

# WebMD®

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September 2012 / \$4.95

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### This Way Up

Actor **Viola Davis** won't back down. As her accolades pile up, the two-time Oscar nominee tells us how her childhood inspired her latest role and her work with Upward Bound.

### High Five

One of the more hectic things about back-to-school season is getting dinner on—and your family around—the table. Chef **Chris Scott** helps you do that with five easy-to-make weeknight meals that require just a handful of ingredients. Plus, he shares his strategies to get your kids cooking, too.

### Calling the Shots

Knowing which vaccinations kids need and when can be confusing. Our **parents' guide to vaccines** makes it crystal clear.

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“  
I'M LIVING MY LIFE WITH PURPOSE, AND WHEN YOU DO THAT, THINGS FALL IN LINE IN THE EXACT ORDER THEY SHOULD.  
”

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**TAKE 10**  
Chef and author **Rocco DiSpirito** dishes on why he's stepped out of his kitchen and onto the set of *Now Eat This!*, his latest TV show and his new book by the same name.

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SEPTEMBER 2012

## HEALTHY START

**WIRE:** Can waist size predict diabetes? How does cooking with gas affect your home's air quality? Find out and get more health news you can use. **Plus:** the hottest health reads • **PERSONAL BEST:** Actor **Elisabeth Shue** shares her best beauty, food, and workout secrets. • **UP CLOSE:** We make a spectacle of eyeglasses.

## LIVING HEALTHY

**WEBMD ON THE STREET:** Our experts help a mom who doesn't get enough sleep but gets plenty of breakouts. • **WOMEN'S HEALTH:** Why do we forget? Our experts explain. • **MEN'S HEALTH:** Learn the four things every guy must do for better health. • **MIND MATTERS:** Do you know the eight signs of a healthy relationship? • **WORK IT OUT:** How to handle a toxic boss.

## HEALTHY BEAUTY

**YOU ASKED:** Experts offer their top anti-aging product picks. • **BEAUTY SMARTS:** What you need to know about salon hair-straightening treatments. • **YOUR SMILE:** Get the scoop on how to get a better grin. • **Plus:** Beauty 411, Dirty Secret, Aisle Do, and I Tried It.

## FAMILY & PARENTING

**PREGNANCY:** The joys and challenges of motherhood the third time around—actor **Melissa Joan Hart** explains it all. • **Plus:** pregnancy myths and facts. • **BABY TALK:** Milestones to watch for your baby's first year. • **KIDS' HEALTH:** What to do if you get the dreaded lice notice this school year. • **FIT KIDS:** Learning how to make friends is key to developing a solid sense of self-esteem. • **PET HEALTH:** Transform your fighting Fido into a calm canine. • **Plus:** taming hot spots.

## FOOD & RECIPES

**THREE WAYS TO COOK...**Cod. Make this versatile and flavorful fish a regular part of your weeknight menu. • **OFF THE MENU:** Award-winning chef **Cathy Whims** shares her favorite at-home meal. • **LEARNING TO LOVE...**Rhubarb. One reader shares how she got her husband to enjoy this misunderstood fruit. • **KIDS IN THE KITCHEN:** Chef **Lizzie** tries her hand at a sweet recipe from first lady **Michelle Obama's** cookbook. • **Plus:** the top five recipes at WebMD.com

## FITNESS & EXERCISE

**PEEKE FITNESS:** Our exercise guru **Pamela Peeke, MD**, asks: Think you can tone your trouble zones and skip the rest? Think again. Spot reduction is a myth. • **FITNESS CHALLENGE:** Can't make time for the gym? These moves for your abs and glutes will keep you fit and toned.

## WEBMD CHECKUP

**HEALTH HIGHLIGHTS:** It's Healthy Aging Awareness Month. Get look-and-feel-good tips for today and the years ahead. • **LIVING WITH...**Osteoporosis. How to boost your bone and overall health. • **BY THE NUMBERS:** A closer look at prediabetes. • **MY STORY:** One reader shares his heart health story and how he lives better today. • **HEALTH CHECK:** Could you have a sleep disorder?



**EDITOR IN CHIEF**  
Clare Martorana

**EXECUTIVE EDITOR**  
Colleen Parety

**SENIOR EDITOR**  
Susan Davis

**WEBMD.COM SENIOR DIRECTOR, EDITORIAL**  
Stephanie Snipes

**WEBMD.COM VICE PRESIDENTS OF PRODUCT**  
Kimberly Kovacs, Katherine Leopold

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**CHIEF MEDICAL EDITOR**  
Michael W. Smith, MD

**MEDICAL EDITORS**  
Brunilda Nazario, MD; Louise Chang, MD;  
Hansa Bhargava, MD; Laura J. Martin, MD

**CONTRIBUTING WRITERS**  
Christina Boufis, Daniel J. DeNoon,  
Heather Hatfield, Ayren Jackson-Cannady,  
Katherine Kam, Lauren Paige Kennedy,  
Susan Kuchinskias, Shelley Levitt,  
Matt McMillen, Erin O'Donnell, Monica Kass  
Rogers, Gina Shaw, Stephanie Watson



**EDITORIAL, DESIGN, PRODUCTION MANAGEMENT**

**EDITORIAL DIRECTOR** Kim Caviness

**DEPUTY EDITOR** Andrea Gabrick

**ASSOCIATE EDITOR** Rebecca Scherr

**ASSISTANT EDITOR** Chloe Thompson

**BOOKINGS DIRECTOR** Wendy Zipes Hunter  
wendy@celebrity.concepts.com 954-344-0912

**ART DIRECTORS** Glenn Pierce, Melissa H. Miller

**CREATIVE DIRECTION REDESIGN** Priest + Grace

**PHOTO EDITOR** Katie Ellsworth

**PRODUCTION DIRECTOR** Connie Otto

**PRODUCTION MANAGER** Jerry Parks

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**PRODUCTION ARTIST** Brenda M. Waugh

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Neha Dakwala-Shah

**BUSINESS MANAGER** John Krzeminski

**SALES OPERATIONS ANALYST** Kisha Jackson

**ADVERTISING SALES**

Alisa Feiner, afeiner@webmd.net, 212-624-3897  
Pete Holfelder, pholfelder@webmd.net, 646-674-6825  
Patti Mrozowski, pmrozowski@webmd.net, 212-624-3750  
Patria Rodriguez, prodriguez@webmd.net, 212-417-9542

**CHICAGO**

Anna Novinger, anovinger@webmd.net, 312-416-9278  
Meghan Rice, mrice@webmd.net, 312-416-9276

**WEST COAST**

Elise Perlmutter, eperlmutter@webmd.net, 424-248-0616



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

**CHIEF EXECUTIVE OFFICER** Cavan M. Redmond

**CHIEF FINANCIAL OFFICER** Anthony Vuolo

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Audit Bureau of Circulations



Welcome to the September issue of *WebMD the Magazine*. We have spent our summer reimagining the cover-to-cover content and design of our print and iPad app editions and are delighted to bring you our new magazine.

We listened to you and organized the magazine into sections that reflect the top-trending topics on WebMD.com: Living Healthy, Healthy Beauty, Family & Parenting, Food & Recipes, Fitness & Exercise, and WebMD Checkup, covering health conditions from A to Z.

Every section connects readers with experts who offer tips for all the healthy living decisions we make in our daily lives. Our new format runs the gamut from important health headlines and nutritious recipes to A-list celebrity health stories.

Don't forget to download *WebMD the Magazine* on your iPad for free from the App Store. Our September tablet issue is loaded with interactive extras, including expert questions for your doctor, beauty shopping lists, videos, slideshows, and online tools.

Thanks for taking this healthy journey with all of us at WebMD. Tell us what you think about our new look. I'd love to hear from you!

Clare

Clare Martorana  
*Editor in Chief*  
[clare@webmd.net](mailto:clare@webmd.net)

CLOCKWISE FROM TOP LEFT: QUANTRELL COLBERT; DONALD KINSEY/VEER

EDITOR'S  
NOTE

# hello, redesign!



Living Healthy



Healthy Beauty



Family & Parenting



Food & Recipes



Fitness & Exercise



WebMD Checkup

## House Proud

When first lady Michelle Obama unveiled her new book at the White House in June, WebMD was there, gathered around the intimate fruit-and-veggie-laden picnic table on the South Lawn. And we were there for the White House's recent Town Hall discussions about health care reform and its impact on women's health and seniors. Our experts are joining the conversation at some of the highest levels around some of the nation's most important health-related issues, which means even more informed health information for you. Read about our White House trip and more at WebMD.com.



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LOOKING  
SKIN  
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WEBMD WIRE

HOT TOPICS!

FACTS AND NEWS YOU CAN USE



**PETS**  
The American Kennel Club recently recognized the **RUSSELL TERRIER** as its 175th breed.  
*Source: The American Kennel Club*



**HEALTHY BEAUTY**  
The number of spa locations grew from 4,140 in 1999 to 19,900 in 2010.  
*Source: International Spa Association*

In 1920 a cotton buyer for Johnson & Johnson created **READY-MADE BANDAGES** to use on the cuts and burns his new wife suffered while learning to cook.  
*Source: Band-Aid*



**CHECKUP**  
**2.5 billion**  
The number of times the average person's heart beats in 70 years  
*Source: Cleveland Clinic: "Heart Facts"*

**40% 32%**  
**OF AMERICAN WOMEN HAVE USED OR WOULD USE AN AT-HOME ANTI-AGING TREATMENT. HAVE VISITED OR WOULD VISIT A PROFESSIONAL FOR NON-INVASIVE ANTI-AGING TREATMENTS.**  
*Source: Mintel Consumer Market Research*

**LIVING HEALTHY**  
**73**  
PERCENT  
of adults wear sunglasses, but only

**58**  
PERCENT  
have their children wear them.  
*Source: The Vision Council*

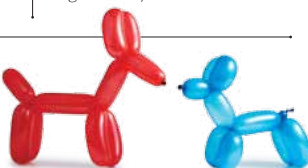


**500**  
Estimated number of bacteria types on common surfaces in offices in three major U.S. cities  
(Men's offices were more contaminated than women's.)  
*Source: PLoS ONE*

**FOOD & RECIPES**  
**IT'S FOOD SAFETY MONTH.**  
Each year, **1 in 6** Americans gets sick from eating contaminated food.  
*Source: CDC*



**FITNESS & EXERCISE**  
**September** IS NATIONAL YOGA MONTH. **16.5 MILLION** AMERICANS PRACTICE YOGA. **18% ARE OVER AGE 55 AND 72% ARE WOMEN.**  
*Source: Yoga Health Foundation, Yoga Journal/Harris Interactive*



RESEARCH SHOWS THAT EVEN JUST **ONE FRIEND** CAN HELP PREVENT DEPRESSION IN A CHILD.  
*Source: Cambridge Journals*

**FAMILY & PARENTING**  
More than **79 MILLION** students in the United States carry backpacks.  
*Source: The American Occupational Therapy Association*



**1 in 7** Number of people with Alzheimer's who live alone. As many as half don't have an appointed caregiver  
*Source: 2012 Alzheimer's Disease Facts and Figures*



**LIFE SAVER**

What's the secret to blowing out 100 candles on your birthday cake? A positive personality helps, says a study of 243 U.S. centenarians. That means: Be optimistic, easygoing, sociable, and conscientious. Don't bottle up your feelings or talk ill of others. However, the researchers added, while personality offers clues to longevity, the biggest predictor of whether you'll make it to the century mark is whether you had parents who lived to 100.

Source: Aging

**15%**  
of Americans lost  
a dog or a cat in the  
past five years.

**85%**  
of those lost  
dogs and cats  
were found.

Source: The American Society  
for the Prevention of Cruelty  
to Animals

## Big Fan

Cooks, take note: Gas stoves can generate lung-irritating levels of nitrogen dioxide and other indoor pollutants. But turning on the fan and cooking on back burners can cut pollutant levels by about half, a study shows. The study looked at seven kinds of ventilation systems. None worked perfectly but all worked better over the two back burners of a four-burner stove. Why? Many ventilation systems extend over just the back half of the stovetop, missing the front burners.

Source: Environmental Science & Technology



## Crash Text

Just thinking about texting may make young drivers more likely to crash, a study suggests. Researchers ranked 384 college students on four aspects of "problem" cellphone use: anticipation of calls or texts; phone use interfering with normal activities; strong emotional reaction to a phone; and recognizing problematic phone use. Students with higher rankings were more likely to have had a crash—especially those who often anticipated calls or texts or who had an emotional response to a phone.

Source: Pediatric Academic Societies 2012 meeting; the studies have not appeared in a peer-reviewed journal

**49% OF AMERICANS 35 AND OLDER SAY THEY ARE "pretty happy."**  
**GOOD RELATIONSHIPS WITH FAMILY, FRIENDS, AND PETS ARE KEY DRIVERS OF HAPPINESS.**

Source: AARP Research & Strategic Analysis, June 2012



## DARK SECRETS

Can't sleep? You might be afraid of the dark. So say researchers who studied sleep habits in 93 college students. Almost half who said they slept poorly also said they feared the dark. Researchers confirmed their fear of things that go bump in the night with sleep lab experiments that measured their "startle" response. Therapy for phobias like fear of the dark may help you snooze better, the researchers suggested.

Source: Associated Professional Sleep Societies 2012 meeting; the study has not appeared in a peer-reviewed journal

## WAIST NOT

Think you won't develop diabetes if you're not super-heavy but have some extra padding around the waist? Turns out you could still be at higher risk, especially if you're a woman. New research finds that some overweight (but not obese) people with BMIs (body mass index, a measure of weight related to height, together with waist size) of 25 to 29.9 with very large waists (35 inches and up for women; 40 inches and up for men) have the same risk of diabetes as obese people. The researchers looked at diabetes, waist, and BMI data on more than 28,500 people living in eight European countries.

Source: PLoS Medicine

WebMD.com

## Hot Hits

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

1. How Can I Lose My Belly Fat?
2. The Health Benefits of Sex
3. Bath Salt Dangers
4. Healthy Hair: How to Get It
5. How Much Vitamin D Do I Need?
6. Help for Heat Exhaustion
7. Mineral Makeup 101
8. What to Do for Bee Stings
9. Swollen Ankles
10. Top Dog Phobias

\*as of July 1, 2012

## SOLE MATES

Tempted to try barefoot running? You may run faster and with less fatigue, research shows, but you can still get hurt.

One study found treadmill runners didn't breathe as hard or feel as tired when barefoot. In another, competitive runners shaved 19 seconds off their mile times when wearing "barefoot" running shoes. But a survey of 109 runners found 18 reported an injury when they ran barefoot. So run carefully if you decide to ditch the shoes.

Source: American College of Sports Medicine 2012 meeting; the studies have not appeared in a peer-reviewed journal

**EVERY 6 MINUTES**  
**HOW OFTEN**  
**A YOUNG CHILD**  
**IS TREATED**  
**IN A U.S.**  
**EMERGENCY**  
**ROOM FOR A**  
**STAIR-RELATED**  
**INJURY.**

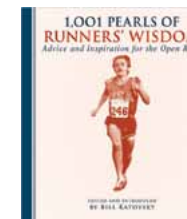
Source: Pediatrics

## GOOD READS



### Lean Slate

Ever wonder how so many chefs cook, eat, and repeat but somehow don't pack on the pounds? *Smart Chefs Stay Slim: Lessons in Eating and Living From America's Best Chefs* by People magazine senior editor Allison Adato reveals Cat Cora's tricks to get her kids to eat the same food she does and how Eric Ripert cooks chicken in his toaster oven. Other renowned chefs share recipes, how they order smart in restaurants, and more.



### On the Run

Who knew so many people across the ages, from Aristophanes to Alanis Morissette, have had so much to say about the pleasures (and the pain) of time spent literally pounding the pavement? *1,001 Pearls of Runners' Wisdom: Advice and Inspiration for the Open Road*, edited by Bill Katovsky, founder of the Natural Running Center, is ideal for when you need inspiration. Training, form, recovering from injury, racing, and motivation—it's all here.



