate home, "nobody's life is perfect."

## FACEBOOK "FRENZY"

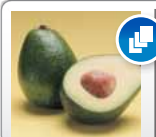
A recent study found that more than 30% of Facebook users feel envious after visiting the site. Psychologist Sarah Hill, PhD, says you don't have to fall prey to the jealousy spiral.

**Keep a healthy perspective.** Anyone can make their life look exciting online. But you never know what's going on behind closed doors.

**Examine the trade-offs.** Your friend may be able to afford a better vacation than you, but at what cost?

**Just log off.** If you can't shake the green-eyed monster, take a self-imposed Facebook break—even if it's just for a few days.

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



Give your shopping list a makeover with **Foods to Boost Male Health**, the top slideshow on the Men's Health channel.

WebMD.com

## MEN'S HEALTH

# Season's Eatings

YOU BETTER WATCH OUT FOR FATTENING FOODS. AVOID PACKING ON THE POUNDS BY PLANNING AHEAD

By Matt McMillen

Guys, this holiday season, resolve to celebrate without gaining weight. With all the buffets, office treats, and eggnog you'll be offered between now and the new year, that may sound difficult. But if you plan well, you can do it without once uttering the dreaded D word.

*Decide in advance that you won't mingle by the food table.*

"For most men, just saying 'diet' is a deal-killer, and at a party, it goes over like sour grapes. So don't verbalize it," says Chicago-based dietitian David Grotto, RDN, LDN, author of *The Best Things You Can Eat*.

**Fill up at home.** When it comes to food-laden festivities, Grotto's strategy calls for not only thinking ahead, but also eating ahead. "Eat a small, nutritious meal before you go out, even if it's to dinner," he says. That way, you—not your hunger—are in control when you arrive.

The food in your belly will also ensure that if you drink, the alcohol won't go straight to your head and compromise your good intentions.

**Keep your distance.** Decide in advance that you won't mingle by the food table. You'll only tempt yourself, and that's something guys are likely to give in to. "If the food is nearby, you're going to eat," Grotto says. "Instead, take the opportunity to talk to people, and

approach the table only when you're hungry."

**Hold a glass.** Often, food pulls us in because it gives us something to do with our hands. A better alternative: Sip some seltzer water with a slice of lemon or lime. Now, your hands are full and—bonus—no one will feel the need to offer you a high-calorie drink. Grotto recommends two to three such no-cal drinks between every cocktail you consume.

### Build a healthy plate.

Of course, you will get hungry at some point. Nothing wrong with that. Just set a reasonable limit before you fill your plate. "Pick out three things from the buffet and stick to them," Grotto suggests. Want to go high volume? Zero in on low-calorie foods such as vegetables and salad, he says. But be stingy with the dressing and skip the fried stuff.

**Graze smart.** Grotto likes to remind guys that grazing counts. Passing by the snack bowl and grabbing a small handful is fine, but only if you do it once. Repeated passes quickly add up. "It's best to put all your food on your plate and eat just one time," he says.

**Cut some slack.** And if you mess up and over-indulge? It happens, so acknowledge your slip-up and keep trying. "Don't throw in the towel," Grotto says. "There's always tomorrow."

**Shake a leg.** Grotto's final piece of advice: When you're at a party, don't be a stranger on the dance floor. "Burn some calories!"



### EXPERT TIP

"My wife makes these amazing Polish kolaczki cookies. I tell myself I am only going to eat three. That way, I eat them without guilt, lick my lips, and move on." —David Grotto, RDN, LDN

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





## MIND MATTERS

## Cheat Sheet

KICK UNFAITHFUL THOUGHTS TO THE CURB WITH THESE TIPS

By Leslie Becker-Phelps, PhD

 You're married or  
 you've been with your partner for a long time. And you're happy. For the most part. So why can't you stop thinking about being with someone else?

The urge to stray is common. A recent study shows that 54% of people in committed relationships have seriously considered cheating, and 39% of those surveyed followed through.

While unfaithful thoughts are a warning that something is not working in your relationship, you can take steps to repair the problem and keep your fantasies from turning into reality.

**Try to avoid the person occupying your thoughts.** This isn't always possible, especially if you've considered an affair with a co-worker. But you can avoid putting yourself in tempting situations—like grabbing an after-work drink with that person or being alone together. Staying out of harm's way won't curb all your thoughts, but it will help prevent a regrettable

action while you work on your relationship.

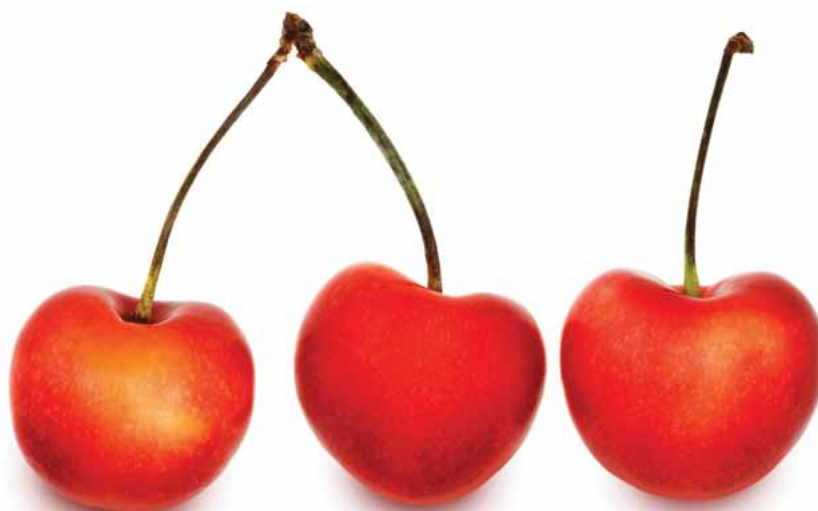
**Pay attention.** Since thinking about cheating indicates something is missing in your relationship, try to determine what that might be. Talk with your partner about wanting to strengthen your connection and how the two of you might go about this—planning ways to spend more time

together, have more fun, or address unresolved issues. Seek the help of a therapist if necessary.

**Make a list.** Write down your unfaithful thoughts, then rip up the paper and throw it away. Create a second list of ways your current partner makes you happy and what you love and respect about him or her. Read it each day, and

add to it when you think of new things. Similar to keeping a gratitude journal, this can remind you to appreciate your relationship and lessen your inclination to stray.

There's no cure for unfaithful thoughts, but you don't have to let them control you or your future. With a little work and patience, you can turn your mind toward a happier, stronger marriage or relationship built just for two.



*You can avoid putting yourself in tempting situations—like grabbing an after-work drink with that person or being alone together.*

## EXPERT TIP



"Think twice before you send that flirty text message to someone other than your spouse. A recent study suggests cyber-cheating—or sending sexually explicit messages via phone or email—often leads to real-life physical encounters."—Leslie Becker-Phelps, PhD

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



## WORK IT OUT

## Over the Line

HOW MUCH IS TOO MUCH WHEN IT COMES TO CARING ABOUT YOUR EMPLOYEES? LEARN HOW TO HANDLE WITH CARE

*By Sonya Collins*

● Working with a team every day, you learn a lot about your colleagues—their children's achievements, their vacation plans, their personal hardships. But when you're in charge of that team, when and how to involve yourself, if at all, in those details can be a balancing act.

Of course you care about others—you're human. So when an employee goes through a personal crisis, how involved should you get? "You need to know how workers are doing to the extent that it impacts the job," says Brenda Ellington-Booth, MBA, PhD, a professor of management and organizations at Northwestern University's Kellogg School of Manage-

ment. Anything beyond that can put you in a difficult position with your staff and even lead to legal trouble.

First, acting as a friend or confidante to one employee can look like favoritism to the others and can create an unhealthy office culture. "It sends a signal to everyone else that you have to spill your guts if you want the attention of your boss," Ellington-Booth says.

What's more, while your employee's personal difficulties may not affect the job now, if performance slips later, you could be in a tough spot. "On the one hand, you're this caring, wonderful friend, and then all of a sudden you're in a position where you might not be able to give them

a plum project or a raise. They may say, 'I thought you were my friend. I thought you had my back.' To blur those lines ultimately hurts the employee," Ellington-Booth says.

There's more: Be aware that an employee who is fired or misses out on a raise after sharing personal information with a boss may have grounds for a lawsuit.

As long as workers do their job, you shouldn't probe into their personal crises. If an employee wants to share what's going on, let her know you care, then steer the conversation to your and the company's role. You can also ask how you can help her manage her workload during this difficult time.

FROM WEBMD.COM

## Q &amp; A

"One of my employees has been widowed for five years. She still deeply mourns the loss of her husband and hasn't moved forward since his death. I care about her and can't help but notice she's suffering. If it isn't impacting her work, is it appropriate for me to offer her advice?"



**Elizabeth McKinney**  
46, librarian, Atlanta

EXPERT  
ANSWER

"A manager needs some general information about employees' outside lives as it can directly impact their performance, but a manager is not a therapist. The most you can do is ask—but not suggest—if she has taken advantage of resources your company may offer, such as referrals for counseling. Anything more is dangerous ground."



**Brenda Ellington-Booth, MBA, PhD**  
clinical professor of management and organizations, Kellogg School of Management, Northwestern University

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



HEALTHY  
BEAUTY



**21 You Asked**  
Holiday beauty  
gift guide

**23 Beauty Smarts**  
The 411 on eyelash  
extensions

**25 Your Smile**  
Why you really  
need to floss

# Face Forward

Stay gorgeous all  
season long



#### EXPERT TIP

“Avoid shower gels in the winter. A body wash or bar that contains shea butter or jojoba oil will help to hydrate your skin.” —*Susan Evans, MD*



## YOU ASKED

## Holiday Affair

'TIS THE SEASON! OUR EXPERTS HELP YOU FIND THE PERFECT GIFT FOR THE LADIES ON YOUR HOLIDAY LIST

By Agren Jackson-Cannady

**Brush Off**

**Sonia Kashuk Luxe Tres Chic 6-Piece Brush Set** (\$34.99) "This brush set makes a great gift for the makeup lover. The brushes are professional quality and multifunctional, and they come in a sleek little bag that holds them all."

**Color Wheel**

**Laura Mercier Bonne Mine Palette** (\$49) "I love using this palette on clients—and myself. The darker colors enhance jawbones while diminishing excess chin problems. The lighter colors illuminate the tops of the cheekbones. All of the colors double as cream eye shadows in a pinch."

**It's the Balm**

**Rosebud Salve Medley of Lip Balm Tubes** (\$13.50) "Most makeup artists agree that this balm is worth its weight in gold. It not only moisturizes lips, but it also smells great, tames unruly eyebrows, and moisturizes dry elbows and knees. The tubes are much less messy than the tins that the company also sells."



**Erin Svalstad**  
celebrity makeup artist, San Diego

**Nail Power**

**Deborah Lippmann Rock This Town Nail Polish Collection** (\$42) "Deborah Lippmann has a cult following with her polish colors, and these do not disappoint. The three metallic colors in this collection are perfect for fall and winter, as they add instant pizzazz to any manicure."

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FROM WEBMD.COM

**Q&A**

"I like natural products, but I want to start an anti-aging regimen. How can I get the best of both worlds?"



**Jonella Culmer**  
27, senior account executive, Alexandria, Va.

**EXPERT ANSWER**

"You can try products that feature natural ingredients that have been treated to improve potency and effectiveness. For example, studies show shiitake mushroom extract increases the turnover of cells and prevents the breakdown of healthy molecules in the skin like elastin. That said, retinol remains the most effective anti-aging ingredient available over the counter. Retinol is a derivative of vitamin A, so think of it as a powerful vitamin rather than a chemical."



**Whitney Bowe, MD**  
clinical assistant professor of dermatology, SUNY Downstate Medical Center





### Oil Spill

**L'Occitane Amande Supple Skin Oil** (\$40)

"This dry-skin oil contains a hefty dose of almond and camellina oil, which softens the skin and makes it feel and look supple while leaving a nice sheen and a light almond fragrance. Bonus: If you have any new moms on your gift list, this oil may also help gently fade stretch marks."



### Spray Day

**Avène Thermal Spring Water Spray** (\$12) and **High Protection Mineral Cream SPF 50** (\$24)

"The soothing spray can be used post-skin irritation (sunburn, cosmetic procedure). It's also a nice refresher after a flight. Made with springwater, the super-gentle sunscreen, which contains a light tint, rubs in easily for a fresh look that tones down redness."



### Smooth Moves

**Kiehl's Ultimate Strength Hand Salve** (\$15) and **Superbly Restorative Argan Body Lotion** (\$38)

"Everyone should have this hand cream. Made with restoring avocado and sesame oils, it feels therapeutic, yet doesn't go on sticky. The body lotion is lightweight and super-hydrating."



### Shower Power

**Olay Ultra Moisture In-Shower Body Lotion**

(\$4.99) "Give someone an easy way to pamper skin with this lotion that works with the warmth and humidity of a shower. Thanks to the dimethicone and petrolatum in it, skin really feels unbelievably smooth and hydrated after bathing."



**Adrienne Stewart, MD**  
clinical assistant professor of dermatology,  
University of Colorado



### AISLE DO

#### PRODUCT PICK

**Gillette Mach3 Turbo** (\$9)

#### EXPERT

**David Bank, MD**  
dermatologist, Mount  
Kisco, N.Y.

"It's hard to find a razor that is affordable and does its job well, but I've found both in Gillette's Mach3 Turbo. I love the close shave this three-blade razor provides. It doesn't cut my skin like other razors, and my face is always left silky smooth."

The pivoting head provides the perfect shave around difficult corners, making it the go-to razor for both men and women. At its peak performance, the razor will glide on your skin. If it begins to drag, your blade has become dull, which could result in unwanted cuts. At the first sign of dragging, pop in a fresh blade."

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

### Shopping List



Take a photo  
with your  
phone!

☐ **Sonia Kashuk Luxe Tres Chic 6-Piece Brush Set**

☐ **Rosebud Salve Medley of Lip Balm Tubes**

☐ **Laura Mercier Bonne Mine Palette**

☐ **Deborah Lippmann Rock This Town Nail Polish Collection**

☐ **L'Occitane Amande Supple Skin Oil**

☐ **Kiehl's Ultimate Strength Hand Salve and Superbly Restorative Argan Body Lotion**

☐ **Avène Thermal Spring Water Spray and High Protection Mineral Cream SPF 50**

☐ **Olay Ultra Moisture In-Shower Body Lotion**

# A Healthy Way to Look and Feel Beautiful

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## BEAUTY SMARTS

# Lash Out

CURIOUS ABOUT EYELASH EXTENSIONS? FIND OUT IF  
THEY'RE AN EYE DO OR AN EYE DON'T

*By Sonya Collins*

- If you're like most women, mascara is a key item in your makeup bag.
- Some 65% of us whisk it on our lashes in hopes of making them look longer and fuller. But do you ever wish your lashes were just longer and fuller to begin with?

Your wish might be granted: Eyelash extensions are a growing trend at spas and salons. "Extensions look beautiful when they're done right. They completely eliminate all need for mascara," says Sophy Merszei, founder and CEO of NovaLash, a Texas-based company that certifies eyelash technicians.

Eyelash extensions are individual lashes, made of a synthetic fiber such as nylon, which a professional glues one by one to each of your top lashes. "It is one of the hardest beauty procedures for a cosmetologist to learn. It's like microsurgery," Merszei says.

Using long, pointed tweezers, the tech brushes a single synthetic lash in a dab of adhesive. With another pair of tweezers, she separates the natural lashes to isolate just one. She places the synthetic lash on the natural lash, holding it for a few seconds while the glue bonds. The tech repeats the process, one lash at a time, attaching 40 to 100 lashes per eye. The tech will use several lengths of lashes, attaching the longest artificial lashes to your longest natural lashes.

Eyelash extensions last a few weeks to two months and fall out when your natural lashes do. "You should still have 50% of the extensions remaining after 30 days. Then all you need is a little touch-up once a month on the regrowth," Merszei says.

Eyelash extensions are relatively new in the United States. The FDA does not regulate the products, and Texas is the only state that regulates the industry.

*continued on page 24*





*continued from page 23*

"Individuals need to advocate for themselves. Is the facility clean and neat? Are the technicians well-trained? Does the facility have a good reputation?" says Philip R. Rizzuto, MD, an ophthalmologist and communications secretary for the American Academy of Ophthalmology.

Merszei recommends you first choose a national brand that certifies technicians, and then find a technician in your area. That way, you can research the training, the products, and who can buy the products. Some brands sell only to licensed beauty or health professionals, so if a salon uses that product, its techs have credentials.

"We get calls and emails every week from people who end up in the doctor's office," Merszei says, "because they had a poorly trained technician."

Unqualified techs might apply lashes to the eyelid instead of the lash, which can cause irritation or even serious injury. Or they might apply several lash extensions



to one natural lash, causing lashes to fall out prematurely from the weight. Some may glue strips of false lashes to clients' eyelids with permanent adhesive. All of these are dangerous, improper techniques.

"The technician should go through all the risks and benefits of having eyelash extensions" before applying them, Merszei says. The technician should also ask about any conditions you may have that would make eyelash extensions unsuitable for you.

Online, you'll find a lot of conflicting information about formaldehyde in eyelash adhesives. Many adhesives do contain at

least trace amounts, as do many cosmetics, including some mascaras. A small percentage of people are allergic to the chemical. Some brands offer adhesives with formaldehyde levels too low for a lab test to detect or trace amounts below the maximum the FDA recommends for cosmetics. Many adhesives are intended specifically for sensitive clients. Seek brands that openly share this information.

"I'm not here to talk people out of getting eyelash extensions. But not everybody is a good candidate," Merszei says. "I've had mine on for about nine years now. I just keep touching them up, and I love them."

## BATTING A THOUSAND

OPHTHALMOLOGIST PHILIP R. RIZZUTO, MD, OFFERS SOME POINTERS FOR THOSE INTERESTED IN EYELASH EXTENSIONS

Don't confuse semi-permanent eyelash extensions with a surgical eyelash transplant—a procedure that only a doctor can do.

Eyelash extensions are a spa or salon procedure that takes two to three hours for the first application, which can run from \$150 to \$600, depending on your location. Monthly touch-ups range from \$50 to about \$65. Look for a salon that uses medical-grade adhesive, like the type used to close wounds in lieu of stitches. Choose a brand that discloses ingredients. Many companies post safety and toxicity reports on their websites or provide them upon request.

"The biggest concern with regard to eyelash adhesive is whether a person is sensitive or allergic to anything in the glue," Rizzuto says. "She should ask what type of adhesive is used and what the ingredients are. Then she can assess whether or not she may be allergic to any of the ingredients."

WebMD.com



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

## I Tried It!

They had me at "appearance regeneration." This eye treatment promised instant dark-circle reduction and ingredients that would visibly lift the eye area. While this cream is light and blends easily, I found it was more of a handy concealer than anything else. I did not notice any eye area lift but did find that it made a great base for eye shadow. I also found myself using it to hide imperfections elsewhere on my face. —Ronna Rubin, publicist, Nashville, Tenn.



