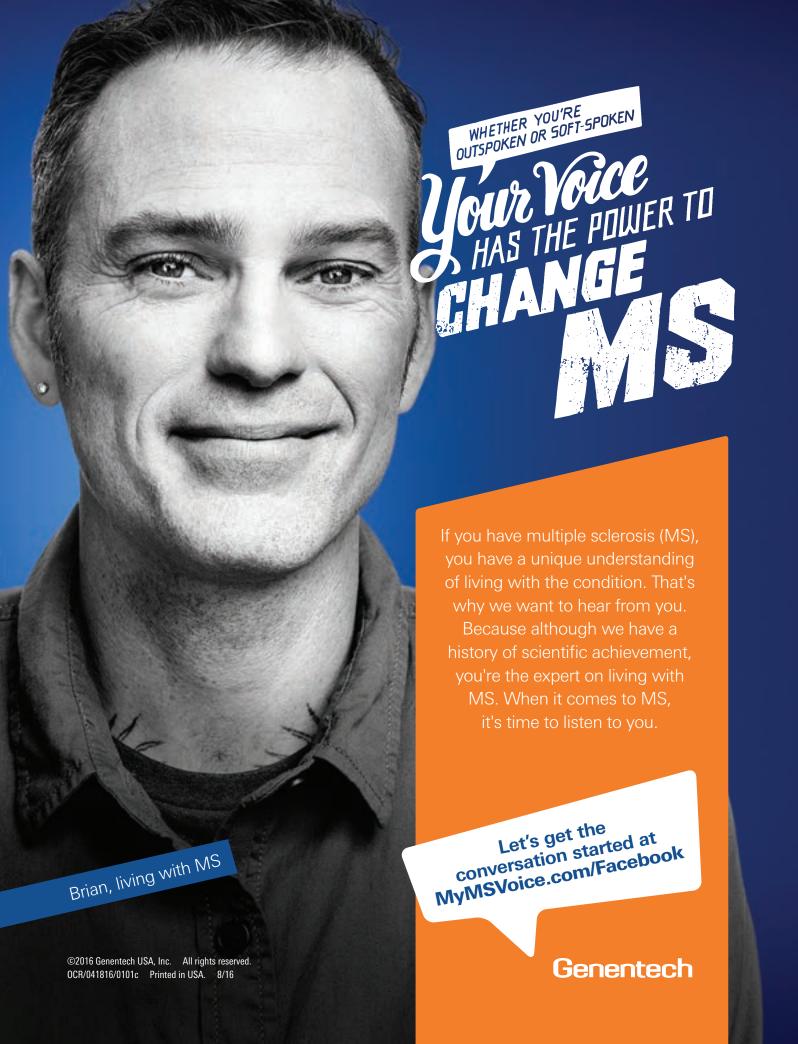
## **Health Heroes 10th Anniversary Issue** WEBMD.COM 2016 INSIDE **YOUR** WINTER COLD & FLU SURVIVAL GUIDE p.54 IDEA Our Annual Awara Vinners

SETH ROGEN
& LAUREN
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WORKING TOGETHER
TO ADVANCE ALZHEIMER'S
AWARENESS & RESEARCH

WHAT'S REALLY IN NATURAL BEAUTY PRODUCTS?

GREAT HEALTHY
GIFT IDEAS

p.14



WEBMD MAGAZINE

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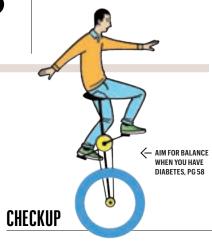
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PHOTOGRAPHY BY: Eric Ray Davidson STYLING BY: Anna Su/Art Department HAIR BY: Tamami Ito. MAKEUP BY: Tara Loren WARDROBE: Lauren: Schott NYC (jacket), Steven Alan (dress). Seth: Engineered Garments (jacket), Steven Alan (shirt), Levi's (denim).



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## Help Us Celebrate This Year's Health Heroes



#### THE WORLD HAS ALWAYS HAD HEROES.

They've been celebrated through the centuries and across the globe because they encourage us, provide hope, and make us see something greater in ourselves.

That's why we are so pleased to bring you the extraordinary group of individuals who make up our 2016 WebMD Health Hero award winners. On the cover are Seth Rogen and Lauren Miller Rogen, chosen by your votes as this year's People's Choice, who started an organization called Hilarity for Charity to raise

funding and awareness for Alzheimer's disease research. You'll read about their deeply personal connection to this condition. You'll also meet our Advocate winner. an oncology nurse who has made critical inroads in the field of palliative care and pain management. Equally impressive are our Scientist winner, who is pioneering a bionic pancreas, and our Prodigy winner, a teen who developed technology to combat school bullying.

This issue also includes all of the features you've come to expect from WebMD Magazine but in a fresh, new look. We'd love to hear your feedback!

King

Kristy Hammam Editor in Chief kristy@webmd.com

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# **Upfront**



Calories you burn in a half hour waiting in line at the mall to pay for presents or take your picture with Santa. Cooking for guests trims almost 100 calories per 30 minutes.

SOURCE: HARVARD MEDICAL SCHOOL

POUND

The average amount of holiday weight gain though most people think they will add 5 pounds over the holidays.

SOURCE: NEW ENGLAND JOURNAL OF MEDICINE



The amount by which the risk of high blood pressure fell following 200 hours of volunteering. Give back to others this holiday season—it's good for your health! SOURCE: NIH



Percentage of Americans who say they feel happy and relatively stress-free on Thankgiving. Some 63% feel the same way on Christmas. SOURCE: GALLUP

FRUNK ARCHIVE

IN THE NEWS

## Heroes in Our Midst



Editorial Director colleen@ webmd.com

What makes a health hero? When we first asked ourselves that question 10 years ago when we launched our annual WebMD Health Heroes awards, I don't think we had any idea how many "heroes" are in our midst, everywhere across the country, working with determination to improve the lives of others. In fact, I am still astonished by the range of ordinary Americans who came to us with their inspiring and often courageous stories. Like the young athlete who created her own team to run marathons for prostate cancer research. The advocate for family caregivers nationwide. The mom who works tirelessly to rid public schools of toxic substances. The military veteran who founded a program to help cure vets of post-traumatic stress disorder. And the young girl and her doctor whose pioneering work with genetically modified T cells saved her life. These are just a handful of the winners we've honored over the past decade. Beginning on page 31, meet them and this year's winners. —



## Get Close

A mother's touch supports brain development, a new study shows.

Researchers watched 5-year-olds playing and recorded how many times their mothers touched them during playtime.

Afterward, the children had a brain scan. Those whose mothers touched them most during the play session had stronger circuitry in regions of the brain related to socializing and mentalizing (the ability to understand your own and others' feelings, desires, beliefs, and reasons for behaviors).

SOURCE: Cerebral Cortex



SHUT-EYE

When you sleep, REM (rapid eye movement) and NREM (non-rapid eye movement) alternate in a cycle that repeats about every 90 minutes.

SOURCE: National Sleep Foundation

# $1 { m in} 7$

**AMERICANS** 

People who have some degree of tinnitus—also known as ringing in the ears

SOURCE: American Tinnitus Association



# RELIEF

#### **Meditation and yoga**

may relieve back pain when standard treatments don't. About 100 people with chronic low-back pain got eight weeks of meditation and yoga training. After the training, 60% of those in the meditation group had substantially less physical limitation than before. More than 40% said their pain was less bothersome. About 100 others continued with their usual pain management, which for many included medications. Only 44% had less limitation, and 26% said pain was less bothersome. People in the meditation and yoga group still felt better a year later.

SOURCE: JAMA

5%

#### BODY WEIGHT

Drop just that much of your weight and you can significantly reduce several risk factors for heart disease and type 2 diabetes.

SOURCE: Cell Metabolism



## Teen Woes

warning Nearly 1 in 4 teenagers who visited an emergency room for any reason from 2013 to 2014 reported symptoms of post-traumatic stress disorder, says a survey of 350 teens. More than 1 in 10 had symptoms of depression. About that same number had contemplated suicide. Half the kids surveyed reported being victims or perpetrators of cyberbullying. Half also reported instigating or enduring physical violence with their peers. More than half said they saw violence in their communities. Untreated, PTSD can lead to health problems, depression, and suicide.

SOURCE: General Hospital Psychiatry



**GOOD WORDS** 

Books could add years to your life. In a study of 3,635 people older than 50, book readers were 20% less likely than their peers to die during the 12-year study.

SOURCE: Social Science & Medicine

## PLANT POWER

Swap meat for plant protein—think beans, nuts, soy, quinoa—and you might live longer. In a study of 131,342 people, those who ate the most plant protein were less likely to die during the 25-year study. Big-time carnivores were more likely to die. People with other risk factors for early death, like smoking or obesity, benefited most from plant protein.

SOURCE: JAMA



#### **REJOICE!**

Temple University physicists have managed to slash the fat in milk chocolate by delivering an electric shock to liquid chocolate before it hardens. Low-fat milk chocolate may soon be in a supermarket near you.

SOURCE: Social Science & Medicine

 $\frac{1}{2}$ 

Age when your child should have a vision screening.

SOURCE: Cerebral Cortex

## Happy Food

Fruits and vegetables make you happier, says a study of 12,385 adults. Researchers tracked people's fruit and veggie intake for two years. They measured happiness with a well-established survey on health and well-being. People who upped their intake over two years to eight daily servings really perked up—as much as if they had gone from being jobless to employed. So while the physical health benefits of eating more fruits and veggies happen over decades, feelings of well-being seem to occur much sooner.

SOURCE: American Journal of Public Health





#### **SNIFF TEST**

Can't find the nasal flu vaccine? Turns out the nasal spray was far less effective than the shot, so it won't be available this year.

Source: Temple University



# NUMBING

Video games may desensitize people to senseless violence at least to virtual depictions of it. About 145 college students played a violent video game daily for five days. Half played the role of a U.N. soldier killing terrorists. The others played terrorists killing innocent people. Those who played terrorists felt the most guilt in the beginning, but their guilt declined daily. After five days, everyone played a game in which they helped terrorists attack an airport. Those who'd played terrorists in the first game felt less guilty playing this game than their U.N. soldier counterparts.

SOURCE: Media Psychology

# Living

MEANINGFUL CHANGE

to the new time. After arriving, do your best to stay up until 10 p.m. local time. To help ensure a good night's sleep, avoid heavy meals,

intense exercise, alcohol, and caffeine. Finally, go outside the next

morning. Sunlight helps you adjust. -KARA MAYER ROBINSON

Flying out of town for the holidays?

Minimize jet lag with some smart tips

Flight Time  $\leftarrow$ Holiday travel can be stressful, but it doesn't have to confuse your body clock

Scan This Page for More Watch What Is Sitting Disease?, a video at WebMD.com. Learn how on page 6.

REVIEWED BY Arefa Cassoobhoy, MD, MPH WebMD Medical Editor

#### MEN'S HEALTH

## **Live Long and Prosper**

To do that, get off that couch. Poor physical fitness may be nearly as bad for you as smoking, says an important new study, so make exercise a lifesaving priority



IF YOU WANT TO LIVE A LONG, HEALTHY LIFE, GET PHYSICALLY FIT. That's the conclusion of a Swedish study, published this past summer in the European Journal of Preventive Cardiology. In the longest study of its kind, researchers followed nearly 800 men for almost 50 years and found that only smokers died early at higher rates than couch potatoes.

Steven Lamm, MD, says the study sends a powerful message, especially to the sedentary: Get in shape if you want to be around for a while. But, he adds, if you want to enjoy life, don't overdo the exercise.

#### **ASK YOUR DOCTOR**

#### What do I need to know about nutrition?

You need nutrients to power you through your day and through your exercise routine. Talk to your doctor about adjusting your diet to support your increased activity level.

#### Q Can I safely exercise?

You want a program that is appropriate for your

body and current physical condition. Your doctor can help determine your fitness level and recommend starter workouts, then step things up as you get more fit.

#### Q Do my sleep habits affect my ability to exercise?

If you're not sleeping well, nothing's going to work as well as it should. Your doctor can help guide you to a better night's sleep.

#### Start Slow

Setting small goals you can stick to will help you keep going

> "Moderation really does matter," says Lamm, a professor of medicine and medical director of the Tisch Center for Men's Health at NYU Langone Medical Center.

> Push yourself too hard, Lamm says, and you risk musculoskeletal and joint injuries that could lead to chronic pain. You may also put your heart at risk if it's not ready for strenuous workouts, so make a conscious effort to restrain yourself, he advises.

> "Men by nature are aggressive and overdo most things," Lamm says. "But it's not about how quickly you can get fit. It's about how long you can sustain your improved level of fitness."

### **First Steps**

STEVEN LAMM, MD, OFFERS THIS PRESCRIPTION FOR GETTING STARTED THE RIGHT WAY:

Focus on gentle exercises at first. That means, for example, a brisk 30-minute walk three times a week. Do it outdoors or on a treadmill set to 4 mph. Don't be tempted to do 8- to 9-mph runs.

#### **CROSS-TRAIN**

Alternate the exercises you do so that more than one muscle group gets attention. Walk one day, Lamm suggests, then bike or row the next. Weight training with light weights should also be part of your routine.