## Low Profile

Most Americans get enough vitamins and minerals in their diet. But some are short four key nutrients: **Vitamin D** Nearly 1/3 of African-Americans and 12% of Hispanics have low levels, compared to 3% of whites. **Iodine** Women ages 20 to 49 have borderline low levels. **Iron** Nearly 1 in 10 women ages 12 to 50 comes up short. **Vitamin B6** One in 10 people over age 1 was deficient.

Source: CDC, Second National Report on Biochemical Indicators of Diet and Nutrition in the U.S. Population

CLOCKWISE FROM TOP LEFT: EDMOND VERTES/VEER; CYNOCUB/VEER; JEFFREY COOLIDGE GETTY IMAGES; SUNTORN NAMWHAH/VEER

FROM LEFT: KARAM MIRI/VEER; STEPHEN LEWIS/ART + COMMERCE



# Elisabeth Shue

THE *CSI* STAR SHARES HER HEALTHY LIVING HABITS



## Stress S.O.S.

"I've been practicing and relying on Transcendental Meditation for those moments when I feel frantic or anxious. I just stop for 20 minutes to calm myself. I also unwind by hitting tennis balls."



## Fair Play

"I don't wear much makeup ever, and that requires some acceptance that I'm not perfect. I do have decent skin. I'm usually in a rush, but I always wear a hat and sunblock when I play tennis. In my 30s, I was neurotic about getting older and put on some kind of night cream every night."



## In the Bag

"I always keep mascara in my purse. I use mine until they're dried up and there's nothing left, then I go right to Rite Aid for more."

*Elisabeth Shue stars this month in the horror flick House at the End of the Street.*

Elisabeth Shue, 48, makes it look sublimely simple to keep it all together. "All" includes her second season as Julie Finlay on CBS' mega-hit *CSI: Crime Scene Investigation*, which premieres Sept. 26, and her role in last month's dramedy *Hope Springs*, opposite Tommy Lee Jones and Meryl Streep. This month, the Harvard alum and mom of three plays the mother of Jennifer Lawrence's character in the horror thriller *House at the End of the Street*. And in October, she's in the surfing saga *Chasing Mavericks* opposite Gerard Butler. Shue doesn't have much free time, but she says, "When I do, I'll be more involved in KIPP schools for students in underserved communities." —Stephanie Stephens



## Trailer Stash

"When I'm on set, I always keep a crunchy snack on hand—rice cakes with apple spread or almond butter. I drink lots of water, sometimes with Emergen-C powdered supplements, and I also like Honest Tea."

*"I'd really like to go into the wilderness, some uncharted territory, with no one else around for miles."*



## Workout Wit

"Tennis has helped me through my midlife crises. It's linear, and I can measure progress, plus it helps me focus. I love competing, love the challenge—pretty perfect. You have to be brave, and you can feel your personality come out on the court."

CLOCKWISE FROM TOP CENTER: JEFF VESPA/GETTY IMAGES; STEVE WISBAUER/GETTY IMAGES; WICKLOG/VEER; STOCKBYTE/GETTY IMAGES; JODY DOLE/GETTY IMAGES

# Announcing The Flu Vaccine With The 90% Smaller Needle



"To get the point, scan here."



Fluzone Intradermal vaccine works just under the skin and helps give you the flu protection you need. So ask your health care provider about the flu vaccine with the 90% smaller needle.

## IMPORTANT SAFETY INFORMATION

### Indication

Fluzone Intradermal vaccine is an inactivated influenza virus vaccine given to people 18 through 64 years of age for active immunization against influenza disease caused by influenza virus subtypes A and type B contained in the vaccine.

### Safety Information

Redness, firmness, swelling, and itching at the injection site occur more frequently with Fluzone Intradermal vaccine than with Fluzone vaccine. Other common side effects to Fluzone Intradermal vaccine include pain, headache, fatigue, and muscle aches. Side effects other than those listed above may occur. Fluzone Intradermal vaccine should not be administered to anyone with a severe allergic reaction to any vaccine component, including eggs, egg products, or to a previous dose of any influenza vaccine. Tell the doctor if you have ever experienced Guillain-Barré syndrome (severe muscle weakness) after a previous dose of influenza vaccine. If you notice any other problems or symptoms following vaccination, please contact your health care professional immediately.

Vaccination with Fluzone Intradermal vaccine may not protect all individuals.

For more information about Fluzone Intradermal vaccine, talk to your health care professional and see complete Patient Information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.



Visit [Fluzone.com](http://Fluzone.com) or these stores to find out where to get Fluzone Intradermal vaccine or call 1.877.9.FLUZONE for more information. Please see the Patient Information on the adjacent page.

**Fluzone<sup>®</sup>**  
intradermal  
INFLUENZA VIRUS VACCINE  
Tiny Needle. Big Protection.



**Patient Information Sheet**  
**Fluzone® Intradermal**  
**Influenza Virus Vaccine**

Please read this information sheet before getting Fluzone Intradermal vaccine. This summary is not intended to take the place of talking with your healthcare provider. If you have questions or would like more information, please talk with your healthcare provider.

**What is Fluzone Intradermal vaccine?**

Fluzone Intradermal is a vaccine that helps protect against influenza illness (flu).

Fluzone Intradermal vaccine is for people 18 through 64 years of age.

Vaccination with Fluzone Intradermal vaccine may not protect all people who receive the vaccine.

**Who should not get Fluzone Intradermal vaccine?**

You should not get Fluzone Intradermal vaccine if you:

- ever had a severe allergic reaction to eggs or egg products.
- ever had a severe allergic reaction after getting any flu shot.
- are younger than 18 years of age.
- are 65 years of age or older.

Tell your healthcare provider if you have or have had:

- Guillain-Barré syndrome (severe muscle weakness) after getting a flu shot.
- problems with your immune system as the immune response may be diminished.

**How is Fluzone Intradermal vaccine given?**

Fluzone Intradermal vaccine is a shot given into the skin of the arm.

**What are the possible side effects of Fluzone Intradermal vaccine?**

The most common side effects of Fluzone Intradermal vaccine are:

- pain, redness, swelling, hardness, and itching where you got the shot
- muscle ache
- tiredness
- headache

These are not all of the possible side effects of Fluzone Intradermal vaccine. You can ask your healthcare provider for a list of other side effects that is available to healthcare professionals.

Call your healthcare provider for advice about any side effects that concern you. You may report side effects to the Vaccine Adverse Event Reporting System (VAERS) at 1-800-822-7967 or <http://vaers.hhs.gov>. A pregnancy registry is available for Fluzone Intradermal by contacting Sanofi Pasteur Inc. at 1-800-822-2463.

**What are the ingredients in Fluzone Intradermal vaccine?**

Fluzone Intradermal vaccine contains 3 killed flu virus strains.

Inactive ingredients include formaldehyde, and octylphenol ethoxylate.

Manufactured by:  
**Sanofi Pasteur Inc.**  
Swiftwater, PA 18370 USA

**SANOFI PASTEUR** 

MKT25459

6221

"Pinkeye" is a  
top search  
term at  
WebMD.com

**UP CLOSE**

# See It Through

AN IN-DEPTH LOOK AT  
EYEGLASSES



**Stone Age**

The first known vision aid, invented around 1000 A.D., was called a "reading stone." The glass sphere served as a magnification tool when placed on top of reading materials.

**It Takes Two**

Benjamin Franklin developed bifocals—eyeglasses with conjoined lenses for more than one vision correction—in the 1780s.

**Ready to Wear**

The first wearable eyeglasses, which had quartz lenses in settings made of bone, metal, or leather, were invented in 1284 in Italy.

**20/20**

Eyeglasses correct vision, which can be classified as nearsighted (myopia), farsighted (hyperopia), abnormal curvature of the cornea (astigmatism), or weakened by age (presbyopia).

**Looking Glass**

Eyeglass lenses were traditionally made of glass, but today most lenses are plastic because they are safer and lighter.

**Presidential Pair**

President Thomas Jefferson wore custom-made glasses from a Pennsylvania optician, based on Jefferson's hand-drawn specifications. Each pair took about two weeks to make.

**World View**

More than 150 million Americans use corrective glasses, and the nation spends more than \$15 billion annually on eyewear.

**Golden Eye**

A company called ClieC Gold created possibly the most expensive reading glasses in the world, which sold for \$75,000. Only 300 pairs of the 18 karat gold glasses were made.—*Chloe Thompson*

**HEALTHY  
START**



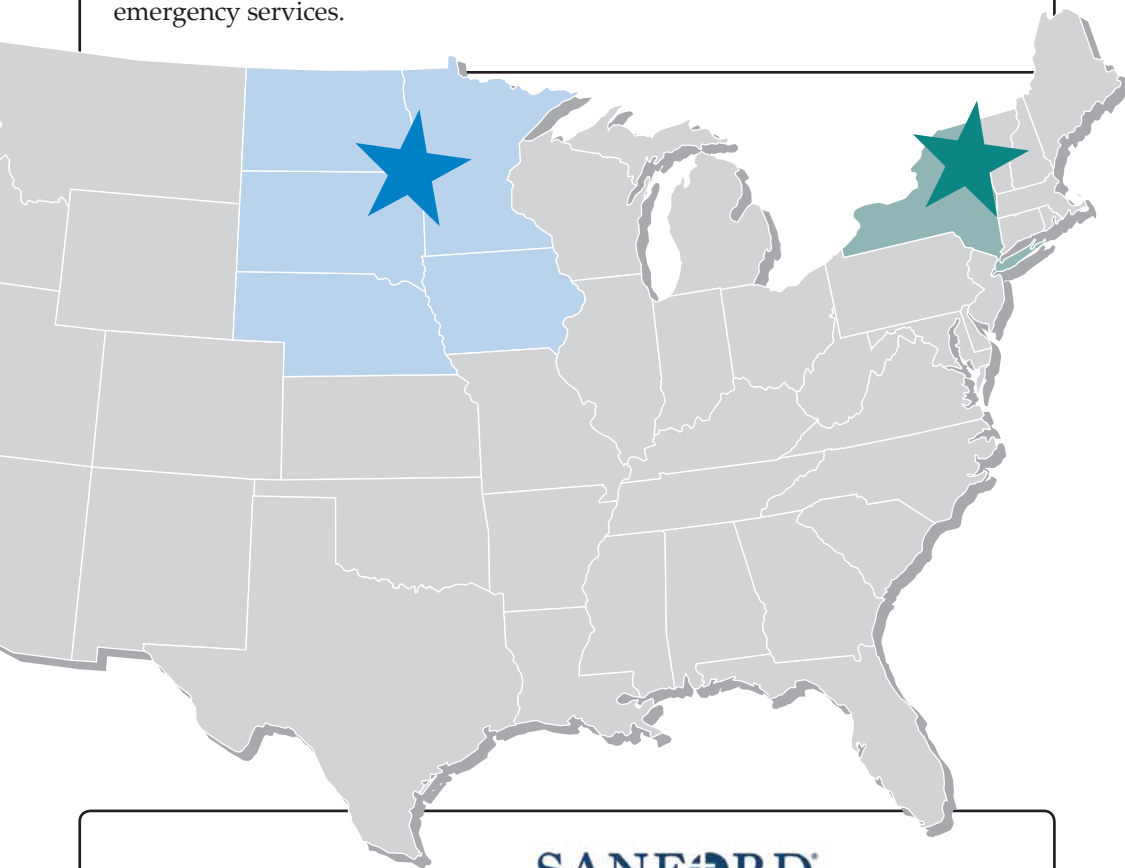
# Coast-to-Coast Care

## Picking the hospital that's right for you

### SOUTH NASSAU COMMUNITIES HOSPITAL ★ NEW YORK



South Nassau Communities Hospital is one of the region's largest hospitals, with 435 beds, more than 900 physicians, and more than 3,000 employees. Located in Oceanside, N.Y., the hospital is an acute-care, not-for-profit teaching hospital that provides state-of-the-art care in cardiac, cancer, orthopedic, bariatric, pain management, mental health, and emergency services.



### SANFORD HEALTH ★

**SANFORD**  
HEALTH

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Sanford Health is an integrated health system headquartered in Fargo, N.D., and Sioux Falls, S.D., and is the largest rural not-for-profit health care system in the nation with locations in 112 communities in five states. In addition, Sanford Health is developing international clinics in Ireland, Ghana, Israel, and Mexico.

## How to Choose Your Hospital Care

### 1. Ensure Insurance

Start your hunt with a master list of hospitals in your area or specialty needed, and then find out which ones take your insurance. Call your insurance provider for guidance, or visit the website and do a simple search. If you are paying out of pocket, meet with a financial counselor to work out a payment plan ahead of time.

### 2. Do Your Homework

If you need a specialized surgery, ensure that the hospitals on your list can accommodate you and have a good track record. "Hospital report cards" are often available from your state's health department as public record. Check that the hospital is accredited by the Joint Commission (jcaho.org) for patient and quality standards.

### 3. Picture Perfect

Visit the hospital and take a look around. Do they offer private or semi-private rooms? Are they comfortable? Do the patients look content, well fed, and well taken care of? A clean and welcoming environment can make or break a first impression. Note the nurse-to-patient ratio. Typically, one nurse can care for three to six patients in a non-ICU environment.

## LIVING HEALTHY



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A Florida mom's top health fixes

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## Joy Ride

Be your best self today and every day

### READER TIP

"Enjoy a hug from a friend or a walk in nature as much as you would a vacation."  
—Monamia, WebMD community member



CAN'T SLEEP TIGHT

Sleep is not just about quantity but also quality. Stick to a sleep/wake schedule. Go to bed and wake at the same time every day, including on the weekends. Your body will like the consistency. And eliminate caffeine by 2 p.m. Caffeine has a half-life of up to 10 hours and can keep you in a lighter sleep stage at night without your knowing it.



**Michael Breus, PhD, ABSM**  
author, *The Sleep Doctor's Diet Plan*

NO TIME FOR MEALTIME

The USDA's MyPlate nutrition icon is what a healthy meal should look like: Half the plate is filled with fruits and vegetables, one quarter with grains, and the other quarter with lean protein. When you're planning meals, think of filling in the blanks. And remember: If your pantry (and freezer) is prepared, you don't have to be. Shop for healthy basics such as canned beans and tomatoes, whole grain pasta, brown rice, quinoa, and canola and olive oil.



**Carolyn O'Neil, MS, RD**  
coauthor, *The Dish on Eating Healthy* and  
*Being Fabulous!*

# The Mother Load

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

Photograph by Jensen Larson Photography

WORKOUT WOES

Create a weekly exercise plan. Write down which days of the week and what time of day you'll exercise, the minutes of activity, and the activity you'll do, then check in each week and modify as necessary. Keep it realistic so you'll commit and do it.



**Richard Weil, MD, CDE**  
exercise physiologist and director,  
*New York Obesity Research Center*  
*Weight Loss Program, St. Luke's*  
*Roosevelt Hospital Center, NYC*

WEBMD ON THE STREET

Niki O'Brien

Litigation Support Analyst, 39  
*Winter Park, Fla.*

Ask any working mom, "How are you?" and you're likely to hear "Tired!" That's certainly true for O'Brien, mom to 22-month-old Avery. "I am always tired no matter how much sleep I get," she says, "and I never wake up feeling refreshed." O'Brien and her husband, Paul, also have two other sweet but unruly "kids," dogs Finnegan and Diesel, who keep the couple on their toes. There's just not enough time in the day to get everything done, she says, especially when it comes to cooking and working out. "I'm always running out of ideas for healthy meals (and exercise routines) that don't require a ton of time." But perhaps one of her most nagging health issues is her skin. "I'm almost 40 and I still get breakouts regularly! On top of that, my skin is starting to lose elasticity."