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



Chew on this! Read **Gum Problem Basics**, a top article on the Oral Health channel.

WebMD.com

HEALTHY  
BEAUTY

## YOUR SMILE

# First String

FLOSSING IS AS IMPORTANT AS BRUSHING.  
HERE'S HOW TO GET INTO THE GROOVE

By Shelley Levitt

● It's a simple piece of string, sometimes flavored, often waxed. Wrap 18 inches or so around your finger, and you have a powerful tool for not only avoiding cavities but also giving your overall health a big boost.

Dental floss dislodges food particles trapped between the teeth and

*Bedtime, rather than the morning, is the better choice for once-a-day flossers.*

under the gums where toothbrushes can't reach. Left unchecked, the resulting bacterial load can lead to cavities, bad breath, and gum or periodontal disease.

If that's not scary enough, Jyoti Srivastava, DDS, a New York City prosthodontist (a dentist with advanced training in tooth replacement and restoration), points out that "gum disease is an inflammatory disorder that can contribute to major problems throughout the body." Recent studies suggest links between periodontal disease and diabetes, heart disease, Alzheimer's, and stomach cancer, though more research is needed.

If you practiced ideal dental hygiene, you'd be flossing after every meal. "Do that and you'll have an absolutely immaculate

mouth," says Srivastava, "but we know that's not practical for most people—so we hope our patients floss once daily." Bedtime, rather than morning, is the better choice for once-a-day flossers. "Your salivary flow is very low when you're sleeping," Srivastava says. "So for those seven or eight hours you're in bed, you're not washing away the bacteria teeming in your mouth."

Dentists recommend spending two minutes

brushing your teeth. With practice, flossing will take you an additional minute. Begin on the upper right, go all the way around to the upper left, and then go from the lower left to the lower right.

If you're so exhausted at the end of your day that you can devote only 60 seconds to dental hygiene, what do you do? Floss. "I'm not suggesting you skip brushing, but it's absolutely essential to floss every day," says Srivastava.



## PICK AND CHOOSE

STAND IN THE DENTAL AISLE OF YOUR DRUGSTORE, AND YOU'LL SEE A BEWILDERING VARIETY OF DENTAL FLOSS. JYOTI SRIVASTAVA, DDS, BREAKS DOWN THE CHOICES.

### Waxed vs. unwaxed floss

Both are equally effective at removing tooth debris, but "I strongly recommend waxed. It's much easier to slide between your teeth and much less likely to shred," says Srivastava.

### Flavored wax

It won't add calories, so if you like how dental floss flavored with mint or cinnamon leaves your mouth feeling fresher, that's a great choice for you.

### Ribbon or tape vs. fine floss

Opt for wider floss. "Ribbon or tape floss covers a larger portion of the tooth, so it does a better job of cleaning," Srivastava says. "It also feels more comfortable in your hand and is less likely to cut your gums."

### Floss picks

These disposable pre-threaded floss holders can help you reach into the back corners of your mouth. They're also great for flossing on the go.

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





FREE APP

# Keep Track Every Day, Until That Special Day

The NEW WebMD Pregnancy app for iPhone gives expectant moms all the info they seek when they need it, easy-to-use tools to help her get organized, plus a pregnancy journal to capture those precious memories.

Download it **FREE** today.

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Available on the  
**App Store**



## FAMILY & PARENTING



**30 Pregnancy**  
What to do after miscarriage

**31 Baby Talk**  
How to soothe a crying baby

**32 Kids' Health**  
Tips for cold and flu season

**33 Pet Health**  
Gifts for four-legged friends

### PARENTING

# Sugar Mama

Singer/songwriter  
Jennifer Nettles  
gets into the  
groove of being a  
working mom

*By Gina Shaw*

#### EXPERT TIP



"If you do three things for your pet, keep them at ideal body weight, give them daily oral care, and, for dogs, bathe them weekly."—*Marty Becker, DVM*



## PARENTING

## Mother Country



Nettles will release her first solo album, *That Girl*, in early 2014.

**● Your son, Magnus, is now 11 months old. What's been your biggest revelation about being a new mom?**

Children require you to be truly present in the moment. I tend to be one of those people who think about four to five steps ahead. That has served me well in my life, in my career, and in my success—but when your child has a need, it's all about him. It helps with your perspective. You don't have time for a lot of superfluous stuff, not even

your own. It really is like a fire for the intellect: It cleans things out and lets you know what's really important.

**How did you choose his name?**

Back in 2010, we [Nettles and Sugarland partner Kristian Bush] appeared on CNN's *Heroes* show, hosted by Anderson Cooper, which highlights humanitarian organizations and philanthropists throughout the world. There was a gentleman from Scotland whose first name was Magnus

[Magnus MacFarlane-Barrow, whose nonprofit Mary's Meals provides free daily meals to more than 400,000 children worldwide]. He was standing there in his kilt, talking about this wonderful organization, and I thought, "Magnus—that's a really good name!" I wasn't pregnant yet but even then, my husband, entrepreneur Justin Miller, and I had been talking about when we did have children, we'd want an "M" name, because his last name is Miller.

*continued on page 29*

*continued from page 28*

I thought, “Justin will love that name; it sounds so strong!” And from that point forward, it was our top contender for a boy.

***What’s been the hardest part of parenting?***

The sleep! I’ve gone without sleep before but never really seen what this kind of sleep deprivation can do. They talk about mommy brain and searching for words—I’ve had moments where I literally laugh at myself. I am a woman who works with words for a living, and I can’t come up with the word “mirror”? “Look in the...look in the...check in the...whatever!” It’s ridiculous!

***How has breastfeeding been going for you?***

I’m in the lucky camp in that it came easily. Magnus and I had a deal before he was born. I told him that he could cook and stay in there as long as he wanted, as long as he came out with a sweet demeanor and latched like it was his job. Not only does he latch like that, he does not take a bottle, he will not suck a pacifier, he will not suck a finger. He is a mommy-booby boy for sure.

***Have you written any songs for your son?***

On *That Girl* [her first solo album], I have a couple of songs inspired by giving birth and having a child for the first time, and the deep, deep love and the extreme change it is. But I didn’t want the whole album to be an album of lullabies—we’re all many-faceted people, so I wanted to have a well-rounded album that spoke to a lot of subjects and topics. There’s one song that’s not on the album, *You Are So Precious to Me*, that I’ve sung for him

*“It takes nine months for you to grow a baby, and you can expect it to take at least that to get back to where you want your body to be.”*

since he was little, and he just lights up and smiles.

***Do you have any new tour plans? Will you bring Magnus with you?***

The plan is that I’m going to go out the beginning of 2014. Right now I’m out on a radio promotional tour, and it’s the first time we’ve been on a bus in an extended way as a family. It’s a bit of an adjustment, but I have learned that even though I fear the transitions of most everything, babies are very flexible and resilient. I think, “You little lucky duck, you have been more places in eight months than I had been until I was a young adult!”

***How was your pregnancy?***

I had a very healthy pregnancy, and I feel so lucky that I did. I toured up until the end of the sixth month, and I hosted the Country Music Association’s Christmas show when I was 36 weeks! I was gigantic. I agreed to do it when I was four months pregnant, not knowing what nine months pregnant felt like, but in hindsight I’m glad I did. It’s special to have that documented.

***Are you thinking of having any more children?***

We’ve always said, “Let’s start with one and see how we like it.” So while I’m open to it, I feel like it’s too early for me to even have the true emotional capacity to say yes or no, I do or don’t. We’re

giving ourselves a pause to really just enjoy him right now and in a couple of years—or earlier if we start to feel like we’re ready—we’re going to take a look.

***There’s been a lot of media buzz about celebs and their postpartum bodies. What do you think of this pressure on women to “get their bodies back” after pregnancy?***

I think it’s sad there is so much pressure on women. Clearly, that time is so special and so precious right after you have a baby, and you’re so vulnerable. It’s very hard when you keep hearing those messages, especially if you’re a type A, driven woman and in the spotlight. For those of us in entertainment, how we look is a part of our job—that is a fact. But it takes nine months for you to grow a baby, and you can expect it to take at least that to get back to where you want your body to be.

***What upcoming events are you most excited about?***

It’s been such a year of creation for me—having a baby and then giving birth, in a way, to another creative project, which is this solo album. There’s been a lot of creation happening in my life and a lot of creative energy, and I’m looking forward to just enjoying the fruits of my labor, pun intended. I really look forward to seeing Magnus grow and blossom and start to walk and talk. I can’t wait to hear what he thinks! And the same for my album. I can’t wait to watch it blossom and go out there in the world and see whom it touches.



**EXPERT TIP**

“I suggest visiting different child care options as early as possible. Frankly, when you’re pregnant is not too early to start.” —*Barbara Willer, PhD*

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



"Pregnancy symptoms" is a top search term on the Pregnancy channel.

## PREGNANCY

# Due Time

MISCARRIAGE DOESN'T NECESSARILY MEAN YOU NEED TO WAIT TO TRY AGAIN

By Stephanie Watson

The first time Stephanie Himel-Nelson got pregnant, in October 2000, it was by accident. She was in law school, and her delivery date was scheduled to fall during her bar exam. "I was really torn and conflicted about it," she recalls. It was only when she miscarried that Himel-Nelson and her husband, a Navy reservist, felt the loss. "When I had that miscarriage, we realized we really did want to be parents and we wanted it to happen sooner rather than later," she says. Within a couple years, she and her husband started trying to conceive—this time, intentionally.

Early in her second pregnancy, Himel-Nelson had another miscarriage. Then another. After her third pregnancy loss, "we were really in a low place," she says. "We talked about our options. We talked about adopting."

An estimated 8% to 20% of all pregnancies end in miscarriage. In the past, women who miscarried were told to wait two to three months. Today the thinking has changed, since several studies show no increased risk with shorter intervals between pregnancies.

"There is no medical benefit to waiting," says John R. Sussman, MD, an OB/GYN



practicing in New Milford, Conn., and co-author of *Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss*. Emotionally, though, you may need time to regroup. Some couples join a support group or undergo grief counseling to help them cope with their loss.

After losing one baby, women often worry about miscarrying their next child. When you do start trying to conceive—especially after a second or third miscarriage—your doctor will probably recommend tests to make sure there aren't any issues with your

chromosomes, immune system, or uterus.

Right in the middle of tests to find the reason for her miscarriages, Himel-Nelson became pregnant. In September 2004, her son Hollis was born. "It was the most amazing feeling in the world," she says. "I sort of forgot about everything that happened before." Six months later, she got pregnant again, eventually giving birth to younger son Holden.

"Give yourself permission to be upset," she says. "You'll have your happy ending one way or another—whether it's the family you expected or something different."

## TAKE CARE

YOU CAN'T CONTROL MANY CAUSES OF MISCARRIAGE, SAYS JOHN R. SUSSMAN, MD. YET THERE ARE A FEW THINGS YOU CAN DO TO HELP ENSURE A HEALTHY PREGNANCY.

**Ban bad habits.** If you still smoke, quit while you're ahead. This bad habit might double your risk of miscarriage. Drinking more than a couple cups of caffeinated coffee (or soda) daily has also been linked to pregnancy loss. To be on the safe side, switch to decaf.

**Stay cool.** Running a fever of more than 100°F might increase your odds of miscarrying. You can't avoid getting sick, but if you do have a fever, take Tylenol to bring it down. Sussman also advises his pregnant patients to stay out of hot tubs.

**Be safe.** The trauma of an accident can end even the healthiest pregnancy. Always wear your seatbelt in the car. Hold off on skiing, contact sports, and other potentially dangerous activities until after your baby is born.

Reviewed by **Niven Todd, MD**  
WebMD Pregnancy Expert

## BABY TALK

# The Crying Game

LEARN HOW TO STOP THE TEARS AND CALM YOUR LITTLE ONE

By Heather Hatfield



No sound can break a mother's heart—or drive her crazy—like the sound of her baby crying. For the first few months of an infant's life, crying sends many new moms into a frenzy, with a laser-sharp focus on answering two questions: Why is the baby crying? And how can she make him stop?

Harvey Karp, MD, pediatrician and creator of the DVD and book *The Happiest Baby on the Block*, has a theory. "When your baby is born, think of the first three to four months of his life as the fourth trimester."

During this time, he says, babies are adjusting to a new way of life outside the womb, where they blossomed comfortably for nine months in warm fluid, all the while jiggling, moving, and listening and being in constant contact with Mom.

After birth, their new world is very different—the comforting symphony of sensations they enjoyed in the womb has been replaced by quiet, still time—often lying alone on their backs in a quiet room. That transition

can be enough to make even the happiest baby cry.

Once you've eliminated the obvious—like a dirty diaper or hunger—the trick to soothing a crying baby is centered on what Karp calls the calming reflex, an "off switch" for crying and an "on switch" for sleep. This reflex, he explains, is triggered by imitating the experience your baby had in the womb, maximizing comfort and minimizing stress.

"The calming reflex is triggered through one or more of five S's: swaddling, side or stomach position, shushing, swinging, and sucking," says Karp. He maintains this strategy almost always works—a combination of some or all of the five S's has soothed 90% of the crying babies he's encountered.

"When you think about this from your baby's point of view, you'll really understand why triggering the calming reflex works so well," Karp says. "It's about creating a sense of comfort for your baby, and the security he needs to relax and settle down." And stop crying.

## THE FIVE S's

**Swaddling** This is the cornerstone of the calming reflex. Swaddling your baby creates the snuggling effect she had in the womb. If she resists, use another "S" and then try again.

**Side or stomach position** When you hold your baby, put him on his stomach or side against your shoulder or chest, and try skin-to-skin. You can also try the football hold, by placing your baby on his belly over your arm.

**Shushing** Babies love white noise, and pediatrician Harvey Karp, MD, says that the higher the pitch of the "shhh" sound, the more likely it is to help a baby stop crying. During sleep, switch to a low pitch to encourage sound snoozing.

**Swinging** A side-to-side motion mimics the floating feeling of being in the womb and helps a baby calm down.

**Sucking** This is soothing for a baby, so help him find a finger or, if it's mealtime, offer a bottle or breast. Pacifiers work, but use them in moderation.

Reviewed by  
Sara DuMond, MD  
WebMD Baby Care Expert





Not another sick day! Read **9 Childhood Illnesses**, the top article on the Children's Health channel.

WebMD.com

FAMILY & PARENTING

## KIDS' HEALTH

# Cold Facts

ARE YOU ARMED TO FIGHT FLU SEASON? THESE DO'S AND DON'TS WILL KEEP YOUR WHOLE FAMILY HEALTHY

By Gina Shaw

Winter is upon us, and with it, the peak of cold and flu season. How can you keep your child from catching a nasty virus?

Parents have two primary weapons, says Bridget Boyd, MD, assistant professor of pediatrics and director of the newborn nursery at Loyola University Health System in Chicago. The first: good hygiene. "The best thing you can do to prevent catching whatever is going around is to encourage regular

*Teach your child to cough into a tissue. Coughing into the hand will just spread those germs around.*

hand washing, especially before eating meals," Boyd says.

Also, teach your child to sneeze or cough into a tissue or his or her bent elbow. Coughing into the hand will just spread those germs around on the next thing he or she touches—which may well be the face.

Encourage good hygiene with sticker charts or rewards, Boyd suggests. "Don't emphasize bad behavior. Instead, say, 'Wow, I noticed you didn't put your hands in your mouth for the whole drive to school.'"

Keep hand sanitizer within easy reach, but supervise younger kids when they use it. "Older children, such as school-age kids, can be given small bot-



tles of hand sanitizer to carry with them in their backpacks," says Boyd.

Your second germ-fighting weapon: a flu vaccine. Babies ages 6 months and up can get the injected flu shot. Generally, kids ages 2 and older can start getting the nasal spray (unless they have asthma, or a very stuffy nose at the time of their doctor's visit).

"It's like using your seatbelt in the car," says Boyd, who has seen even healthy kids land in intensive care with severe flu symptoms. "Most of the time, you'll be just fine without your seat belt.

You wear it for that one time when there's a bad accident and it could save your life. Most seasons, your child would be just fine without a flu shot, but why take the risk that she'll get a bad strain of the flu that you could have prevented?"

Good news this year: Some kids with egg allergies can now get the flu vaccine. "We used to shy away from giving the flu shot to anyone who's ever had a reaction to eggs," says Boyd. "But many kids outgrow egg allergies. If your child can eat scrambled eggs with no reaction, they can get immunized normally. Even if they get just a mild rash, we'll still give the vaccine and just observe them carefully."



### EXPERT TIP

"My son knows when we walk in the front door, the first thing we do is wash our hands. He still gets sick sometimes, but hand washing is now a part of his routine."—**Bridget Boyd, MD**

Reviewed by **Roy Benaroch, MD**  
WebMD Kids' Health Expert



## PET HEALTH

# Present Perfect

DON'T FORGET YOUR FOUR-LEGGED FRIENDS THIS HOLIDAY SEASON.  
GET THE GIFTS THAT KEEP GIVING

By Sonya Collins

● Looking for the perfect gift for the furriest member of your family? Well, three of the best gifts you can give your pets are a healthy weight, a healthy mouth, and healthy skin, says veterinarian Marty Becker, DVM, a regular contributor to NBC's *Today* show.

"You'll eliminate a lot of veterinary bills without shortchanging your pet," says Becker, who recommends healthy holiday gifts that help meet these three basic needs.

## Food puzzles

Just like people, more than half of American pets are overweight. Many veterinarians replace their pets' bowls with food puzzles, toys that pets must manipulate in order to release the food inside. In a study reported in the *Journal of Animal Physiology and Animal Nutrition*, overweight cats that had to get half their daily food through food puzzles for a month lost a significant amount of weight.

Becker likes Kong Genius for dogs because you can link several together when one is no longer challenging. His pick for cats is Egg-Cersizer, a ball that cats must push, roll, and secure to get to the food inside.

## Edible toothbrushes

If you'd rather not scrub your cat's or dog's canines, treats can do the job.

Becker gives his dogs CET HEXtra oral hygiene chews; he recommends them for cats, too. Pets chew on them rather than swallowing them whole like they do with many other treats. The texture of the rawhide in the dog chews and the active ingredient chlorhexidine work together to break down tartar and plaque. "They just chew and chew, so it provides prolonged contact with the teeth."

## Pet shampoos

"Skin problems are the No. 1 reason for vet visits," Becker says. Regular baths can greatly reduce skin, glandular, and ear problems.

Becker recommends weekly baths for dogs: "Dogs mop up everything on the floor—pollen, spores, dust, dust mites—and absorb it into their skin." Cats may need an occasional bath, too.

If your pet doesn't require a prescription shampoo, Becker recommends Earth-bath pet shampoos, which contain natural ingredients.

## PEACE OFFERING

EVERY PET HAS TO GO TO THE VET. FOR THOSE INEVITABLE EVENTS, VETERINARIAN MARTY BECKER, DVM, SUGGESTS THESE PEACEFUL PRESENTS.