#### **DON'T BE A TEAM PLAYER**

Sports like football put too much stress on your body. Avoid them until you've improved your conditioning, Lamm says. Not sure you're ready? Ask your doctor.

Scan This Page for More
Read Healthy Apps for Your Workout
Trackers, an article at WebMD.com.
Learn how on page 6.

REVIEWED BY Michael W. Smith, MD, CPT WebMD Chief Medical Editor



FRANKLIN ANTOIAN, CPT, FITNESS TRAINER AND FOUNDER, IBODYFIT.COM

#### FITNESS

## Fit Gifts

New gear, gadgets, and gizmos for the exercise enthusiast, recommended by an expert in high-tech fitness



"The newest crop of fitness gadgets is super innovative, with features that feel decades ahead."

> —FRANKLIN ANTOIAN, CPT

#### **Gym Equipment**

THIS EQUIPMENT IS SUPER COMPACT, PERFECT FOR SOMEONE WHO CRAVES A HOME GYM BUT HAS LITTLE ROOM TO SPARE.

#### **SLIDEZ** (\$30)

These low-friction gliding platforms take moves like lunges and mountain climbers to the next level by engaging your core during each rep.

sklz.com

#### **CUBII** (\$347)

Work out while you work with this under-desk elliptical trainer. Sync it with a Fitbit or mobile app to track calories, strides, miles, and time.

mycubii.com

#### **Wireless Gadgets**

NO PATIENCE FOR TANGLED-UP WIRES? TODAY'S WIRELESS DEVICES HELP YOU MOVE FREELY, ON LAND OR AT SEA.

#### PLANTRONICS

#### BACKBEAT FIT (\$130)

These lightweight Bluetooth headphones are designed to sound great and stay put as you sweat.

plantronics.com

#### **FINIS DUO** (\$120)

The swimmer on your list will flip for this underwater MP3 player. It hooks onto goggle straps and uses bone conduction to send sound waves to your ears—no earbuds necessary.

finisinc.com

#### **Tracking Systems**

DON'T JUST TRACK POUNDS. GET SPECIFICS ON HOW FIT YOU ARE—AND WHAT YOU NEED TO DO TO GET FITTER—WITH HIGH-TECH MEASUREMENT SYSTEMS LIKE THESE.

#### NAKED LABS MIRROR

(\$700\*)

This revolutionary mirror takes a 3-D scan of your body and sends it to your smartphone to track muscle growth and fat loss. naked.fit

#### **POLAR BALANCE SCALE**

(\$100)

This smart scale goes beyond weight readouts. It tells you how much activity it'll take to reach your goal.

polar.com

#### **Wearable Trackers**

WANT TO TRACK STEPS? CALORIES BURNED? HEART RATE? SLEEP? TODAY'S WEARABLE TRACKERS TELL ALL, AND THEY AREN'T JUST FOR WRISTS.

#### **RECON JET**

(\$499)

Get a read on your cycling metrics without taking your eyes off the road with these futuristic sunglasses.

reconinstruments.com

#### **PUSH BAND**

(\$289)

This water-resistant armband counts reps, power, and velocity as you lift weights. It also signals you to ease up or push harder.

trainwithpush.com

\*STARTS SHIPPING MARCH 2017



WORK MATTERS

## **Bully, Bully**

They aren't confined to the playground. Bad behavior in the workplace is unsettling, and takes a toll on everyone in the office

A CO-WORKER WHO "FORGETS" TO SHARE IMPORTANT INFORMATION, A CLIQUE that spreads gossip, or a boss who humiliates subordinates are definitions of a hostile work environment. Along with intimidation, threats, and sabotage, they are also examples of workplace bullying. "It's a form of workplace harassment that has a profound effect on the target," says Gary Namie, PhD, co-founder of the Workplace Bullying Institute and co-author of *The Bully-Free Workplace*. "It's cruelty, plain and simple."

#### -> On the Rise

Workplace bullying is rampant, according to a survey by the Workplace Bullying Institute

The behavior can take several forms. One bully might focus on a target, or a group might single out a co-worker. While bullying is often done face-to-face, more technology at work means that office cyberbullying is also on the rise.

Bullies have different reasons for their behavior, from looking to get ahead at work by sabotaging colleagues to attempting to control their targets. Whatever the reason, the workplace suffers from lower productivity, absenteeism, and high turnover.

People who are bullied suffer stress that can leave them unable to concentrate, putting their jobs at risk, Namie says. The psychological distress is linked to depression, anxiety, and post-traumatic stress disorder. Research shows that bullied workers can also have sleep disturbances and even thoughts of suicide.

"The problem is not only that bullying creates a hostile work environment," Namie says. "It's a serious public health issue."

What can be done? Creating workplace anti-bullying policies and training staff about behaviors that constitute bullying (similar to sexual harassment training) are effective prevention strategies, according to a 2016 literature review published in the Journal of Psychology Research and Behavior Management.

Namie believes that people bullied at the office can benefit from counseling or group therapy. The most important thing to remember, he says, is: "You are not alone, you did not cause this, and help is available."

#### **BULLYING BY THE NUMBERS**

56%

of bullies are in positions of authority; just 18% of people who are bullied are bullied by peers

37

Americans have been targets of abusive conduct at work. More than 15 million have witnessed workplace bullying

60%

of workplace bullies are men; 60% of targets of workplace bullying are

of bullies were punished but kept their jobs; 15% quit or were terminated, per a 2014 study

SURVEY BY THE WORKPLACE BULLYING INSTITUTE

#### LIVING

Scan This Page for More Check out Brain Foods That May Help Prevent Dementia, a slideshow at WebMD.com. Learn how on page 6. REVIEWED BY Brunilda Nazario, MD WebMD Lead Medical Editor

#### MIND MATTERS

## **Brain Gain**

Forget forgetfulness as a natural byproduct of aging. Prevent memory loss and keep your brain sharp with these seven simple steps



#### 1. Step It Up

"Physical exercise has the best evidence for preserving memory and mental function with aging," says R. Scott Turner, MD, PhD, director of the Memory Disorders Program at Georgetown University Medical Center.

Exercise can help prevent illnesses that can lead to memory loss, such as diabetes, high blood pressure, high cholesterol, obesity, and stroke. Some studies suggest that physical activity also triggers the release of a protein called brainderived neurotrophic factor (BDNF) that promotes healthy nerve cells in the brain, in turn giving your memory a boost.

#### 2. Go Mediterranean

Healthy foods are always good for your brain, and "there's good evidence for the Mediterranean-style diet," says Argye Hillis, MD, professor of neurology at Johns Hopkins Medicine. But this diet doesn't mean pasta and pizza, she says. Instead, it's "lots of fruits and vegetables, fish rather than red meat, and olive oil."

One study found people who closely followed this diet were nearly 20% less likely to have thinking and memory problems.

#### 3. Engage Your Brain

"Just like physical exercise, mental exercise is good for you," says Mustafa Husain, MD,

#### → Let It Go

Don't stress about occasional memory lapses

director of the geriatric psychiatry division at Duke University School of Medicine.Play cards, join a book club, watch a football game with friends, or use a brain-training app. Any mentally challenging activity will keep your mind sharp.

#### 4. Stay Social

"The more social connections someone has, the better they are at preserving mental function and memory," Turner says. Social interaction also helps memory as it improves your mood. "We see a lot more depression in people who are socially isolated," Husain says. "Depression itself can cause dementia."

#### 5. Sleep Better

"Attention and concentration go down when sleep is restless, and mental function is not as sharp as it is in those who have normal, restful sleep," Husain says. To get better shut-eye, avoid big meals before bed, hit the pillow at the same time each night and wake up at the same time each morning, and don't drink caffeine or alcohol close to bedtime.

#### 6. Lower Your Stress Level

"Being under stress is very bad for your brain," Turner says. High levels of the stress hormone cortisol make it harder to pull information from your brain's memory. Try meditation, yoga, or massage to help you relax.

#### 7. Quit Smoking

Smoking speeds up memory loss as you age, probably due to small strokes it can cause in the brain, Turner says. Try nicotine replacement, medicine, or counseling to help you kick the habit for good.



REVIEWED BY Karyn Grossman, MD WebMD Medical Reviewer



## EXPERT PICKS

## Good Skin Giftables



#### 1. CATCH COAL Yes to Tomatoes Detoxifying Charcoal Mud Mask (\$2.99)

"This is one lump of coal that you want to receive in your stocking. The soothing clay face mask is made with charcoal, which helps to draw away impurities, sebum, and bacteria from the skin."

#### 2. HANDY WORK GlamUp UPF-Infused Gloves

(\$19.99)

"More and more clothing lines are infusing wearable, trendy garments with ultraviolet protection factor (UPF). These lightweight gloves, for example, look cool (and are touch-screen ready), plus they defend against age spot-inducing ultraviolet rays from the sun."

## 3. SUPER SERUM SkinCeuticals C E Ferulic Serum

"It may be on the pricier side, but whomever you splurge on will love it as much as most dermatologists do. It's packed with the potent power of antioxidants like vitamins C and E that help reverse skin aging and damage. Translation: Clearer, more evenly toned skin."

#### 4. PITCH A TINT Revision Intellishade SPF (\$45)

"This lightly tinted SPF has skin texture-improving peptides and antioxidants to help protect from environmental stressors like the sun's rays and pollution that can add years to skin. The gift of glowing skin—who doesn't want that?"

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## **WebMD**

# HEALTH HEROES

## Individuals Working to Improve Health and Wellness



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PEOPLE'S CHOICE
SETH ROGEN AND LAUREN MILLER ROGEN
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SCIENTIST ED DAMIANO, PhD Professor, Biomedical Engineering, Boston University

webmd.com/healthheroes #HealthHeroes



REVIEWED BY Mohiba K. Tareen, MD WebMD Medical Reviewer

#### BEAUTY SMARTS

## Natural and **Organic**

These products sound appealing and often look simple and beautiful. But what are you really buying?





Do Your Research Scrutinize labels to decipher how organic a product

Before you invest in these products, read what our experts have to say about whether going natural is better than the man-made alternatives.

The guidelines about using "organic"

"Anyone can use the term 'natural' on a product," says Manjula Jegasothy, MD, a dermatologist in Miami. "It should mean that the ingredients are derived from an organic source and not man-made, but it can be a broad marketing term."

TAKE A WALK DOWN ANY BEAUTY AISLE AND YOU'LL SEE

labels boasting "natural," "organic," and "eco-friendly" ingre-

dients. With more and more so-called "green" options on

the market, you might wonder if these products are safer

or offer more benefits than their traditional counterparts.

The reason is that the FDA doesn't regulate terms like "natural" and "organic." "There's no standardized definition of the terms," says Joel Schlessinger, MD, a dermatologist in Omaha, Nebraska. "Without regulation, there's no accepted percentage of ingredients that must be natural."

And which ingredients qualify as natural is also up for debate. "This argument really comes down to a case of what is considered natural and what is not," says Randy Schueller, a cosmetics chemist in

Chicago and co-founder of The Beauty Brains. "I think that everyone can agree that pomegranate extract is natural. But

what about mineral oil? It's refined from petroleum that comes out of the earth. Is it any more or less natural?"

on a label are clearer. The U.S. Department of Agriculture sets rules around the definition, and beauty products must follow the same production and handling standards as organic food. The USDA requires manufacturers to use approved methods that conserve the environment. Synthetic fertilizers, sewage sludge, irradiation, and genetic engineering may not be used. For a product to be labeled USDA 100% Organic,



#### PRODUCT PICK **BARE MINERALS Complexion**

"I find this gel versatile—it's not drying and doesn't feel too heavy, and it has SPF 30. I use it no matter the weather for a fresh, dewy effect."

Deanne Robinson, MD clinical instructor of dermatology, Yale University Medical School

"The titanium dioxide offers physical protection from the sun, and the natural hydrators allow for a smooth application.

Adriana Lombardi, MD

**ELTAMD UV Daily Broad-Spectrum SPF 40 Tinted Moisturizing Facial** Sunscreen (\$28.50)

"This contains hyaluronic acid, an excellent moisturizer, as well as vitamin E for antioxidant benefits. The medium tint blends easily." dermatologist, Augusta, Georgia

it must contain only organically produced ingredients—excluding water and salt. To carry a USDA Organic label, the product must contain at least 95% organically produced ingredients again, excluding water and salt.

Learn how on page 6.

Determining how natural a product is requires a bit of research. Check where natural ingredients fall on the label—the first items listed appear in the highest concentration; the less there is of the ingredient, the later it's listed.

Making the determination as to whether natural products are better is an even more confusing task. "The preference for a product free of synthetic additives and unnecessary preservatives—or anything that could harm your metabolism-makes sense," Schlessinger says. "But sometimes the 'purest' products might not be the most effective."

Much of what consumers seek to avoid are preservatives like parabens and phthalates. The problem is that natural preservatives may not work as well, Schlessinger says. That means natural products tend to have a shorter shelf life. So buying natural may require you to pay closer attention to expiration dates and how you store your products.

Though it may seem counterintuitive, those with sensitive skin should be careful when selecting a natural product. "Having allergies to botanical or plant-derived skin care ingredients

tends to be more common than reactions to synthetics," Jegasothy says.