## WOMEN'S HEALTH

## Forget About It

FEEL LIKE YOU'VE HAD TOO MANY  
"SENIOR MOMENTS" LATELY? HERE'S WHY

By Colleen Oakley



● You walk into the kitchen with purpose, then stand in the doorway wondering what you went in there to do. Add to your grocery list? Look for your keys? Get a glass of water? Who knows? Your mind is completely blank.

"Though we jokingly refer to these as 'senior moments,' they happen to everyone—from the very young to the very old," says Adam Gazzaley, MD, PhD, founding director of the Neuroscience Imaging Center at the University of California, San Francisco.

Gazzaley has spent years researching memory issues using brain-imaging technology. "Your brain works as a series of networks, with different areas communicating with each other at all times," he says. "When you're trying to remember something, your brain

establishes a new network. Memory glitches occur when there's a break in that network."

What causes the break? Interference, which impairs your ability to focus. Interference can be anything from your cellphone ringing to background chatter at a restaurant to your mind wandering. "We've found that when a person is exposed to interference, their ability to recall info, even over very short periods of time, declines significantly," says Gazzaley.

Some people can maintain their networks in the face of interference—you know, those friends who never forget a face or always remember everybody's birthday. Why is that? "Some people are better at maintaining or reactivating their networks than others, and that's the main

Boost your diet with help from the **Brain Foods That Help You Concentrate** slideshow.

WebMD.com

FROM WEBMD.COM

## Q&amp;A

"Last week, a friend introduced me to a potential client for my business. Ten minutes into our conversation, I couldn't remember her name. Why would I forget something so important?"



**Laurie Rowland**  
32, chef/caterer,  
Smyrna, Ga.

EXPERT  
ANSWER

"The short answer? You weren't really paying attention. Maybe you were focused on how exciting it would be to have a new client or were trying to make a good impression, but your brain wasn't concentrating on the task at hand—in this case, remembering her name. The next time you meet someone new, really pay attention—and then repeat the name to consolidate the information in your brain."



**Adam Gazzaley,**  
MD, PhD  
founding director,  
Neuroscience Imaging  
Center, University  
of California,  
San Francisco

focus of our research right now—understanding what causes the individual variability of memory," says Gazzaley.

What can you do? Try to limit interference. "You can't always shut off the world, but you can learn how to focus your attention on the task at hand," says Gazzaley. So if you go into the kitchen to write something down on your grocery list, don't answer your cellphone or let your mind wander to a meeting that morning. "Mentally rehearse what you're doing, and hold it in mind, until you're finished with the task," he says.

You can also train your brain to recall information by practicing. "Our brains have plasticity, or the ability to get better at something when challenged," says Gazzaley. "I often test my memory so that it continues to get better." Try this: Next time you go to the grocery store, don't make a list, and see how many you can remember. "Four or five is my sweet spot," he says. "Nine is pushing it."

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

OCEAN PHOTOGRAPHY/VEER



## MEN'S HEALTH

## Man Up

FROM ONE GUY TO ANOTHER, ADVICE THAT JUST MIGHT SAVE YOUR LIFE

By David W. Grotto, RN, LDN

● Guys, here's some good-for-you advice. In the name of health and wellness, put four to-dos on your list.

**Go see a doctor.** Men are more likely than women to put off their yearly checkups. In fact, fewer than half of men ages 45 to 64 had a physical exam last year. Men are wired differently, that's for sure. If we don't see the doctor, then nothing is wrong with us. Can't have high cholesterol if you never have it checked, right? Time is ticking, guys—your heart should be too. Make an appointment with your doctor today.

**Do fewer stupid things.** Men are risk-takers. This can be a good thing in business but a not-so-wise thing when your life is at stake. Men are five times more likely than women to drown. Men

are nearly two and a half times more likely to die in a car accident (though this stat may be challenged by the great "equal-opportunity-gender-equalizer" of texting while driving). So, slow down...you'll get there when you get there. Don't drink and drive, don't text and drive, and don't eat and drive.

**Admit you're not in shape.** Men who are overweight or obese often underestimate their weight, according to a survey of 3,500 people done by researchers from the University of Illinois. Men tend to gain weight in their gut—a very dangerous place because belly fat puts men at greater risk of metabolic syndrome (a group of health problems that include high blood pressure, high blood sugar, and high

cholesterol), diabetes, heart disease, and dying earlier than they should.

Look in the mirror, and check where you're wearing your pants. Do they still fit as long as you are wearing them under a belly overhang? You're not fooling anyone.

Put the fork down between mouthfuls—and remember that it's OK not to finish what's on your plate. Fill and eat one plateful per meal. Still hungry? Load up on more salad—but go easy on the dressing. If you still can't seem to figure out how to eat, see a registered dietitian who can help draft a food plan that's delicious and still includes man-sized—but not Andre-the-Giant-sized—portions.

**And finally, move!** Cheering for your favorite sports team does not count as physical activity. Go on a bike ride or a brisk walk with your family.

## READER TIP

"For the last seven years I have had an annual complete physical. I have meds to review and tests to be done. Usually takes upwards of an hour from nose to toes."—*ruasbizze2, WebMD community member*

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

DOUG BERRY/CORBIS



## MIND MATTERS

## Love Lessons

ARE YOU IN A HEALTHY RELATIONSHIP? LOOK FOR THESE 8 HALLMARKS

By Leslie Becker-Phelps, PhD

● ● Maintaining an intimate relationship is an art. No one would ever say it's easy, but it is doable. Keep in mind that every situation is different and, luckily, there is no single path to a strong and mutually rewarding relationship. How do you know if your romantic partnership is a healthy one? Here are eight signs that a relationship is working well.

**Emotional support** You and your partner can take refuge in your relationship during times of distress or need, and feel a sense of comfort and relief from connecting with each other.

**Acceptance and love** Both you and your partner feel fully accepted and loved for who you are. This is true even when you disagree.

**Appreciation** You both value your relationship and consider it a priority. You devote enough time to nurture and enjoy it.

**Security** You both feel supported as you explore your individual goals outside the relationship. It's important, however,



that these activities are not destructive, such as a spouse being so involved in a hobby or other pursuit that he has no time for the relationship.

**Trust** You and your partner trust each other to

act in ways that support the relationship. You also trust each other to be emotionally available when needed.

**Comfort with intimacy** You are both comfortable with sharing your intimate

thoughts and vulnerable feelings. You are at ease with depending on each other (also called interdependence) while maintaining your separate needs and identities.

**Individual self-worth**

You each have a sense of self-worth that is separate from, though supported by, your relationship. In a healthy relationship, partners don't have to choose between feeling close and being able to be themselves.

**Effective, caring conflict management** You talk about distressing events or aspects of your relationship in a mutually respectful way. You attend to each other's distress, helping ease it, and then move on to solving the problem as a team.

Take your time and carefully consider each of these signs. Are they characteristic of your relationship? Do they suggest ways you can improve it? Or does reviewing them reinforce just how happy you are and how much you have to be grateful for? The answers to these questions will tell you a great deal about how healthy—or unhealthy—your relationship is.

Men, what do women want? Check out the **19 Secrets Women Wish You Knew** slideshow.

WebMD.com



## WORK IT OUT

## Who's the Boss?

YOU ARE—EVEN IF YOU HAVE A NOT-SO SUPERVISOR.  
HOW TO SURVIVE A TOXIC MANAGER

By Stephanie Stephens

● ● You couldn't wait to get that job—and now you can't wait to leave, thanks to your boss. It's a situation that is, unfortunately, commonplace. Nearly half of employees surveyed by the national administrative staffing firm Office Team say they've worked for an unreasonable boss.

Maybe yours is a micromanager or a bully. Or an insensitive, abusive, or just plain dysfunctional person—supervising you in a job you had hoped might lead to more meaningful work or greater accomplishments. Believe it or not, your response to the situation may be the ticket to getting both.

"At first, you have 'boss love' and then you have a rude awakening," says work-life expert Tevis Rose Trower, founder of Balance Integration Corp. in New York City. She's been there herself, and says you *can* squeeze lemonade from that lemon of a job you can't afford to quit. But you'll need to make some changes, just as Trower once did with a problematic manager.

"This boss held court and psychoanalyzed my life while I was pinned to the chair across her mahogany desk," Trower recalls. Instead of retreating, Trower took the high road, learning "to hold the boss in compassion" even when she monopolized Trower's

STAY  
STRONGHONE THESE  
SKILLS FOR  
COPING WITH A  
DIFFICULT BOSS.

**Practice basic self-care.** Ground yourself with positive thought patterns, regular exercise, and plenty of rest. In tough times, self-care is non-negotiable.

**Set boundaries.** Other people can only affect you if you allow them to do so. It's your responsibility to "filter" and manage negative thoughts. Focus on aligning with your reality, not complaining.

**Optimize communication.** Imagine being available and receptive to your boss's comments, and sharing your own needs in a non-contentious way. Create a kind of "verbal agreement" to effectively support your boss—so you can both get the job done. Try saying: "I want to be good at this. One thing that will help me is this."

time. The boss's need to talk at Trower for hours on end was her way of expressing a basic human desire, says Trower, who reluctantly broke her own hardline rule of not getting sidetracked from "mountains of work" and listened to her boss. The tactic worked, creating a path for Trower to move forward.

To cope when a difficult boss threatens to hold you back, first ask yourself honestly and objectively, "Now that I'm *living* this job, how do I give it permission to be exactly as it is?" If you're a "comfort-seeking" person, keep in mind that you'll never find the perfect workplace or perfect anything. "Whatever you don't tolerate will show up for you somewhere else. Patterns repeat themselves," Trower says.

For example, maybe you're so upset that you obsess over every little thing your boss does. That won't help improve your work satisfaction. "You'll live in hatred for most of your waking, even sleeping, hours," says Trower. "You don't go to your job to fall in love with everyone, but to use talents and abilities as best you can to achieve an outcome. Any goodness, smile, or camaraderie is icing on the cake." So let people be people, including your boss, knowing they won't change.

"Your real job is to make yourself as adaptable, responsive, intelligent, and skillful in as many situations as possible," Trower says, and that includes your relationship—good, bad, or in between—with the person who happens to be your boss.

"Then you can choose where you ultimately want to be."

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

## EXPERT TIP

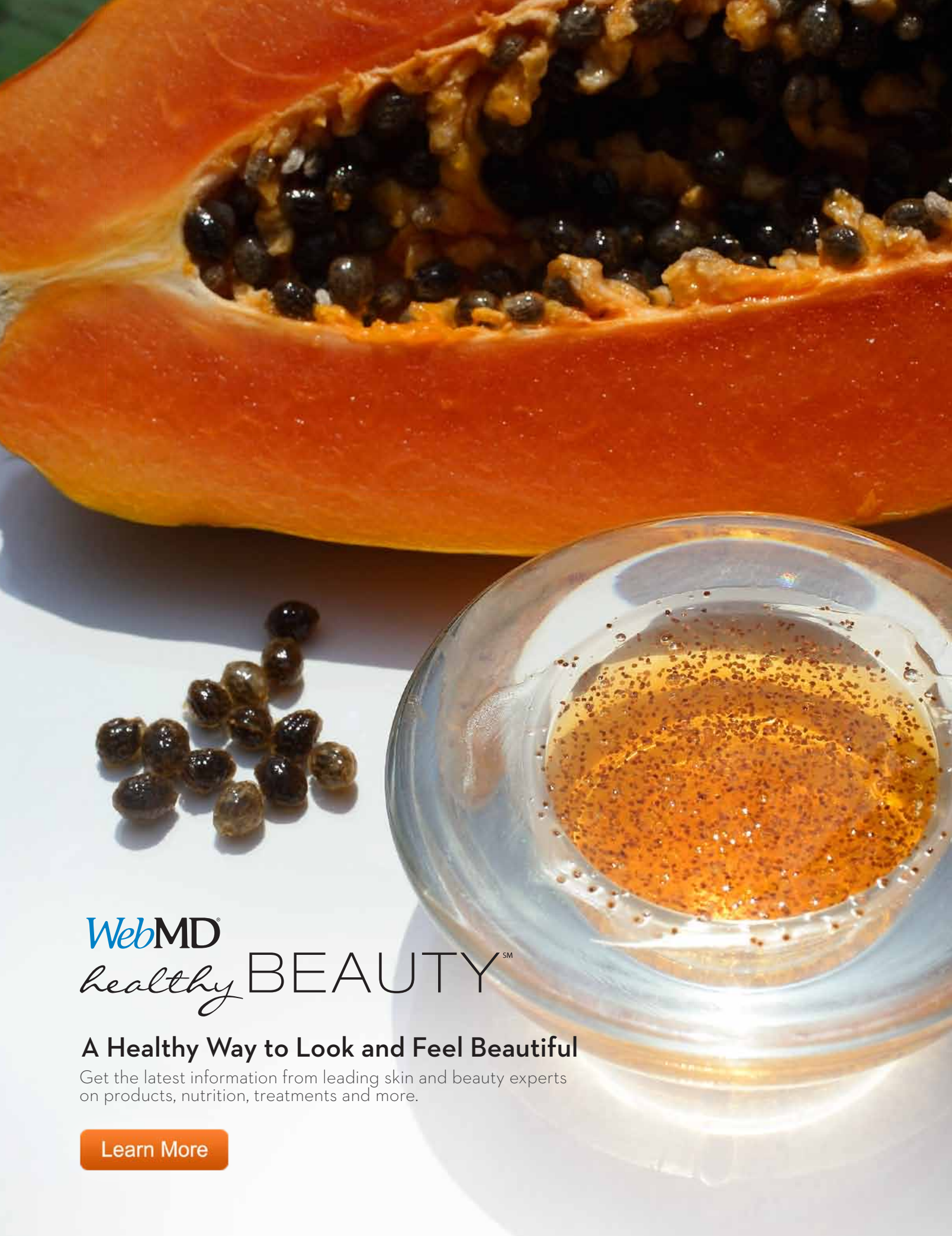
"When people get caught up in pleasing others or just focus on doing, they become disconnected from themselves and others. By being conscious of your thoughts, feelings, and beliefs, you're more in touch with what makes you you. Then you can genuinely open up."—**Leslie Becker-Phelps, PhD**

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

## EXPERT TIP

"You may share the same values with your boss, but you may also have a personality conflict. Even so, never lay so many expectations that you make yourself sick."—**Tevis Rose Trower, MA**





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- 24 **You Asked**  
Expert picks to fight fine lines
- 26 **Beauty Smarts**  
The scoop on salon hair straighteners
- 28 **Your Smile**  
Cosmetic dentistry options

# Off You Glow

Face the day—every day—with  
gorgeous skin and hair



### EXPERT TIP

“Invest your skin care dollars in products you leave on your skin, like a good antioxidant cream.”—*Jessica Wu, MD*



## YOU ASKED

## Anti-Aging

WE CONSULT TWO TOP DERMS FOR THEIR PRODUCT PICKS  
TO HELP FIGHT FINE LINES IN YOUR 30S AND 40S**Power Plant**

**SkinCeuticals Phyto+** (\$78) “Now that you’ve entered your 30s, you may start to notice brown spots or discoloration on the skin. This gentle product, which contains natural lightening agents kojic acid and arbutin, is great for those who want to brighten dark areas without using the controversial ingredient hydroquinone, which some countries have banned because of safety concerns.”

**Smooth Operator**

**Relastin Eye Silk** (\$69) “Products that contain collagen-building ingredients like peptides help keep skin plump and youthful. This one is made with a special zinc complex that increases elastin production and puts the spring back into skin. For an added pick-me-up, I keep mine in the fridge.”



**Debra Jaliman, MD**  
dermatologist, New York City

**Eye Opener**

**Neutrogena Healthy Skin Brightening Eye Perfector SPF 25** (\$13.99) “Protect your peepers with this eye cream rich in antioxidants, shea butter, and glycerin. It has a flow-through brush applicator that helps deliver the perfect amount of formula to lighten dark circles and diminish fine lines.”