**Thundershirt**, for dogs and cats, is a vest that applies light pressure—just like swaddling a baby—to calm nervous animals. They aren't only for thunderstorms. They'll ease trips to the vet, the groomer, or the pet boarder.

**Clipnosis**, for a nervous cat who won't let you give her medicine or trim her nails, clips to the scruff of a cat's neck, where a mother cat picks up her kittens. "There's a neuromuscular pathway there, and when you put this on their neck, they'll let you brush their teeth, check their ears, do anything," Becker says.

**Adaptil and Feliway** are synthetic dog and cat pheromones clinically proven to calm pets. You can spray them on pet carriers, in your car, or on your clothes. You'll never smell them, but your pet will relax wherever she sniffs their scent.

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



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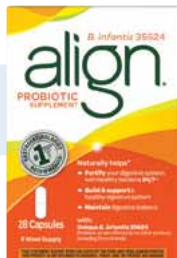


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**TAKE THE LEAD IN**  
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**D**ear Walmart Customer,  
Thank you for picking up this edition of Walmart's "Take the Lead in Your Health" with a special focus on diabetes care, featuring health information by WebMD. We thank you for choosing Walmart as



your shopping destination, and we hope you are also choosing us as your healthcare destination! Our pharmacy teams want to be the go-to resource for your health and wellness needs.

This issue focuses on diabetes, a topic that is near and dear to our expert team of pharmacists, as they help patients each and every day effectively and affordably manage this condition. We pride ourselves in delivering the highest quality care in our pharmacies. We also strive to provide you with the most affordable prices on your healthcare needs. Specifically, when it comes to managing diabetes, our ReliOn brand product line and our \$4 generic medications provide incredible value at the highest quality.

This issue also focuses on your health and wellness outside of diabetes, with WebMD articles on cold and flu, food, and more.

So enjoy this issue. And we look forward to seeing you again in our pharmacies in order to help you Save Money so you can Live Better!

Sincerely,

Paul E. Beahm  
Senior Vice President,  
Health & Wellness



## Cabinet Meeting P. W12

Want to eat healthier? Start by cleaning out your pantry. This checklist of what to toss and what to replace it with can help you on your way to wellness.



### P. **W4** THE SWEET TRUTH

If you have diabetes, do you need to give up starches and sweets? An expert tackles this and other top myths to separate fact from fiction.



### P. **W6** GOOD SAVE

Living with a chronic condition like diabetes is not cheap. But with these cost-cutting strategies for diabetes supplies, your savings can add up.



### P. **W8** A-CHOO IQ

'Tis the season—the cold and flu season! With so many relief options, it's hard to know what's right for you. A pharmacist answers your top Qs.



### P. **W10** VISION QUEST

Do you know which bad habits can hurt your vision? Improve your eye health with this list of habit-breaking tips.

COVER PHOTO BY MATT HIND/GETTY IMAGES

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# The Sweet Truth

## Separate diabetes myths from the facts

BY CHRISTINA BOUFIS

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR

Type 2 diabetes can be confusing, and you've no doubt heard many things about how to manage everything from stress to your weight to what you can (and can't) eat. But which are true? Beverly Thomassian, RN, MPH, CDE, BC-ADM, a certified diabetes educator and assistant clinical professor of physiological nursing at University of California, San Francisco, helps set the record straight.

### **Myth: You need to give up starchy food and sweets.**

Not true, says Thomassian. "That's the No. 1 myth, and potatoes especially fall victim to this mythology." But potatoes are filled with potassium and vitamin C. "It's all about watching portion size," she says. "If you're going to have a potato, have a small potato."

Nor do you have to give up your favorite foods and the occasional treat. Most of the time, you want to eat healthy foods—whole grains, fruits and vegetables, lean meat or beans—which can reduce your risk of complications, such as heart disease and stroke, according to the American Diabetes Association. But what if you're craving ice cream? Have it on occasion, says Thomassian. Just measure a single serving— $\frac{1}{2}$  cup—and eat 15 fewer grams of carbohydrates at dinner (subtract from the 45 to 60 grams most people need) to compensate.

### **Myth: Managing diabetes means hours of exercise.**

Not necessarily. While it's true that exercise is key to lowering blood glucose, you don't have to be a gym rat. The American Diabetes Association suggests 150 minutes per week or 30 minutes, five days a week, but you can also reap the benefits by squeezing in several shorter bursts of activity—10 minutes at a time, such as after meals.

"Don't sit more than half an hour, especially after meals," advises Thomassian. Or stand up

and sit down three to five times every half hour. Try doing arm circles at your desk—five times in one direction, then five in the other. Or walk and talk on the phone at the same time. "Little things like that can make a big difference," she adds.

### **Myth: You can't prevent complications from diabetes.**

Not true. "Research certainly shows you can prevent complications," says Thomassian. When there's a lot of sugar in the blood, it inflames blood vessels, which over time can damage the small vessels in the eye (retinopathy), kidneys (nephropathy), and nerves (neuropathy).

One British study of more than 5,000 people with type 2 diabetes showed that those who reduced their A1C (average blood sugar measured over two to three months) by 1% saw a 35% decrease in the risk of such complications. "That's an important message," she says.



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# Good Save

## Looking for savings on diabetes supplies? Adopt these strategies

BY ERIN O'DONNELL

REVIEWED BY MICHAEL DANSINGER, MD  
WEBMD DIABETES EXPERT

Living with a chronic condition isn't cheap. If the condition in question is type 2 diabetes, you could spend \$85,000 to treat it over your lifetime, according to a recent study. The younger you were when you were diagnosed, the more money you'll ultimately shell out.

Where does all that money go? In addition to treating diabetes complications, "the bulk of it is probably spent on medications and supplies," says Stacey O'Donnell, RN, CDE, a diabetes nurse educator at Joslin Diabetes Center in Boston.

From blood sugar meters to testing strips, from insulin syringes to lancets and gloves—it's no wonder your wallet takes a hit. Yet there are ways for cost-savvy consumers to save money on diabetes supplies. A few tips:

### Clip Coupons

Coupons can cut the costs of your diabetes testing supplies. Sometimes manufacturers put coupons right on the package—such as a blood sugar meter that offers a free set of test strips. Doctors also get piles of coupons from sales reps that they can pass on to you. Just ask for them. Also look for coupons in diabetes-focused magazines and drugstore circulars. And if you're shopping online, do a search for "diabetes supply coupons."

### Compare Costs

Do a little comparison shopping when buying your medicines. Check out the prices at several local pharmacies as well as online merchants to find the best deals. Just be cautious when buying drugs online. The FDA recommends making sure



the pharmacy is licensed and based in the United States. (You can check with your state pharmacy board.) Any drugstore you use—real or virtual—should have a pharmacist on staff for questions.

### Buy Generic

Ask your doctor or pharmacist if a generic version of your medication makes sense for you. Generics are often cheaper than brand-name drugs.

### Get Educated

Make your diabetes drugs stretch further by taking them the right way. Ask your doctor or a diabetes educator. Smarter medicine use avoids waste—which saves money.

### Flex Your Spending

If your company offers a flexible spending account, sign up for it. Each year, you can put aside up to \$2,500 of pretax money that you can use for medications, co-pays, and other diabetes care costs.



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# From the Counter

Product Picks From Your Walmart Pharmacist



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With cold and flu season around the corner, it's important to be prepared. As a mom, I know to have my medicine cabinet stocked with my favorite Mucinex and Tylenol products for those unexpected moments in the middle of the night. For the office, keeping Airborne and vitamin D on hand will help boost your immunity and help keep you and those around you healthy this flu season.



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Stop by and visit with your local Walmart pharmacist for advice on keeping your family healthy this flu season.

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# A-Choo IQ

## An expert pharmacist answers your top cold and flu questions

BY ERIN O'DONNELL

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR

Just in time for cold and flu season, David Bearden, PharmD, clinical associate professor and chair of the department of pharmacy practice at Oregon State University, answers top questions about choosing an over-the-counter remedy, helping sick kids find relief, and getting a flu vaccine.

### Which over-the-counter medications best suit my situation?

The cold and flu aisles are big, and sometimes choosing the right product is not so simple. Pharmacists know more about what's in those aisles than anyone else, so talk to them. Combination products for colds treat multiple symptoms, and those may be fine at times. But usually we'll recommend something that just addresses your primary symptom—say, a stuffy or a runny nose—so you're not getting extra ingredients such as pain relievers if you don't need them.

Your pharmacist can also tell you if it's safe to take an OTC medicine with your prescription medications or with any underlying health problems you have. For example, I typically tell people with high blood pressure to be wary of decongestants in cold products, which can temporarily raise blood pressure. Pharmacists are also adept at looking at your symptoms and determining if you need more than an OTC medicine or should see your primary care provider. It's worth those few extra minutes to check with the pharmacist.

### What can I give my child for colds and flu?

The recommendations have changed a lot in recent years. We've scrutinized the research and found that cold and cough medications aren't very effective in young children. Because these medicines pose a risk of serious side effects, labels now warn against giving cough and cold medicines to kids under age 4. Your pharmacist or pediatrician can advise you about nonmedicine approaches, such as a humidifier and fluids, that may be as effective as medicines for symptom



relief. Fortunately, colds and flu eventually go away. Parents feel bad when their kids are sick and want to do what's best for them. But sometimes doing nothing medicine-related is best.

### Should I get a flu vaccine?

The answer is almost always yes. The flu vaccine can be given to practically anyone over the age of 6 months—it's no longer limited to people who are elderly or have specific medical conditions. The good news is that in most states you can easily get the flu vaccine at your pharmacy. The vaccine changes every year, so getting vaccinated annually is important. And just to be clear, it's impossible to get the flu from the vaccine. Some people have mild reactions, such as soreness at the injection site or aches or a low-grade fever, but those things are not flu. They're short-lived and mild, not anywhere near the full-fledged flu, which makes you feel as if you've been hit by a train.



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Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.



# Vision Quest

## Improve your eye health by breaking these bad habits

BY STEPHANIE WATSON

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

Some of us (and we know who we are) have a bevy of bad habits. We gnaw our nails, grind our teeth, and sleep all night in daily-wear contact lenses all the while knowing it's wrong but unable to stop. We also know the pitfalls of these bad habits. Nail biting can lead to infection, grinding can wear down teeth, and over-wearing contact lenses can lead to an irritated or torn cornea.

But did you realize that some bad habits can wreck your vision? Things you do each day without even thinking about them could be compromising your sight.

### Overexposure

You smear sunscreen on your skin before going outside, but what are you doing to protect your eyes from the sun? If ultraviolet rays can damage the skin enough to cause an angry red burn and eventually skin cancer, imagine what they can do to the delicate structure of the eye.

Down the road, too much tanning can lead to eye disease. "Sun exposure may increase the risk of getting macular degeneration or cataracts," says Lee Duffner, MD, an ophthalmologist in Hollywood, Fla., and voluntary faculty member at the Bascom Palmer Eye Institute of the University of Miami.

**Break the habit:** Wear wraparound sunglasses made from UV-blocking material every time you go outside, even on cloudy days and in the winter months. Duffner recommends lenses made from polycarbonate, because it "absorbs almost 100% of the ultraviolet light." Look for a label that says the lenses block 99% to 100% of UVA and UVB rays. This degree of protection can also help prevent skin cancer around the eyes, not to mention unsightly crow's feet.

### Poor Diet

Before noshing on another burger and fries, think of the implications. In addition to the effects on your waistline, a high-fat diet can contribute to high blood pressure and diabetes. These



conditions can damage blood vessels in the retina of the eye, a condition called retinopathy.

**Break the habit:** Save the burgers and other high-fat foods for rare splurges. Get in the routine of eating more vision-healthy foods, such as fresh vegetables and fish. Another way to avoid high blood pressure and diabetes is with a daily dose of exercise to keep your weight in a healthy range.

### Screen Strain

Staring at a computer screen for hours on end strains your eyes and fatigues the muscles that help them focus. Don't be surprised if you end each workday with dry, burning eyes.

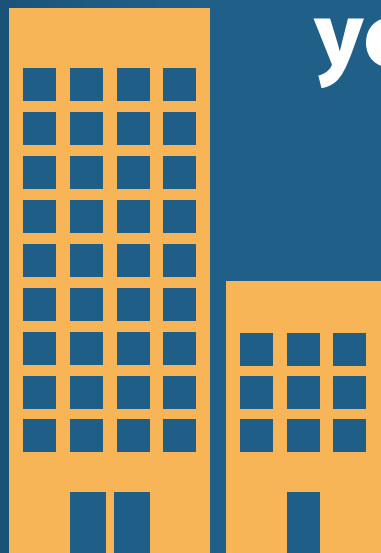
**Break the habit:** Give your eyes time-outs. Follow the "20-20-20" rule. Every 20 minutes, look away from your computer and focus on something 20 feet away for at least 20 seconds. "Look across the room, look at your desk, look at the person sitting across from you," Duffner advises.



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**Relevant Precautions:** Not everyone can wear lenses for 30 nights. Approximately 80% of wearers can wear the lenses for extended wear. About two-thirds of wearers achieve the full 30 nights continuous wear. **Side Effects:** In clinical trials, approximately 3–5% of wearers experience at least one episode of infiltrative keratitis, a localized inflammation of the cornea which may be accompanied by mild to severe pain and may require the use of antibiotic eye drops for up to one week. Other less serious side effects were conjunctivitis, lid irritation or lens discomfort including dryness, mild burning, or stinging. **Contraindications:** Contact lenses should not be worn if you have: eye infection or inflammation (redness and/or swelling); eye disease, injury, or dryness that interferes with contact lens wear; systemic disease that may be affected by or impact lens wear; certain allergic conditions or using certain medications (e.g. some eye medications). **Additional Information:** Lenses should be replaced every month. If removed before then, lenses should be cleaned and disinfected before wearing again. Always follow the eye care practitioner's recommended lens wear, care, and replacement schedule. If you have questions, ask your eye care professional or contact Alcon at (800) 875-3001 or airoptix.com.

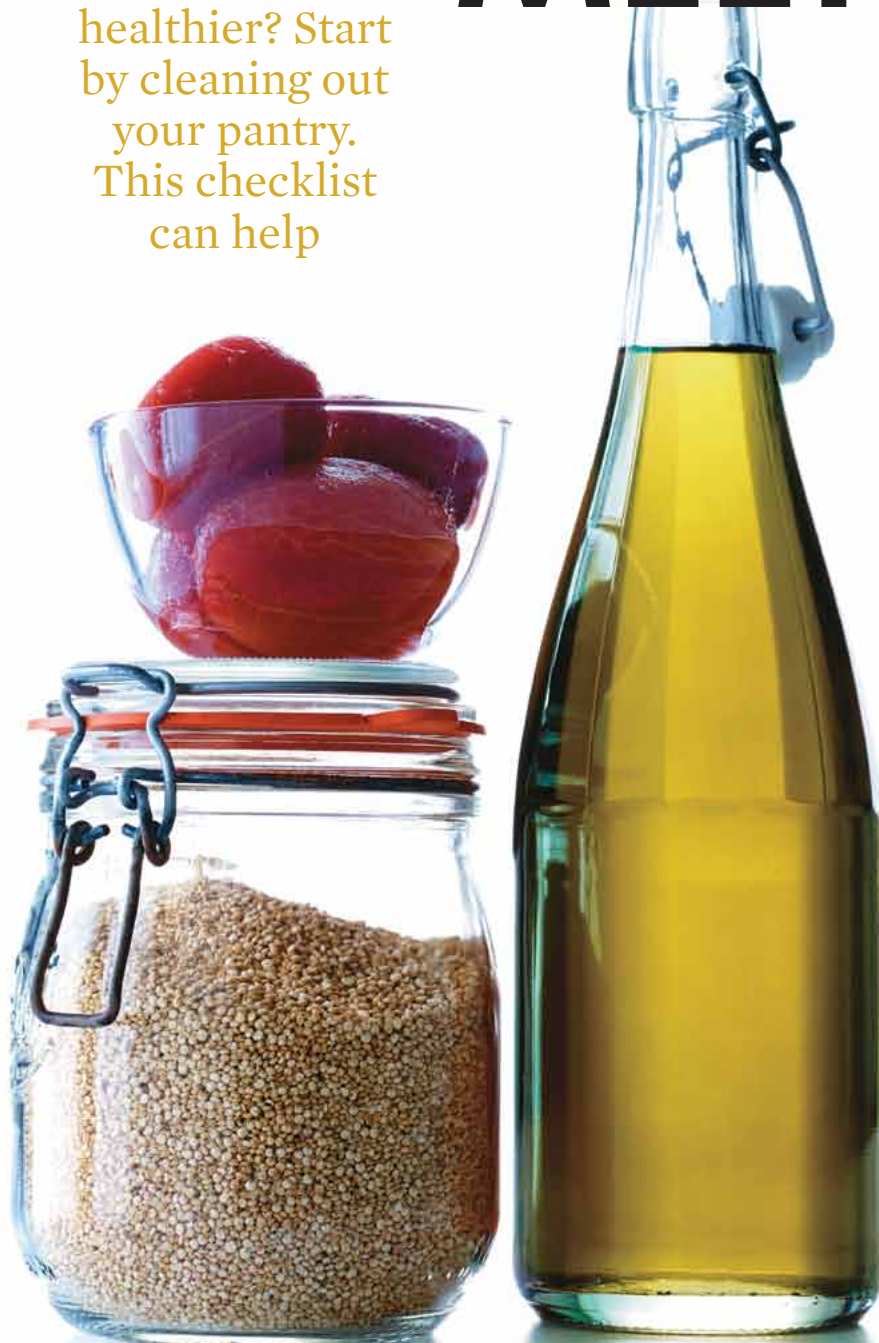
Ask your eye care practitioner for complete wear, care and safety information.





# CABINET MEETING

Want to eat healthier? Start by cleaning out your pantry. This checklist can help



Did you know that making a few tweaks to the basic foods you stock in your kitchen can pay off big when it comes to your health? With good-for-you pantry items in place, you're always ready to create a healthy meal. And with less nutritious items stripped from your cabinets, you take the first step away from unhealthy habits.

New Jersey-based registered dietitian Rachel Meltzer Warren, MS, RD, has this advice for making over your pantry: "You often hear you should avoid packaged foods, but a lot of whole foods come in packaged form. Just look for single-ingredient items that are close to their natural state." She also advises you to start slow. "Don't throw out everything you have and start over. As you run out of things, aim for easy swaps to make your pantry even healthier." Here are some key swaps:

**TOSS: Vegetable oil**  
**REPLACE WITH: Canola oil and extra virgin olive oil**

"Vegetable oil sounds healthier than it is," says Warren. Vegetable oil is a blend of several plant-derived oils, including soybean oil, and it has a lot of omega-6 fats. Although you need these fats in your diet, health experts recommend getting fewer omega-6s and more omega-3s (the kind of fat in salmon and walnuts). Omega-3s tend to quell disease-causing inflammation in the body, while omega-6s do not.