She warns against fragrances derived from natural sources like lavender and jasmine because they have the potential to cause irritation—especially if you already have seasonal allergies. Naturally derived ingredients like oats, green tea, sugar, manuka honey, argan oil, and coconut oil all offer benefits without needing lab processing, Jegasothy says.

"With natural and organic products, you may be sacrificing efficacy to satisfy someone's definition of the word 'natural," Schueller says. "You have to consider what the product claims to do, how well the formula will deliver against those claims, and how much the product costs."

#### **THE SCOOP**

#### **Holiday Makeunder**

MAKEUP ARTIST RAMY GAFNI, AUTHOR OF HOW TO FAKE REAL BEAUTY. SHARES HIS TIPS FOR USING MINIMUM MAKEUP FOR MAXIMUM IMPACT.



**BRUSH UP** 

Apply black

mascara to

upper lash line

only. But don't

use last year's

tube. Mascara

placed every

three months-

it can develop

eye infection.

bacteria and put

you at risk for an

must be re-

#### **SET THE STAGE**

Apply a BB cream as you would a moisturizer. It does the iob of concealer. foundation, and powder, creating a perfect canvas for your makeup.



#### **DUST LIGHTLY** Using a blush brush, apply blush to apples of cheeks, blending upward along your cheekbone. Then sweep

blush across

your eyelids.



#### **ADD A FESTIVE RED LIP**

An easy way to go red is to opt for gloss instead of lipstick. Gloss is more sheer and can be applied lightly, or you can build the color into a bolder red.

## **Dirty Secret**

"I GET SO LAX ABOUT MOISTURIZING DURING THE WINTER WHAT CAN I DO TO MAKE SURE MY SKIN STAYS HYDRATED?

#### START IN THE SHOWER

Put your moisturizer in your shower or bath: If your bottle of moisturizer is right next to your shampoo or conditioner, you're more likely to apply it immediately after drying off your skin, which happens to be the best time to trap in moisture.

#### **CHECK FOR INGREDIENTS**

Pick a moisturizer that does the work for you: Look for ingredients like ceramides or hyaluronic acid. These agents help restore hydration and moisture balance. Also, a moisturizer with mineral oil will have a bit more staying power

#### **APPEAL TO YOUR SENSES**

Use a moisturizer that smells and feels good: If you associate moisturizing with positive sensory memory, you'll be more motivated to reach for the jar or bottle. Moisturizing becomes a pleasant part of

-Barry Resnik, MD, clinical professor, University of Miami School of Medicine dermatology department

## **Aisle Do**

CONSIDER A FACIAL MOISTURIZER THAT DOES DOUBLE DUTY, LIKE ONE OF THESE EXPERT-RECOMMENDED PRODUCTS. WITH A BIT OF TINT, THEY HELP EVEN SKIN TONE



## **Rescue Tinted Hydrating Gel** Cream (\$29.50)

#### PRODUCT PICK **NARS Pure Radiant Tinted Moisturizer Broad Spectrum SPF 30** (\$44)

dermatologist, Eatontown, New Jerseu

### PRODUCT PICK

REVIEWED BY Mohiba K. Tareen, MD WebMD Medical Editor

#### ANATOMY OF.

## Lipstick

Quite a bit of lip service goes into each tube

## 1. What's Inside

Lipstick is primarily composed of waxes like beeswax and carnuba that give it structure, emollients like castor oil and lanolin to ensure it glides on smoothly, and vitamins and antioxidants that prevent rancidity of the natural oils and pigments—the main attraction.

#### 2. Built To Last

Long-wear formulas contain lightweight emollients that rapidly evaporate leaving behind pigments. Flexible film formers provide water resistance and help pigment adhere to lips.

#### 3. Behind The Shine

Glossy formulas that look high-shine contain ingredients like mica or silica that reflect the light in uniform angles. Matte versions contain higher levels of wax and less oil to create a flatter effect.



## 4. Color Correction

To ensure lipstick shades remain consistent between batches, manufacturers use specially designed colorimetric equipment to apply numeric reading to the hues and identically match previous batches.

#### 5. Steps For Staying Power

To avoid feathering in fine lines and color fade, first apply concealer around your lips, blending well. Set with a light dusting of loose powder. This will fill in fine lines and prevent run-off.

#### 6. Apply Yourself

Keeping lips exfoliated and moisturized ensures lipstick glides on evenly. Trace lips with a liner then use a lipstick brush to fill in with lipstick and blend with liner.

# Family



Watch Makeover: Skip the
Screen, a video at WebMD.com.
Learn how on page 6.

REVIEWED BY *Daniel Brennan*, *MD*WebMD Medical Reviewer

#### PARENTING

## **Time Out**

Devices are a favorite holiday gift, but everyone can benefit from less interaction with them. Try these tips to pry your kids off screens



#### Put computers and TVs in shared spaces.

When kids use screens in the kitchen or living room, it's easier to keep an eye on the shows they watch, the games they play, and the websites they surf.

#### Set aside tech-free time.

"At any age, kids should know there are specific times when screens stay off, like at meals and before bed," says David Hill, MD, chairman of the American Academy of Pediatrics Council on Communications and Media.

"Our greatest question should be, 'What is this screen time replacing?"

-DAVID HILL, MD

#### Make tech work for you.

Use programs and apps that you can set to turn off computers, tablets, and smartphones after a given amount of time.

## Watch how often you use your own devices.

If you keep your face buried in your phone, your kids won't see a good reason why they should get off their screens. Researchers who studied families at fast-food restaurants noticed parents were often more focused on their smartphones than on the children at the table.

## Make limits a regular part of screen use.

When the rules are clear and consistent, you can avoid daily battles when you tell the kids it's time to turn off the TV, computer, or phone.

## Help your kids find other ways to have fun.

"If a child has nothing to do but stare at a screen, then we should not be surprised when that is what he or she does," Hill says. Keep other options—art supplies, books, Frisbees, and bikes—around and ready for those times when your kids claim there's nothing else to do.

## Adjust screen-time limits as your child gets older.

"For middle-schoolers and teens, parents may want to involve them more in the decision-making process," Hill says. You could talk with them about how much screen time the whole family should get. Once you've settled on a plan, stick to it.

### 4 Lessons

WITH SCREENS EVERYWHERE IN KIDS' LIVES, WHAT DO PARENTS NEED TO KNOW?

#### **HOURS ADD UP**

Outside of homework, school-aged kids should spend no more than an hour or two with a screen every day, according to the American Academy of Pediatrics.

#### **REAL RISKS**

Too much screen use in early childhood has been linked to language delays, says Jenny Radesky, MD, assistant professor at the University of Michigan Medical School.

#### **TEENS OVERDO IT**

Teenagers now spend up to nine hours a day on media, excluding time spent using media for school or homework, according to a 2015 Common Sense Media survey.

#### **KIDS MISS OUT**

"Our greatest question should be, What is this screen time displacing?" says David Hill, MD, chair of the American Academy of Pediatrics Council on Communications and Media. Scan This Page for More

Get the WebMD Pregnancy app and keep track every day, until your baby's birthday. Learn how on page 6. REVIEWED BY Nivin C.S. Todd, MD
WebMD Medical Reviewer



#### PREGNANCY

## **Modern Mama**

This isn't your mother's pregnancy. New research questions three long-held beliefs for healthy babies

FACT: EVERYONE—FROM YOUR MOTHER TO YOUR UBER DRIVER—WILL GIVE YOU advice when you're pregnant. Some tips are so ridiculous you can dismiss them outright (like this one: Don't hold your hands over your head. Go ahead, it's fine). But recently some old-school ideas have been dispelled by cutting-edge research.

## MYTH #1: Don't push yourself at the gym when you're pregnant.

THE TRUTH: A new study suggests pregnant women who exercise daily—even vigorously—are more likely to deliver vaginally, and show no greater risk of preterm birth. "Exercise can help with common discomforts of pregnancy and even help prepare your body for labor, delivery, and postpartum recovery," says Kelly M. Kasper, MD, OB/GYN, at Indiana University Health.

One important caveat: If you weren't physically active prior, be sure to consult your health care provider before you begin a new exercise regimen.

## MYTH #2: You should be happy! And joyful! And glowing!

THE TRUTH: More than one-third of women have depression during pregnancy, according to a study from Northwestern University. Changing hormone levels, anxiety for the baby, changes in your body, or a personal or family history of depression are just a few things that can contribute to the baby blues.

"Depression can be difficult to diagnose in pregnancy, but if you feel you may be struggling, seek help from a qualified health care provider," Kasper says. "Many safe treatments and therapies can help."

## MYTH #3: Once a C-section, always a C-section.

THE TRUTH: While there are certain risks associated with attempting a vaginal birth after you've had a Cesarean (known as a VBAC), a recent study suggests that those complications are rare—and in fact, a VBAC is linked to lower rates of blood transfusions and being admitted to the intensive-care unit compared with a C-section.

#### ASK YOUR DOCTOR

#### What supplements should I take?

Some women may need more than a prenatal vitamin, such as extra iron, folic acid, and vitamin D.

#### Q Can I give in to my chocolate cravings?

A new study suggests that a few servings of high-flavanol/ low-sugar chocolate per week may increase circulaton in the placenta. Just don't overdo it.

#### Q What seafood is safe to eat?

Look for fish high in DHA, a fatty acid vital for growing babies' brains, and low in mercury. Ask your doctor for a list.

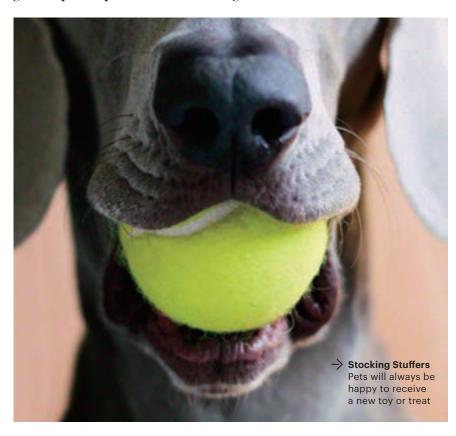
#### o Can anything besides science predict the sex of my baby?

Probably not, but some old wives' tales (like the Chinese calendar for gender prediction) are just fun to try.

## **Pet Shop**

Learn how on page 6.

Treat your furry family members with great gifts that get two paws up from a certified dog trainer





DERRY McMULLEN AND AUTHOR OF HOW MANY DOGS? TRAINING TO MANAGE A MULTIPLE DOG

#### **HOLIDAY TIPS**

RETHINK ORNAMENT PLACEMENT

"Tinsel, colorful decorations, and  $bright\ lights\ could$ be mistaken for toys. To keep your pets from ingesting the décor, hang it out of reach. Also, keep any small toys and parts off the floor."

**BAN TABLE SCRAPS** 

"Some people foods are not meant for pets. Avoid the temptation to share your feast with pets-and ask guests to do the same. When it's time to eat, put your pets in a separate room with their own meal."

WATCH THE DOOR

"More guests mean more opportunities for animals to dart out the door. To keep them safely inside, try putting up gates that block their access."

### **For Dogs**

#### **HANDS-FREE FETCHING**

iFetch (\$40 AND UP)

ERIC SCOTT ANDERSON

If your active dog tires you out, this toy means he no longer needs a partner to play fetch. Train Fido to drop a tennis ball in the top of the iFetch unit and let him chase after it when it shoots out the bottom. "It's a great idea for ball-obsessed dogs," McMullen says. To keep your dog from getting bored, the unit has three chutes and tosses the balls in different directions at random

goifetch.com

#### TREAT DISPENSER

petzi.com

Petzi Treat Cam (\$169)

The Petzi Treat Cam lets you stay connected to your pets from afar. The wall-mounted unit features a camera that streams video, snaps photos through a Wi-Fi connection, and even lets you speak to your dog. Connect to the app and, at the press of a button, give your dog a treat for good behavior. Being able to communicate with your pet is especially important if you have a dog with mild separation anxiety.

#### For Cats

#### CAT RACE TRACK

One Fast Cat Wheel (\$199)

Worried Fluffy is a little too fluffy? Give her a feline-friendly version of the hamster wheel from California company One Fast Cat. "Cats are naturally curious." McMullen says. "Giving them a toy that keeps them mentally and physically active is a good idea." Safety is important, too. The running surface is foam that cats can grip with their claws while the wheel rotates

onefastcat.com

#### **GPS TRACKER**

Whistle GPS (\$79\*)

Never lose track of an outdoor cat again. The Whistle GPS pet tracker attaches to your cat's collar and uses an app to map her exact location. The tracker sends a text alert if your cat leaves a predetermined safe zone (your yard, for example). McMullen notes that GPS collars have the potential to reunite owners with lost animals quickly. Her only caution: "Remember to check the batteries "

whistle.com

\*PLUS \$10 MONTHLY MONITORING FEE

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#### SPOTLIGHT

## Cat-choo!

Cats fall prey to many of the same health woes humans do—from colds to infections to arthritis

## What to Watch For

ROUTINE INSPECTIONS NIP PROBLEMS BEFORE THEY GET SERIOUS, SAYS KATHRYN McGONIGLE, DVM, DACVIM, CLINICAL INSTRUCTOR AT THE CORNELL UNIVERSITY COLLEGE OF VETERINARY MEDICINE.

#### 1. Ears

Excess scratching or discharge could indicate parasites or an infection.