**Sleep Smart**

**Neutrogena Rapid Wrinkle Repair Night Moisturizer** (\$21.99) “In your 40s, as estrogen levels start to taper, you may see more skin dryness and fine lines. Be sure to keep skin moisturized 24/7. This is my favorite inexpensive retinol (a must-have for aging skin). In addition to a non-irritating retinol, it’s packed with hyaluronic acid to smooth skin, minimize fine lines, and even out color and texture while you sleep.”

## FROM WEBMD.COM

## Q&amp;A

“How can I keep my fine hair from falling flat after styling?”



**Julia DiNardo**  
31, reporter,  
Queens, N.Y.

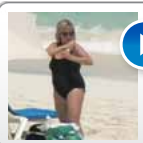
EXPERT  
ANSWER

“Hair can lose volume if the pH is too low, it’s weighed down from waxes in products, or scalp oil has built up. Two products can help: a volumizing shampoo with a higher pH, which opens the hairs’ cuticle, and a volumizing conditioner.”



**Paul Cucinello**  
creative director,  
Chris Chase Salon,  
New York City

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IN THIS SECTION ARE  
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NOT THE OPINIONS  
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SPECIFIC PRODUCT,  
SERVICE, OR TREATMENT.



Watch **How to Look Younger**, one of our most-viewed beauty videos, for more expert tips.

WebMD.com

**Protect and Serve**

**La Roche-Posay Anthelios 60 Ultra Light Sunscreen Fluid** (\$29.95) “One of the most stable sunscreens on the market, this is what I use when I am going to be outdoors on a really hot day or for a long time. The lightweight formula helps block the ultraviolet rays responsible for skin cancer and most of the visible signs of skin aging, including brown spots and dull skin.”

**Night Light**

**Philosophy Help Me Retinol Night Treatment** (\$45) “Retinoids are the most important night product to use, and while prescription products are the most effective, I turn to this over-the-counter retinol when my skin gets too flaky from the Rx—it brightens skin and makes pores appear smaller. The active ingredients in retinoids and retinols also help prevent acne relapses while evening skin tone and smoothing fine lines.”



**Mary Lupo, MD**  
professor of dermatology, Tulane University  
School of Medicine, New Orleans

**C Clearly**

**Avalon Organics Vitamin C Renewal Vitality Facial Serum** (\$24.95) “I often suggest complementing sunscreen with a serum infused with antioxidants to prevent damage from UV light that gets past the sunscreen. This super-concentrated serum works because it is rich in antioxidants, including vitamin C, lemon bioflavonoids, and white tea. Smooth on a thin layer under sunscreen each morning.”

**Brush Up**

**Clarisonic Mia Sonic Skin Cleansing System** (\$119) “Exfoliation improves the penetration of active ingredients in anti-aging products and brightens dull and discolored skin while minimizing the appearance of pores. Chemical exfoliation products with salicylic, glycolic, or lactic acid are great for normal or oily skin, but this gentle electronic brush, which mechanically removes flaky skin, is great for all skin types, especially sensitive complexions.”

Reviewed by Karyn Grossman, MD  
WebMD Skin Care Expert

**AISLE DO****PRODUCT PICK**

**Aveeno Ultra-Calming Foaming Cleanser** (\$7)

**EXPERT**

**Jessica Wu, MD**,  
assistant clinical professor of dermatology,  
University of Southern California

“I keep this next to every sink at home and use it to wash both my face and my hands. The foam dissolves oils, makeup, and sunscreen easily, and because it’s soap-free it doesn’t dry out my skin. The ingredients include feverfew, a chamomile-like herb whose inflammatory and antioxidant properties reduce redness.”

Take a photo with  
your phone!

**Shopping List**

- ☐ SkinCeuticals Phyto+
- ☐ Neutrogena Healthy Skin Brightening Eye Perfector SPF 25
- ☐ Relastin Eye Silk
- ☐ Neutrogena Rapid Wrinkle Repair Night Moisturizer
- ☐ La Roche-Posay Anthelios 60 Ultra Light Sunscreen Fluid
- ☐ Avalon Organics Vitamin C Renewal Vitality Facial Serum
- ☐ Philosophy Help Me Retinol Night Treatment
- ☐ Clarisonic Mia Sonic Skin Cleansing System



## BEAUTY SMARTS

## Straight Up

WHAT YOU NEED TO KNOW  
ABOUT SALON HAIR-  
SMOOTHING TREATMENTS

By Shelley Levitt

Tara Kennedy's state of mind on any given day had a lot to do with the state of her strawberry-blond hair. Thick with tight curls, it expanded to Little Orphan Annie dimensions on even slightly humid days. Taming it took the 32-year-old lawyer from Long Island more than an hour and a half and a dozen styling products. "By the time I left for work, I'd feel exhausted and exasperated," she says.

*Salon frizz-fighters work by breaking apart bonds in your hair, then gluing them back together in a new pattern.*

That changed two years ago when she spent \$350 and three hours in a beauty salon on a keratin hair-smoothing treatment. "Now, twice a week I wash my hair, blow-dry it for five minutes, and flat-iron it for 12," she says. "It's straight, shiny, and soft whatever the weather. I love it!"

Whether they're called "keratin smoothing" or "Brazilian" treatments, salon frizz-fighters work by breaking apart certain bonds in your hair, then gluing them back together in a sleek new pattern, says John Vater, a long-time colorist who owns Spa Adriana, a salon in Huntington, N.Y.

If you magnified a strand of hair a few hundred times, you'd see amino acids arranging themselves in what looks like a ladder if the hair is straight, or a spiral staircase if it's curly. Disul-



fide bonds, or linked sulfur atoms, form the "steps" of those amino acids. The more disulfide bonds your tresses have, and the more erratically they arrange themselves, the curlier your hair.

The salon process works like this: After a deep-cleansing shampoo, a stylist applies a straightening solution to the hair. Next, he blow-dries the hair straight and meticulously flat-irons it at a high temperature. That creates a waterproof seal that helps hair strands maintain their new shape for three to six months.

It also cuts down dramatically on at-home blow-drying time.

However, something else happens during the final step that, federal health reports warn, can be a hazard. When the heat from the 450-degree flat iron hits the hair, it releases fumes that contain formaldehyde, a colorless, smelly gas linked to everything from headaches to teary eyes and skin rashes. What's more, the Occupational Safety & Health Administration (OSHA) found that many straightening treatments



Is your hair healthy? Take **Test Your Hair Straightening Smarts**, WebMD's second most-popular beauty quiz, to find out.

WebMD.com

that claimed to be "formaldehyde-free" contained as much as 10% formaldehyde content—100 times the level OSHA considers safe.

"The amount of formaldehyde in some of these products is really scary," says Alexandra Scranton, director of science and research for Women's Voices for the Earth, a nonprofit environmental health advocacy agency. "These are levels you'd associate with guys wearing HAZMAT suits, not with a beauty salon."

The greater risk is likely to salon workers rather than to customers like Kennedy, who straighten their hair every few months. But the FDA advises consumers to "limit exposure" to products that contain formaldehyde. And be sure to choose a salon that does the service in a well-ventilated area. "Do your homework. Ask the salon for the exact name of the product they use and Google that name along with 'material safety data sheet,'" Vater says.

Or try one of the new smoothing treatments that swap out formaldehyde for gentler ingredients. Rather than break the hair's disulfide bonds, they bend or suspend them, leaving hair frizz-free and shiny but not stick-straight.

Vater sees this as an advantage: "You're not stuck with one-note hair that won't hold a curl," he says. "Instead, you have volume at the roots, and you can achieve broken waves or soft spiral curls if you want."

PATRIC SHAW/TRUNK ARCHIVE; HOMESTUDIO/VEER

Curl Power  
Want to embrace your curls?

## Choose the right cut.

To avoid what San Diego hairstylist Don Bewley describes as "curly hair that looks like a topiary," ask for a cut that gives your ringlets a structured silhouette. That means long layers—no shorter than six inches, save for a few face-framing pieces—and a sharp line at the ends.

## Use moisturizing products.

Well-hydrated hair is less likely to soak up humidity. Build a frizz-defense by using a moisturizing shampoo and conditioner in

the shower. Squeeze out extra water, then immediately apply a leave-in conditioner or styling product that contains silicone. "Your hair is most submissive while it's still wet," says stylist Natasha Sunshine, owner of Byu-ti Hair Therapy salon in Santa Monica, Calif.

## Do the twist.

Take small sections of your damp hair and wrap around your fingers, twirling away from your face, Sunshine suggests. Then keep your hands off while your hair air-dries into soft, shiny curls.

## Have a go-to style.

On days when you don't have time for curl control, pull your waves into a tight braid with a nickel-sized mix of hair gel and leave-in conditioner. "It's more chic and modern than a slick ponytail," says stylist Tina Dizon, owner of The Private Room, a Beverly Hills, Calif., salon.



## Dirty Secret

*I love trying on makeup, but I don't use those tiny plastic swabs at beauty counters. Am I going to bring home something besides a great new shade of gloss?*

It's quite possible. To a dermatologist, that's like strolling through a public restroom. Those tubes and jars resemble petri dishes, teeming with microbes and bacteria. The viruses that cause herpes and pink eye thrive on moist, inanimate objects—making a pot of lip gloss, foundation, or eye shadow a perfect breeding ground.

Even if the salespeople are careful about wiping off testers after customers use them, they may not be aware of all the passing shoppers who dipped a finger into a product or swept it onto their lips, cheeks, or hands.

So, a disposable tester is a good defense against contamination. Just make sure that lipstick tube or blush brush is wiped with alcohol and dried before you try.

**Joshua Zeichner, MD** director of Cosmetic and Clinical Research, Department of Dermatology, Mount Sinai Hospital, New York

Reviewed by Karyn Grossman, MD  
WebMD Skin Care Expert

## READER TIP

"I use about a teaspoon of anti-frizz smoothing creme (whatever is on sale) and work through my ends and the wavy parts, but not close to my scalp because my hair is so oily."—Eleanor Anne, WebMD community member

**I Tried It!**

I don't always have time to moisturize after I shower. So when I read about Dove Visible Care Renewing Crème Body Wash (\$7.99), in "Out to Dry" in the Nov/Dec 2011 issue, I had to try it. It was the middle of winter—the perfect time to test it—and it's been in my shower ever since. It cleanses and delivers silky skin the minute I towel off. And the clean, fresh scent is mild enough to not interfere with my favorite perfume, an absolute must for a body wash.—Chloe Thompson, assistant editor

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

PATRIC SHAW/TRUNK ARCHIVE





## YOUR SMILE

## Grin and Bare It

HATE SMILING FOR PHOTOS? YOUR DENTIST CAN HELP

By Stephanie Watson

Many people consider their smile one of their best assets. But what if you're embarrassed to smile?

Chipped, crooked, or discolored teeth can do more than ruin a picture-perfect moment. "Beauty is based on symmetry, and having teeth that are asymmetrical, crowded, or misshapen throws off that symmetry," says Kellee N. Stanton, DDS, who has a practice in Eagan, Minn. She says misaligned teeth even keep some people from achieving their personal and professional goals. What do you do if you're unhappy with your smile?

You could start by whitening, one of the most popular cosmetic dentistry procedures. "It makes such a big difference," Stanton says. "Crooked or misshapen teeth that are whitened can dramatically improve your smile." You can whiten your teeth at your dentist's office or use trays with a professional-strength gel at home. The results are often dramatic, lightening teeth by several shades, Stanton says. A dentist-whitened smile can

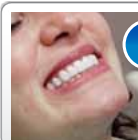
last for years if you maintain it by using your trays about once a month.

For broken or chipped teeth, you have several options. Bonding fills in chips and gaps with a hard, tooth-colored material. More durable are crowns, porcelain "caps" that slide over the entire damaged tooth, or veneers, thin pieces of porcelain laminate that cover only part of the tooth. Your dentist can also reshape your smile by removing some of the gum lying over your teeth, a procedure called gingivectomy.

To save money, you could combine cosmetic dentistry with orthodontics. First you wear braces to straighten your teeth, then your dentist only has to restore the few teeth that braces can't fix instead of cosmetically altering your whole smile.

If you're considering cosmetic dentistry, ask your dentist to give you a preview of your post-procedure smile with a digital simulation.

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



Watch: **Snap-On Teeth**. This video explains why cosmetic surgery isn't the only fix for your smile.

WebMD.com



## BEAUTY 411

## What's the difference between Retin-A and retinol?

Both are retinoids—derivatives of vitamin A that promote faster skin cell turnover. And when it comes to treating skin issues from acne to aging, there's a reason you hear about them a lot—they're some of the most proven, effective, and powerful weapons available.

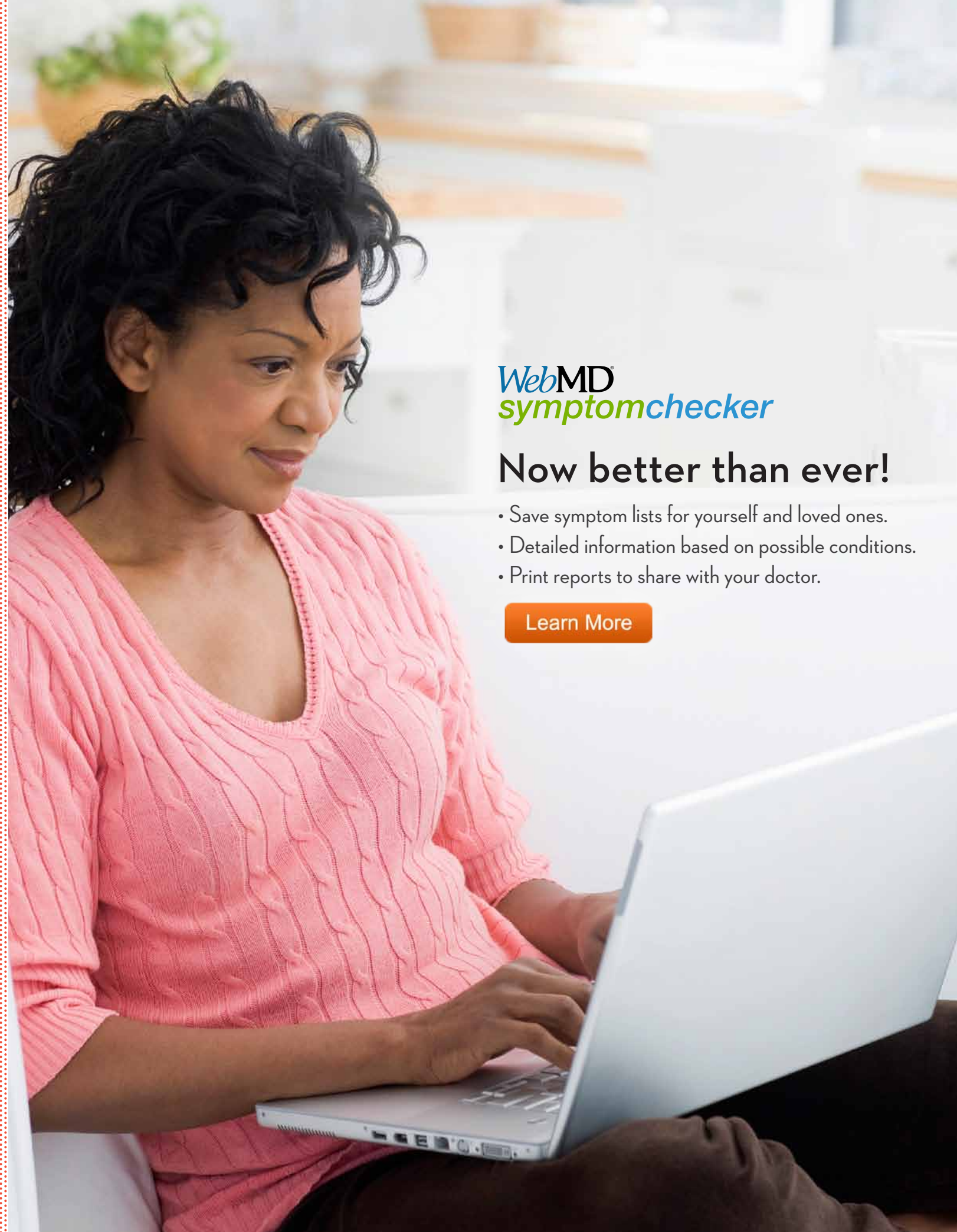
Retinoids come in prescription forms and in a range of over-the-counter products.