"You're better off sticking with a single-ingredient oil so that you're sure you know what's in it. Canola oil or olive oil has more of the healthy fats you need," says Warren.

*continued on page W14*

BY KERRI-ANN JENNINGS

REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR PHOTOGRAPHY BY LEIGH BEISCH

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# 5 DIABETES QUESTIONS

with a Walmart Pharmacist

## Q. What diabetes supplies should I always have on hand?

**A.** It's not necessarily determined by the severity of the disease, but how the disease needs to be managed. Some like to have a meter for glucose checks. There are also test strips, lancets, and swabs, which are all good to have on hand depending on the state of your disease. Also, glucose tablets.

## Q. What numbers do I need to track regularly? What's the best way to do this?

**A.** Definitely your preprandial glucose levels, which ADA guidelines state should be between 70 and 130, and your postprandial glucose, which ADA guidelines require to be less than 180. You need to make sure you regularly track your numbers and also make smart decisions when it comes to eating or exercise. As a pharmacist, I like to help people with diabetes change their outlooks on how they eat, how they think of food, and how they look at their bodies.

## Q. What do I need to get from my pharmacy besides my medication to help manage my diabetes?

**A.** One of the things we try to do is educate on alternatives and steer you toward things that won't

increase your levels. If you come in with a cough, we suggest a sugar-free cough drop. We also offer dietary supplements, such as multivitamins made specifically for people with diabetes, or low-sugar meal replacements and snacks.

## Q. How can my doctor and Walmart pharmacist work together to manage my diabetes?

**A.** I make sure that both the patient's doctor and I promote lifestyle modifications as well as continually assess how medication is working. One of the best ways to do this is by encouraging patients to create a logbook. With this logbook, a doctor and a pharmacist can work together to make sure the patient stays in control of his or her diabetes.

## Q. How important is it for me to follow the medication regimen as prescribed by my doctor?

**A.** It's very important. Another important thing is understanding the precursors to diabetes, including family history, ethnicity, weight, diet, and physical activity. We want to make sure that our patients are taking care of themselves. My staff of pharmacists tries to make sure that all of our patients are served holistically, which helps our patients understand they need to make lifestyle modifications and follow their medication regimen.



**DeShawn T. Stevenson, PharmD**

Walmart Pharmacy Manager,  
Store 3008, Atlanta

Associate for 12 years,  
Pharmacy Manager  
for 3 years

**"A pharmacist is one of the most trusted professions, and especially because patients often see their pharmacist more than their doctor, I try to always show our patients that we do care about them and their health and that we want them to become healthier and more productive. We want them to take care of themselves."**

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**It's important to take your medications as prescribed. Don't miss a dose. Walmart can help you better follow the schedule. Ask your doctor about Walmart's compliance packs today. Available for over 50 generic medications, and only at Walmart.**

**Walmart**  
Pharmacy



continued from page W12

Extra bonus: Both canola oil and olive oil are high in oleic acid, a monounsaturated fatty acid that helps improve your cholesterol levels.

**TOSS: Tomato sauce**

**REPLACE WITH: Canned no-salt tomatoes**

Some tomato sauces out there have really short ingredient lists, which means they're not the most processed choice, but even minimalist tomato sauces tend to be loaded with sodium and added sugars. You're better off stocking your shelves with no-salt canned tomatoes and using them to make a quick sauce.

**TOSS: Breadcrumbs**

**REPLACE WITH: Whole wheat panko**

Store-bought breadcrumbs might be convenient, but they're usually chock-full of ingredients you don't need, including high-fructose corn syrup and trans fat-laden partially hydrogenated oils. Ready-to-use whole wheat panko is a great alternative. "Whole wheat panko is lower in calories and sodium and higher in fiber than regular breadcrumbs, plus the coarse consistency helps make breaded foods crunchy without the need for deep frying. Try using them to make a super crispy baked 'fried' chicken," says Warren.

**TOSS: White rice, pasta, and couscous**

**REPLACE WITH: Quinoa**

"People often don't realize that couscous is just pasta. Quinoa is the perfect replacement because it has a similar consistency. On the health front, quinoa has more fiber than refined grains like pasta and white rice, and more protein than most whole grains [4 grams per half cup]," says Warren.

Quinoa is a unique whole grain in that it is considered a complete protein—containing all the essential amino acids you need. It also has a significant amount of iron and zinc, two nutrients required for healthy cells. Try quinoa as a side dish or as a base for hearty salads, Warren suggests.



## QUINOA BLACK BEAN BOWLS

Makes 4 servings

**High-fiber canned beans are another great pantry staple to have on hand. Here they team with quinoa in a flavorful dish that's bursting with vitamins A and C, thanks to kale and peppers.**

**INGREDIENTS**

- 1 cup quinoa
- 2 cups water
- 2 tbsp canola oil
- 4 cups kale, ribs removed, chopped
- 2 large bell peppers (any color), diced
- 4 large cloves garlic, minced
- 2 tsp cumin
- 1 tsp coriander
- 1 tsp oregano
- ½ tsp salt (or to taste)
- 1 15-oz can black beans (no or low salt), drained and rinsed

**Optional toppings**

- Cilantro, minced
- Avocado, diced, for topping
- Grated cheddar cheese

**DIRECTIONS**

1. Rinse quinoa in a fine-mesh sieve. Put quinoa and water in a small saucepan and bring to a boil.

- Cook like pasta until quinoa unfurls—about 12 minutes.
2. Drain in sieve and shake out excess water. Return to pot (off heat) and cover a few minutes.
3. Heat canola oil in a large frying pan over medium-high heat. Add kale and peppers and cook several minutes, until kale starts to wilt and peppers begin to soften.
4. Add garlic, spices, and salt, and cook a couple more minutes. Add beans and heat through.
5. To serve, divide quinoa and veggie-bean mixture between bowls and top with cilantro, avocado, and cheese, if using.

**PER SERVING**

Without optional toppings: 381 calories, 16 g protein, 58 g carbohydrate, 11 g fat (2 g saturated fat), 13 g fiber, 4 g sugar, 114 mg sodium. Calories from fat: 25%

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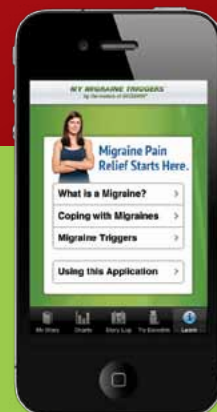


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# L.A. [Confident]

Growing up under the critical eye of Hollywood can be hard, but actor **Christina Applegate** has managed to thrive. The funny lady and mom taps into the lessons of her own life to help her daughter develop a healthy sense of self-esteem and confidence

BY LAUREN PAIGE KENNEDY

PHOTOGRAPH BY ANDREW MACPHERSON/CORBIS OUTLINE



# RAISED IN LOS ANGELES

BY A SINGLE MOTHER, COMEDIC ACTOR  
CHRISTINA APPLGATE, 41, REMEMBERS FEELING  
THE SAME PRESSURES WE ALL FACE GROWING UP:  
TRYING TO FIT IN WITH OTHER KIDS WHILE ALSO  
FORGING A HEALTHY SENSE OF SELF.

Applegate, who returns this month to the big screen in the farce *Anchorman 2: The Legend Continues* with funnymen Steve Carell, Will Ferrell, and Paul Rudd, says she was never the type to chase after the popular crowd or adopt fashion fads. Quite the opposite: “I was the kid at 13 whose head was shaved,” she says. “I wore thrift-shop clothes and Doc Martens, and worked that whole vagabond-hobo look.”

Which is not to say she didn’t sometimes battle doubt. “I’ve never met a girl who hasn’t struggled,” she says of the female penchant for picking apart personal imperfections. “Seems to be a universal part of our development.” Even with California-blond good looks, and with the success of her late-’80s hit sitcom, *Married...With Children*, under her belt—plus the rabid male fan base that came with it—Applegate had to work hard on her own self-esteem when she was younger.

“I remember being around 20 years old, and I still didn’t feel so comfortable in my skin,” she says. “A girlfriend of mine, who was a few years older, said: ‘Trust me. You’re going to—all of sudden!—be *in* your skin. You just will, and all of that [anxiety] will go away. And she was right. I did feel like: *I am who I am*. I don’t care what anyone thinks. That was a great moment when I realized it.”

These are refreshing words coming from a woman who’s been performing since she was a baby—the television and film star landed her first commercial at 5 months—in a town famous for shaking the confidence of many a head-turning beauty. And while Hollywood is notoriously hard on child stars, this is one actor who’s managed to segue seamlessly from youthful roles to top-tier status with her humor, sense of style, and self-esteem fully intact.

## [SELF EXPRESSION]

These days, the mother of 3-year-old Sadie—with musician husband Martyn LeNoble, of Porno for Pyros fame—takes care to cultivate a strong streak of individualism in her daughter. It begins each morning with how her toddler dresses herself for the day.

“Self-esteem is something you as a parent want to instill in your kids, to be an individual,” she says. “That’s what it was for me [when I was younger], when I finally felt like I was following *no one*. And Sadie is such an individual! I don’t make her wear anything. Sometimes her outfits are ridiculously awesome. Some are ridiculously ridiculous and beautiful. She’ll insist on wearing two differently colored shoes to school. She insists on the blue one *and* the green one. And I’ll say: ‘Great! Do it!’ I love watching her be independent.”

Many parents find it difficult not to interfere in their kids’ choices—or their closets. The same creative vein that led the teenaged Applegate to troll secondhand shops and don grunge attire enables her to stand back and let Sadie be Sadie.

“Some parents feel judged by other parents” about what their kids wear, she says. “But I don’t feel that way. If I tried to make my daughter put on something she doesn’t like, she wouldn’t feel good about herself. Sadie always has a purpose to her outfits. Today it was, ‘Mama, I need something to twirl.’ So she put on a frilly skirt with the craziest leggings ever.” Applegate laughs at the mental image. “And I encourage her to express herself.”

Applegate’s secure, relaxed attitude—not to mention her high-profile name—made her an ideal partner for FabKids.com, a new girl’s clothing line. Applegate recently teamed up

“I remember being around 20 years old, and I still didn’t feel so comfortable in my skin.”



ANDREW MACPHERSON/CPI



with the company as a creative partner, saying she likes FabKids' mission to encourage girls to shine in their own unique ways. On the website, kids and parents fill out a "style profile" that customizes outfits to reflect changing moods and months. The notion is to get away from a cookie-cutter approach.

While appearance is just one aspect of self-esteem, allowing a child to make individual choices without too much interference is the right move, says Elizabeth Berger, MD, New York City-based child psychiatrist and author of *Raising Kids With Character: Developing Trust and Personal Integrity in Children*.

"On one hand, the parent generally has a better grip on what is safe, what is appropriate, and what is beautiful and can always force a showdown," Berger says. "But the child also needs the parent's support of his or her own point of view. What is damaged by the overbearing approach is a child's self-esteem. The parent needs to produce magic here, by embracing the child's *difference* from the parent." In other words, step in if your kid wants to wear swimwear on a freezing winter's day. But go ahead and praise clashing colors if your child is proud that she paired them by herself.

What to do on the occasions when a parent must intervene? "It's best for a parent to simply say, 'No. We're not doing that,' in a simple, direct way and then move on," Berger advises.



## THE PARENT TRAP

Two child psychologists weigh in on how to negotiate our brand-saturated, consumer-driven world.

### A strong foundation comes first.

Elizabeth Berger, MD, New York City-based child psychiatrist and author of *Raising Kids With Character*, insists that youthful trends, no matter how alarming to an adult, aren't the biggest issue. "Parents need help in negotiating trust, communication, and genuine intimacy" between themselves and their children, she says. It's not the phone or the booty shorts, per se; it's "modeling the right behaviors, and then placing more faith in the child's judgment."

Parents need to "praise positive behaviors" and "not view their own job as solely being the police." Instead, foster openness and loving conversation—so a child can explain why owning an item of clothing or tech device is important to him or her.

### Don't start at "no." Negotiate.

"The goal is to get to yes," says Diane E. Levin, PhD, professor of education at Wheelock College in Boston, and author of *So Sexy, So Soon: The New Sexualized Childhood*. Which is not to say parents should roll right over. "Everything is a process. Talk to kids at their level of development," Levin

advises. "Ask a lot of questions, and find out what the child is thinking. Too often, parents get stuck in a thought process of 'danger, danger, danger' without considering how to build the right skills in children to help them negotiate the world. Parents should see themselves as resources, so children feel confident coming to them with their problems and questions. Explain honestly to them why you have misgivings. And then find the compromise that makes them feel as if they've been heard and understood."

Maybe it's not short-shorts, but a cute skirt instead, "one that she picks out," Levin says. Maybe it really is the latest smartphone—but one set with strict parental controls.

### Remember, every child is different.

"Of course, temperament matters," says Berger. "Some children are more mature than others, and some are less responsible." Only you as a parent know what is exactly right for your child. But remember, "kids build their self-esteem through developing interests, becoming better at what they try to do, and discovering resistance and resilience," Levin says. When parents allow their children to test uncharted waters, they "work through new experiences together as a family and then model the right behaviors."

## [SELF SERVICE]

Applegate, who had a widely reported encounter with breast cancer in 2008 that resulted in a bilateral mastectomy and reconstructive plastic surgery, understands the importance of feeling good, inside and out. (Applegate is involved with Right Action for Women, the foundation she created to provide assistance to women at increased risk for breast cancer who don't have insurance or financial resources to cover the cost of screenings.) For her, it starts with healthful eating and regular exercise—even if the latter is often tough to squeeze into her schedule.

After her cancer diagnosis, "I did a macrobiotic diet for four years," she says. "I'm not [strictly] doing that anymore. I always gave myself days off from it, but—because I know how it makes me feel—I try to follow those principles as closely as possible." (The macrobiotic diet consists primarily of healthy grains and vegetables, with beans and legumes lending necessary protein, along with small amounts of fish and nuts.)

"I've also been a vegetarian since I was 15," she adds. "I stay away from things that don't make my body feel good. That's not to say I don't like a good pizza, but I'll have a gluten-free pizza," Applegate says. "I have a taste for weird stuff. My taste buds are well-trained. And my whole family avoids preservatives and toxins. We eat organic, including Sadie."

Like many mothers, Applegate says finding the time for exercise is no easy task. "It's been a struggle for the last couple of years to get into a rhythm again," she says. "Before, when it was just me, I could go to spin class, or see my trainer, or take a two-hour dance class, or whatever. Since Sadie, it's been hard. I'm

still struggling to leave behind the last remnants of being pregnant. I try to do some kind of cardio: spin bike, elliptical, or treadmill. I go between those three things. And my trainer does weight training and core-strength work with me. After I [gave birth] my back gave me a lot of trouble, so I've been working hard to build core strength to make it strong again."

While some women pin up supermodel photos as their workout ideals, Applegate's motivation is a picture of herself from her twenties. She laughs out loud when she admits this. "I used to have a killer stomach," she says. "Why didn't I know it? I use that photo for motivation. I won't ever be 5' 11'," she adds ruefully. "But at least I know *this* is actually attainable!"

Which circles back to how girls and women feel about themselves, and how hard they scrutinize their supposed flaws. "It's that self-esteem thing again," Applegate muses. "Why don't *any* of us know it? Because I had it going on! I just didn't realize it."

## [FUNNY BUSINESS]

With *Anchorman 2* opening nationwide in December, she says she feels better than ever about herself and her choices. She admits that before her NBC series *Up All Night* with Will Arnett and Maya Rudolph was canceled last spring, she felt out of whack.

"I left for work before Sadie woke up. I'd see her for lunch every day and go right back to the set. It was really hard," she says now. "When you work a 12- or 14-hour-per-day job, balance is hard to find." Film work, with its stop-start schedules and hours of downtime between takes, seems to suit her better. If the film set is also loaded with laughter, so much the better. "I've never met a funnier group," she says of the *Anchorman 2* cast, which includes comedy vets Kristen Wiig, Tina Fey, and Sacha Baron Cohen. "It was so hard to keep a straight face on the set. I managed to do it on the first *Anchorman*, but on this one I gave up. I would just *lose* it."



ANDREW MACPHERSON/CORBIS OUTLINE

## Christina's FEEL-GOOD TIPS

### Don't beat yourself up after birth.

"I still have my old jeans from before I had Sadie three years ago," the actor says. "One day I'm gonna get back into 'em. Even if it won't be one day soon."

### Look for opportunities to exercise.

For several years, Applegate tried to squeeze in her workouts during her daughter's naptime—and didn't always succeed. "Now I can drop her off at school and race home, maybe get in some cardio and core-strength work before I need to turn around and pick her back up."

### Make nutrition a priority.

"I drink a green drink every morning," says Applegate, who began following a macrobiotic diet after her bout with breast cancer. Research shows that colorful vegetables such as kale, carrots, and beets in green drinks and blender smoothies, provide powerful antioxidants and may offer cancer-fighting properties. Green teas boast similar benefits, and may help fight weight gain, too.

### Find the funny.

"I'm not the funniest person offscreen," Applegate admits. "But there's nothing better than making people laugh. That's a thrill," says the star, who has kept America in stitches for decades.





# Called to

IN OUR EIGHTH ANNUAL **WEBMD HEALTH HEROES** TRIBUTE, WE HONOR AMERICANS WHO ARE DOING EXTRAORDINARY THINGS FOR THE HEALTH AND WELLNESS OF THE NATION. **BY SUSAN DAVIS**

## Good Sport

At age 17, **Simone Bernstein** noticed that the 8-year-old twins on her block—both of whom had autism—were fascinated with her tennis racquet. She asked their parents if she could give the boys tennis lessons; the parents leapt at the chance, saying children with autism have few social and recreational opportunities. That inspired Bernstein to set up sports clinics, led by high school and college athlete volunteers, to help children with mild to moderate disabilities develop skills and get fit.

The project begun in Bernstein's hometown of St. Louis went national last year when she established VolunTEENnation.org, which has connected 14,000 teens with volunteer opportunities, mostly in sports clinics for children with autism. This year, more than 500 children participated in the clinics in 12 cities nationwide.

Bernstein, an undergrad at St. Bonaventure University who will attend the George Washington University School of Medicine, also created a network of 50 community gardens that have produced 15,000 pounds of fresh produce for local food banks. "I'm passionate about this work," says Bernstein, 21, who hopes to continue working for children in either the government or nonprofit sector when she gets her medical degree. "Volunteering helps me understand more about the community. It is so gratifying to get a college education and then use it to assist others."

SCOTT GABLE



# Care

## Fresh Idea

**Barbi Haase**, a mother of six, is serious about healthy eating. "I love to see people really excited about eating produce," says Haase, 49, founder of The Noisy Rabbit, a Greenville, S.C., food co-op that sells baskets of fresh fruits and veggies at affordable prices.

Haase's homeschooled children, who range in age from 10 to 21, pitch in by delivering bulk produce to local "branches," where volunteers divide it into baskets for distribution to more than 700 families in the area. (Subscribers can also arrange to have produce delivered to their workplaces.)