#### 2. Eyes

Blinking, discharge, and redness can warn of infections and other eye problems.

#### 3. Teeth

Brush daily if your cat lets you. See the vet for dental checkups once or twice a year.

#### 4. Body

Overweight cats can get diabetes and arthritis. Ask your vet for a safe weightloss plan.

#### 5. Digestive Tract

Coughing up hairballs, vomiting, weight loss, and diarrhea could signal a problem.



Brush mediumand long-haired cats to prevent matting, which causes irritation and discomfort.

#### 7. Skin

Feel for lumps or bumps and report them to your vet.

#### 8. Heart and Lungs

Coughing, fatigue, and fast breathing can signal a heart or lung problem. Both indoor and outdoor cats need heartworm protection.

#### 9. Urinary Tract

Watch for a change in urine amount or color, or straining when your cat goes.

#### 10. Nails

Clip nails every month or so to prevent them from growing into the paw pad.

THIS CONTENT IS CREATED AND CONTROLLED BY WEBMD'S EDITORIAL STAFF AND IS BROUGHT TO YOU BY PURINA ONE CAT.

**Scan This Page for More**Get the **WebMD Baby App** to track
growth and capture your baby's special

moments. Learn how on page 6.

REVIEWED BY Hansa Bhargava, MD
WebMD Medical Editor



ВАВУ

## **Best Toys for Babies**

Toys are tools for learning, so choose playthings that inspire exploration and build skills

IN AN AGE WHEN IMAGES, MUSIC, AND GAMES APPEAR WITH THE touch of an electronic screen, the best baby toys remain simple ones that stimulate curiosity and motor skills, says Claire Lerner, LCSW, a child development and parenting specialist in Washington, D.C.

"They become interested and curious about the world, which is the foundation of learning," says Lerner, who works with Zero to Three, a nonprofit organization focused on early child development. Here are some of Lerner's top toy picks.

#### Crib mobile

A colorful mobile captivates babies with visual contrast, motion, and sound. Watch how your baby reacts. Some thrive on sensory stimulation, while others become easily overwhelmed. Remove mobiles at 5 months or when your baby can push up on hands and knees.

#### Books

Talking to your baby aids brain development, so it's never too early to begin reading aloud. Start with books that your baby can touch, hold, and even put in his mouth.

#### Nesting cups

First, your baby may knock cups together, making sounds. Eventually, he will learn that one fits inside another or that they can be stacked.

#### Pop-up toys

Baby bangs on the big plastic button and suddenly a smiling bear pops up! With toys like this, surprise leads to an understanding of cause and effect.

#### Connecting blocks

Some children naturally want to take things apart or put them together. You may be the one connecting the blocks for your baby, but for older children, blocks become a tool for creative play.

#### Musical instruments

Younger babies may just wave around a plastic maraca or toy drumstick. Even that grasping helps them build motor skills. By about 6 to 8 months, they have enough motor control to bang on a small drum or a pint-size xylophone.

#### Shape sorter

Engage your baby in dropping shapes into a container and spilling them out. You can demonstrate spatial concepts by guiding the shapes into proper-shaped holes, although babies won't master that until about 15 to 18 months.

ASK YOUR DOCTOR

#### what toys are safe for my baby to put in his mouth?

Pay attention to warning symbols on toy packaging. Safety guides are available from the U.S. Consumer Product Safety Commission.

#### Q How should I clean my baby's toys?

Use a spray disinfectant and rinse thoroughly before your baby plays with them again.

#### what toys are most appropriate for my baby's motor skills?

The answer depends on your baby's age. Remember that infants don't all progress at the same rate.

#### what everyday objects are safe for my baby to play with?

Infants may enjoy banging on pots or plastic containers with a spoon.

Scan This Page for More
Read Is Your Kid Sick or Just
Faking It?, an article at WebMD.com.
Learn how on page 6.

REVIEWED BY *Hansa Bhargava*, *MD*WebMD Medical Editor



ANDREW PAVIA, MD, CHIEF OF PEDIATRIC INFECTIOUS DISEASES AT UNIVERSITY OF UTAH HEALTH CARE

#### KIDS

## **Cold Wars**

Our expert answers some of parents' common questions about cold and flu season—and what to do if your kids wind up getting sick



What are the best ways to prevent colds and flu? First is good handwashing. Have kids wash their hands after handling tissues, before eating, and after using the bathroom. Second, avoid people who are sick. And to prevent the flu, the best tool we have is the flu vaccine. It not only reduces the number of flu infections, but it also reduces the chance a child will be hospitalized if he or she does get the flu.

When should a sick child see the pediatrician? That would be any time a child is having difficulty breathing or has a different state of alertness, like "To prevent the flu, the best tool we have is **the flu** vaccine." they're not responding or you're having difficulty waking them up. Seizures are an obvious emergency. Really high fevers usually warrant a checkup; so does a child who is not drinking fluids well or urinating enough. But if a child has cold symptoms and a low-grade fever, he really doesn't need to be seen.

## Why are antibiotics a bad idea for colds and flu?

Antibiotics kill bacteria. They won't work on colds and flu, which are caused by viruses. Any time kids take an antibiotic, there's a risk they'll have a reaction to it. We also know the good bacteria that inhabit the gut and other parts of our body play an important role in health. We don't want to disturb those when it's not necessary. Then there's the larger problem of resistance. The more exposure your child has to antibiotics, the more they will carry very antibiotic-resistant bacteria.

## How can parents relieve kids' cold and flu symptoms?

We've moved away from using cough medicines and tried to go easy on decongestants, since not much research shows they are effective. Probably the most useful medicines for children are fever-relieving drugs like acetaminophen (Tylenol) or ibuprofen (Motrin). They reduce fever and ease discomfort and achiness. However, a fever reducer may not be needed, since a fever is the body's natural response to an infection. Ask your pediatrician first.

### **Germ Away**

TIPS FROM ANDREW PAVIA, MD, TO HELP YOUR CHILD STAY WELL OR GET WELL

#### **GET MOVING**

"Exercise seems to improve resistance to viral infections like colds and flu. Staying fit might prevent new infections, and help kids get over them more quickly."

#### STAY HYDRATED

"When kids have a fever they lose fluid. Dehydration is part of what makes them feel miserable. Get in lots of fluids like hot tea, juice, or water."

#### SKIP SCHOOL

"Keep kids home when they're sick. It sets the tone for how things should be done at your school, and that will protect your children in the future."

#### **CONSIDER MEDS**

"Tamiflu and Relenza will knock about a day off flu symptoms in healthy children if taken within the first 48 hours. Ask your pediatrician."

# HEALTH HAPPENINGS

Products, Ideas & Promotions for Healthy Living



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ShopSweetLeaf.com



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Doctors of Osteopathic Medicine practice their distinct philosophy in every medical specialty, trained to always first consider the person within the patient.

DoctorsThatDO.org



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Enjoy therapeutic benefits from the most affordable, American-made walk-in tub on the market! Receive \$1,500 off your new Safe Step Walk-In Tub today.

BuySafeStep.com



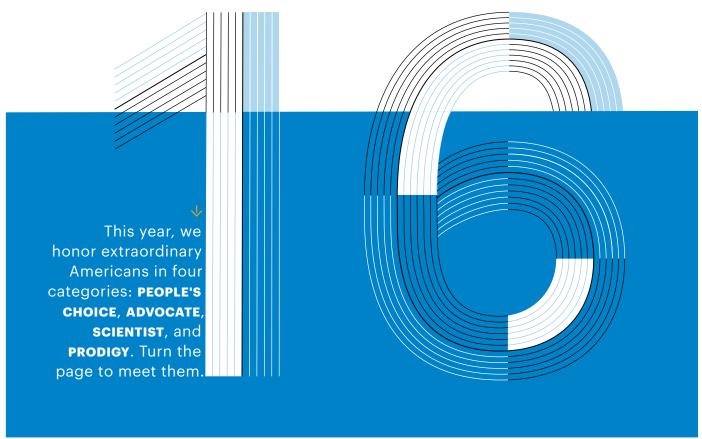
#### **Guaranteed Pain Relief: Try Oska**

Oska Pulse is a doctor-recommended, American-made, drug-free pain relief solution. Easy to use, it will help you without disrupting your day.

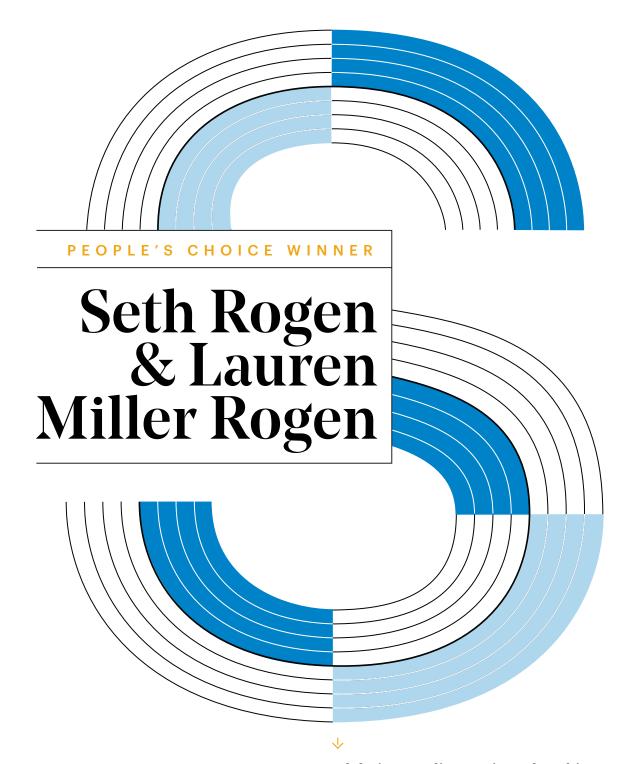
OskaWellness.com/pain2016



## **Health Heroes**

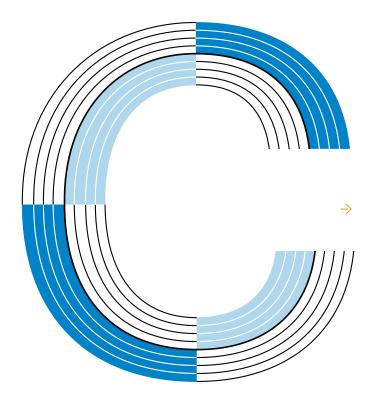






Alzheimer's disease is no laughing matter, but their Hilarity for Charity raises muchneeded awareness and money for research. The Rogens explain why the issue is so personal for them, and about their hope for one day eradicating this devastating illness





#### COMIC ACTOR SETH ROGEN AND HIS ACTOR/FILMMAKER

wife Lauren Miller Rogen laugh in the face of adversity. That's one reason they are WebMD's 2016 Health Heroes People's Choice winners, garnering the most votes at WebMD.com for their commitment to ending the devastating effects of Alzheimer's disease (AD).

Together, the Rogens launched Hilarity for Charity (HFC) in 2012 to generate awareness about AD, which causes dementia and ongoing physical decline, and currently affects more than 5 million Americans and their extended families. HFC raises funds to support new research to prevent, delay, and cure it.

The condition is the sixth-leading cause of death in the United States. Two-thirds of AD patients are women, with an astounding 1 in 6 women diagnosed with it by age 65. Compare that to a woman's risk for getting breast cancer in her lifetime: 1 in 11.

To date, the Rogens have raised more than \$5 million through HFC programs, including an annual mega-watt variety show headlined by Hollywood's biggest names, as well as Hilarity for Charity U, which enlists 250 college campuses across the nation for students to host their own fundraising events. The group with the biggest tally wins a meet-and-greet with the Sausage Party star himself and Lauren.

So does Seth join in on the campus beer bong revelry when he hangs with the winning college kids? "No," he says, breaking out into his famous laugh. "That's why there are younger celebrities." (For the record, both Rogens have reached the ripe old age of 34.)

Lauren quickly ribs her husband of five years. "No offense, honey, but we sent out a survey to the top 100 college kids and none of them said they participated to meet Seth. They got involved because they had a personal connection to the disease. And we want to reach as many young people as we can and give them the opportunity to take action."

"I've been flying to Vermont for no reason, then!" he quips.

Ultimately, the Rogens are so passionate about HFC because they, too, have a personal connection. Lauren's grandfather died of AD when she was 12; her grandmother died of it when Lauren was 18. Her mother, a teacher, was diagnosed nearly a decade ago at age 55. Now fully incapacitated, she requires professional, expensive round-the-clock care.

Her mother's condition led Lauren and her father to brainstorm the idea for another Health Heroes-worthy program. In 2015 HFC partnered with Home Instead Senior Care to issue grants to provide home care support for AD families in need. To date, they've given away 86,385 hours of care.



Scan Opposite Page for More
Check out When a Loved One Has
Alzheimer's, a slideshow at WebMD.com
Learn how on page 6.



#### Research Roundup

Five drugs donepezil (Aricept), memantine (Namenda), donepezil and memantine (Namzaric). galantamine (Razadyne), and rivastigmine (Exelon)—are now approved to treat symptoms, though they can't slow or halt the disease But new drugs show promise. Some destroy or stop the formation of beta-amyloid plaques and tau tangles. Others lower inflammation or boost insulin in the brain.