Prescription-level retinoids fall into these groups: tretinoin (including the brands Retin-A, Retin-A Micro, Renova, and Atralin), tazarotene (such as the brand Tazorac), and adapalene (such as the brand Differin). They prevent the buildup of dead cells in the pores and follicles and promote the growth of healthy cells. Common side effects include dryness, redness, irritation, and skin peeling as well as increased sensitivity to the sun. With regular use, you can expect to see results as soon as two weeks.

Drugstore aisles teem with products that contain retinol. But unless vitamin A is listed as one of the top five ingredients and the product is packaged in an airtight opaque bottle, what you're getting might not be all that effective.

—Aza Shamban, MD, assistant clinical professor of dermatology, UCLA

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## FAMILY & PARENTING



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## PREGNANCY

# Matters of the Hart

How does she put her magic touch on motherhood? Actor Melissa Joan Hart explains it all

By Stephanie Watson



### EXPERT TIP

Swear you're craving a certain food? "We haven't been able to find scientific information to substantiate [cravings]." —Anna Maria Siega-Riz, PhD, RD





*“Go see as many movies as you can before the baby comes. You won’t see an adult movie again for five years.”*

## PREGNANCY

## Hart &amp; Soul

● You’re mom to Mason, 6, and Braydon, 4. How is pregnancy with baby No. 3 different?

I was pretty scared the first two times. I’m not as scared this time around, which is a relief. I’m so excited. And somehow, I’m much more secure that we can handle it.

**You’re in your third trimester—how are you feeling?**

I can’t complain because I’ve had totally healthy pregnancies every time, but I’m just massively uncomfortable. This one is a little bit more hormonal. There was a lot more nausea in the beginning. I got really big really quickly. At three months I felt like I was in my ninth month.

**Are you going to find out the baby’s sex?**

No. We want to keep it a secret this time. I’ve always wanted to do that. But the first time my curiosity got the better of me, and the second time the ultrasound technician pretty much gave it away. This time I wanted it my way.

**What are your labor plans?**

The first one was very medical [pitocin to induce labor and an epidural for pain relief]. And the second one was very natural. I wasn’t hooked up to anything. I actually labored at home for about 10 hours. And I hope to do that again this time.

**How do your sons feel about their new sibling?**

The boys are so excited. They’ve decided they want a boy now but before that, they wanted a girl because Mason especially loves little girls.

Melissa Joan Hart stars in ABC Family’s *Melissa & Joey*.

Reviewed by Hansa Bhargava, MD  
WebMD Medical Editor



## PREGNANCY

## Belly Busters

EAT FOR TWO? SKIP YOUR WORKOUT? THE TRUTH ABOUT PRENATAL NUTRITION AND FITNESS

By Christina Boufis

● You’ve heard all kinds of things about what you should and shouldn’t do to stay healthy and fit when you’re pregnant. To separate fact from fiction, we asked our experts for their fitness and nutrition tips. As always, check with your doctor about which guidelines are right for you.

**Eat for one.** You need to add only about 300 calories a day to your diet, starting in the second trimester, according to the American College of Obstetricians and Gynecologists (ACOG).

“It’s really not that much,” says Anna Maria Siega-Riz, PhD, RD, professor of epidemiology and nutrition at the University of North Carolina’s Gillings School of Global Public Health.

**Take your vitamins.** When you’re pregnant, you need increased amounts of certain vitamins and minerals, such as folic acid and iron, says Siega-Riz. Prenatal supplements ensure you’re getting the 400 to 800 micrograms of folic acid needed to help prevent neural tube birth defects like spina bifida,

## READER TIP

“My doctor told me the best medicine for swollen feet and ankles is a swimming pool. I have been going to the pool nearly every day.”—Beckie\_33, WebMD community member



Keep yourself sane and your baby healthy with the free **WebMD Baby App**. Download it today!



as well as extra iron for your increased blood volume.

**Start exercising.** “It’s a myth that it’s too late to begin exercising during pregnancy,” says Marjorie Greenfield, MD, division director of General Obstetrics and Gynecology at University Hospitals Case Medical Center in Cleveland and author of *The Working Woman’s Pregnancy Book*. And while it’s probably not a good time to learn how to inline skate or play soccer, brisk walking is fine, she says.

ACOG recommends at least 30 minutes of exercise on most days of the week, which can help with everything from improving sleep to protecting against gestational diabetes. But whatever you do, “don’t work out so hard you can’t talk. Don’t bang your tummy,” Greenfield says. “As long as you follow the rules, do whatever [exercise] feels right to you,” whether that’s running, brisk walking, or swimming.

“But we don’t recommend hot yoga,” she adds. “Getting overheated is not good for you.” No matter what exercise you’re doing, “if you start feeling really hot, you have to stop.”

**Stay hydrated.** While you don’t need to down lots of extra water during pregnancy—six to eight glasses a day is fine—you do need to stay hydrated. Make sure you don’t get dehydrated when exercising, says Greenfield.

And skip the sweetened drinks. “A lot of women don’t realize that sweetened beverages—juices, sweet teas, and Frappuccino-type coffee drinks—have a lot of calories and added sugar,” Siega-Riz says. “So it’s really easy to gain weight.”

**Keep your balance.** As you progress in your pregnancy, “you have to be cautious about things that involve balancing because your center of gravity is different and you may not adjust so quickly,” Greenfield says. While you don’t have to forego bike riding, for example, you may have to go slower or adjust your workout.

Reviewed by Sara DuMond, MD  
WebMD Baby Care Expert





# Baby

## The App Touching the Lives of New Parents

Perfect!!!  
★★★★★  
"Perfect for every new parent that wants to track their newborn!"  
Jason • April 22, 2012

Everything I Needed & More!  
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"Love the journal & baby book! Must buy for parents!"  
Jamie • April 24, 2012

Amazing App!  
★★★★★  
"This is the only app I've ever utilized good enough to cause me to spend my time writing a review. Incredibly useful with my new son!"  
Chase • April 25, 2012

Love This App!!  
★★★★★  
"Easy to use!!! Lots of great information!!"  
MelissaSue1106 • April 30, 2012



Check out the **Simple Tips to Keep Baby's Skin Healthy** slideshow and say bye-bye to bumps and rashes.

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### BABY TALK

## Stage Coach

DOES YOUR BABY SEEM TO CHANGE BY THE MINUTE? HERE ARE SOME MILESTONES TO WATCH FOR BY THE END OF HIS FIRST YEAR

By Gina Shaw

While your baby spent his first six months getting control of his big, floppy head and his midsection, he'll spend the next six perfecting the use of his increasingly dexterous fingers and learning to get mobile. "Babies tend to develop from the top down and from the middle out," explains

Katherine A. Connor, MD, a pediatrician at the Harriet Lane Clinic of Johns Hopkins Children's Center in Baltimore.

What happens next? Plenty. While all babies develop at their own pace, "there is a wide range of normal," Connor says. Here are some of the changes in your baby's first year.

	Gross Motor	Fine Motor	Language	Social
6 MONTHS	May sit up on his own—without being propped—if you get him into a sitting position.	Transfers objects from one hand to the other.	Babbles in a way that can sound tantalizingly like real words—"mama," "dada," "baba."	Responds by looking toward you or smiling at you when you say his name.
7 MONTHS	May support whole weight on legs. May try to move forward. This may take the form of scooting or rocking.	Begins to scoop up smaller objects using a "rake grasp," sweeping with all the fingers.	Imitates sounds you make to him, like raspberries, babble talk, and laughter.	Begins to really enjoy eye contact and games like peek-a-boo.
8 MONTHS	Gets into a sitting position on his own. Also, babies who do crawl usually start around now.	May play with picking up and dropping objects. Transfers objects from hand to hand.	Some babies start using "mama" and "dada" to refer to people. Don't be surprised if she calls mom "dada" for awhile.	Begins to understand that things still exist when he can't see them—and the start of separation anxiety.
9 MONTHS	Gets from sitting to crawling position. May pull self up to standing position.	May have a "rake" grasp, that is, picking up objects with all four fingers engaged.	Uses a lot of gestures, like pointing, shaking head, and nodding, to communicate.	Stranger anxiety has kicked in. Babies who were happy going to a trusted sitter may suddenly melt down.
10 MONTHS	May stand on his own, just for a few seconds or may still just pull self to a standing position.	Uses an evolving pincer grasp—a couple of fingers and thumb—to pick up small things.	Uses "mama" and/or "dada" regularly.	Likes games—especially those involving finding something that's hidden.
11 MONTHS	May begin "cruising"—using furniture to move around while upright. May try to stand on own for a few seconds.	Puts objects into a container, such as balls in a bucket, and takes them out again.	May hold babble conversations with you, complete with intonations. Talk back!	Learns what "no" means, though that doesn't mean that he's going to listen or remember next time.
12 MONTHS	May be cruising or may take a few tentative first steps. Most babies don't walk until after this point.	Has probably developed a good pincer grasp. Can pick up small objects with thumb and forefinger.	Begins using another word or two besides "mama" or "dada."	Responds to simple requests, like "Give Daddy the ball."

Reviewed by Hansa Bhargava, MD, WebMD Medical Editor



## KIDS' HEALTH

## Head Case

IT'S BACK-TO-SCHOOL SEASON—AND THAT CAN MEAN LICE. HERE'S WHAT TO LOOK OUT FOR

By Stephanie Watson

● Fourth grade had barely started when

I got a call one early September day from the school nurse. “Your son has lice,” she said. “Come pick him up right away.”

All I could think was, “Those dirty creatures on my child—in my house?”

In fact, dirt has nothing to do with lice, says Paradi Mirmirani, MD, a dermatologist at the Kaiser Permanente Vallejo Medical Center in California. “It’s really not an issue of cleanliness. It’s an infestation that’s related to close contact, which we have in schools.” Mirmirani’s three kids picked up lice at their school a couple of years ago.

Kids are particularly easy targets for lice, thanks to the size of their hair shaft. “Lice are more easily able to cling to hair that’s finer and thinner in diameter,” Mirmirani says. Plus, children are big on sharing—hats, towels, you name it. That’s probably why there are 6 million to 12 million cases of lice in children each year.

The telltale sign of lice is itching, especially behind the ears, on the scalp, and at the nape of the neck.

Itching is a reaction to the lice’s saliva, which they inject while feasting on blood from under the skin.

When you look closely at your child’s head under a bright light, you’ll spot light brown, sesame seed-sized bugs darting around. Those are the lice. Or, you may just see their eggs, called nits,

clinging to the hair shaft close to the scalp. Most kids have only about 10 live lice on their head at any given time, but their scalp can be home to several hundred eggs.

What’s a parent to do? Two things—treat your child and clean house. An over-the-counter medicated shampoo or rinse with permethrin (brands include Nix and Rid) usually wipes out lice pretty effectively. The FDA also recently approved a comb-free lice shampoo, Sklice (ivermectin). Sometimes, the

first treatment doesn’t kill all of the lice, and you’ll need to apply a second treatment seven to 10 days later.

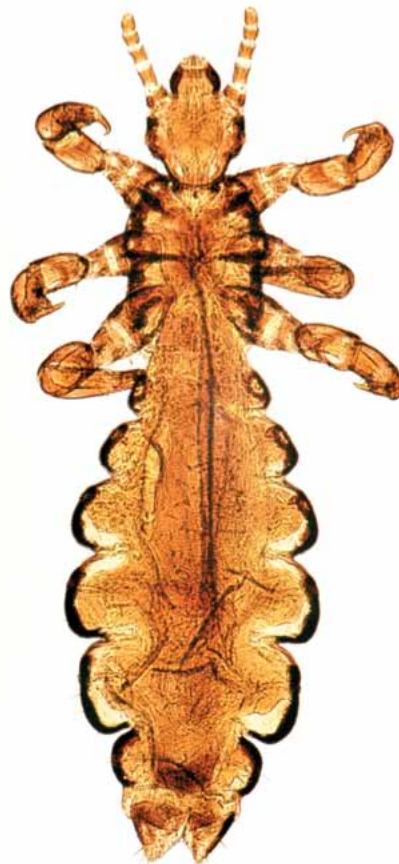
Meanwhile, wash all the sheets, towels, clothing, combs, and brushes your child recently touched in hot water (at least 130 degrees Fahrenheit), and vacuum carpets and furniture. Check everyone else in the house.

Don’t like the idea of treating your child with chemicals? You may have heard about trying to suffocate the bugs with olive oil, mayonnaise, or petroleum jelly. But no evidence proves this works, maybe because lice are pretty hardy creatures. Studies show they can survive several hours of smothering natural remedies.

With most lice treatments, you’ll also need to go through your child’s hair with a fine-toothed comb to get rid of nits, and reapply the treatment in about a week to kill any newly hatched eggs.

Not in a nit-picking mood? Call a lice removal company—such as Hair Whisperers in Los Angeles or The Texas Lice Squad—and they’ll come pick the little critters out of your child’s hair for you. They’ll also show you how to prevent future outbreaks.

Reviewed by  
Hansa Bhargava, MD  
WebMD Medical Editor



## READER TIP

“I encourage parents to come to school and volunteer. Students are so proud and it may help ‘renew interest.’”—*orin34, WebMD community member*

## FIT KIDS

## Pal Around

WANT TO HELP YOUR KIDS DEVELOP SELF-ESTEEM? FRIENDSHIPS ARE KEY

By Hansa Bhargava, MD, WebMD Medical Editor



## EXPERT TIP

“Your child learns from watching you. She pays attention to the way you interact with your friends and to your attitudes about them when they’re not around.”—*Hansa Bhargava, MD*

● Have you ever worried about your child making friends? Or were you upset because another child rejected your child’s friendship?

I found myself in this situation when my 6-year-old daughter came home from school crying one day. She told me that her best friend had decided she didn’t want to play with her anymore.

My “mom instinct” was to somehow jump in and protect her. We’ve all had painful interactions with friends at some point, and to see your child go through something similar—it’s heart-breaking. I took it personally.

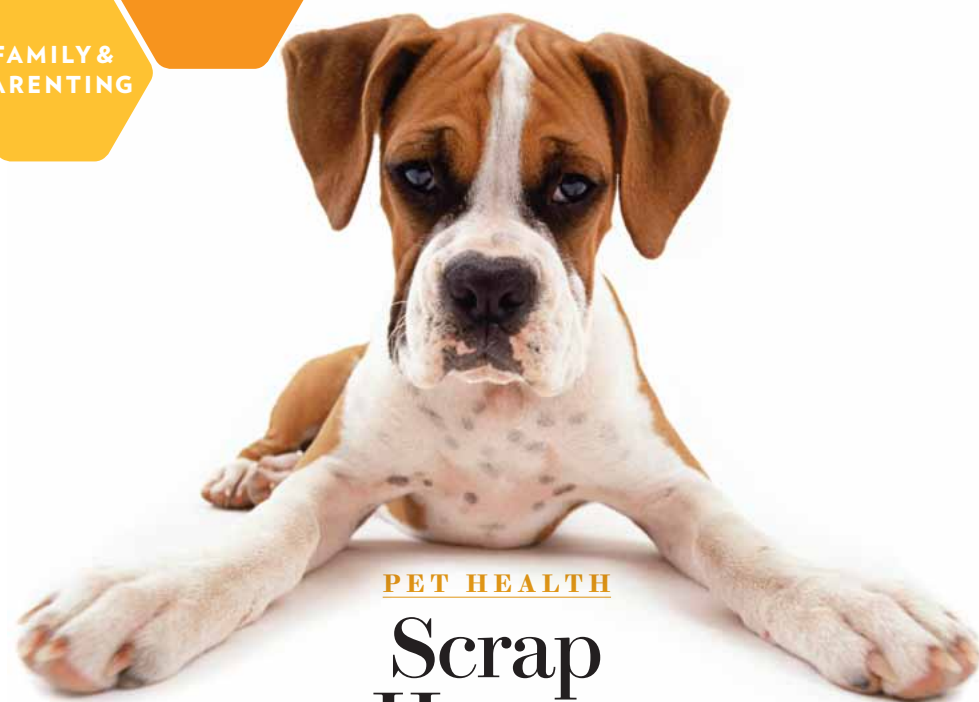
But then I had an aha moment. As a parent, I’d spent a lot of time and energy making sure she was getting good grades, playing sports, taking music lessons. Learning about friendships hadn’t come into focus until now. As a pediatrician, I know that figuring out how to build friendships and handle relationship change is important—even for young kids. I realized I couldn’t shield her.