The Noisy Rabbit encourages customers to "build fellowship and community around food" when they gather to pick up their baskets, Haase says. The business also provides menu ideas, shopping lists, and cooking tips. "It doesn't matter if you're saving money on healthy food if you're not eating it," Haase says. "So we help people learn how to use their produce."

Noisy Rabbit volunteers give back by putting extra produce in donation baskets for needy families. At Thanksgiving, volunteers fill the baskets with traditional holiday produce, a turkey, and homemade desserts.

"This is something that is very dear to our hearts: helping people who are in need—and encouraging people to see that need," Haase says.

GREGORY MILLER







## Team Effort

**Emily Whitehead** was just 5 when she developed troubling symptoms, including nosebleeds, bruising, and knee pain. Her doctor diagnosed her with acute lymphoblastic leukemia, the most common type of blood cancer—and one that is 85% curable. “They told us it was a ‘garden variety’ cancer in the beginning,” says her father, Tom Whitehead. “But from the beginning, things didn’t go the way they should have.”

Emily went into remission after chemotherapy but relapsed twice, making her ineligible for a bone marrow transplant. Then in 2012, with Emily just days from kidney failure, **Stephen A. Grupp, MD, PhD**, of the Children’s Hospital in Philadelphia, told the Whiteheads of a clinical trial in which doctors would genetically engineer Emily’s own infection-fighting T cells to fight the cancer cells.

Only three adults had received the treatment—no children. It nearly killed Emily; at one point, she was given a one in 1,000 chance of surviving. But Grupp’s team found a drug to stop her body’s adverse reaction, and when Emily awoke from a two-week coma, her cancer was gone.

Emily is now 8 and healthy. Grupp has treated 17 more children with the procedure (80% of whom are in remission). Emily’s family has twice traveled to Washington, D.C., with her oncologists to urge legislators to fund pediatric cancer research, and they have helped Children’s raise money for its cancer programs. “We are so grateful to these doctors who spend their lives curing cancer,” Whitehead says.

LEFT: COLIN LENTON; RIGHT: BROOKS KRAFT

## Service Call

When **Lee Morgan, DVM**, heard about a police dog that was euthanized because the officers couldn’t pay for his surgery, he knew he’d found his mission. The officers “were devastated,” says Morgan, 48, who owns Georgetown Veterinary Hospital in Washington, D.C. “I vowed then that no service dog should die for lack of money.”

In 2008, Morgan’s foundation raised \$20,000 for a mobile veterinary unit for the D.C. police department’s K-9 unit, so injured police dogs could be treated in the field. He also provides no-cost care to guide dogs. “The relationship between working dogs and their owners exemplifies the potential of the human-animal bond,” Morgan says. “It is humbling to be able to support that.”

Morgan once famously treated a Marine Corps bomb-sniffing dog named Lex, who survived a grenade blast in Iraq that killed his handler, Cpl. Dustin Lee. Lex’s war injuries led to severe arthritis and other mobility problems. In 2010, Morgan’s groundbreaking stem cell treatment helped to regenerate some of Lex’s cartilage and nerve function, which allowed him to “walk, play, everything,” Morgan says. Lex spent his remaining years with Lee’s parents in Mississippi, where he died in 2012.

“It was so rewarding to help this dog get some good years,” Morgan says, “and to help the parents maintain this last bond with their son.”



WINNER  
Pet  
Health





# The Affordable Care Act Will Affect You



1 Learn the  
Basics



2 Understand  
Costs



3 Know Your  
State Plan



4 Get Ready  
to Enroll

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

If you want to learn more or follow the latest news, come visit us at [WebMD.com/MyHealthcare](http://WebMD.com/MyHealthcare).



## HEALTHY LIVING

# Basic Training

CONFUSED BY ALL THE INSURANCE LINGO YOU'RE SEEING?  
HERE'S A CHEAT SHEET THAT EXPLAINS THE MOST COMMON TERMS

*By Rick Ansorge*

With all the recent changes in health care and health insurance, it's more important than ever to understand some basic terms to get the best possible care at the best possible price. Here are key terms you need to know.

### COBRA

COBRA is the name of a law that lets you keep your health insurance when you've lost your job. Under COBRA, you can keep the insurance that you had under your old job for up to 18 months.

You should be aware that if you use COBRA, your insurance will be more expensive than when you were employed. That's because you need to pay both your share of the premium and the share your previous employer used to pay, plus an administration fee.

### Co-payment

If you have health insurance, a co-payment is a fixed fee that you pay for a medical service that is covered by your insurance company. For example, your insurance may require that you pay \$15 each time you visit your doctor.

Co-pays vary from \$15 to \$40 generally, but can be up to \$100 or more depending on the health care service and where it occurs. The insurance company pays for the rest of the bill.

### Deductible

A deductible is the amount that you have to pay for health care services that your plan covers before your insurance plan covers your medical costs. For example, if your deductible is \$1,000 per year, your insurance company won't pay for anything until you've spent



\$1,000 dollars of your own money for medical bills.

### Flexible Spending Account (FSA)

An FSA is a special tax arrangement that you set up with your employer. An FSA allows you to set aside money out of your paycheck before taxes. You can use this money to pay for medical expenses that are not covered by your health insurance plan, such as co-payments and medications.

But be careful. FSA money is "use it or lose it." In most cases, you will lose the money if you don't use the FSA funds within the year.

### Health Savings Account (HSA)

An HSA is a type of medical savings account that you can set up if you have a high-deductible health plan. The money must be used for medical expenses.

There's a tax benefit to an HSA account. Just like an FSA, the money that goes into an HSA is tax-free. But unlike an FSA, the money isn't "use it or lose it." The money rolls over from year to year and grows tax free, similar to a 401(k) account. You can spend the money in an HSA account years later if you want to. And the money can be spent tax free as long as it's used for qualified medical services.

For 2013, the contribution limits for HSAs are \$3,250 for individuals and \$6,450 for a family. In 2014, those numbers will rise to \$3,300 for an individual and \$6,550 for family coverage.

## MORE INSIDE

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Four things to know about new health insurance plans

### Pg. 64 FOREVER YOUNG?

New rules for young adults staying on their parents' plan

### Pg. 66 EXPENSE REPORT

How new health plans will cover chronic conditions

### Pg. 68 REFORM SCHOOL

Separate facts from myths about the health care law

Reviewed by **Charlene Frizzera**  
WebMD Health Reform Expert

## HEALTHY LIVING

# Shop Talk

IN THE MARKET FOR A HEALTH INSURANCE PLAN? HERE ARE  
FOUR THINGS YOU NEED TO KNOW BEFORE YOU BUY

*By Lisa Zamosky*

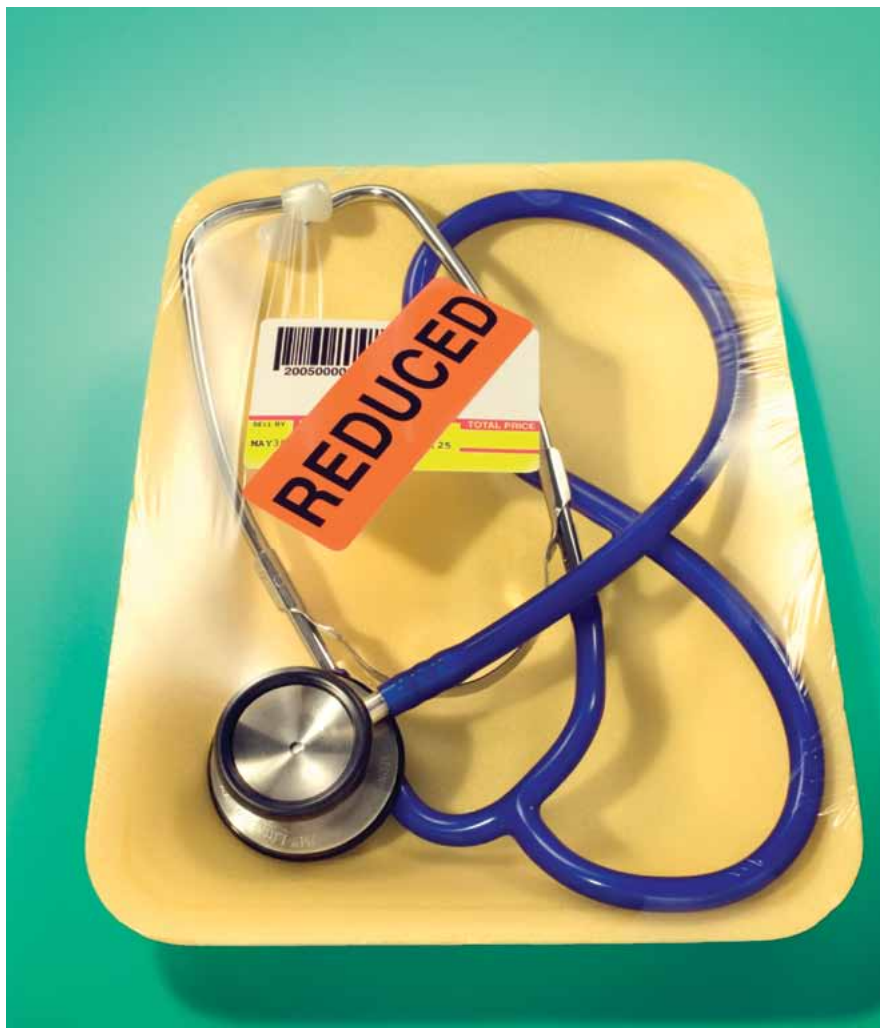
Beginning in 2014, nearly all Americans will be required to have health insurance that meets the minimum federal standards set by the Affordable Care Act. You won't need to buy a new health plan or make any changes to your current coverage if you already have health insurance through one of the following:

- An employer
- Coverage you buy on your own (There's a caveat here: If you buy insurance on your own you may wish to shop the marketplaces, especially if you qualify for financial help to lower your costs. You may also need to shop the marketplaces if you currently have a health plan that doesn't meet the minimum requirements under the law.)
- Medicare
- Medicaid
- Children's Health Insurance Program (CHIP)
- Veteran's Administration and/or Tri-care for active duty and retired military
- Indian Health Services
- Health care sharing ministry

If your plan was in place prior to health reform taking effect on March 23, 2010, it may not comply with all the requirements of the Affordable Care Act. If that's the case, changes may be made to your health plan, or you may be informed by your insurer that you'll need to switch to a different plan. If you do need to buy insurance, here are the key features to be aware of:

### 1. New Benefits

All new individual or small group

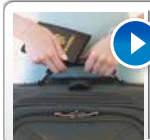


health plans must include essential health benefits (EHB)—services that fall into 10 categories of care:

1. Ambulatory patient services
2. Emergency services
3. Hospitalization
4. Maternity and newborn care

5. Mental health and substance use disorder services, including behavioral health treatment
6. Prescription drugs
7. Rehab and habilitative services and devices (e.g., hearing aids and speech therapy; vocational and





Is your insurance coverage enough? Watch **Beyond Basic Insurance**, a top video at [webmd.com/insurehealth](http://webmd.com/insurehealth).

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- educational therapy, such as those needed by children with autism spectrum disorders)
8. Laboratory services
  9. Preventive and wellness services (including women's access to contraceptives, sterilization, and emergency contraceptive pills (Ella and Plan B One-Step)) at no cost
  10. Pediatric services, including oral and vision care
- eHealthInsurance.com, the largest online insurance broker, compared

- Gold: Gold plans pay for 80% coverage and you pay 20%.
- Platinum: 90% of costs are covered under a platinum plan. You pay the remaining 10% of costs.
- Catastrophic plans will also be available to people under the age of 30 and people over 30 without another affordable insurance option. These plans are less expensive, but they don't give you as much coverage. They generally require you to pay higher out-of-pocket costs.

## *All new health plans must include an essential health benefits package that provides preventive and wellness services.*

the list of medical services required by the Affordable Care Act with plans sold on the private insurance market in 2012, two years prior to the law taking full effect. One of the more notable differences is that while all new health plans must provide maternity coverage starting in 2014, only 19% of the more than 180 plans eHealthInsurance.com sells provided maternity coverage in 2012; 12% didn't pay for prescription drugs.

### **2. Five Plan Types to Choose From**

New health plans will be available in four different levels, plus a catastrophic plan option. The defining difference among them will be how much each pays, on average, toward the cost of services the health plan covers:

- Bronze: These plans cover 60% of the average enrollee's costs for covered benefits and you pay 40% in the form of deductibles, co-payments, and co-insurance.
- Silver: These plans cover 70% of medical costs and you pay 30%.

### **3. Limits on Out-of-Pocket Costs**

All new health plans must limit how much you're required to spend each year in out-of-pocket costs such as deductibles, co-insurance, and co-pays. The limits are the same as the out-of-pocket limits that apply to high-deductible plans used with Health Savings Accounts (HSAs)—\$6,350 for single coverage and \$12,700 for family coverage.

However, those with lower incomes will receive a greater price break. For example, an individual earning up to about \$23,000 annually would be responsible for just 13% of their medical costs with a silver-level plan, rather than 30%.

### **4. If You Don't Buy Insurance**

The tax penalty starts fairly low and then rises over a period of three years. If you opt not to purchase insurance coverage, you'll pay: 1% of your annual income in 2014 or \$95, whichever is greater; 2% in 2015 (or \$325, whichever is greater); and 2.5% (or \$695, whichever is greater) in 2016.

## **DO YOU NEED TO BUY?**

**NOT EVERYONE MUST HAVE HEALTH INSURANCE. YOU WON'T BE REQUIRED TO HAVE COVERAGE OR PAY A PENALTY IF:**

**Even the lowest cost health insurance option available to you costs more than 8% of your income.**

**You don't file taxes because your income falls below the threshold required to do so (roughly less than \$10,000 for an individual)**

**You are a member of certain religious sects or health care sharing ministries.**

**You are of Native American descent and are eligible for services through an Indian health care provider (your dependents are exempt as well).**

**You are incarcerated.**

**You are an undocumented immigrant.**

**You have less than a three-month gap in your insurance coverage.**

**Your income is low and you live in a state that is not expanding its Medicaid program.**

**You are a dependent of someone with an offer of affordable individual insurance through an employer, and cannot afford insurance without federal tax credits to help lower your insurance costs.**

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



Health reform impacts your whole family. Learn more about **Health Plans for Young Adults** at [webmd.com/insurehealth](http://webmd.com/insurehealth).


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## HEALTHY LIVING

# Forever Young?

THERE ARE NEW RULES ABOUT KIDS' STAYING ON THEIR PARENTS' HEALTH PLAN. HERE'S WHAT YOU NEED TO KNOW

*By Stephanie Watson*

 You know your kids have got a lot on their minds. They may need to finish school and look for their first real job. One item that might not be on their radar yet is health insurance. But it's a big deal, especially when you consider that the average emergency room visit can cost more than \$1,200.

The health reform law makes it easier for people ages 19 to 26 to get insurance—whether they have a job or you're still supporting them. Here are some basics to know about:

### What's Covered

In the past, your child was kicked off your health plan at age 19 or once he or she graduated from college. Under the new health care law, insurance plans must cover children up to age 26. Your child can stay on your plan even if he or she moves out of the house or gets married.

Under the new law, if your adult children get a job with health benefits, they have a choice to make. They will be able to either sign up for the plan they can get at work or stay on your plan. If your plan has "grandfathered" status, your employer does not have to extend coverage



to your child if he or she has an offer of insurance through a job. However, that restriction will be lifted starting January 1, 2014. Grandfathered plans are those that existed before March 23, 2010—the day the health reform bill became law.

Under the new law, your adult child may have access to a number of free preventive services, which could include:

- Blood pressure and cholesterol checks
- Well-child visits (up to age 21)
- Vaccinations
- Hearing and vision screening
- Obesity screening and counseling

Dental and vision plans work differently than medical plans, so be sure to examine the details carefully. These benefits are guaranteed only for children up to age 19.

### How to Choose a Plan

If your adult child is trying to decide which insurance plan to go with—yours or one offered by his or her job—take a close look at the type of plan offered. Some options to think about:

**HMO** These letters stand for health maintenance organization. If your child picks an HMO, he or she will generally need to see a doctor in the HMO's

network. If your child needs to see a specialist, your child may need a referral from a primary care doctor. On the other hand, medical bills with an HMO are usually lower than with other types of plans.

**PPO** These letters stand for preferred provider organization. In this type of plan, your child can see a doctor that's in or out of the plan's network. But your child will pay more if the doctor is out of network.

**POS** This stands for point of service. These plans will usually require that your child choose a doctor who is in network. Plans may also offer the option of seeing specialists who are out of network for a higher cost.

You and your child should also think about some of these issues:

- What types of services the plans cover and your need for these services
- How much each plan will cost, including deductibles, co-pays, and co-insurance
- Whether your child's doctors are in the plan's network

Reviewed by  
**Charlene Frizzera**  
WebMD Health Reform Expert



Healthcare  
What it means to you



Questions about  
the changes in  
health insurance?  
We're here to help.



## Selecting the right insurance plan

Humana is committed to making health insurance easy to understand and select. And because we want you to be able to find the health insurance that works for you and your family, we offer a wide variety of plans and benefits.

**Here are some steps that can help you choose the one that's right for you.**

### Ask yourself three important questions.

- 1 How much can I spend on healthcare costs?
- 2 How important is it to keep seeing my doctors?
- 3 How convenient does my care need to be?

### Decide whether an HMO or a PPO is better for you.

#### Health Maintenance Organization (HMO)

An HMO provides care by requiring members to select a primary care physician, or PCP, to coordinate their healthcare services. With the exception of an emergency, a PCP will coordinate the member's healthcare services with specialists in the HMO network.

#### Preferred Provider Organization (PPO)

Members can receive care from any doctor they choose, but will save more by choosing a doctor, hospital, or pharmacy within the network.

### Review your family budget.

#### Would you prefer to:

Pay a higher monthly premium that is consistent across the year in exchange for lower deductible and lower maximum out-of-pocket amounts?

OR

Have a higher deductible and maximum out-of-pocket costs in exchange for a lower premium?

For more information, visit [Humana.com/InsureHealth](https://www.humana.com/InsureHealth), call 888-840-7617 or contact your local Humana agent.

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GCHHQDZEN

HEALTHY LIVING

# Expense Report

CHRONIC CONDITIONS CAN BE EXPENSIVE. WE ANSWER YOUR QUESTIONS ABOUT HOW HEALTH REFORM WILL AFFECT YOUR COSTS

*By Stephanie Watson*

● Health care costs can add up quickly when you have a condition that never truly goes away, such as type 2 diabetes or heart disease. Wondering how health reform affects what's covered and what you'll pay? Here are some answers.

**Q: Will my health insurance help pay for managing a chronic condition?**

Most likely. All plans must cover a list of essential health benefits, a rule

*Insurance companies can no longer set yearly or lifetime limits on how much they will pay toward chronic disease care.*

that's part of the Affordable Care Act. The exception is grandfathered plans. Grandfathered plans are health plans that existed before the Affordable Care Act was signed on March 23, 2010, and that have made few changes to their benefits. Grandfathered plans don't have to offer a package of essential health benefits.