#### SOLANEZUMAB

is a monoclonal antibody designed to lower betaamyloid levels Giving this drug early on might prevent memory damage.

MK-8931 prevents an enzyme called beta-secretase from making beta-amyloid.

AADVAC1 is a vaccine that triggers the immune system to attack abnormal tau

CSP-1103 might help reduce inflammation and prevent beta-amyloid deposits. Early studies show this drua reduces memory and thinking problems.

## **INSULIN NASAL**

Researchers are studving whether a spray might keep the brain healthy and improve memory.

"Alzheimer's is the costliest disease in the nation," Lauren says. "That's the big issue. The care is expensive and—when someone gets advanced—quite comprehensive. The options are bleak. A girl I knew [told us] her family had to lock her father inside their apartment during the day, because they couldn't afford quality care for him, and couldn't afford a nursing home they felt comfortable putting him in. So they literally locked him inside while they went out and made a living. They had to remove the knobs from the oven and cover the mirrors so he wouldn't cut himself. We've created something for people in dire situations so they can finally get some help."

She can't help but think of families like that one when considering her own. "My family has a front row center seat to know what's required to care for someone with Alzheimer's. But we're very fortunate. Seth is successful, and my brother's successful, and we can afford wonderful care for my mom. So many people are not in that position."

Seth personally experienced the impact of their HFC work when a woman approached him at a taxi stand at an airport and told him she was a recent grant recipient. She'd just gotten off a plane for a trip she was only able to take because of the care HFC had awarded her family.

"It really threw me," he says now. "And it showed me how the awareness we raise is great, the money is great, but actually seeing firsthand people benefiting from it...that was really, really good."

The funny man, who rocketed to fame in the mid-2000s with such films as The 40-Year-Old Virgin, Knocked Up, and Superbad, and with more recent hits including Neighbors (1 and 2), The Interview, and This Is the End, is known for bringing levity to every situation. Still, when it comes to AD, it can be tough to find the humor, even if the official HFC website's home page shouts: "Kick ALZ in the BALLZ!"

"Organically, in life there are always moments of levity, but none can be banked on, or incorporated into our message in any way," Seth says. "Very little of our humor at HFC events comes from Alzheimer's itself, if any at all. I think we're very aware that for a lot of people there's nothing funny about it."

Still, he adds, "We don't want to act like something we're not. Basically, it's an organization run by mostly people in their early and mid-30s. For whatever that's worth, we try and reflect it!"

As far as the website is concerned, the light language is also meant to both welcome and relate to millennials, a group previously underserved by traditional AD organizations, whose focus is primarily on the older adults with the condition and their caretakers.

Yet so many young people either have lost a loved one to AD, or currently have one who has it. Plus, young adults must pick up the fundraising baton and charge into the future as AD research continues to make progress.

But don't think for a moment the Rogens aren't serious about the AD sea change they've helped bring about in recent years. "People are talking more about the disease now, and hiding less," says Lauren, who is putting the finishing touches on her upcoming AD documentary This Is Alzheimer's, which she produced and which she expects to be released sometime next year.

"There's been a huge increase in [government] funding with some amazing trials out there. Alzheimer's has been cured in mice before, which means it could potentially be cured in humans, if the money was there."

When asked to name their biggest achievement, the Rogens joke how amazing it is to open their kitchen cabinets "and see Hilarity for Charity mugs. We've created something with mugs!" Joking aside, Lauren says that being able to funnel her grief into charitable work while serving as a public face to help inspire and motivate others who share her family's story is both moving and cathartic.

Still, she admits that she does on occasion quietly fall apart when no one else is around.

"My mom was diagnosed almost 10 years ago, which is a long time," she says. "And I've certainly been through many stages and emotions. It's still not easy...I have a wonderful therapist. I have an amazing husband who lets me cry and talk about it, and he comforts me. It's daily.

"I was fortunate to be able to go to a Barbra Streisand concert last night. But the first time I went to a Streisand concert, I went with my mom," she recalls. "When I saw her today I hugged her, and I couldn't help but cry about it a little. I told my mom how much I missed her last night."



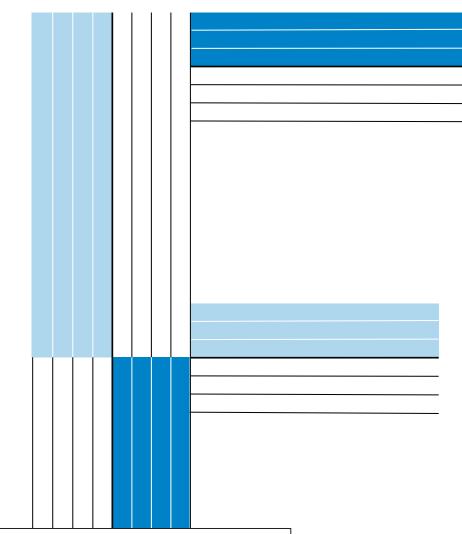


This oncology nurse's vision helped ease the way for whole-person care for patients and their families, thanks to her pioneering work in pain management and palliative care IN 1977, WHEN BETTY FERRELL STARTED HER

career as an oncology nurse, palliative care wasn't even a blip on hospitals' radar screens. "It wasn't a part of our vocabulary," she says. Hospice was still in its infancy, and it focused solely on the terminally ill. The concept of providing symptom relief and comfort much earlier as people become ill didn't take root until the early 1990s. "Suddenly we realized what happens to patients and families when we can get their symptoms under control, when we provide social and spiritual support," she says. Recognizing that nurses are critical to the movement, in 2000 she launched the End-of- Life Nursing Education Consortium (ELNEC) project to teach nurses how to deliver effective palliative care. So far, ELNEC has trained 21,000 professionals, who in turn taught more than 600,000 nurses at their respective hospitals. She's now working on a new palliative care curriculum for every nursing school in the United States. "I hope that what I've contributed to the field is a voice for nursing, and a recognition that palliative care for seriously ill and dying people is whole-person care that is physical, psychological, social, and spiritual. It's about what your life has meant."



When his infant son was diagnosed with type 1 diabetes and needed careful blood-sugar monitoring, this biomedical engineer invented an innovative solution: a bionic pancreas



THE SCIENTIST

# Ed Damiano



#### WHEN ED DAMIANO'S SON,

David, was diagnosed with type 1 diabetes at 11 months old, the latenight vigils began. The slightest blood sugar variation could have been deadly. "We didn't want to overdose him on insulin or have him be exposed to low blood sugar, so we were up checking his blood sugar three times a night," Damiano says. Insulin pumps and other existing tools weren't refined enough to give David the delicate blood sugar control he needed. So his dad, a biomedical engineer, came up with a bionic pancreas that uses algorithms to monitor blood sugar and deliver insulin (which lowers blood sugar) or glucagon (which raises it) to keep the level within a set range—similar to what a healthy pancreas does.

The bionic pancreas works equally well in men, women, children, and people of different weights, Damiano says. "Our device is totally automated, so they're not thinking about their diabetes all the time. There's this huge unburdening of worry and stress." His goal was to have the pancreas approved by the time David goes to college, just over a year from now. He thinks he'll fall short, but hopes to get it to market by mid-2018. "I'm hopeful we'll have a device that will literally level the playing field for all who use it," he says.



THE PRODIGY

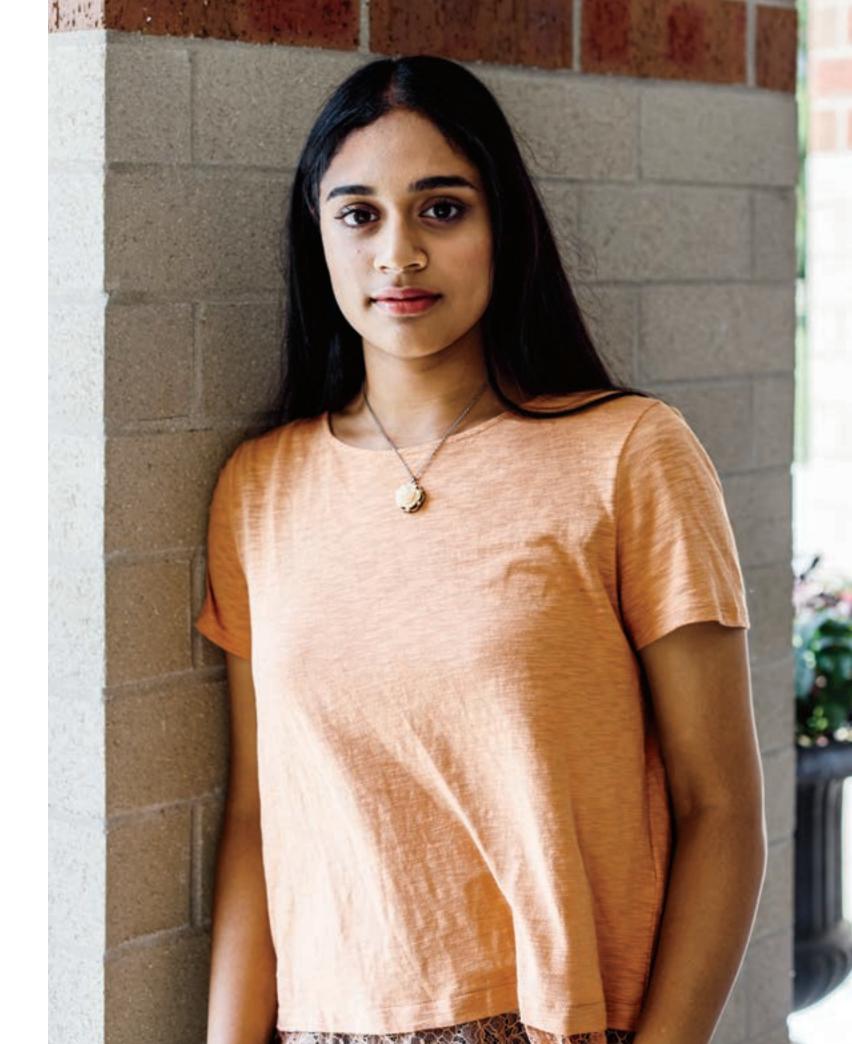
# Trisha Prabhu

Concerned about bullying, this teen created an app that recognizes and points out offensive messages—so kids can stop and reconsider before they hit "send"



#### **ABOUT 25% OF YOUNG PEOPLE SAY**

they've been victims of cyberbullying. In 2013, 11-year-old Rebecca Sedwick of Florida was taunted so mercilessly that she committed suicide. In a Chicago suburb, 13-year-old Trisha Prabhu was shocked by the news. "I couldn't believe someone younger than myself had been pushed to take her own life," she says. "I wanted to be more than just another person who felt bad." Prabhu, who'd been coding since age 10, developed a mobile app—ReThink—to make kids pause before posting mean thoughts online. "Our app is in the background, looking through every keystroke to determine whether what you're posting might be offensive," she says. "You get a message, and you get the chance to reconsider." Prabhu's studies show that ReThink encourages kids to change their minds 93% of the time. She earned the Global Finalist Award at the 2014 Google Science Fair, has spoken on TED stages around the world, and was honored at the 2015 White House Science Fair. Now 16, Prabhu plans to expand her app to computers and translate it into several languages. The student/entrepreneur is about to enter her junior year in high school. Though she hasn't settled on a college or major, she's clear on her future direction. "I'm definitely interested in and inclined to pursue something that will let me make a difference in people's lives."



WebMD asked you to choose from among five celebrity advocates dedicated to making the world a healthier place. When voting closed last August, actor Seth Rogen and his wife, Lauren Miller Rogen, were the winners. But the other nominees are no less committed to and passionate about their causes. Meet them here.



#### **CAMERON** DIAZ AND SANDRA **BARK**

In an industry that prizes youthful beauty, "aging" is a challenging word. Actor Cameron Diaz tackles growing older head-on in The Longevity Book: The Science of Aging, the Biology of Strength, and the Privilege of Time, which she co-wrote with author Sandra Bark. Diaz doesn't dread aging; she sees it as a privilege. With a science-based approach, coupled with the personal expertise she's gained in her 40s, Diaz hopes to help other women age with grace, strength, and passion.



#### **ANTHONY ANDERSON**

Few actors identify more with their characters than Anthony Anderson. Like Dre Johnson. the ad exec he plays on the ABC sitcom Black-ish. Anderson has type 2 diabetes. Anderson knows the disease is a serious matter. He's lost nearly 50 pounds since he was diagnosed 14 years ago, and he's gotten it under control in the process Today he spreads the message about diabetes prevention and care to inner-city kids as a spokesperson for F.A.C.E. Diabetes.