Research backs up the importance of this aspect of growing up. Some studies show that kids as young as kindergarteners know what it means to be lonely and to feel boredom and sadness. More studies are needed, but many child psychologists suspect children who feel loneliness may be affected over the long term, possibly with lower self-esteem and an increased likelihood of being a lonely adult. One study looked at 242 students in sixth grade. Those who did not have friendships reported being sadder and feeling less self-worth than their peers.

“Not every child has to be popular, nor can every child be popular,” Kenneth Rubin, PhD, professor of human development at the University of Maryland, says in his book *The Friendship Factor: Helping Our Children Navigate Their Social World—and Why It Matters for Their Success and Happiness*. More important is for kids to practice handling relationships, which teaches them to negotiate and be empathetic, and forms their views on fairness.







PET HEALTH

## Scrap Happy

GOT AN AGGRESSIVE PUP? TRANSFORM YOUR FIGHTING FIDO INTO A CALM CANINE

By Lisa Zamosky

Everyone gets a little riled up when they feel threatened, and dogs are no exception. “Aggression serves a purpose for dogs,” says Katherine Miller, PhD, director of anti-cruelty behavior research for the ASPCA’s anti-cruelty behavior team. “Dogs respond to real or perceived threats to their body, territory, or resources, such as food or toys.” But if every passing animal or approaching stranger sends your dog into a fit of barking, growling, and snapping, some behavior therapy may be in order.

If your dog is still a puppy, you’re in luck. According to Miller, socializing a dog while it’s young is the best way to discourage aggressive behavior as an adult. Expose your pet to different types of people and places so he doesn’t react to them as a threat later on.

If he’s past his puppy prime, a little retraining might be the best way to mellow out your pooch. One key to managing aggressive outbursts is to see them coming. “People say a dog didn’t give any warning, but

usually there is one—it’s just unrecognized,” Miller says.

Watch for subtle changes in your pet’s demeanor, such as sudden stillness, looking out of the corner of his eye instead of directly at something, lowering his head, or hunkering down. Quickly divert your dog’s attention when any of these things happens—warning signs often occur a split second before a dog’s behavior escalates.

You can also head off aggression at the pass by respecting what your dog’s body language is telling you. “Don’t impose your will on the dog,” Miller says. Pushing your pup to play nice with a small child or another animal, even as he’s pulling away, is a recipe for disaster.

When a normally placid dog becomes aggressive, visit a vet to rule out medical causes for the sudden change. If your dog is still fighting mad after following these steps, Miller says, seek help from a certified dog trainer or behaviorist.

### CAT SCRATCH FEVER

Drew Weigner, DVM, ABVP, hospital director of The Cat Doctor feline specialty clinic in Atlanta, offers tips for managing aggressive cat behavior.

#### Face facts.

“Play aggression is common and not necessarily a bad thing, especially for kittens,” says Weigner. “What’s not normal is injuring others.” Look at your cat’s face to see if she’s playing or being aggressive. A cat with turned-back ears and whiskers and dilated eyes that’s crouching down and hissing is telling you to beware.

#### Play around.

“Many cats cross the line from play to aggression because they’re bored,” says Weigner. Play with your cat for 30 minutes twice a day.

#### Hands off.

Using your hands as toys encourages cats to treat them as prey and leaves you open to cat bites, which always require a trip to the doctor, Weigner says. Instead, get in the habit of using kitty teasers such as toys that look like fishing poles or laser pointers.



Reviewed by William Draper, DVM  
WebMD Pet Health Expert

Hot on Pinterest:  
WebMD’s Foods Your  
Dog Should Never  
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PET HEALTH

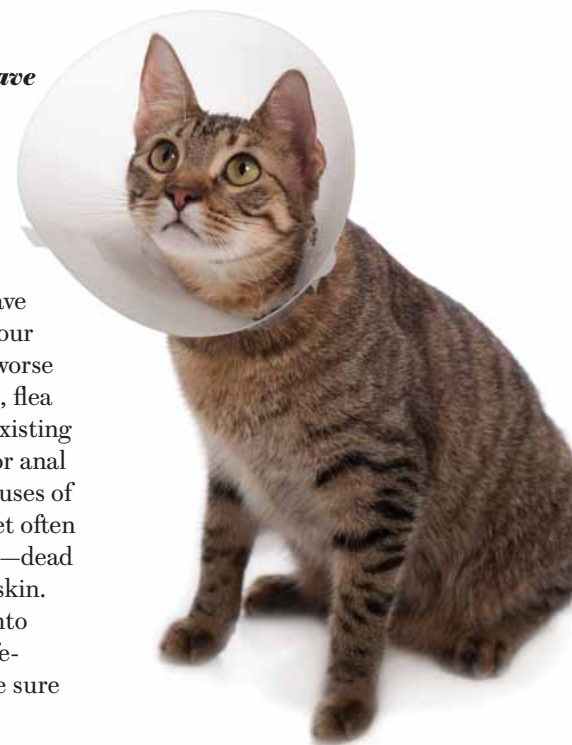
## Hot Stuff

GET THE SCOOP ON A COMMON SKIN INFECTION

Both my dog and cat have “hot spots” on their skin. What are these and how can I prevent them?

Hot spots, also known as acute moist dermatitis, are warm, painful skin infections, usually 1 to 4 inches across that often have pus and a foul odor. The more your pet chews or licks the spot, the worse the infection becomes. Allergies, flea and mite bites, stress, and pre-existing infections (for instance, an ear or anal gland infection) are common causes of hot spots. Not grooming your pet often enough can also cause hot spots—dead hair traps moisture against the skin.

Because hot spots can turn into antibiotic-resistant, possibly life-threatening staph infections, be sure



to get your pet to a veterinarian, who can clip away the hair around the spot (which allows it to air out and makes it easier to apply medicine), clean it, and then prescribe antibiotic creams and tablets. The vet can also test your pet for antibiotic-resistant strains of staph. Depending on where the spot is, your dog or cat may need to wear a special collar until the area is healed.

To prevent future hot spots, keep your pet on year-round flea control, brush fur frequently, and treat any underlying skin allergies. Also be sure to thoroughly dry thick-coated dogs after they have been bathed, gone swimming, or gotten wet in the rain.—**M. Duffy Jones, DVM, WebMD Pet Health Expert**

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\*American Journal of Preventive Medicine, August 2008

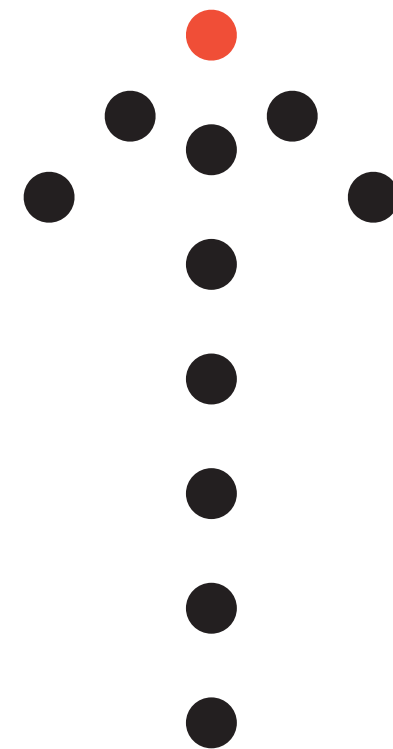
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#### EXPERT TIP

“Keep treats on hand during walks and offer one up before your dog lunges at the neighbor’s pooch. Or throw something tasty into his bowl if your dog growls when you get close while he’s eating.”—**Katherine Miller, PhD**





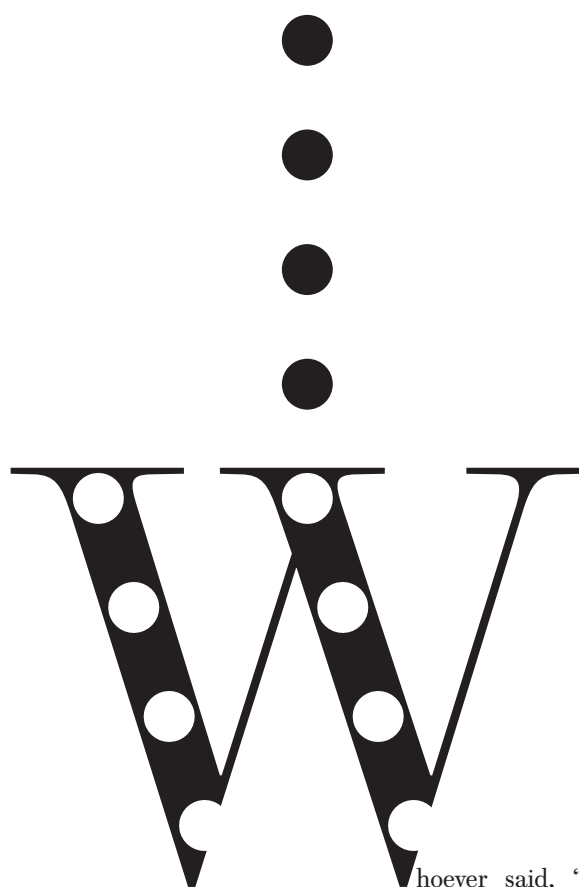
# T HIS WAY UP

*VIOLA DAVIS* just won't back down—and neither will her career. As the actor's accolades pile up, she reflects on why her latest role is so personal and the joys of becoming a mom later in life

*By Rebecca Ascher-Walsh*

PHOTOGRAPH BY GILLES BENSIMON/TRUNK ARCHIVE





Whoever said, “You can have it all—you just can’t have it all at one time,” has never met Viola Davis. In the last year alone, the 47-year-old actor has soared professionally and personally. Named one of *Time* magazine’s 100 Most Influential People in the World, she also celebrated two Screen Actors Guild awards, a Golden Globe nomination, and her second Oscar nomination, thanks to her stunning turn in *The Help* last year. And she became a mother for the first time when she and her husband, actor Julius Tennon, adopted a baby girl named Genesis.

No one could be more surprised by her success—or stamina—than Davis herself, who sounds just like any other exhausted new mother trying to balance family and career with a semblance of self-preservation. “I’m tired all the time,” she says with a laugh. “There’s no space in my brain anymore. I don’t have time to be creative or to focus on myself. But I’m also more alive than I have ever been.”

She’s busier, too, at an age when most leading ladies see their careers begin to slow down. Davis has completed three movies since *The Help*, including this month’s *Won’t Back Down*. Co-starring Maggie Gyllenhaal, she plays a teacher fighting to transform an inner-city school. “You can see the

character go on a life journey,” Davis says of her role. “I think she is a person we are all familiar with, especially when you reach midlife. By the time you’re my age, life has gotten to you. You are at a fork in the road, and you’re trying to find out what makes you tick again.”

### OUT OF THE PAST

Raised with five siblings in Central Falls, R.I., by her mother, Mary, and father, Dan, a horse trainer, Davis grew up in abject poverty, much like the children portrayed in *Won’t Back Down*. “We lived in a condemned apartment building for years. We were on the third floor, and for the first two flights you would have to find a space on the stairs to put your foot because all the stairs had holes in them. If you stepped in the wrong place, you would have fallen into the basement. By the time you got to the third floor, it was as if you had climbed Mount St. Helens. I didn’t understand what having a home was about. It was just a shelter.”

As a teenager, Davis knew she wanted to be an actor and was encouraged by Upward Bound ([www.ric.edu/upward\\_bound](http://www.ric.edu/upward_bound)), a program that helps guide underprivileged youths, emotionally and academically, through high school and into college. Thanks to its support, she attended Rhode Island College, where she majored in theater before enrolling in the lauded Juilliard School. To return the favor, Davis and her sister, Deloris, another Upward Bound graduate, began a scholarship fund in 1988 for Upward Bound students attending Rhode Island College. One of its most esteemed donors is Meryl Streep, who contributed \$10,000 after she won the Oscar for best actress this year over Davis, her co-star in the 2008 drama *Doubt*.

“The program taught me social and academic skills,” says Davis. It also gave her a perspective that altered her forever. “I always felt like my childhood was very harsh and dark, and that I had kind of a corner on the market of suffering. Then I went to Upward Bound and started sharing stories with people who had escaped the Khmer Rouge, and saw people whose families had been shattered, people who had post-traumatic stress from which they would never recover. And suddenly, I understood what it meant to define yourself in terms of the world, to live a life beyond yourself. The worst moments in life don’t define who you are, and no matter what, you can still thrive.”

Psychologist David Crenshaw, PhD, clinical director of the Children’s Home of Poughkeepsie in upstate New York and a faculty associate at Johns Hopkins University, agrees that

“I now understand the importance of love. And for me, the most important things are my husband and my daughter. Because they make me feel needed. They make me feel like the space I’m taking up on this earth is important. *That I’m important.*”



1. DAVIS WITH CO-STARS EMMA STONE AND OCTAVIA SPENCER IN *THE HELP*, WHICH WAS NOMINATED FOR BEST PICTURE IN 2012. 2. DAVIS, ON THE RED CARPET AT THE 84TH ANNUAL ACADEMY AWARDS IN LOS ANGELES, WAS NOMINATED FOR BEST ACTRESS IN A LEADING ROLE FOR *THE HELP*.



7. DAVIS AND HER HUSBAND OF NINE YEARS, ACTOR JULIUS TENNON, AT THE L.A. PREMIERE OF *DOUBT*, FOR WHICH SHE WAS ALSO NOMINATED FOR AN ACADEMY AWARD FOR BEST SUPPORTING ACTRESS.



3. ACADEMY AWARD-WINNER MERYL STREEP AND DAVIS ATTEND THE 15TH ANNUAL SCREEN ACTORS GUILD AWARDS PARTY IN LOS ANGELES. 4. DAVIS GIVES THE KEYNOTE ADDRESS AT PROVIDENCE COLLEGE’S 2012 COMMENCEMENT CEREMONY IN HER HOME STATE OF RHODE ISLAND.



5. DAVIS POSES FOR A PORTRAIT DURING THE 2009 SANTA BARBARA FILM FESTIVAL. 6. OSCAR WINNER DENZEL WASHINGTON AND DAVIS DURING THE CURTAIN CALL AT THE OPENING NIGHT OF THE BROADWAY REVIVAL OF *FENCES* IN 2010.



people can flourish despite the worst childhoods. “Children are far more resilient than we often think,” he says. “Research demonstrates that resilience is part of normal adaptation of human beings, enabling people to survive and even thrive in the face of harsh conditions.”

### LESSONS IN SELF-CONFIDENCE

After Davis graduated from Julliard in 1993, she went on to win two Tony awards for performances on Broadway and to star in such films as *Out of Sight*, *Antwone Fisher*, and *Doubt*, for which she received her first Academy Award nomination. She also worked regularly in television, with recurring appearances on NBC’s *Law & Order: Special Victims Unit* and Showtime’s *United States of Tara*.

But even as Davis achieved stardom, confidence remained elusive. Even now, she says, “I definitely don’t think I’m great at what I do. There are times when I don’t even feel competent.”