However, all individual and small business plans will help pay for:

- Doctor office visits
- Lab tests
- Certain prescription medicines
- Preventive care
- Behavioral health services
- Rehabilitation, including physical therapy and occupational therapy
- Hospital care, if you need it

All new health plans available to individuals and small businesses must cover care for chronic conditions. Most health

plans offered by large employers are not required to cover all of the essential health benefits. However, many offer coverage for these conditions already.

Check with your human resources department to confirm what services your health plan covers.

**Q: Will any plan that covers essential benefits cover the same things?**

No. While all health plans must cover services within each of the 10 categories of essential health benefits, each state can make decisions about which specific services are covered. At







For more health care savings tips, read **5 Ways to Save on Medical Costs**, a top article at [webmd.com/insurehealth](http://webmd.com/insurehealth).

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

a minimum, all health plans for sale on your state's marketplace must cover the services required by the state. Some states will allow insurance companies to substitute a service as long as it has the same value.

**Q: How much of the costs for doctor visits and other care will my health plan cover?**

That depends on what plan you choose and the specific design of the plan.

Your health plan has to limit the total amount you're required to pay in out-of-pocket expenses to no more than \$6,350 a year for one person or \$12,700 a year for a family in 2014. The same limits will be in place for all employer plans by 2015. However, each plan will have a different combination of deductibles, co-pays, and co-insurance, so it's important to examine the details to understand all your possible costs.

**Q: How much of my prescription drug costs will insurance cover?**

Prescription drug coverage varies based on the type of plan you have. To see exactly what a plan covers, you must carefully review each policy.

Be aware that some plans may have separate out-of-pocket limits for prescription medication and medical care in 2014. If this applies to your health benefits, you could pay more than the total yearly out-of-pocket limit set by the law. By 2015, however, out-of-pocket limits for all care must be coordinated and cost no more than \$6,350 a year for one person or \$12,700 for a family.

Most people will have to pay less for generic medicines than for brand-name drugs.

You probably won't pay the same amount for all brand-name drugs either. Many plans cover medicines by tiers. The higher the tier number, the more the medicine will cost you. For instance, a tier-3 medicine costs you more than a tier-1 medicine.



*Many plans cover medicines by tiers. The higher the tier number, the more you will pay for the medicine.*

Take time to look at the drug formulary—a list of prescription medicines a health plan covers—for any plan you are considering so you can anticipate your drug costs.

**Q: How much of my drug costs will be covered if I'm on Medicare?**

If you are on Medicare Part D, the Affordable Care Act helps to reduce the amount you pay for medicines when you are in the so-called donut hole. The donut hole is a gap in prescription drug coverage; it starts when you reach your plan's drug-spending limit.

As a result of the law in 2014, when you're in the donut hole, you'll get a 52.5% discount on brand-name drugs and a 28% discount on generic drugs that are covered under Medicare Part D.

By 2020, Medicare's prescription drug coverage gap will close. At that point you'll pay only 25% for covered brand-name and generic drugs while in the donut hole—the same percentage you pay from the time you meet the plan's deductible.

**Q: Is there a limit on how much my health plan will pay toward caring for my chronic illness?**

No. Whether you bought insurance on your own or you got it through your job, insurance companies can no longer set yearly or lifetime limits on how much they will pay toward covered essential health benefits, which include chronic disease care.

Lifetime limits have already ended. After Jan. 1, 2014, there will be no limits on annual coverage.

**Q: Will my insurance help pay for my chronic disease self-management program?**

Self-management programs are covered. They are part of the essential health benefits from the Affordable Care Act. Many health plans from large companies also help pay for these programs.

You may have a self-management program near you. To find one, see the National Council on Aging website and search for "chronic illness self map."

**Q: How can I find out exactly how much of my chronic illness treatments my plan covers?**

To know for sure how much a plan covers, you can look at the plan's policy or certificate. This includes:

- How much you'll have to pay for common medical services
- What services aren't covered by your plan
- Details about your prescription drug coverage

Reviewed by **Dean Rosen**  
WebMD Health Reform Expert



Find out why you need to **Put Together a Family Health Care Team**. Read the article at [webmd.com/insurehealth](http://webmd.com/insurehealth).

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## HEALTHY LIVING

# Reform School

SEPARATE THE FACTS FROM THE MYTHS ABOUT THE NEW HEALTH CARE LAW

By Joseph Saling

● Confused about health insurance under the new health reform law? You're not the only one. There's a lot of misinformation out there. Take, for example, the following myths.

*You don't have to give up your current health plan. If you have insurance through your employer, you can keep it.*

**Myth: Insurance policies are too confusing. There's no way an average person can understand them.**

The health reform law calls for insurance companies to use plain language when they describe their policies.

As of Sept. 23, 2010, insurance companies have to use an easy-to-understand form that clearly describes benefits and coverage. It's called a summary of benefits and coverage. All insurance companies will use the same one. That will make it easier to compare plans.

**Myth: If you get confused about insurance options, there won't be any way to get help to figure it out.**

The new law gives money to each state to set up a consumer assistance program. The program can help you understand your options when you're looking for insurance. It can also help when you:

- Enroll in a health plan
- Need to file a complaint

- Appeal a company's action or decision
- Need to find out your rights and responsibilities

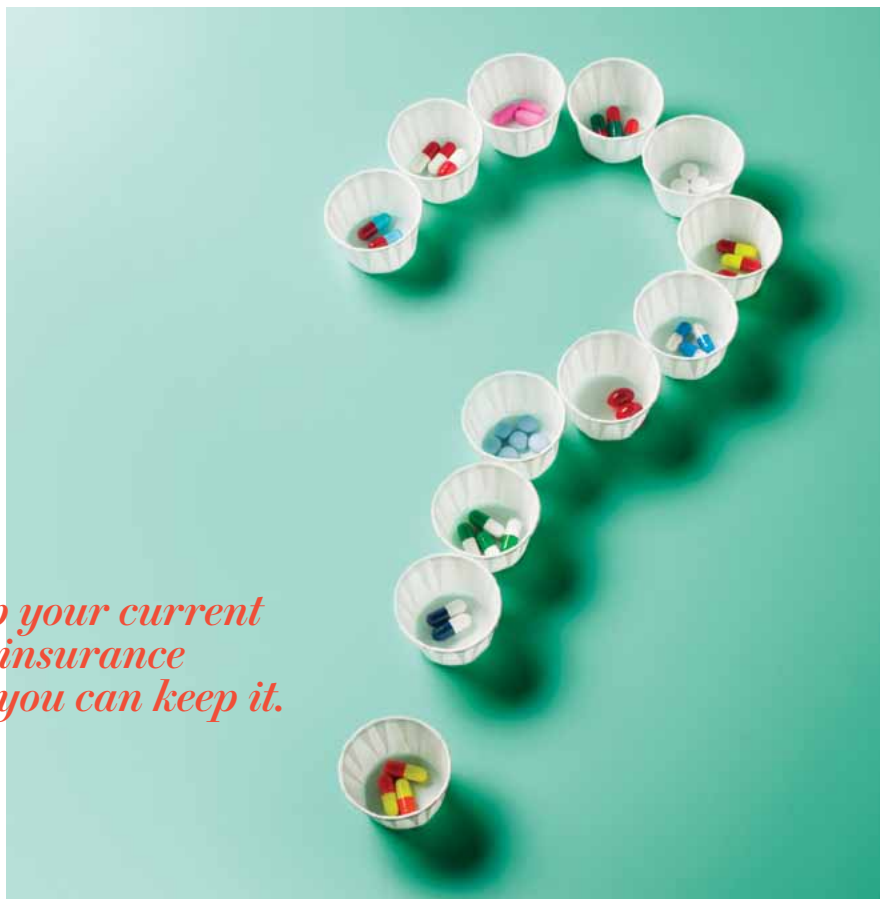
**Myth: You'll have to give up your current insurance and buy a policy online.**

You don't have to give up your current health plan. For instance, if you have insurance through your employer, you can still keep it.

If you don't have insurance through your job, there is a place on the Internet to buy it. As of October 2013, health insurance exchanges (also called marketplaces) were set up in each state. Insurance coverage in those plans will start Jan. 1, 2014, as

long as you buy a plan by December 15, 2013. You can also buy coverage through health insurance companies or insurance agents. Even if you have insurance through your job, you can still shop for coverage on the exchange if you want. However, you will not qualify for a tax subsidy if your employer offers affordable coverage, which is defined as insurance costing no more than 9.5% of an employee's annual income and covering on average 60% of your medical costs. For a number of reasons, your employer's insurance will in most cases be your best option.

Reviewed by **Charlene Frizzera**  
WebMD Health Reform Expert





## FOOD & RECIPES



**70 Three Ways**  
Leftover turkey?  
Do more than just  
make a sandwich

**72 Off the Menu**  
A New York chef  
mixes international  
flavors



### IN SEASON

# Go Figure

Figs originated in the Mediterranean region, and people have cultivated them since ancient times. At the original Olympics, athletes consumed them for energy, and in 1891 a Massachusetts bakery turned the calcium-rich, flavorful treat into cookie form, the Newton. The tropical fruit, really a cluster of flowers, comes in more than 1,000 dried and fresh varieties worldwide. Commercial cultivation in the United States began in 1900, and today, California grows all of the dried figs and 98% of the fresh figs produced in the United States. Most figs—90%—are processed into paste, concentrate, powder, and other forms. A medium-sized fig has 40 calories and 1.4 grams of fiber, making figs one of the highest-fiber fruit sources. The heart-healthy, dark-colored Mission variety provides the most antioxidants. A nice bite: Figs contain neither cholesterol nor sodium.

## THREE WAYS TO COOK

## Gobble, Gobble

GOT LEFTOVERS? WE'RE TALKING TURKEY

By Erin O'Donnell

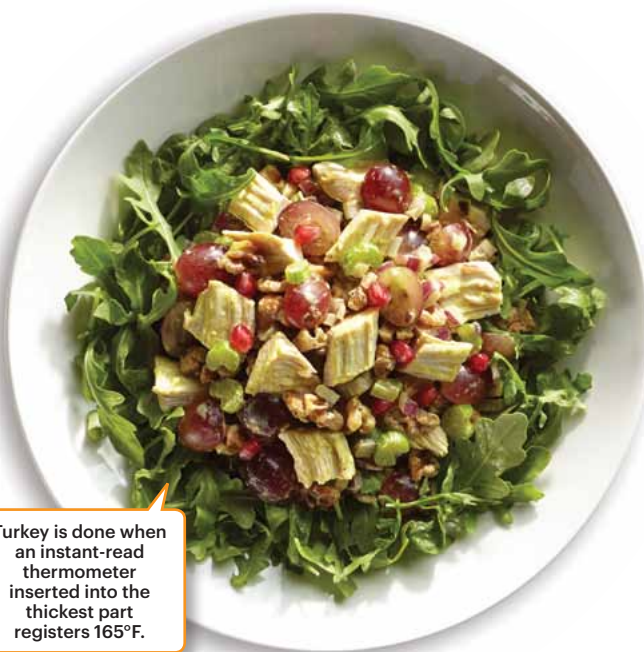
Recipes by Kathleen Zelman, MPH, RD, LD

● Turkey season means  
● it's time to ask the  
eternal question: White  
meat or dark? At first  
glance, white-meat turkey  
appears healthier: A  
3-ounce serving of skinless  
white meat has just 115  
calories and no saturated  
fat, compared with 134  
calories and 2 grams of  
saturated fat in skinless  
dark meat.

But that may not mean  
much, given that white  
meat is often drier than  
dark. "Some people dump  
a bunch of gravy on white  
meat, so they're going to  
have more calories anyway,"  
says Amy Moore, PhD,  
RD, assistant professor of  
nutrition and dietetics at St.  
Louis University.

She adds that dark meat  
offers more of a "nutrient  
punch," providing more  
iron and heart-healthy  
folate than white meat. And  
a recent study found that  
among women with elevated  
total cholesterol levels,  
those who consumed the  
most taurine, a nutrient in  
dark-meat turkey, had the  
lowest risk of heart disease.  
Ultimately, Moore says,  
white and dark are both  
great choices.

Turkey is done when  
an instant-read  
thermometer  
inserted into the  
thickest part  
registers 165°F.



## PANTRY PICKS

Keep healthy staples on hand for terrific turkey meals this holiday season. **Kathleen Zelman, MPH, RD, LD**, recommends a few favorites from her own kitchen.



**Dice Time:** Certain brands of canned tomatoes offer the same intense flavor as ripe fruit. Zelman likes smoky Muir Glen Fire Roasted Diced Tomatoes, No Salt Added, and fresh-tasting Del Monte Petite Diced Tomatoes, No Salt Added.



**Hot Stuff:** Curry powder adds flavor and color to dishes, but brands vary in strength. Zelman likes Spice Hunter Organic Curry Seasoning Blend, which is salt-free and relatively mild, and Sun Brand Madras Curry, which has more kick.



**Tasteful Paste:** Zelman relies on tomato paste to give dishes rich, meaty flavor. She recommends Hunt's 100% Natural Tomato Paste and Muir Glen Organic Tomato Paste, both with 20 milligrams sodium in 2 tablespoons.

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

Reviewed by Hansa Bhargava, MD  
WebMD Medical Editor

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## Curry Up

This salad is a tasty way to use turkey leftovers. It's garnished with the seeds (or arils) of the pomegranate, a vibrant winter fruit with a sweet-tart flavor. De-seed the pomegranate yourself, or check your supermarket produce department for pre-seeded fruit.

## Curried Turkey Salad

Makes 6 servings

## Ingredients

- ½ cup plain, fat-free Greek yogurt
- ½ cup light mayonnaise
- 1 tsp honey
- 1 tbsp curry powder
- pinch sea salt
- ¼ tsp white pepper
- 4 cups chopped (or shredded) cooked, skinless turkey breast
- 1 small red onion, finely chopped
- 1 cup chopped celery (about 3 ribs)
- ½ cup seedless red grapes, sliced horizontally
- ½ cup chopped walnuts, toasted
- 6 cups mixed baby lettuces (such as baby spinach or arugula)
- ½ cup pomegranate seeds

## Directions

1. In a large bowl, whisk together yogurt, mayonnaise, honey, curry powder, salt, and pepper.
2. To the dressing, add turkey, red onion, celery, grapes, and walnuts. Toss to combine.
3. Divide lettuces among six plates. Top each plate with turkey salad, and garnish with a sprinkle of pomegranate seeds.

## Per serving

372 calories, 43 g protein, 12 g carbohydrate, 14 g fat (2 g saturated fat), 130 mg cholesterol, 2 g fiber, 8 g sugar, 231 mg sodium. Calories from fat: 32%



## 2

### Souper Hero

This soup makes good use of leftover turkey and is a flavorful antidote to heavy holiday meals. Serve with a fresh green salad.

#### Southwestern Turkey Soup

Makes 6 servings

##### Ingredients

- 1 cup corn (fresh or frozen and thawed), divided
- 1 tbsp olive oil
- 1 large onion, chopped
- 1 large red bell pepper, chopped
- ½ cup chopped mild chilies (such as jalapeños)
- 3 cloves garlic, minced
- 2 tbsp low-sodium tomato paste
- 2 tsp chili powder
- 2 tsp ground cumin
- pinch sea salt
- ¼ tsp freshly ground black pepper
- 4 cups low-sodium chicken stock

Roughly 46 million turkeys are cooked and eaten in the United States at Thanksgiving.

- 1 16-oz can low-sodium black beans, rinsed
- 1 14.5-oz can petite diced fire-roasted tomatoes, no added salt, undrained
- 2 cups cooked skinless turkey breast

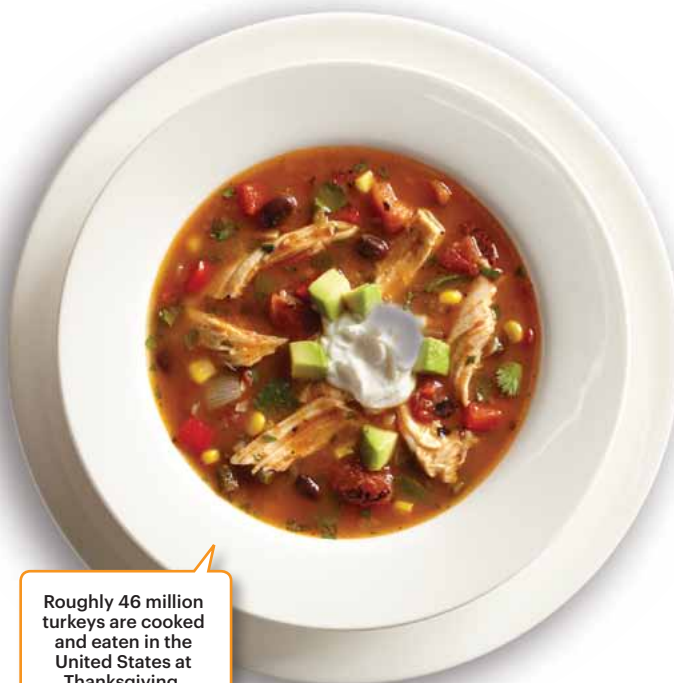
- juice of 1 lime
- ¼ cup chopped fresh cilantro
- 6 oz plain, fat-free Greek yogurt
- 1 small avocado, diced

##### Directions

1. Place ½ cup corn in a blender or food processor, and process 2–3 minutes or until smooth. Set aside.
2. In a heavy-bottom stockpot, heat olive oil over medium-high heat. Add onion, bell pepper, chilies, and garlic, and sauté until tender.
3. Add tomato paste, chili powder, cumin, salt, pepper, and chicken stock, and bring to a boil.
4. Reduce heat to medium. Add the puréed corn, remaining corn, black beans, tomatoes, turkey, and lime juice. Simmer 10 minutes.
5. Stir in cilantro. Garnish with yogurt and avocado, and serve.

##### Per serving

338 calories, 36 g protein, 33 g carbohydrate, 8 g fat (1 g saturated fat), 62 mg cholesterol, 7 g fiber, 7 g sugar, 223 mg sodium. Calories from fat: 21%



## 3

### Italian Job

Turkey cutlets are a flavorful alternative to chicken breast. This recipe gives turkey the Mediterranean treatment, pairing it with the bright flavors of lemon and capers. If you can't find turkey cutlets, use thick slices of whole turkey breast instead.

Cook turkey with the skin on to keep it moist, but remove the skin before eating to avoid excess calories and saturated fat.