**PADMA** LAKSHMI

As a teenager, Padma Lakshmi endured intense pain, cramps. nausea, and fatigue every time her period arrived. Not until she was in her 30s was she diagnosed with endometriosis and finally able to manage her symptoms. In 2009, the model, author, and Top Chef host co-founded the Endometriosis Foundation of America, which advocates for and funds research on this painful illness. Lakshmi is also an ambassador for Keep a Child Alive, which works to end AIDS and provide care to families and orphans worldwide

CREDITS
SETH & LAUREN: STYLING BY: ANNA SU/ART DEPARTMENT; HAIR BY: TAMAMI ITO; MAKEUP BY: TARA
LOREN; STYLIST ASSISTANT MARK ALEXANDER; WARDROBE: PAGE 33, LAUREN: STEVEN ALAN (SHIRT),
H&M (SWEATER); SETH: STEVEN ALAN (SHIRT). PAGE 35, LAUREN: LEVI'S (SHIRT); SETH: LEVI'S (T-SHIRT),
LIFE AFTER DENIM (CARDIGAN). PAGE 37, LAUREN: RACHEL COMEY (SHIRT), NUDIE JEANS (DERIM),
MADEWELL, REBECCA MINKOFF & J. CREW (JEWELRY); SETH: LEVI'S (T-SHIRT), A.P.C (SWEATER), JOE'S
JEANS (TROUSERS). FERRELL, HAIR & MAKEUP: CHRISTINA BUZAS/ARTISTS BY TIMOTHY PRIANO. DAMIANO,
GROOMING: CAITLIN MURPHY/KEN BARBOZA. PRABHU, HAIR & MAKEUP: NICOLE ROGERS/KEN BARBOZA.
RUNNER'S UP, FROM LEFT: JB LACROIX/GETTY IMAGES; COURTESY SANDRA BARK, GETTY IMAGES;
DAVID LIVINGSTON/GETTY IMAGES. WHERE ARE THEY NOW, CLARK: THOMAS ALLEMAN

# Where Are They Now?

Ten years ago, we launched our WebMD Health Heroes awards. Now we look back at one winner from each year to see how they continue to improve Americans' health and wellness

BY MATT McMILLEN AND STEPHANIE WATSON



#### 2006 **CLARE ROSENFELD EVANS**

Clare Rosenfeld Evans earned her WebMD Health Hero award for her work as the American Diabetes Association's first youth advocate and as a proponent of the United Nations' Resolution on Diabetes, which she helped pass in 2006. She herself has type 1 diabetes. She recently received her PhD from the Harvard School of Public Health and now teaches at the University of Oregon. "I went into public health because of the experiences I had as a diabetes advocate," she says.



2007 **CAROL LEVINE** 

Carol Levine was named a WebMD Health Hero for her advocacy on behalf of family caregivers. As director of the United Hospital Fund's Families and Health Care Project, Levine oversaw development of more than 30 free caregiver guides in four languages for the UHF's website, nextstepincare.org. "I have not abandoned my passion for advocacy," Levine says. "In fact, I push even harder for the 43 million Americans who provide unpaid care for family, partners, and friends."



2008 WINTER VINECKI

She was 9 when her father died of a rare, aggressive prostate cancer. Before his death, Vinecki created Team Winter, which brought runners and triathletes together to support prostate cancer research. Since then, Team Winter has raised \$500,000. Vinecki is also the youngest person to run a marathon on each continent. "I wanted to do something big to honor my dad and other families affected by the disease," Vinecki says.



2009 SABRINA COHEN

Sabrina Cohen's work as a stem cell research advocate is focused on spinal cord injuries, like the one that paralyzed her. The Sabrina Cohen Foundation now advocates for improved quality of life for the disabled. In her hometown of Miami Beach, she successfully lobbied for more accessible beaches. "This summer we launched the first Adaptive Beach Days, which offer more access and more activities for the entire disabled community," Cohen says.



2010 TIFFANY DENYER

Tiffany Denyer was voted a WebMD Health Hero for her work with Wilderwood Service Dogs, which she founded in 2005. Wilderwood, in Maryville, Tennessee, trains dogs to aid those with neurological conditions like autism and dementia. In recent years, it became the first Medicaid-reimbursed organization of its kind, Denyer says, and it now teaches neurologically disabled adults to help train service dogs. "We are so proud of this program," she says.



2011 THOMAS MOODY

Thomas Moody, MD, continues his prostate cancer screening campaign across Alabama, particularly among African-Americans, who have a higher risk of the disease. Since he was named a WebMD Health Hero, prostate cancer deaths have dropped in the state. "When we started, the majority of white men were curable when diagnosed and the majority of black men were not," Moody says. "In the last two years, those statistics have been exactly equal."



2012 **ROBINA SUWOL** 

Robina Suwol founded California Safe Schools, which helped get the nation's most stringent pesticide policy enacted in the Los Angeles public school system. In 2015 and 2016, the group worked with area officials to protect children against toxic substances. "As rates of childhood cancer, asthma, neurological disorders, endocrine and hormonal disorders, and birth defects increase, there is no better time than now to protect our children's health," Suwol says.



2013 **EMILY WHITEHEAD** 

Emily Whitehead was just 5 when diagnosed with acute lymphoblastic leukemia. In May, she celebrated her 11th birthday—and four years cancer-free. Named a WebMD Health Hero for founding the Emily Whitehead Foundation, she shares the honor with Stephan A. Grupp, MD, PhD, whose pioneering work with genetically modified T cells saved Whitehead's life. Her foundation has raised \$100,000 to support Grupp's efforts to treat other children with cancer.



2014 **ZARIN IBNAT RAHMAN** 

In 2012, 16-year-old Zarin Ibnat Rahman asked: Does screen time interfere with teens' sleep, mood, and academic performance? The answer was yes, and her research earned her a WebMD Health Hero award. Now a junior at Harvard and a researcher at Boston Children's Hospital, Rahman studies neurobiology and psychology while preparing for medical school: "I am just as fascinated, if not more so, with these fields as I was in high school," she says.



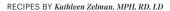
2015 RONALD "JAKE" CLARK

In 2012, Army veteran Ronald "Jake" Clark created Save A Warrior (SAW), a Malibu, California-based program for vets with posttraumatic stress disorder. Clark has since brought his lifesaving "war detox" program to Kansas City, Missouri, and Lexington, Kentucky. Next, he plans a permanent location in the Pacific Northwest. He's also helped first responder and law enforcement groups build their own SAW-like programs. "They're powerfully transformed by this experience," Clark says.

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# **Food**







## **Butternut Squash**

Go for the gold with this nutty, sweet, antioxidant-rich squash





EGGS/EVAPORATED MILK/
BROWN SUGAR/PUMPKIN PIE SPICE/
VANILLA/PIE SHELL



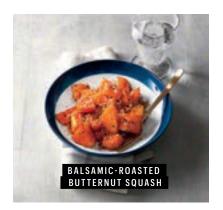
**MAKE IT** Mix 3 cups cooked squash, 2 eggs, 1 cup each of evaporated milk and brown sugar, 1 tbsp cornstarch, 1 tsp each of vanilla and pumpkin pie spice, and a dash of salt. Pour into pie shell. Bake at 350°F for 35–40 minutes. **SERVES 8** 

**PER SERVING (% OF PIE)** 277 calories, 6 g protein, 46 g carbohydrate, 9 g fat (3 g saturated fat), 54 mg cholesterol, 1 g fiber, 23 g sugar, 180 mg sodium. Calories from fat: 28%

BUTTERNUT SQUASH



OLIVE OIL/BALSAMIC VINEGAR/ HONEY/GARLIC/PANKO



 $\angle$ 

MAKE IT Toss cubed butternut squash with olive oil and balsamic vinegar, a drizzle of honey, and salt and pepper. Bake on nonstick tray 30–40 minutes at 425°F, turning once. Garnish with garlic and toasted panko breadcrumbs, and serve.

**PER SERVING (ABOUT 1 CUP)** 73 calories, 1 g protein, 11 g carbohydrate, 3 g fat, 2 g fiber, 3 g sugar, 103 mg sodium. Calories from fat: 38%

BUTTERNUT SQUASH



BROWN RICE/GREEN ONION/KALE/ RED PEPPER/GRUYERE CHEESE



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for new featured recipes
daily. Learn how on page 6.

MAKEIT Sauté cooked rice, green onion, kale, and red pepper in olive oil. Add salt and pepper. Scoop out the flesh of a baked squash and combine with sautéed ingredients. Return mixture to shells, top with cheese, and bake at 350°F until golden. SERVES 4

**PER SERVING (% OF SQUASH)** 206 calories, 7 g protein, 29 g carbohydrate, 8 g fat (3 g saturated fat), 12 mg cholesterol, 4 g fiber, 4 g sugar, 187 mg sodium. Calories from fat: 34%

**Scan This Page for More** Watch Powerhouse Fruits and Veggies, a video at WebMD.com. Learn how on page 6.

#### **FOOD**

REVIEWED BY Hansa Bhargava, MD WebMD Medical Editor



OFF THE MENU

## **Build a Better Side Dish**

Forget roasting. Chop and sauté your sprouts on the stovetop to maximize their flavor

THIS SIMPLE, HEALTHY RECIPE CELEBRATES BRUSSELS SPROUTS, AN OFTEN unsung sibling of the cabbage and cauliflower family. Quartered and then browned in a skillet, they're certain to become a staple of your holiday table. "If you cook them whole, you have flavor on the outside but none on the inside," says Diane Morgan, the James Beard Award-winning author of Roots and other cookbooks. "This method changes all that."

#### **Browned Brussels Sprouts**

#### INGREDIENTS

- 3 tbsp olive oil
- 1 tbsp unsalted butter
- tsp finely minced garlic
- 2 lb fresh Brussels sprouts, trimmed and quartered

kosher salt

- ½ cup roasted, skinned hazelnuts
- 3 tbsp fresh lemon juice freshly ground black pepper to taste

#### MAKE IT (SERVES 8)

- 1. Add oil and butter to a large skillet over medium-high heat.
- 2. Once the butter has melted, add garlic, stir, then spread Brussels sprouts in the pan in a single layer. Sprinkle with salt.
- 3. Cook about 3 minutes without disturbing, until browned. Then, stirring occasionally, cook until well-browned all over, 5-8 minutes.
- 4. Add ¼ cup water and cook until tender but not mushy, 4-5 minutes. If the water evaporates, add 2 tbsp more as needed.
- 5. Stir in hazelnuts, then add lemon juice, plus salt and pepper to taste.
- 6. Serve immediately or keep warm for up to 20 minutes.

PER SERVING | 138 calories, 5 g protein, 11 g carbohydrate, 10 g fat (2 g saturated fat), 4 mg cholesterol, 5 a fiber, 3 a sugar, 138 mg sodium. Calories from fat: 65%



#### **Crunch Time**

FIVE FAVORITE CRACKERS FOR HEALTHY HOLIDAY SNACKING FROM BONNIE TAUB-DIX. A REGISTERED DIETI-TIAN AND FOUNDER OF BETTERTHAN DIETING.COM AND AUTHOR OF READ IT BEFORE YOU EAT IT.



**MARY'S GONE CRACKERS** SUPER SEED

"These crackers hit all the notes: Gluten free, organic, whole grain. They're loaded with sesame, flax, pumpkin, and sunflower seeds."



DOCTOR KRACKER **SEEDLANDER** 

"With organic whole wheat flour, a host of seeds, and fiber, these are filling and full of oomph-you can really sink your teeth into them."



TRISCUITS (ORIGINAL)

"A delicious cracker. they've been around for a long time, for good reason. They're toasty with the right amount of salt and a nice dose of fiber."



TRADER JOE'S **WHOLE GRAIN** CRISPBREAD

"This is a cracker that I really love. Bursting with seeds and hints of oregano and thyme, they shine without overpowering what you top them with."



**NUT THINS** (ALMOND)

"These are awesome. They have fat, but it's good fat from nuts. They are lightly salted and, of course, nutty, and you get an abundant 19 in a serving."

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 Michael W. Smith, MD
WebMD Chief Medical Editor



CHEESE IS A FULL-FLAVORED INDULGENCE, OFTEN LOADED WITH SATURATED FAT, so remember to go easy on portions—picture three or four dice as a single serving. Welcome your guests with a selection of five festive cheeses chosen by Cathy Goldsmith, cheese seller and co-owner of Berkeley, California's legendary Cheese Board Collective, where she has immersed herself in the world's best cheeses for 21 years.

#### **Taste Test**

GOLDSMITH'S PICKS RUN THE GAMUT FROM MILD TO FULL-FLAVORED, PLUS SOME STINKY CHOICES

#### 1. GOAT CHEESE

Bright and clean with a slight barnyard aroma, goat cheese pairs especially well with champagne. Look for a small French or domestic with a soft rind.

#### 2. TALEGGIO

Not as runny as a Brie, this Italian cheese is strongly scented but mild, winy, flowery, and sweet in flavor, with a soft, slightly sticky rind.

#### 3. STILTON

The holiday blue cheese, Stilton is kind of chocolaty, definitely buttery, earthy in aroma, and firm. It goes wonderfully with any seasonal fruit, especially slices of apple and pear.

#### 4. MUENSTER

Semisoft and a little stinky, with a very yeasty flavor that mixes with the richness of the milk and the flavor of the salt: "It's magic," Goldsmith says.

#### 5. AGED SHEEP'S GOUDA

Firm, butterscotch-y, a little salty and sweet. Choose one that's been aged two to four years for the greatest depth of flavor.