She has come far though, she says. Her father’s death in 2006 particularly helped her focus on the things that truly matter. “Once my husband and I were evacuated from our home in California because of fires, and they tell you to take the most important things in life and get out,” she remembers. “My husband and I took some hummus and a can of sardines and some chocolate, and I said to him, ‘Should we get the insurance papers?’ And he said, ‘No, take the food and get out.’ If you knew you had only five minutes left, you learn what’s important. It was like that when my dad passed. Anything you thought was important fades away. Anything that angered you or destroyed you is forgotten, and the only thing that is left is pure, pure love. Because at the end of the day, nothing else matters.”

It’s a lesson that Davis has continued to learn with the adoption of her daughter. While she acknowledges there are downsides to being a parent later in life—“I’m convinced

my exhaustion has pushed me into early menopause!”—she says the positives far outweigh the negatives. “I definitely understand why people do it when they’re younger,” she says. “But the good thing about having a child at this age is I’ve been doing what I’ve been doing for 23 years, so I’m on the downward swing of things professionally. I don’t mean that negatively, but I’m at a precipice. That’s why my husband and I have started a production company, because I’m opening my life to a whole new arena of passion.”

Davis also has a new capacity for empathy and compassion. “I’m more forgiving of people,” she says. “I’ve never been a gossipy woman, but I find that I don’t go there at all anymore. Part of it is that I’m tired all the time,” she laughs. “But the real reason I can’t gossip anymore is I’m so aware of the person we’re talking about being someone else’s child.”

By clearing out the emotional and social clutter, “I’m living my life with purpose, and I think when you do that things fall in line, and they fall in line in the exact order they should,” she says. “I now understand the importance of love. And for me, the most important things are my husband and my daughter. Because they make me feel needed. They make me feel like the space I’m taking up on this earth is important. That I’m important.”

### NURTURING BY NATURE

For all the richness of her life, one thing Davis lacks is enough time alone. To take care of herself, she carves out time to exercise or relax while Genesis is sleeping. “I definitely try to work out,” she says. “I like zoning out and giving my brain a break because it’s constantly in motion, and I find that exercise is the easiest way to do that.”

If she’s making a film, Davis goes to the gym and hops on the treadmill. In Los Angeles, she prefers to take walks in the hills behind her house. “If my husband is around, he makes me work harder and do weights,” she says. Davis’ other favorite indulgence is sneaking away to a day spa for a massage. “And I love, love, love Jacuzzis—late at night because that’s the only time I have where I can read.”

Her favorite way to relax is just hanging out at home with her husband, daughter, and friends. Lots of friends. “We love to cook, and we have gatherings at our house all the time,” she says. “I just love anything that makes me feel normal and boring! We usually invite about 50 people with their kids, and we sit around and eat and talk. My husband is from Texas, so he’s

Reviewed by **Louise Chang, MD**  
WebMD Medical Editor

## Viola’s Time-Out

**Any working woman is hard-pressed to find enough “me” time. Add a child to the mix, and the task can become next to impossible. As Viola Davis prepares to celebrate her daughter’s first birthday, she shares her self-restoration secrets.**

**Get a massage.** Davis’ biggest luxury is squeezing in a massage. “Sometimes, you need some pampering, and you can’t always do it for yourself!”

**Work it out.** Whether she’s walking or hitting the treadmill at the gym, Davis makes sure to exercise regularly. “I still gain weight, but for me, it’s the easiest way just to zone out.”

**Share the wealth.** After growing up in a home where she felt too ashamed to

invite her friends over, Davis relishes having company. “I love people coming into the house and cooking for them,” she says. “It makes me feel like I’m really at home.”

**Embrace the good in getting older.** “I don’t have the energy I used to have when I was 20,” she says, “But I’m on the path of enjoying things like friendships and being able to gain 20 pounds and not worry about it.”

**Inspire yourself.** With little time to read, Davis, who belongs to a nondenominational Christian church with her husband, reaches for the Bible or the works of Joseph Campbell, whose best-sellers include *Follow Your Bliss*. “I’m always quoting Campbell,” she says.—*RAW*



GILLES BENIMON/TRUNK ARCHIVE

“I’m on the path of enjoying the sweetest things in life. And I appreciate the wisdom I can impart to Genesis now that I am not so fearful.”



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great at barbecue. We cook a lot of Southern food, both fattening and healthy.” One of Davis’ proudest accomplishments is learning to cook Thanksgiving dinner. “We did it for the first time when we had just had Genesis,” she says. “We invited 20 people, and they stayed all night and we loved it.”

In these domestic moments, Davis is able to celebrate all that she’s achieved and how far she has come. “I think the biggest thing is the past doesn’t define who you are,” she says. “And you’re bigger than any circumstance in your path. Life is going to continue being what it is, and the only thing you have the power to change is how you approach it—in spirit, in faith, and in love.”

## The Path to Adult Happiness

**A loving, stable childhood is certainly preferable to the alternative, but it may not be a predictor of success—or even happiness. “A relatively new term has been used in resilience studies—post-traumatic resilience—that describes trauma survivors with a positive post-traumatic mental health adjustment,” says psychologist David Crenshaw, PhD. What makes the difference between those who thrive as adults and those who don’t?**

**Ties that bind** “The resilience research strongly points to the protective influence of parents and other supportive relationships in the lives of children and adolescents,” says Crenshaw. Mentors can be family members, teachers, or members of the community, but they are crucial for children to weather turbulent childhoods.

**A spiritual life** “One of the most amazing demonstrations of resilience in children is a study of former Ugandan child soldiers who had experienced unspeakable horror and were forced to witness and commit atrocities, yet 27% showed no signs of post-traumatic stress disorder,” says Crenshaw. The trait that almost doubled the odds of the soldiers’ emotional resilience: A belief in a spiritual force, or that God had not abandoned them.

**Success at school** “Positive experiences related to school can also exert a major impact,” Crenshaw says. “Some children who otherwise face extreme adversity in their home life but do well in school may show resilience as a result of their success in school.”—*RAW*



# HIGH FIVE

BY ERIN O'DONNELL  
PHOTOGRAPHY BY TARA DONNE

The only thing more hectic than back-to-school season is getting dinner—and your family—to the table.  
**Chef Chris Scott**  
shares five easy-to-make weeknight meals with just a handful of ingredients



# Back to school

means back to routines that help kids succeed, like monitoring their homework and getting them to bed at a reasonable hour. Chef Chris Scott believes in another routine: introducing kids to the kitchen.

Scott, 44, is co-founder of Brooklyn Commune, a café and market in Brooklyn, New York. He and his wife, Eugenie Woo, began the venture in late 2010 to foster community around good food. The café is a hot spot for busy families who stop in to eat wholesome sandwiches and salads at large communal tables, pick up containers of home-made soup and granola to go, or get involved in community events such as planting a vegetable garden at a local women's shelter.

Dad to daughters Elana, 15, and Pearl, 10, Scott also leads monthly cooking classes for local kids ages 9 to 15. "We teach them fundamentals, like how to make rice, how to roast a chicken," he says. He remembers the pride he felt when he learned to make scrambled eggs as a child, and wants more kids to have that experience. "The simpler it is, the more comfortable they feel," he says. "I want to give them the confidence to go home and try cooking for their friends and family."

Scott cut his teeth in various restaurant kitchens in Philadelphia, then trained at the French Culinary Institute in New York City. Recently, he's shown off his skills as a contestant on the Food Network's *Chopped*. But his passion is sharing the joys of food and cooking with young people.

Kids who are proficient in the kitchen are less likely to fear vegetables or new ingredients, Scott says, and "can begin to enjoy healthy, delicious, natural foods. Not only that, they also develop a wonderful sense of community as they see the connection between the people who grow the food, those who prepare it, and those who sit at the table and share the meal." He says helping his grandmother slice apples for pie taught him about the power of food to bring people together.

To help bring your own family together this fall, Scott whipped up five simple recipes, one for each weeknight, made up of only five or six main ingredients. These dinner options not only taste great, but also are fun for young, aspiring chefs to make.

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



## Monday

### Mini Turkey Meatloaf

Makes 6 servings

#### Ingredients

##### Meatloaf

- ½ cup onions, diced
- ½ cup celery, diced
- 1 lb lean ground turkey breast
- ½ cup nonfat sour cream
- ½ cup whole wheat breadcrumbs
- 1 egg
- 2 tbsp finely chopped fresh thyme (optional)
- 2 tbsp finely chopped fresh parsley (optional)
- salt and pepper to taste

##### Glaze (optional)

- 1 cup low-sodium, no-sugar-added ketchup
- ¼ cup molasses
- 1 cup balsamic vinegar
- 3 tbsp Dijon mustard

#### Directions

1. Preheat oven to 375°F.
2. If using optional glaze, whisk all glaze ingredients together and set aside.
3. Sauté celery and onions over medium heat, in pan sprayed with cooking spray, until soft and translucent. Remove from heat and allow to cool slightly.
4. In large mixing bowl, combine ground turkey, sour cream, breadcrumbs, egg, ½ cup glaze (if using), celery and onions, and optional fresh herbs. Season with salt and pepper. Mix well.
5. Shape into 6 mini meatloaves. Place loaves in a 9×13-inch baking dish.

Bake about 45 minutes or until internal temperature reaches 155°F.

6. Brush meatloaves with remaining glaze, if using. Bake for an additional 10 minutes.
7. Remove from oven, and let rest 15 minutes before serving.

#### Per serving:

271 calories, 23 g protein, 39 g carbohydrate, 2 g fat (1 g saturated fat), 83 mg cholesterol, 2 g fiber, 20 g sugar, 224 mg sodium. Calories from fat: 7%



Chef Chris Scott offers kids cooking lessons at his café/market and community gathering spot, Brooklyn Commune.

The salmon delivers a big dose of heart-healthy omega-3 fats.

## Tuesday

### Seared Salmon With Couscous

Makes 6 servings

#### Ingredients

- 2 cups whole wheat couscous
- ¼ cup dried cranberries
- 1 cup low-sodium vegetable broth
- 1 lb salmon filet, cut into 6 pieces
- ½ tsp salt
- pepper to taste
- ¼ cup finely chopped fresh parsley
- 1 tbsp olive oil

#### Directions

1. In large bowl, combine couscous and cranberries.
2. In a small saucepan, heat vegetable broth to boiling.
3. Add hot broth to couscous and cranberries. Stir to ensure all grains are moistened. Cover tightly with plastic wrap and let stand 10–15 minutes.
4. Meanwhile, season salmon pieces with salt and pepper. Sear fish in a preheated pan sprayed with cooking spray over medium-high heat, about 3 minutes per side.

5. Uncover couscous. Fluff with a fork, and add parsley. Add olive oil and pepper to taste.
6. Spoon one serving of couscous on each plate and top with a piece of salmon.

#### Per serving:

428 calories, 23 g protein, 41 g carbohydrate, 13 g fat (3 g saturated fat), 5 g fiber, 257 mg sodium. Calories from fat: 27%

A frittata is a hearty dish with plenty of protein. Eggs are also a good source of bone-building vitamin D. Serve with a tossed green salad with lots of colorful chopped veggies.

## Wednesday

### Savory Stuffed Crêpes

Makes 4 servings

#### Ingredients

- 8 oz fresh mushrooms, sliced
- 4 oz fresh baby spinach
- 1 tbsp chopped fresh thyme (optional)
- 8 premade crêpes
- 8 (1-oz) slices lean turkey breast
- 1 cup shredded low-fat Monterey Jack cheese

#### Directions

1. Preheat oven to 350°F.
2. Lightly coat a pan with cooking spray. Over medium heat, sauté mushrooms about 5 minutes, until they release their liquid. Add spinach and sauté lightly 2 minutes until wilted. Season with thyme, if desired, and remove from heat.
3. Place one crêpe on a clean counter. Add 1 slice of turkey, a sprinkle of cheese, and a spoonful of the mushroom and spinach mixture. Fold sides in to make a rectangular pillow shape

and then roll over. Place crêpe, folded side down, in a baking dish lightly coated with cooking spray. Repeat until all crêpes are assembled. Top crêpes with remaining cheese.

4. Bake 20 minutes, or until cheese melts. Serve immediately.

#### Per serving:

171 calories, 19 g protein, 7 g carbohydrate, 8 g fat (4 g saturated fat), 50 mg cholesterol, 1 g fiber, 320 mg sodium. Calories from fat: 41%

## Thursday

### Chicken and Broccoli Frittata

Makes 4 servings

#### Ingredients

- ¾ cup chopped broccoli florets
- 6 eggs
- 1 cup low-fat milk
- ¾ cup cooked, diced chicken breast
- ½ cup shredded low-fat cheddar cheese
- salt and pepper

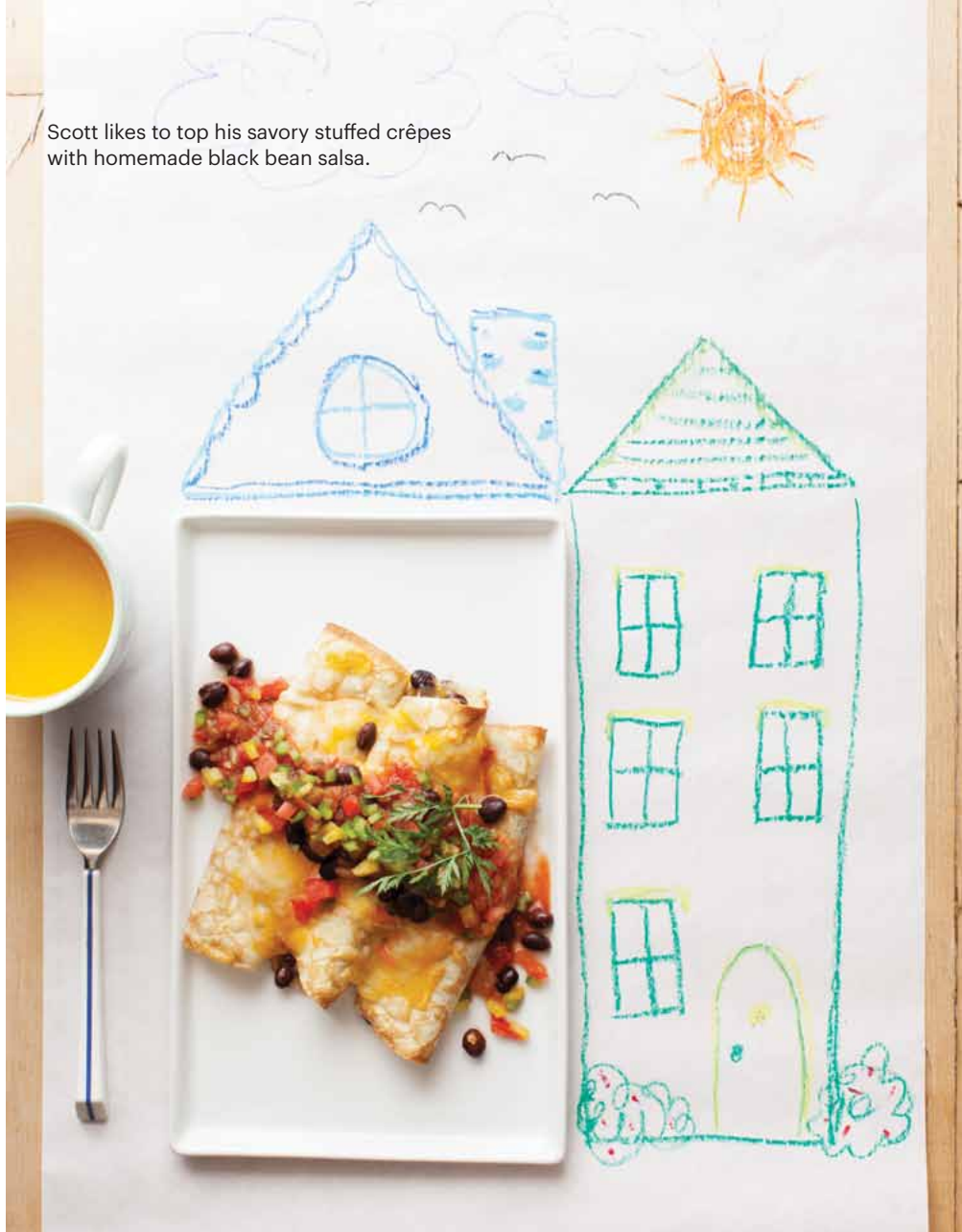
#### Directions

1. Preheat oven to 375°F.
2. To blanch broccoli florets, bring a small pot of water to boil. Place a medium bowl of water and ice on a nearby counter. Add florets to boiling water 30 seconds to 1 minute, until they're bright green. Immediately drain broccoli and place in ice water. When cool, drain well.
3. In a medium bowl, whisk eggs and milk thoroughly. Add chicken, broccoli, cheese, and a pinch of salt and pepper.
4. Pour egg mixture into an oven-safe, nonstick 10-inch skillet sprayed with cooking spray.
5. Bake 25–35 minutes, or

#### READER TIP

"My hubby is now grilling more, and I've commissioned my 18-year-old daughter to cook one meal a week." —butterflygarden, WebMD community member





Scott likes to top his savory stuffed crêpes with homemade black bean salsa.