#### Turkey Piccata

Makes 6 servings

##### Ingredients

- 1½ lbs skinless turkey breast cutlets
- ¼ cup whole wheat flour
- 2 tbsp olive oil, divided
- 2 tbsp minced shallots
- ½ cup unsalted chicken stock
- ¼ cup dry white wine
- juice of 2 lemons
- 1 tbsp drained capers
- ¼ cup fresh chopped parsley
- 2 tsp unsalted butter
- pinch sea salt
- freshly ground black pepper

##### Directions

1. Place turkey cutlets between 2 sheets of waxed paper and gently pound to flatten to ½- to ¾-inch thick.
2. Dredge turkey pieces in flour.
3. Spray a large skillet with cooking spray and 1–2 tsp olive oil and place over

medium-high heat. Sauté turkey pieces in batches, 3–4 minutes per side. Add cooking spray and olive oil as needed before each batch. Keep cooked cutlets warm on a covered plate.

4. Without cleaning the skillet, add cooking spray and shallots. Cook shallots 2–3 minutes until translucent, stirring to loosen the flavorful browned bits left in the pan. Increase heat to high, add chicken stock, wine, and lemon juice, and boil 5 minutes until sauce reduces and thickens.
5. Stir in capers, parsley, and butter. Season with salt and pepper. Pour sauce over turkey cutlets and serve immediately.

##### Per serving

213 calories, 29 g protein, 9 g carbohydrate, 7 g fat (2 g saturated fat), 73 mg cholesterol, 2 g fiber, 298 mg sodium. Calories from fat: 29%



# Aliya LeeKong

CHEF/CULINARY CREATIVE DIRECTOR, JUNOON  
NEW YORK CITY

## Farm-Stand Corn and Mushroom Tortilla Salad

Makes 4 servings

### Ingredients

- 4 6- or 7-inch yellow corn tortillas
- 2½ tbsp olive oil
- ¾ cup shiitake mushrooms, thinly sliced
- 1 shallot, finely chopped
- 1 jalapeño, seeded and finely chopped
- salt
- 1¼ cups fresh corn kernels (about 2 ears)
- 6-8 grape tomatoes, halved
- handful of cilantro, chopped
- ½ cup farmer's cheese or queso fresco

### Directions

1. Make tortilla "bowls" by heating a medium skillet over medium-high heat. When hot, add a tortilla and flip at intervals until it puffs and browns, and the edges start to get crispy. Add ½ tbsp olive oil and let it coat the tortilla. Place a small bowl upside down on a cookie sheet. Remove tortilla carefully and place on top of the overturned bowl. Place another bowl, overturned, on top of the tortilla. It should mold the tortilla to the shape of the bowl and hold it in place as it cools. Repeat for

remaining tortillas and let cool.

2. Heat the same skillet over medium-high heat, and add 1 tbsp of olive oil. Add mushrooms and let cook undisturbed in a single layer for about 2 minutes, until they develop a golden-brown color. Stir mushrooms and sauté for another minute or two to cook through. Using a slotted spoon, transfer to a bowl.
3. Add another tbsp of olive oil to the pan. Add shallot, jalapeño, and salt to draw out the moisture. When shallots are translucent (3-4 minutes), add corn and tomatoes, and toss to mix thoroughly. Cook 5-7 minutes until corn is cooked through and tomatoes have pucker.
4. Remove from heat, toss mushrooms back in, and add cilantro, reserving some for garnish.
5. Spoon mixture into tortilla bowls and add a dollop of cheese. Garnish with remaining cilantro and serve warm or at room temperature.

### Per serving

257 calories, 8 g protein, 30 g carbohydrate, 14 g fat (4 g saturated fat), 14 mg cholesterol, 4 g fiber, 5 g sugar, 166 mg sodium. Calories from fat: 49%



For chef Aliya LeeKong, cooking is a second career. After college, she spent several years in the corporate world and earned an MBA from Columbia University. Then, in her late 20s, she decided to turn her love for food into her livelihood. To begin, she went back to school.

"It was really exciting and overwhelming to start over, and from my first day in school, I didn't miss a beat," says LeeKong, 35, chef and culinary creative director at Junoon, a Michelin-starred Indian restaurant in NYC's Flatiron District.

She enrolled at the French Culinary Institute and followed her degree with stints in some of the city's top restaurants, including Per Se and Jean-Georges.

LeeKong grew up near Orlando, Fla., a child of immigrant parents who brought the tastes and scents of India, Pakistan, and East Africa to their new country. Her fascination with international flavors shows in her professional work and in her home kitchen, where she prepares simple dishes, like the



tortilla salad featured here, a healthier twist on a recipe she learned at a Queens *tortilleria*, or tortilla shop. Her first cookbook, *The Exotic Table: Flavors, Inspiration, and Recipes From Around the World to Your Kitchen*, will be published in November.

Despite her own success, she advises others who want to make similar life changes to do things differently. If you want to be a chef, for example, LeeKong recommends spending time in a restaurant kitchen to see the reality of a cook's life.

"If you dream of a glamorous career, first see what it's like to do it day to day," says LeeKong. "You should understand how hard the work is before you make the leap," she says, then adds with a laugh, "Of course, I didn't follow my own advice." —**Matt McMillen**

WebMD.com

### What's Cooking!

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

**Chicken Fried Steak**

**Wasabi Salmon Burgers**

**Triple Play Peanut Butter Cookies**

**Mocha Ice Pops**

**Cheesy Chicken Pasta**

\*as of Sept. 1, 2013



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## FITNESS & EXERCISE



**75 Workout Wit**  
Essentials to build  
a home gym

**76 Fitness Challenge**  
Make a splash with  
a water workout

# Life Cycle

Set the wheels in motion  
to stay fit no matter  
the weather



### EXPERT TIP

"Make cardio fun by watching your favorite movies and TV shows on the Internet."—**Mark Macdonald, NC, CPT**





What are the **Best Workouts for Toning Your Body**? Find out with the No. 1 slideshow at the Health & Fitness center.

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

## WORKOUT WIT

# Home Body

DON'T LIKE GOING TO THE GYM? GET THE ESSENTIALS YOU NEED TO CREATE YOUR OWN

By Kara Mayer Robinson

**Simplify your holiday shopping list** by focusing on a single theme: home gym essentials. There's something at every price point, so you can check off everyone from your dog walker to your spouse—and yourself.

Trainer and nutritionist Mark Macdonald, NC, CPT, of Alpharetta, Ga., who's worked with such celebrities as Chelsea Handler, Demi Lovato, and Cuba Gooding Jr., suggests top picks for any home gym.

### STRENGTH TRAINING

**TRX suspension-training system** (\$199–\$299) This core-activating equipment connects to the back of a door and provides endless workout options. Bonus: It folds up into a small bag.

**Bosu ball** (\$100–\$150) “A Bosu ball takes squats, lunges, and balance movements to the next level,” Macdonald says. And it's a space-saver that maximizes lower- and upper-body workouts.

**Pull-up bar & push-up handles** (\$20–\$30) Try Perfect Pullup, which fits into a doorframe and can be taken down in seconds, and Perfect Pushup, rotating handles with strong grips.

**Weights & resistance bands** (\$10–\$600) An assortment of neoprene hand weights, an adjustable dumbbell set, and bands with varying resistance accommodates different fitness levels and goals.

**Burst-resistant stability ball** (\$10–\$40) Trade in a bulky bench for a bouncy ball to burn more fat during exercises. Choose the right size: The top of the ball should be even with or slightly above knee level when you're standing.

### CARDIO

**Cardio machine** (\$150–\$7,000) Treadmills, elliptical trainers, and stair



## HOME RULES

KEEP YOUR EYE ON THE PRIZE WITH THESE TIPS FOR A SUCCESSFUL HOME GYM.

**Don't pack it up.** “Ideally, you want to have your workout space always set up,” trainer Mark Macdonald, NC, CPT, says. Fold-up equipment can be handy for cramped quarters, but the more setting up that's required, the less likely you are to get your workout in.

**Don't go for broke.** Your home gym can be ready to go for less than \$1,000. “The key is to first get the essentials, then have fun adding to your collection,” Macdonald says.

**Don't abandon the outside.** Monotonous movements can be a drag, especially if you're staring at the wall. Supplement indoor workouts with outdoor cardio—such as jogging, walking, cycling, or playing sports—to wipe out boredom and keep your regimen fresh.

climbers are fat-burning powerhouses. A sturdy model may be a splurge but can be a lifesaver in nasty weather.

**Jump rope** (\$10–\$40) This inexpensive gym prop is a staple for interval training and fat-burning workouts. Macdonald likes ropes made by Rage Fitness, which are high-quality and come in a variety of styles.

### STRETCH AND MASSAGE

**Exercise mat** (\$20–\$40) Who needs sweat dripping on carpets and floors? A basic mat for stretches and floor exercises keeps you comfy while protecting your floor.

**RumbleRoller** (\$45–\$70) This high-tech foam roller has bumps that take stretching to the next level by manipulating soft tissue and improving circulation. “Simply roll for five minutes a day,” Macdonald says. “Trust me, you'll feel and see the difference.”

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

FITNESS CHALLENGE

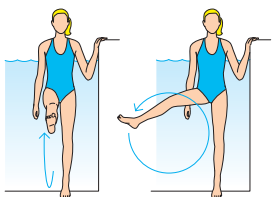
# Water Works

JUMP IN THE POOL FOR A LIGHTER WAY TO STRENGTHEN AND TONE

By Jodi Helmer

You don't have to wait until summer to reap the benefits of a water workout. Water provides up to 15 times more resistance than air, so your body has to work harder to complete each movement. That improves cardiovascular fitness, builds strength, and develops flexibility.

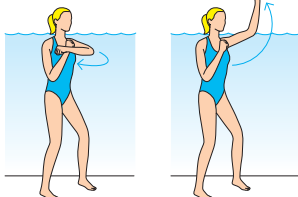
Water workouts can challenge all fitness levels, according to Jane Katz, EdD, PhD, professor of physical education at the City University of New York and author of *Your Water Workout*. Head to an indoor pool at least three times per week and try these three moves to strengthen and tone.



## Leg Circles

Katz says this "gentle but challenging exercise" builds flexibility while strengthening the muscles in your legs and abs.

1. Stand in chest-deep water, feet shoulder-width apart, with your left hand on the edge of the pool for balance.
2. Keep your right leg straight and raise it out in front of you as high as possible.
3. Rotate your leg to complete five large clockwise circles (try to touch the surface of the water with your toes at the top of the move).
4. Switch directions with the right leg to complete five counterclockwise leg circles.
5. Repeat the moves with your left leg.



## Boxing Punches

"It's a great aerobic exercise," Katz says. "You create waves in the water while you work your triceps, biceps, back and shoulder muscles."

1. Balance on the balls of your feet, knees slightly bent and hands balled into fists.
2. Keeping your fists under water, try these three punches with your left hand:
  - a. Jab: Punch your fist straight ahead, then pull it back.
  - b. Hook: Punch your fist up and diagonally across your chest.
  - c. Uppercut: Punch out and up toward the surface of the water.
3. Repeat each punch eight times. Exhale as you punch out, and inhale as you bring your fist back toward your body.
4. Repeat the series with your right hand.



## Water Warrior

"It's a good all-over stretch," Katz says, "and the water forces you to work harder to maintain balance, so it works your core, too."

1. Stand with your feet 3 feet apart. For extra balance in this position, put your back against the pool wall.
2. Turn your right foot 90 degrees to the right, your left foot 30 degrees to the right, but keep your hips facing forward.
3. Keeping your left leg straight, bend your right knee until your right thigh is parallel to the pool bottom.
4. Extend one arm to the front and the other to the back along the surface of the water, both palms facing down.
5. Hold 30 seconds.
6. Switch sides.
7. Repeat three times on each side.

Q

"I'm worried about keeping my workouts on track while I travel during the holidays. How can I fit in fitness while I'm on the road?"

**Betsy Reeves**, 39, art teacher, Lake Wales, Fla.



A

"Look for hotels with on-site fitness facilities. If you're staying with relatives, check to see if you're welcome at area gyms. Make fitness part of the festivities. Suggest a brisk walk after a holiday meal or plan a heart-pumping outdoor activity the entire family will enjoy, such as sledding, ice skating, or badminton. And while you're on the road, tweak your schedule: Instead of logging an hour on the elliptical machine, plan on short but intense workouts such as 20 minutes of vigorous cardio to help burn calories and keep your metabolism humming."



**Valerie Waters**, certified personal trainer, Los Angeles, whose celebrity clients include Jessica Biel, Jennifer Garner, and Reese Witherspoon

JASON LEE

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



# WebMD<sup>®</sup> Checkup

TAKING CARE, LIVING WELL

## Each November, **National Epilepsy Awareness Month** aims to educate more people about seizures

More than 2 million American adults and almost half a million children have epilepsy, a chronic neurological condition that causes seizures. The disorder can develop at any point in life, and 150,000 new cases are diagnosed each year.

A number of conditions can lead to epilepsy, including stroke, central nervous system infection, and head injuries. About 70% of cases, however, have no known cause. A doctor will consider a person to have epilepsy if he or she has had at least two seizures.

Seizures, caused by a brief electric surge in the brain, typically last from a few seconds to a minute or two. How often seizures occur varies by person. Some people with epilepsy take medication to prevent seizures.

Rapper Lil Wayne spoke to MTV about his epilepsy after he was hospitalized last March for serious seizures. TV actor Greg Grunberg has a teenage son with epilepsy. In 2009, he enlisted his *Heroes* castmates Zachary Quinto and Hayden

Panettiere to record public service announcements for his educational campaign, "Talk About It."

—Sonya Collins



78

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Make your office space easier on your joints.

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Depression or winter blues? Take the quiz.

# WORKING STIFF

HOW TO TAKE IT EASY ON YOUR JOINTS WHEN YOU'RE ON THE JOB

*By Stephanie Watson*

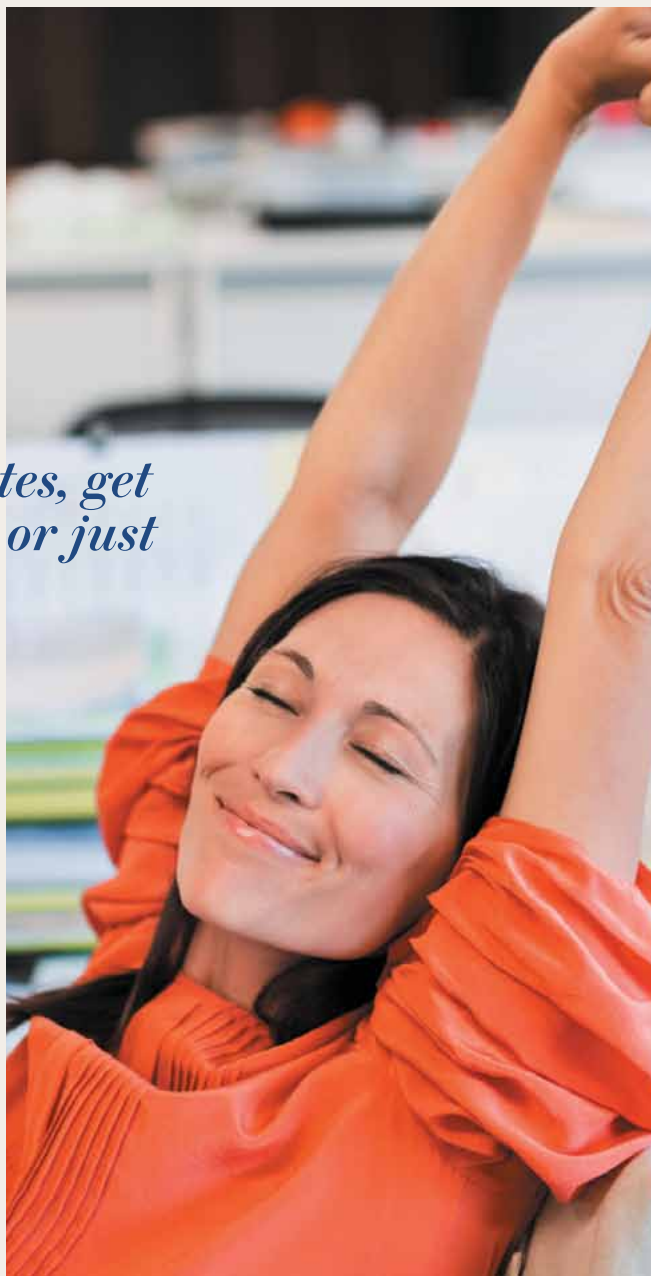
Almost everyone complains about work at one time or another. But when you have rheumatoid arthritis (RA), your complaints go beyond normal work-itis. Sore, stiff joints and fatigue can make even a desk job seem like hard labor.

The unpredictability of RA can disrupt your

*Every 15 minutes, get up and stretch or just walk around.*

normal 9-to-5 routine. "The disease can flare for unknown reasons and for unknown amounts of time," says Victoria Ruffing, RN, nurse manager at The Johns Hopkins Arthritis Center. When it does flare, walking, bending, holding a phone—and just about every other skill that you need to do most jobs—become a challenge.

You don't have to stop working. To help you get through the flares and move forward with your career, make your office more RA-friendly by following these tips.



## Decide to Disclose

Your employer may be able to adjust your workspace and schedule to better suit your condition, but first you have to speak up about your RA. Revealing that you have a chronic disease can be a tricky proposition, especially if you're concerned that your manager or coworkers will treat you differently.

Asking for small changes is one way to avoid having to disclose too much. "You can go in and tell your manager, 'I use a keyboard all day and my hands are starting to bother me. I have this medical condition that makes it hard for me, and I need another way to enter information in my computer,'" suggests Wendy Strobel-Gower, project director for the Northeast ADA (Americans with Disabilities Act) Center at Cornell University.

Outline the basic problem for your manager—and offer a suggestion for a simple solution. For example, request an ergonomic keyboard and mouse or ask for voice recognition software that turns talk into type.



350+ convos  
in WebMD's RA  
Community



### Shift Your Commute

One accommodation your company might make is to let you work a flex schedule. "Sometimes people [with RA] have morning stiffness and it takes them a couple of hours to get going," Ruffing says.

If you have to get up at 5 a.m. so you can be ready to work by 9, see if your employer will allow you to shift to a later schedule. Coming in at 10 or 11 will also help you avoid a long, joint-stiffening rush-hour commute.

### Take a Break

Sitting for hours at a time at your desk can make your joints stiff and sore. You want to keep them moving. Every 15 minutes or so, get

up and stretch or just walk around.

### Hire a Pro

Not sure how to make your office more accommodating? Bring in an expert. "An occupational therapist will actually come to your workplace and do an assessment for you," Ruffing says. "They have access to all kinds of adaptive equipment that you may not even think of." For instance, if you're having wrist issues from typing, the therapist can custom-design a splint to stabilize the joint.

### Get in Form

You may hit a flare so severe that you can't work at all. Under the Family

## SHIFT WORK

WHEN YOUR RA FLARES UP, A FEW SIMPLE ADJUSTMENTS TO YOUR OFFICE SPACE CAN MAKE YOUR WORKDAY A LOT EASIER.

### Get Closer. Shorten the distance between you and your work.

Park your car close to the office. Move important papers and supplies to a low shelf so you don't have to reach for them. And ask if you can relocate your office or cubicle closer to the restroom and break room.