#### KIDS' BOX

## **Little Cooks** in the Kitchen

Welcome kids into the holiday kitchen with these tasks even the smallest hands can tackle

Toddlers can pour ingredients into mixing bowls and stir batters with assistance, work the salad spinner, or rinse fruits and vegetables. Ask preschoolers to crack and whisk eggs, tear lettuce, help roll pie dough. Elementary schoolers can measure ingredients, scrub and peel potatoes, and operate electric beaters or mixers. -KERRI-ANN JENNINGS

#### **BREAKFAST SMARTS**

#### Good Morning, Pumpkin

THIS FALL FAVORITE IS A NUTRITIOUS ADDITION TO LOTS OF GREAT STARTERS. ADD 1/4 CUP OF UNSWEETENED PUMPKIN PUREE TO THE FOLLOWING:



1. Shakes Try a pumpkin protein shake or smoothie.



2. Oatmeal Add a pinch of pumpkin pie spice.



3. A yogurt parfait Start with 6 ounces low-fat vanilla Greek yogurt.





5. Hot drinks Mix together



4. Apple dip Combine 2 tablespoons almond butter, 1 teaspoon maple syrup, and a pinch of cinnamon. Eat with apples.



→ Perfect Pumpkin This small amount

contains 2 grams fiber, two days' worth of vitamin A, and just 20 calories Scan This Page for More Watch How to Keep Your Leftovers Safe, a video at WebMD.com. Learn how on page 6.



1 Day, 5 Dinners

GIVE YOUR TURKEY LEFTOVERS NEW APPEAL WITH THESE FIVE EASY-TO-PREPARE RECIPES



#### MONDAY

#### **HASH**

Microwave a half pound of halved new potatoes until partially cooked, about 5 minutes. Heat a large skillet over medium heat, then add a tablespoon of olive oil. Add a small diced onion, a diced red pepper, and the potatoes, plus salt and smoked paprika to taste. Cook until onions and peppers are soft, about 8 minutes. Add turkey and a couple large handfuls of baby spinach. Cook until spinach wilts. Serve with poached or fried eggs.

#### TUESDAY

#### **WALDORF SALAD**

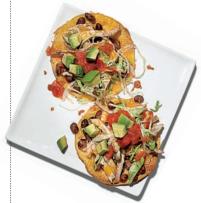
Combine chopped romaine lettuce, toasted walnuts, crumbled blue cheese, chopped apple, and chunks of turkey. Toss with a dressing of one part lemon juice, three parts olive oil.



#### WEDNESDAY

#### **TOSTADAS**

Lightly mist corn tortillas with canola oil spray and crisp them in a 400°F oven for 8 minutes. Top each tortilla with a couple tablespoons of cooked pinto beans (low-salt canned is fine), cooked turkey, and shredded cheese. Return to the oven to heat through. Top with avocado cubes, salsa, and shredded lettuce.



#### THURSDAY

#### **CURRY**

Use a premade curry simmer sauce, or whip one up: Sauté a small chopped onion and a tablespoon each of minced garlic and ginger. Add a heaping tablespoon of curry powder and a bit of salt. Stir in a 15-ounce can of diced tomatoes and a 15-ounce can of light coconut milk. Bring to a simmer, add turkey, and cook until heated through.

#### FRIDAY

#### SUPER SIMPLE SOUP

For an incredibly easy lunch, heat a can of lowsodium vegetable soup and add chunks of turkey. Serve with whole wheat crackers and clementines

#### FOR THE WEEK

## **Turkey Redux**

The holiday dishes have been cleared, but leftovers remain

Who doesn't love a turkey sandwich? But you can only eat so many. Try our suggestions for five nights of dinners made with your holiday bird leftovers

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Healthy Recipe Finder at WebMD.com.
Learn how on page 6.

REVIEWED BY Hansa Bhargava, MD WebMD Medical Editor

#### ENTERTAINING

## Small Plates, Big Impressions

Light up your festive table with the sunny flavors of Spanish tapas

FOR AN ELEGANT, EASY HOLIDAY BUFFET, TAKE INSPIRATION FROM SPANISH tapas. Provide your guests with a collection of small bites that pair together to make a satisfying meal. You can prepare each of these colorful, flavor-packed morsels in 20 minutes or less. Better yet, since most can be served chilled or at room temperature you can make dishes in advance, leaving you time to enjoy the feast along with your guests. Round out your buffet table with loaves of the best crusty bread you can find and some crostini crackers.



MUST-TASTE DISHES

#### 1. MEATBALLS

Heat frozen meatballs in a homemade garlic-tomato sauce. To make, simmer a large can of diced tomatoes with some olive oil, garlic, and oregano.

## 2. BANDERILLAS (OLIVE SKEWERS)

Thread pimento-stuffed olives, gherkins, and artichoke hearts onto short skewers.

## 3. SPINACH AND CHICKPEAS

Sauté chopped onion and garlic, and add a bag of frozen spinach, a can of drained chickpeas, and salt and cumin to taste.

#### 4. SERRANO HAM

Serve thinly shaved slices of Spanish ham.

## 5. SHRIMP-CHORIZO SKEWERS

Heat skewers of precooked shrimp and chorizo slices at 400°F for 5 minutes. Serve with gremolata (chopped parsley, lemon zest, and crushed garlic).

## 6. SHERRIED MUSHROOMS

Sauté sliced crimini and wild mushrooms in olive oil with garlic, a splash of dry sherry, and a pinch of thyme.

#### 7. MELON BALLS

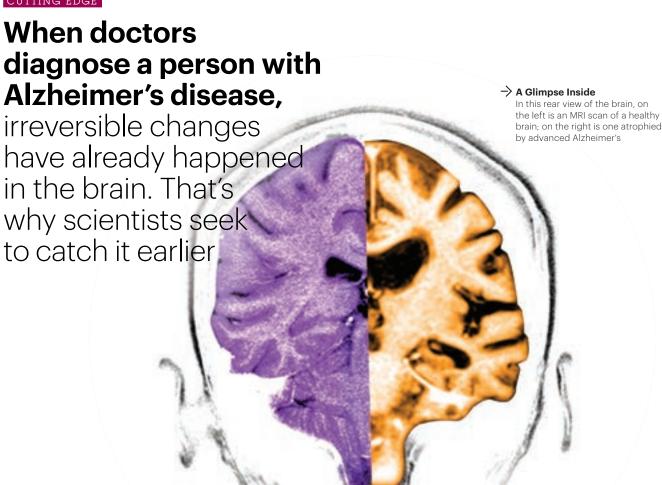
Gently toss chilled melon balls mixed with minced fresh mint.

## 8. TUNA-STUFFED PEPPERS

Stuff piquillo peppers with a simple tuna salad— mix tuna packed in olive oil (drained) with some lemon juice, chopped parsley, and smoked paprika.

# Checkup

#### CUTTING EDGE



BEFORE ANY SYMPTOMS OF ALZHEIMER'S APPEAR, clumps of protein called beta-amyloid build up in the brain and form plaque. At the same time, another protein called tau literally goes off the rails. In a healthy brain, tau helps organize the transport system in brain cells. It keeps the tracks straight so food molecules and other crucial materials can travel along them. But in people with Alzheimer's, tau detaches from the tracks and forms knots.

Scientists are looking for ways to detect accumulations of these proteins as early as possible. They're perfecting a method for measuring levels of beta-amyloid and tau in the spinal fluid. Other studies explore whether the proteins might build up in the blood, urine, or eyes early in the disease.

Catching these early indications of Alzheimer's might one day allow treatment before any noticeable changes take place. Drugs currently in development could stop beta-amyloid from clustering in the brain. Scientists are also creating antibodies to the protein that could eliminate it from the brain altogether. Other experimental medications target tau, such as a vaccine that attacks any tau caught going "off the rails."—SONYA COLLINS

REVIEWED BY Hansa Bhargava, MD WebMD Medical Editor

Check out Is It a Cold or the Flu?, a slideshow at WebMD.com. Learn how on page 6.

#### LIVING WELL

## Your Cold and Flu **Survival Guide**

Not sure if you've caught a cold or the flu? Our expert explains the difference



"THE FLU HITS YOU HARD," SAYS KATHRYN BOLING, MD, A FAMILY medicine specialist at Mercy Medical Center's Lutherville Personal Physicians, a community physician site in Lutherville, Maryland. "One minute you feel good," she explains. "The next you feel like you've been hit by a truck and ache all over."

#### **ASK YOUR DOCTOR**

#### Q How long will I be sick with a cold or flu?

Most colds last seven to 10 days, but the flu can last up to three weeks. says Kathryn Boling, MD.

#### What medications can help me feel better?

Ask your doctor about over-the-counter medications that may help relieve symptoms.

#### Q Should I get the flu vaccine?

Yes. While there's no vaccine for the cold, you can get one each year for the flu.

#### What can I do to prevent catching a cold or the flu?

Wash your hands frequently, particularly if you're out in public. Don't touch your eyes, nose, or mouth until you are able to wash your hands.

#### Rest Up

If you want to speed up your recovery, you have to slow down

> While both cold and flu have similar symptoms-stuffy or runny nose, cough, sore throat—you usually have a higher fever (above 101°F), body aches, and more severe symptoms with the flu, Boling says.

> What can you do to feel better? Call your doctor right away if you think you have the flu. "Your doctor can prescribe drugs to relieve symptoms but you have to take them within 24 or 48 hours, or maybe 72 at the latest" for them to work, Boling says.

> "Colds are different. You don't have to see your doctor but you can do comfort measures at home," Boling says. Followher recommendations below.

#### Home **Remedies**

WHAT CAN YOU DO TO FEEL BETTER?

#### **TRY ZINC**

There's some evidence that zinc can shorten the duration of a cold by two to three days. Try taking zinc lozenges at the beginning of a cold.

#### SIP CHICKEN SOUP

It's not really a myth. Chicken soup can help you feel better faster. Indeed, one older study suggests it has cold-fighting properties. At the very least, warm soup can be comforting and hydrating.

#### **STAY HOME**

Rest is really important. Don't push through and go to work if you're not feeling well. You're still contagious if you're having symptoms of the cold or flu, and you're not allowing your body the rest it needs to heal

#### **USE A HUMIDIFIER**

Moist air loosens congestion and also helps moisten mucous membranes, making it harder for viruses to replicate. Also, drink lots of water and other fluids, and avoid dehydrating beverages like coffee or tea.

Scan This Page for More

Check out Foods and Drinks That Make You Gotta Go, a slideshow at WebMD.com. Learn how on page 6. REVIEWED BY Hansa Bhargava, MD WebMD Medical Editor

#### QUIZ

## **All About OAB**

Some 33 million Americans have overactive bladder (OAB). How much do you know about this common condition?



#### Quiz



Urinating often is the only sign of OAB.

Age is a risk factor.

- \_\_\_ TRUE
- \_\_ FALSE

\_ TRUE

\_ FALSE

OAB affects

only women.

\_ FALSE

\_\_ TRUE



OAB can affect your sex life.

- \_\_ TRUE
- \_\_ FALSE



No reliable tests can diagnose OAB.

- \_\_ TRUE
- \_\_ FALSE



Surgery is the only treatment option.

- \_\_ TRUE
- \_\_ FALSE

#### **Answers**

- 1. FALSE Frequent trips to the bathroom (more than eight times in 24 hours) are only one symptom. Bladder leakage and the sudden urge to urinate, are also signs.
- 2.TRUE Your risk for OAB does increase with age (by age 80, upwards of 70% of adults have OAB), but anyone at any age can develop the condition.
- 3. FALSE Although symptoms can be different—more women than men have urinary incontinence—OAB affects both sexes almost equally. About 12% of the population has OAB.
- 4. TRUE Research shows that frequent urges to urinate can interrupt sex. A full bladder can cause discomfort, and fears about incontinence can make oraasm difficult.
- **5. FALSE** Your doctor may order a urine culture to rule out infections and an ultrasound to see how well your bladder functions.
- **6. FALSE** Surgery is one option. Other treatments—including medications, behavior therapy, injections to numb the bladder muscles, and nerve stimulation—may also alleviate symptoms.

## ASK YOUR DOCTOR

#### Q Am I at risk for OAB?

Age is one risk factor; postmenopausal women and men with prostate problems are at higher risk for developing OAB.

#### What else could cause frequent urination?

OAB could be to blame but other conditions, including urinary tract infections, diabetes, and medication side effects, could also be culprits.

#### • Will lifestyle changes improve OAB symptoms?

Limiting caffeinated and sugary drinks may help; exercises to relax the bladder muscles can also alleviate symptoms.

#### Q What are some treatment options?

The condition can't be cured, but your doctor can recommend treatments to reduce symptoms and improve your quality of life.

#### EXPERT Q&A

## When Drugs Expire

Important information from the FDA about expiration dates and how to safely dispose of old meds



YOU REACH INTO THE MEDICINE CABINET FOR A COLD MEDICINE and find an expired over-the-counter remedy or some leftover antibiotics. Now what? You need to know how safety and effectiveness might change for medications that are past their expiration date. John Whyte, MD, MPH, director of professional affairs and stakeholder engagement at the FDA, explains.



"Once you open a medication, the **expiration date** is one year." —JOHN WHYTE.

MD, MPH

Q Is it safe to take drugs that are past the expiration date? A Generally, there's no guarantee they are safe or will even work. The chemical makeup of drugs can break down over time and they can lose potency and stability. Many people store medications in the bathroom; steam from the shower or changes in temperature can alter how drugs may affect your body. Be sure to note the expiration dates on all medications, OTC and prescription. And note that once you open a medication, the expiration date is

#### Q Can I flush unused drugs down the toilet?

one year.