### Check Your Seat. A

comfortable desk chair is essential for everyone, and that's especially true when you have RA. Features to look for are arm rests and good support for your lower back.

Adjust the chair so that when you sit, your knees are bent at right angles and your feet are firmly on the floor.

### Go Ergonomic. If you

do a lot of typing, get an adjustable keyboard that's contoured to put your wrists at a comfortable angle, along with an ergonomic mouse. "The mouse balls are usually better than the traditional click mouse because you can use your whole hand," Victoria Ruffing, RN, says. You can also get grippers to help you grasp pens, pencils, and scissors.

and Medical Leave Act (FMLA), you can take off up to 12 weeks of unpaid time to focus on health issues.

Ruffing suggests filing your FMLA paperwork with the human resources department now, just in case you need to take time off later. "You want to have that in place when you have a chronic disease because you don't want your job to be in jeopardy if you have a flare and you have to take a few days off," she says.

### Consider a Move

With the right adjustments and a little support from your company, you should be able to keep working with RA. "There are creative and practical ways to adjust some work situations so that you don't have undue pain or stress on the joints," Ruffing says. For example, if you're a bank teller or supermarket cashier, you can sit on a stool instead of standing all day.

But some jobs are less accommodating to arthritis than others. "If your job is to load trucks and your hands are too sore, you may need to have an honest conversation [with yourself and your company] about whether this is the right type of job for you," Ruffing says.

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

## HEALTH HIGHLIGHTS

# PAIN GAINS

GET RELIEF AND KEEP MOVING WITH THESE TIPS

By **Matt McMillen**

### 1 *Take notes*

Keep a diary. Record when and where you have pain, and what helps you feel better.

### 2 *Stay calm*

Stress can intensify pain. Try deep breathing, visual imagery, and meditation to ease your anxiety.

### 3 *Take it easy*

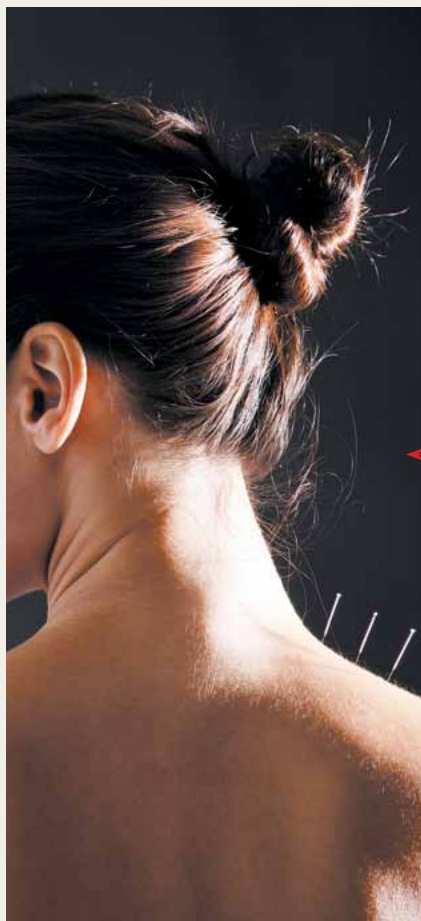
If you have arthritis, for example, learn to do everyday activities in ways that put less strain on your joints.

### 4 *Keep active*

When done right, exercise eases pain and builds strength that may help you avoid future pain and injury.

### 5 *Quit smoking*

Kicking the cigarette habit improves your overall health and also reduces your lower back pain.



### 6 *Be positive*

If you stay optimistic rather than feeling helpless, you can dial down your pain.

### 7 *Monitor your mood*

Depression can worsen your pain. Talk to your doctor if you feel down for two weeks or longer.

### 8 *Try acupuncture*

This ancient Eastern practice can alleviate lower back pain as well as knee pain caused by osteoarthritis, among other types of pain.

### 9 *Sleep tight*

A good night's sleep in a healthy position can soothe your pain. Sleep on your side on a medium to firm mattress to relieve some back pain.

### 10 *Learn more*

Visit WebMD's Pain Management Health Center.

## EXPERT TIPS



#### **Brett R. Stacey, MD**

medical director, Comprehensive Pain Center, and professor, anesthesiology and perioperative medicine, Oregon Health & Science University, Portland, Ore.

Very few tasks need to be completed in one sitting. Divide physical activities into small, easy-to-complete sections. For example, mow the front lawn one day and the back lawn the next.



#### **Irene Wu, MD**

assistant director, UCLA Pain Management Center, and assistant clinical professor of anesthesiology, UCLA Medical Center

Find distractions to take your mind off the pain and improve your mood. For example, a lot of my patients have a pet. Walking the dog is not only a good distraction but also good exercise.



#### **Steven P. Cohen, MD**

professor, anesthesiology and critical care medicine, Johns Hopkins School of Medicine and Uniformed Services University of the Health Sciences, Bethesda, Md.

Alternative treatments such as acupuncture and spinal manipulation may help ease back pain, but they don't work for everyone. Talk with your doctor to help decide if such methods are for you.





Worried about a loved one's memory? Read **Early Warning Signs** in the Alzheimer's Disease channel.

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

## BY THE NUMBERS

# ALZHEIMER'S DISEASE

FACTS AND STATS ON TOP HEALTH CONDITIONS

*By Heather Hatfield*

## 30-60

Age at which early Alzheimer's can develop



## 5.1 million

People in the U.S. with Alzheimer's

## 50

Estimated percentage of people with Alzheimer's who may not know it



## 66

Percentage of people with Alzheimer's who are women



Percentage of people with early Alzheimer's

## 68

How often an American develops Alzheimer's today:  
Every 68 seconds



## 33

How often an American will develop Alzheimer's in 2050:  
Every 33 seconds

## 60

Age at which a person typically first shows Alzheimer's symptoms

## \$203 billion

Amount Alzheimer's and other dementias are expected to cost the U.S. in 2013



## \$1.2 trillion

Predicted amount Alzheimer's will cost the U.S. in 2050

## 103+

Number of Alzheimer's clinical trials ongoing in the U.S.



## 15.4 million

Number of family and friends who cared for a person with Alzheimer's in 2012

## 17.5 million

Hours family and friends spent providing care to a person with Alzheimer's in 2012



## \$60 billion

Cost to U.S. business as a result of lost productivity and absenteeism by caregivers of people with Alzheimer's

## \$200,000

Lifetime cost of care for a person with Alzheimer's

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

## LIVING WITH PSORIASIS

DO FLARE-UPS MAKE IT DIFFICULT TO WORK AND SOCIALIZE?  
LIFESTYLE CHANGES MAY HELP

*By Christina Boufis*

● Anne Jeffres, 41, an acupuncturist in New York, was in the midst of a stressful time at work when she noticed her scalp was flaking. Her fingers became inflamed; her nails were brittle and pitted. The mild psoriasis she once had as a child had returned in full force. “The flare-up was bad enough that I lost

*Exercise or meditate to reduce your stress.*

patches of hair on my head,” Jeffres says.

“Psoriasis is a lifelong disease” that’s mainly inherited, explains Erin Boh, MD, PhD, professor and chair of the dermatology department at Tulane University Health Sciences Center. “You can’t change having psoriasis, but you can certainly change the things that can exacerbate it,” she adds. Here’s how:

**Short-circuit stress.** “Stress does not cause psoriasis,” Boh says. “But stress can certainly make it worse.” How to defuse stress? Exercise can help, she says. Or try relaxation exercises or meditation. Jeffres practices yoga and



mindfulness-based stress reduction, and ultimately switched jobs to reduce her stress.

**Reach out.** About 25% of those with psoriasis have depression, according to the National Psoriasis Foundation. Let your doctor know if you’re feeling down. You can also join a psoriasis support group. “Support groups allow you to talk with other people who have the disease and see how they cope,” says Boh.

**Think colorful.** Eat healthy foods, such as brightly colored vegetables, and cut down on meat and fatty food, Boh advises. Though there’s little data to show certain foods can make psoriasis better or worse, if you have the disease, you may be at increased risk of other health conditions like diabetes, high blood pressure, and cardiovascular disease. “A healthy diet will certainly improve your overall well-being and

probably improve your psoriasis to a degree,” Boh says.

**Note triggers.** For some, psoriasis flares up after an infection, such as strep throat. For others, prescription or over-the-counter medications can be triggers. “If you have allergies, that can activate your immune system and cause psoriasis to be worse,” Boh says. “It’s important to recognize what makes your psoriasis worse, so obviously you can then try to avoid it.”

But don’t blame yourself if you follow these tips and you still have flare-ups, she says. “Psoriasis is a very frustrating disease,” she adds. “I don’t ever tell people that if you change what you eat, exercise, [and] reduce all stress, your psoriasis goes away. It’s just not true.” But healthy lifestyle changes may make a difference, or at least make psoriasis easier to live with, she explains.

### DID YOU KNOW?

PEOPLE WHO LISTENED TO  
**MINDFULNESS  
MEDITATION**  
RECORDINGS WHILE RECEIVING  
LIGHT THERAPY SAW  
THEIR SKIN LESIONS CLEAR  
SIGNIFICANTLY FASTER THAN  
THOSE WHO DID NOT  
(48.5 DAYS VERSUS 85 DAYS).





Take charge and watch **Colonoscopy Video Procedure**, a top video on the Colorectal Cancer Health Center.

WebMD.com

## MY STORY

# C VIEW

HOW A COLON CANCER DIAGNOSIS TRANSFORMED ONE MAN'S OUTLOOK ON LIFE

**By Jay Einbender**  
WebMD.com community member

In November 2011, I had an intuition I was about to undergo a life-threatening challenge. I was 54 years old. I ate organic foods, worked out religiously—I was doing everything right.

But several months later, my stools became thin, my appetite was low, I felt fatigued, and I developed an uncomfortable feeling in my lower abdomen. A gastroenterologist at New York University's Langone Medical Center told me to come in right away.

I'd never had a colonoscopy—I thought it would be invasive and painful. But it wasn't. Then my doctors told me I had advanced stage 3 colon cancer, but they had caught it just before it became terminal. I was shocked and confused. I had three kids. Life as I knew it stopped.

During surgery, the doctors discovered the cancer had spread to my lymph nodes, so they recommended chemotherapy. With it, I had a 50% chance of survival. Without it, only 25%. I decided I'd be a fool not to have it.

Cancer transforms you. You're stripped bare. You have to become your authentic self, and you have to surrender to your



## JAY'S WAYS

**Find the best.** Look for an expert for your kind of cancer, even if it means traveling.

**Get support.** Surround yourself with people whom you can talk to about your disease and who understand what you're going through.

**Accentuate the positive.** Life is a miracle. Focus on what's important and what's good. Cut out negative people and situations.

**Focus on yourself.** Make yourself No. 1. I'm a very selfless person, but I became selfish. I learned to put my needs first, because cancer is a life-or-death battle.

disease. Emotionally, you have to let yourself be raw. This can be hard for men, especially—they want to be strong, put on a game face.

I was fortunate to have a friend (who was unexpectedly diagnosed with breast cancer) who allowed me the freedom to cry in her arms, to talk about my pain and my fears.

I don't have any evidence of cancer now, although I still have fatigue and nerve problems from the chemo. But I don't use the word "remission." I'll say "cancer free" until proven otherwise.

I realized my life's purpose was to write a book to help heal cancer patients. I believe my disease is part of my life path. God, my higher power, the universe, whatever you call it, gives people this chance to become more self-aware, to learn and grow, no matter what the challenges. The trick is to turn adversity into value.

Everyone has the strength to do that.



## ASK YOUR DOCTOR

1

How high is my risk for colorectal cancer?

2

How can I reduce my risk of getting this cancer?

3

What screening tests for colorectal cancer may be right for me?

4

How often should I be tested?

5

What symptoms should I watch for?



## HEALTH CHECK

### DEPRESSION OR WINTER BLUES?

● ● ● Fall will soon turn to winter and, as the seasons change, the days will grow shorter and the temperatures colder. Have you also noticed a change in your mood—more blue than normal, for example? “Winter is my hard time with depression,” **amalia** writes in WebMD’s depression community. “But I know it will lift when the sunshine comes through.” Do you have the winter blues? Take this quiz to learn more about seasonal affective disorder (SAD).



#### ASK YOUR DOCTOR

**1**  
How can I tell if I have seasonal affective disorder?

**2**  
What treatments are right for me?

**3**  
Should I try medication, light therapy, or both?

**4**  
Will lifestyle changes help?

**5**  
Would talk therapy (psychotherapy) help me during this time?

## QUIZ

- Seasonal affective disorder may come from:
  - Fewer hours of sunlight
  - Too many carbs
  - Feeling lonely during the holidays
  - Worrying about money
- Symptoms of SAD usually include:
  - Sadness
  - Fatigue
  - Decreased appetite
  - Irritability
  - All of the above
- Treatments for SAD include:
  - Light therapy
  - Talk therapy
  - Medication
  - Getting enough sleep
  - All of the above
- SAD may:
  - Go away in spring
  - Come back every year
  - Turn into long-term depression
  - Any of the above

**Answers:** **1. a.** Researchers believe SAD may be caused by a reduction in the number of hours of light to which you’re exposed in the winter. This can disrupt your body’s biological clock as well as levels of serotonin and melatonin. **2. a, b, and d.** Seasonal affective disorder can make you feel sad, tired, sluggish, and irritable. It can also lead to an *increase* in appetite (and weight gain). **3. e.** People with SAD may respond to talk therapy, medication, and getting enough sleep. Some people also respond to sitting under special lights that mimic sunlight. Opening window blinds or installing skylights, getting outside, and exercising can also help. **4. d.** Some people develop SAD every year. For a very few people, it can turn into long-term depression.

#### SOURCES:

Cleveland Clinic, Mayo Clinic, WebMD Depression Health Center

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# Owen Wilson

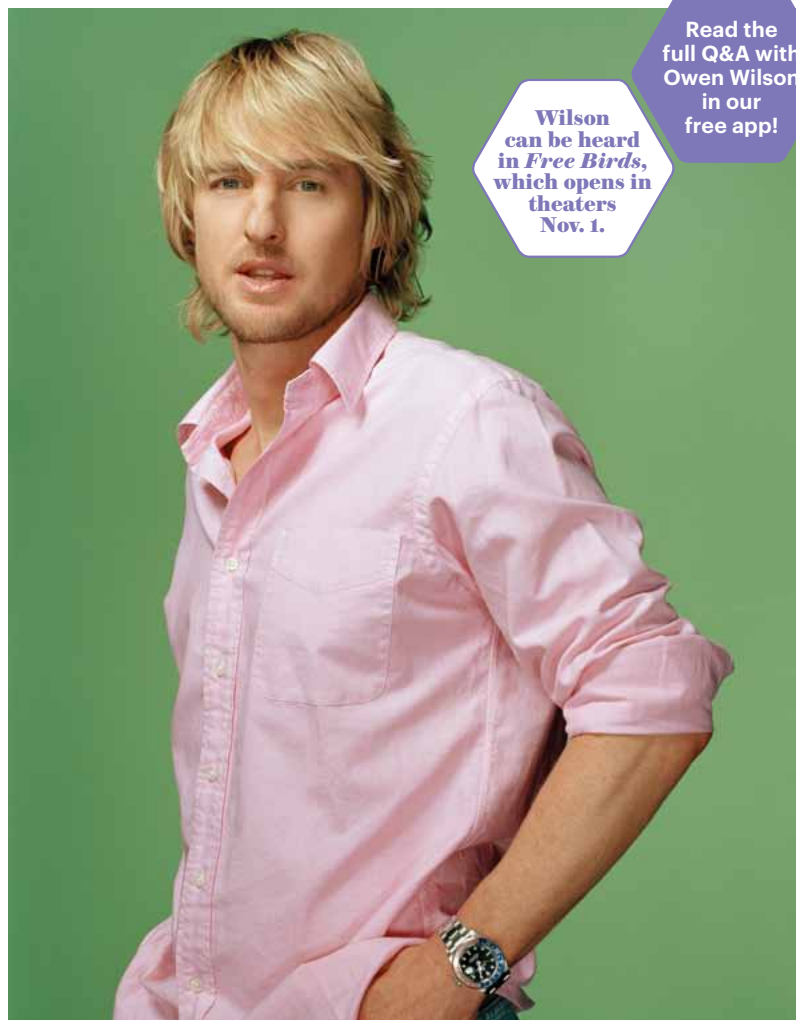
Actor

**1** In *Free Birds*, you travel back in time to save turkeys from becoming Thanksgiving's main course. Is turkey on your Thanksgiving menu this year? Yes. And I'm planning on having some turkey today.

**2** How did you prepare to play a turkey? There wasn't a lot of preparation needed. It just kind of came naturally to me, playing a turkey. I guess I just had a lifetime of preparation.

**3** What is the biggest difference between voice acting in an animated film and playing a traditional movie role? It's like when you're a kid with make-believe. It's all sort of in your head. It's also just easier. There's no hair and makeup and wardrobe. I like it. I would never have thought that I would do a lot of animated work, but for some reason it happened.

**4** How do you celebrate Thanksgiving? I celebrate it in Dallas with my family. We watch the Cowboys game, eat dinner, and maybe try to get up a football game. My mom makes dinner: apple pie, pecan pie, turkey, stuffing,



Wilson can be heard in *Free Birds*, which opens in theaters Nov. 1.

Read the full Q&A with Owen Wilson in our free app!

cranberry sauce, mashed potatoes, yams. It's my favorite meal of the year.

**5** What does the holiday mean to you? I read an article a few years ago about how the holiday is a nightmare for nutritionists, but for psychologists, there's actually something quite healthy about it. The idea of being grateful has a lot of health benefits. The

simple act of writing down three things a day you're grateful for has a measurable impact on happiness and contentment. I wasn't writing it down, but over the course of the day, I'd see a sunset or someone laughing, and I'd check that off as something to be grateful for.

**6** How has life changed since becoming a dad? As Ford plays

around and laughs and talks more, it just keeps getting better and better. I love to be around him. That's the biggest change, having this little person around who, if I have to pick someone to be around, is at the top of the list.

**7** What are your favorite father-son activities? We like to be on the tennis court and hit balls. We've been fishing a

few times. He's getting to the point where he likes to roughhouse and have pillow fights. Stuff I would have done with my brothers as a kid I'm starting to do with him.

**8** What's the most valuable lesson your son has taught you? It's like those things your parents say to you: You get out what you put in. Before Ford arrived, I didn't imagine I would be doing stuff like changing diapers, waking up with him, doing all these things. Doing all that stuff, that all makes for a stronger bond and foundation.

**9** Do you have a personal health philosophy? If I get enough sleep and I exercise, I almost always have a great day. If I don't have those things, especially sleep, I'm a lot more prone to being irritable and getting sick.

**10** You've been in movies for 20 years. How do you stay passionate about your work? As a kid, I loved the movies, and I remember thinking that if I could one day work in the movies, that would be the greatest thing ever. I try to stay in touch with that feeling, but some days it's easier than others.  
—Matt McMillen