A You don't want to keep unneeded drugs around, especially if you have young children or pets—some can be especially dangerous or fatal with just one dose. Look for a drug take-back program in your area. If one is not available, check the FDA recommended

medicine flush list at FDA.gov/drugs to see if the medication is a potential safety risk. If not, then it's safe to flush it. Otherwise, most other medications can be mixed with kitty litter or coffee grounds and tossed into the trash.

**Q** Given concerns about antibiotic resistance, can I stop taking them if I start to feel better? A No. Stopping antibiotics early doesn't help with antibiotic resistance-it contributes to the problem! Anytime bacteria are exposed to an antibiotic, they may replicate and build resistance. Antibiotic resistance is a serious concern, so if your doctor prescribes antibiotics, finish them even if you feel better.

#### BY THE NUMBERS

17

Approximate number of Americans who admit to taking an expired medication



Percentage of Americans who have leftover narcotics



Number of high school students who have taken a prescription drug without a doctor's prescription

REVIEWED BY Alan Kozarsky, MD WebMD Medical Reviewer

#### HEALTH HIGHLIGHTS

## **Sight Savers**

As the U.S. population ages, the number of people with eye diseases like cataracts, glaucoma, and age-related macular degeneration (AMD) grows. These diseases cause more than vision loss. They can increase the risk of chronic diseases, accidents, social isolation, and depression.



#### 10 Ways to Protect Your Sight

FOLLOWING THESE LIFESTYLE TIPS WILL HELP YOU PREVENT OR SLOW THE PROGRESS OF DISEASE.

#### 1. STOP SMOKING

If you smoke, you have up to a five times greater risk of AMD. Quit today.

#### 2. EAT RIGHT

Fill your diet with fruits and veggies, especially dark leafy greens, to protect against AMD.

#### 3. MAINTAIN A HEALTHY WEIGHT

A high body mass index may increase your risk of cataracts, so watch your weight.

## 4. WATCH SUGAR AND REFINED CARBS

Eat whole grains and skip sweets to potentially lower your risk of AMD.

#### 5. GET AN EXAM

Early detection and treatment will help prevent eye damage due to glaucoma. See your eye doctor regularly.

#### 6. USE DROPS

Glaucoma eye drops prevent vision loss when used as prescribed, so follow your doctor's orders.

## 7. KNOW YOUR HISTORY

Talk to your doctor if you have a family history of eye disease, which increases your risk.

#### 8. WEAR SHADES

Sunlight may increase your chance of developing AMD, so always wear a pair of sunglasses when you're outdoors.

## 9. CONTROL YOUR CHOLESTEROL

High cholesterol may boost your chances of AMD. Ask your doctor about how to lower it.

#### 10. FIND HELP

Can't afford eye care? Visit the Glaucoma Research Foundation website for financialaid info.

#### **EXPERT TIPS:**



"Wearing sunglasses that completely block UVA and UVB light can help prevent the development of AMD and cataracts. Sunglasses also protect the delicate skin around the eye, decreasing the risk of eyelid skin cancer. Always remember to wear your sunglasses when outside during the daytime."

Matthew Gorski, MD ophthalmologist, Northwell Health, Great Neck, New York



"Consider taking vitamin pills. The Age-Related Eye Disease Study found that vitamin C, vitamin E, zinc, and beta-carotene or lutein if you are or were a smoker, can reduce the risk of vision loss due to AMD by 25% over five years."

Jacque Duncan, MD professor of clinical ophthalmology, University of California, San Francisco



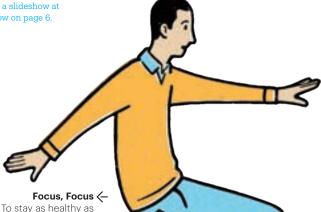
"One of the most important things you can do to reduce your risk of AMD and cataracts is live a healthy lifestyle. Eat meals rich in fruits and vegetables, get plenty of exercise, and maintain a healthy weight. And be sure to prevent or treat high blood pressure, high cholesterol, and diabetes."

Edward Manche, MD director of cornea and refractive surgery, Stanford Eye Laser Center, Palo Alto, California

REVIEWED BY Brunilda Nazario, MD
WebMD Lead Medical Editor



Scan Here For More
Check out What Health Problems
Can Diabetes Cause?, a slideshow at
WebMD.com. Learn how on page 6.



QUIZ

## Diabetes: Are You in Control?

If you have diabetes, monitoring and managing your blood sugar levels is crucial to keep the disease from getting worse. Is your diabetes under control?



#### what kinds of dietary changes should I make to stay healthy?

Watch your carbs and eat more fruits, vegetables, whole grains, and healthy protein to keep your weight and blood sugar levels steady.

#### what other doctors and medical professionals should I see?

Along with your primary care doctor and the endocrinologist who treats your diabetes, you'll likely see a diabetes educator, dietitian, eye doctor, and podiatrist.

#### will I need to take insulin or other medications?

If you can't keep your blood sugar levels in a healthy range with diet and exercise alone, your doctor may prescribe insulin and/or medicines you take by mouth or that are injected.

## Q How do I avoid complications?

Monitor your blood sugar often, and use diet, exercise, and medications to keep it in the range your doctor recommends.

#### Quiz



2



possible, follow

a solid diabetes

management plan

- \_\_ YES
- \_\_ NO



I exercise.

- \_\_ YES
- \_\_ NO



I check my blood sugar levels often.

- \_\_ YES
- \_\_ NO



I monitor my heart disease risks.

- \_\_ YES
- \_\_ NO



I get my eyes checked.

- \_\_ YES
- \_\_ NO

#### **Answers**

I follow a diabetes

food plan.

\_\_ YES

NO

- 1. A healthy diet (along with regular exercise) is a cornerstone of type 2 diabetes control. If you don't have a food plan, see a dietitian or nutritionist.
- 2. Chronically elevated blood sugar can damage nerves in your feet and affect blood circulation. To prevent foot problems, check your feet every day for cuts, blisters, red spots, and swelling.
- 3. Exercise helps your body use insulin more efficiently and lowers your heart disease risk. Try to get at least 30 minutes of moderate-intensity exercise five days a week.
- 4. People with diabetes often check their blood sugar daily, before meals, and at bedtime. Ask your doctor what testing schedule you should follow.
- 5. Diabetes can increase your odds of getting heart disease. To lower your risk, control your weight, don't smoke, and watch your cholesterol and blood pressure levels.
- 6. Diabetes makes you more likely to develop glaucoma, cataracts, and other eye disorders. Have your eyes examined at least once a year to catch these and other eye problems early.

Scan This Page for More
Take the quiz How and Why to
Stop Smoking for Good at WebMD.
com. Learn how on page 6.

REVIEWED BY Brunilda Nazario, MD WebMD Lead Medical Editor

#### MY STORY

## **Quitting Together**

Making a New Year's resolution together with two of her friends finally helped a longtime smoker stop for good



WHEN I WAS A TEENAGER I WORKED AT A RESTAURANT, AND PRETTY much everybody who worked there smoked. If you went on break and didn't go out back with the smokers, you were all by yourself. So I started smoking. To me, with my 16-year-old mentality, it seemed like the thing to do.

I smoked for 19 years, on and off. It's funny because I'd get up in the morning and not want a cigarette...until I got into the car, and that's when I'd chain-smoke. Other triggers of mine included alcohol, coffee, and stress.

Many times I'd quit for a few weeks or a month. But inevitably something stressful would happen, and my first instinct was always to go right back to smoking again.

"The fact that we all **did it together** was key. Before, we were each other's triggers." In December, my boyfriend, business partner, and I agreed, "As of January 1, we'll be done. We'll smoke our last cigarette on the 31st, and we'll quit." This was not the first time we said we'd do that.

But honestly, smoking was starting to be too much. We were spending a lot of money on cigarettes. My throat always hurt, and I was getting sick a lot. So we said, "Let's save money. Let's work out and be healthier."

On New Year's Eve we smoked our last cigarette. And this time, we were able to do it. The fact that we all did it together was key. Before, we were each other's triggers. If one of us quit, but the others didn't, the cigarettes were still around, and we'd pick it back up again.

Another thing that helped was juice boxes. Something about the process of putting the straw into the juice box, similar to the ritual of lighting a cigarette, helped me not smoke, so I started carrying juice everywhere with me.

Chewing regular gum also helped. And, as part of getting healthy, I pretty much quit drinking, so the alcohol trigger wasn't there. Now when I'm in the car, I call everybody I know and talk on speaker phone, which keeps me busy so I don't get antsy and want a cigarette.

Today I'm 36 and haven't smoked a cigarette since we made that resolution. My throat doesn't hurt anymore. I can walk up the stairs more easily. But I had to be ready to quit. And I had to want to quit. Now I walk down the street and smell cigarettes, and I think it smells disgusting. I don't want any part of that.

#### MY STORY DOs AND DON'Ts



"Have something else to keep your hands and mouth occupied. For me, bubble gum and juice helped."



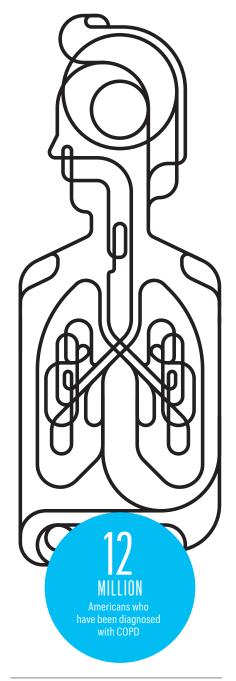
"If you slip and have a cigarette, don't beat yourself up. Keep on going, and don't give up or buy a pack."



"Replace smoking with food. If you do, try carrot sticks or something healthy to munch on."

# SOURCES: AMERICAN LUNG ASSOCIATION, CDC, COPD FOUNDATION, CHEST FOUNDATION, NIH

#### BY THE NUMBERS: Facts and Stats on Trending Health Topics





How much the number of deaths among women from COPD has increased since 1980

## **COPD**

#1

Smoking as a risk factor for COPD #3

Where COPD falls among leading causes of death in the U.S.

9.3%

Percent of people with COPD in Kentucky (highest levels in U.S.) 3.9%

Percent of people with COPD in Washington and Minnesota (lowest levels in U.S.)

65-74

Ages of people most likely to have COPD



How much more likely women with COPD are to have never smoked than men with COPD

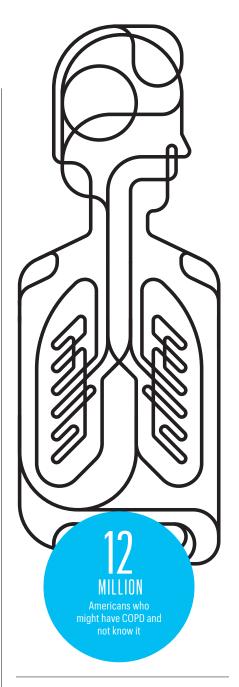
## 40



Age after which symptoms of COPD usually begin



Percent of people with COPD who are not able to work



10%-20%

Percent of people with COPD who have never smoked 120,000

People who die from COPD each year TEN QUESTIONS

# Take 10

REAL LIFE

## Rachel Maddow

Journalist, 43, and host of MSNBC's The Rachel Maddow Show

# What's your best health habit?

I actually love and crave exercise. I don't have to fight myself or deal with willpower. I am eager to get to the gym. If I don't, I get grumpy.

#### 2

## What's your worst health habit?

I'm on the air until 10 p.m.
I get home between 11 and
midnight and I'm wired,
so I eat really late. I eat dinner
at midnight, which is a nice
way to grow a potbelly and
not sleep well.

#### 3

## How's your health right now?

I would give myself a B-. In the news business, we work on this four-year cycle. When the election rolls around, you put everything else on the back burner. For 2016, I've sort of been living off pizza.

#### 4

#### How do you decompress?

I try really hard to take at least one day off a week.
I try to be off the grid.
I leave New York on the weekends and I spend all my time outdoors. Anytime that I have to work through the weekend, it throws me for a loop.



#### 5

#### How do you feel about aging?

My partner's late father, who was a great guy, would say, "Aging is not for sissies." I thought that was sort of adorable. Now, as I'm into my forties, I believe him.



## You've had recurring depression since you were a teenager. What's it like for you?

The way I experience depression is a real closing-off from the world. It can make you

"I try really hard to take at least one day off a week." really shut down physically. It can be very lonely and isolating. It turns on and turns off.

#### 7

#### What helps you manage it?

My partner. She can remind me that I'm having an episode and it is temporary. And not allowing it to stop my life. I have to stick to a routine and keep working. I have to exercise.

#### 8

#### What makes you happy?

I have a really good personal relationship with my partner. It's the spine on which the rest of my skeleton hangs. We're together 17 years now. We've got two black Labs who are giant marshmallows.



#### Have any puppy advice?

There is no such thing as too much puppy class. We had a dog who was a super handful. We just kept doing puppy class over and over. It's in the bank for the rest of your dog's life.

#### 10

## Do you have any new projects you're excited about?

I go fishing a lot and I'm terrible at it. 2017 is going to be my year where I finally stop being a complete six-year-old when it comes to fishing.

-KARA MAYER ROBINSON