PANTRY STAPLES

WANT TO HELP YOUR KIDS MAKE HEALTHY FOOD CHOICES? KEEP THESE INGREDIENTS ON HAND.

Popcorn kernels

Air-popped corn is the perfect do-it-yourself project for kids: They have to prepare the popper, measure out the kernels, and wait for the corn to pop. "It's so much better than having them just open a bag" of pre-made snacks, chef Chris Scott says. Kids learn that the best eats take a bit of effort, and "when they finally sit down with this snack, they feel a little bit proud."

Dried fruit

Fresh fruit is one of the best snacks for kids, but dried fruits such as cranberries, raisins, and mango strips can be a convenient alternative. Packed with beneficial antioxidant compounds and fiber, dried fruit is "definitely a better alternative to candy or other junk," Scott says. But dried fruit has plenty of sugar, so make it an occasional treat.

Dry yeast

It's a key ingredient in an all-time favorite: home-made pizza. Kids love the hands-on process of mixing, kneading, and punching dough and then layering on toppings. Scott also uses dry yeast to make bread for sandwiches and soft pretzels—a great weekend project for families.

PETER ARDITO/GETTY IMAGES

until center is firm. Cut into wedges and serve immediately.

Per serving:

181 calories, 21 g protein, 2 g carbohydrate, 9 g fat (3 g saturated fat), 342 mg cholesterol, 241 mg sodium. Calories from fat: 47%

Friday

Chicken and Veggie Kabobs

Makes 6 servings

Ingredients

- 2 lbs boneless, skinless chicken breasts
- 2 red peppers (or other vegetables, such as zucchini or grape tomatoes)

- 1 large onion
- 3 or 4 cloves garlic
- 2 sprigs each of fresh herbs, such as parsley, cilantro, or mint
- ¼ cup olive oil
- ½ tsp salt
- pepper to taste

Directions

1. Preheat oven to 400°F.
2. Cut chicken breasts and vegetables into 1-inch cubes.
3. Thread 6 skewers with alternating pieces of chicken and vegetables.
4. Finely chop garlic and herbs, and combine with a generous quantity of olive oil (¼ cup oil was used for nutrient data). Season with salt and pepper.
5. Pour herb-oil mixture over

skewers to coat evenly. Refrigerate 1 hour (or overnight).

6. Place skewers on baking sheet and roast in oven about 25 minutes or until chicken reaches an internal temperature of 165°F. Serve immediately.

Per serving:

274 calories, 35 g protein, 6 g carbohydrate, 11 g fat (2 g saturated fat), 87 mg cholesterol, 2 g fiber, 3 g sugar, 249 mg sodium. Calories from fat: 37%



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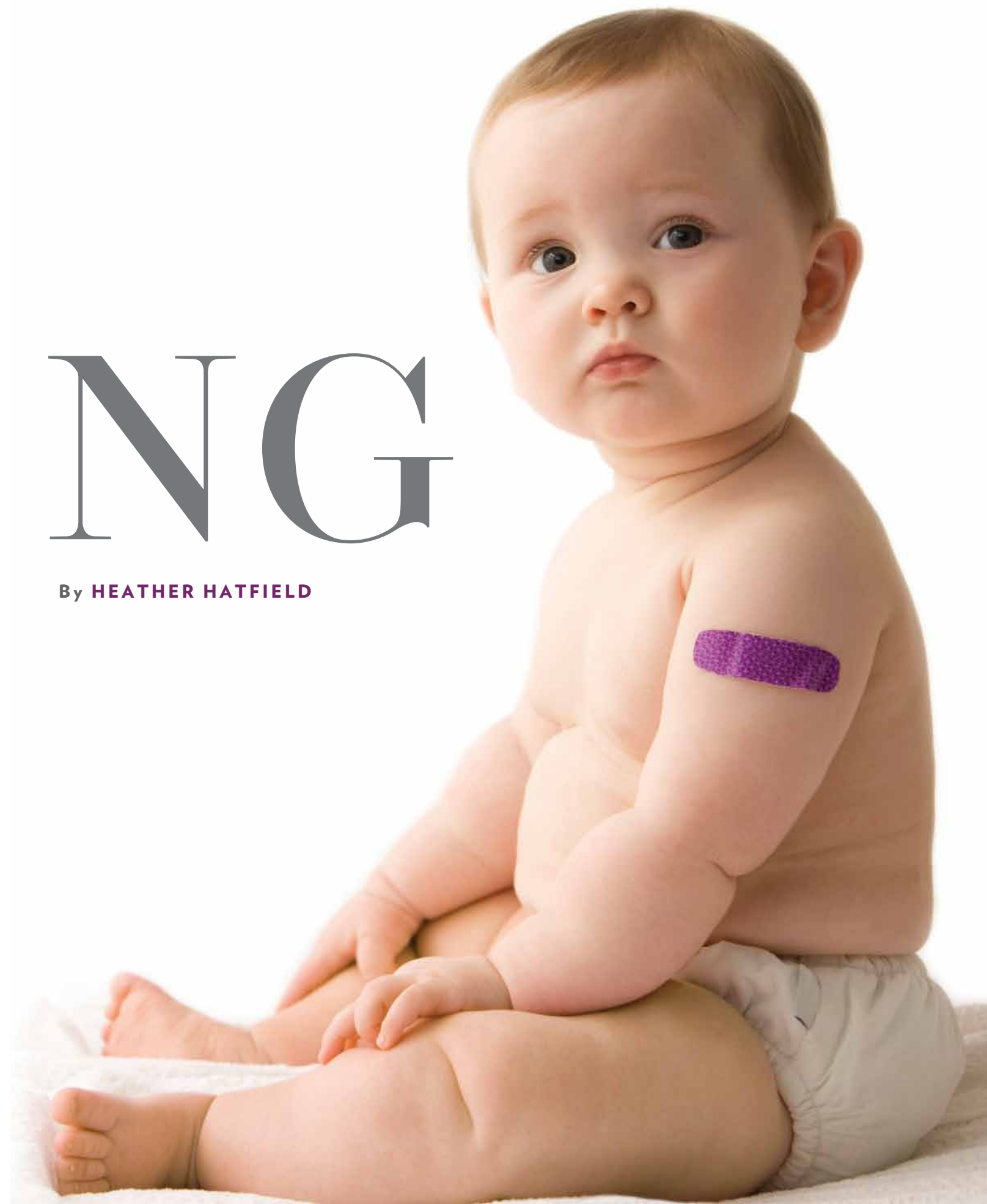


# CALLING THE SHOTS

A PARENT'S GUIDE  
TO VACCINES

By HEATHER HATFIELD

Knowing which ones kids  
need and when can be confusing.  
*Our expert clears it up*





# The tears and screaming,

as upsetting as they are, are well worth the effort. A simple prick of the skin provides children with lifetime protection against diseases like chickenpox, meningitis, and hepatitis. With a schedule starting at birth and lasting into childhood, millions of kids in the United

States are vaccinated each year, usually before school begins in the fall. Mary Glodé, MD, a professor of pediatrics and chief of the infectious diseases section at the University of Colorado School of Medicine and Children's Hospital Colorado, explains which vaccines kids should be getting and when—starting with the first shot babies receive only hours after birth.

## Hepatitis B

**When:** The hepatitis B vaccine is a three-dose series. Before newborns leave the hospital, they are given a shot in case their mothers have the disease, which can transmit to a child during birth, says Glodé. Second and third doses are usually given one month and six months later. Immunity lasts for more than 20 years.

**Why:** Hep B is a virus that can damage the liver, causing infection and scarring, and increasing cancer risk. Kids with hep B are at high risk of becoming seriously sick—about 90% of infected infants eventually develop lifelong infection, and 25% die from liver disease.

## Rotavirus

**When:** There are two brands of the rotavirus vaccine, one that requires two doses and one that requires three—at ages 2 months, 4 months, and 6 months, if necessary. All are given as a liquid by mouth.

**Why:** Rotavirus is the No. 1 cause of vomiting and diarrhea among children worldwide. The virus can

also cause fever, loss of appetite, and dehydration.

The vaccine does its job well. Studies show that during a baby's first year, the vaccine prevents more than 85% of severe rotavirus infections and more than 75% of all rotavirus infections.

## Diphtheria-Tetanus-Pertussis (DTaP)

**When:** "This was the first combination vaccine made," says Glodé. "The purpose was to simply minimize the number of times a pediatrician needs to poke a child."

DTaP follows a five-dose schedule: at 2, 4, 6, and 15 to 18 months, and then

again between 4 and 6 years of age. Immunity lasts at least 10 years.

**Why:** This one shot protects against three dangerous diseases. Diphtheria is a respiratory disease that can lead to breathing problems and, potentially, paralysis, heart failure, and death. Tetanus is a bacterial infection that can cause muscle spasms that tear muscle tissues or fracture the spine. Pertussis, known as whooping cough, is a highly contagious respiratory infection that causes coughing so powerful and prolonged that a child may stop breathing during an episode.

## Haemophilus Influenzae Type B

**When:** The haemophilus influenzae type b bacteria, known as Hib, vaccine is given at 2 and 4 months of age, and again at 6 months if a third dose is necessary (this depends on the brand of vaccine used). The final dose is given at 12 to 15 months, and protects a child until his own immunity kicks in several years later.

**Why:** The Hib bacteria causes meningitis, an infection of the membranes covering the brain and spinal cord that can lead to deafness and death. It's also one of the bacteria behind

pneumonia, as well as bone and joint infections that cause septic arthritis, or inflammation of the joints.

"Infants are born with an immunity to Hib they get from their mother," Glodé says. "But that natural immunity is gone by 6 months. Then, through exposure, you gain immunity again around age 5 or 6."

## Pneumococcal Disease

**When:** "There are roughly 100 different strains of the pneumococcus bacteria that can cause infection in children," Glodé says. "First, the PCV vaccine covered seven of these strains, but it was updated in 2010 to cover 13 of the most severe strains—so now it's called PCV 13."

The PCV, or pneumococcal conjugate vaccine, is given in four doses at 2, 4, and 6 months, with a final dose at 12 months or older.

**Why:** A bacterium called *Streptococcus pneumoniae* can cause blood infections, pneumonia, and pneumococcal meningitis (like meningitis, this infection causes swelling and irritation of the membranes covering the brain and spinal cord). It's particularly dangerous for kids under 2 with developing immune systems. The bacterium has become resistant to some antibiotics, so the PCV vaccine is more important than ever.

## Polio

**When:** This is given as a shot over four doses, at 2, 4,

and 6 to 18 months of age, with a booster between 4 and 6 years.

**Why:** Polio is a virus that can cause paralysis and, eventually, death by paralyzing the muscles that help a person breathe. It infected thousands of people a year in the United States before vaccination began in 1955, successfully eliminating the disease in this country. But because polio still exists elsewhere around the world, it's important kids are protected, Glodé explains.

## MMRV

**When:** The MMRV vaccine is given at 12 to 15 months of age, then again at 4 to 6 years.

**Why:** It's a mouthful—measles, mumps, rubella, and varicella. And you don't want your child to be infected with any of them.

Measles can cause rash, cough, and fever and lead to ear infections, pneumonia, and possibly death. Mumps can cause fever, headache, and swollen glands and lead to deafness, meningitis, and swelling of the testicles or ovaries. Rubella causes rash, fever, and sometimes arthritis. Finally, varicella, or chicken pox, can cause rashes, itching, fever, and fatigue, leading to skin infections and scars. In rare cases it can cause encephalitis, an infection of the brain.

## Hepatitis A

**When:** The hep A vaccine is given between ages 1 and 2, and again 6 months later.

**Why:** Hepatitis A is a liver disease that can cause jaundice and severe diarrhea; one in five of those infected needs to be hospitalized. While kids aren't at significant risk of becoming seriously ill from hepatitis A, adults are, Glodé says. Vaccinations in children are aimed partially at protecting older family members and caregivers.

## Flu

**When:** Once a year, starting at 6 months, kids should be vaccinated against influenza. Kids 2 and older who do not

## SIDE NOTES

The side effects of vaccines are usually few and far between, and generally mild. If they do happen, here's what parents might see. If you're concerned, call your doctor.

### HEPATITIS B

Soreness where the shot was given, fever.

### ROTAVIRUS

Irritability, mild diarrhea, vomiting

### DIPHTHERIA-TETANUS-PERTUSSIS (DTAP)

Fever, fussiness, vomiting, lack of appetite for a few days, fatigue

### HAEMOPHILUS INFLUENZAE TYPE B

Soreness where the shot was given, fever

### PNEUMOCOCCAL DISEASE

Drowsiness, soreness where the shot was given, fever, fussiness

### POLIO

Soreness where the shot was given

### MMRV

Fever, seizure caused by fever, mild rash, swollen glands

### HEPATITIS A

Soreness where the shot was given, headache, loss of appetite, fatigue

### FLU

Low fever, muscle aches. Very rarely (one or two in a million people), Guillain-Barre syndrome, which can cause nerve damage

## SAFETY FIRST

Vaccines have come a long way since the first one was developed for smallpox more than 200 years ago. Today, research shows they are safer than ever.

With side effects usually both mild and infrequent, the advantages far outweigh the risks in terms of protecting a child's health for years to come, says Mary Glodé, MD, a professor of pediatrics. "Vaccines must go through rigorous testing before they become available to the public," she says.

Though vaccines as a possible cause of autism has been a topic of dispute for years, study after study has found no such link. "Autism is a very serious disease that needs to be studied, but the evidence connecting it to vaccines just isn't there," says Glodé.

Countless studies back the health benefits of vaccinations. These findings help parents make what most, if not all, kids' health experts say is the right choice: protection through vaccines.

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Use the **Vaccine Tracker** tool to record and manage your entire family's vaccination history. Also check out **WebMD's special report on vaccines.**

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### THREE WAYS TO COOK

# Good Catch

Give the behind-the-scenes cod the starring role it deserves

*By Erin O'Donnell*

Cod is the official state fish of Massachusetts.

## FOOD & RECIPES



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Chef Lizzie bakes a White House treat



#### EXPERT TIP

"I love cod because it's so easy to cook and has a mild flavor most people like. I never fry it but give it a crunch by dipping cod pieces in milk then a flour/cornmeal mix coating and bake it in a 450°F oven for 8–10 minutes."—**Kathleen Zelman, MPH, RD, LD**



In the world of seafood, cod is a quiet cousin. Other fish, especially salmon and tuna, get all the attention as standout sources of heart-healthy omega-3 fatty acids. But the humble cod is unfairly forgotten, says Elisabetta Politi, RD, MPH, CDE, LDN, nutrition manager of the Duke Diet & Fitness Center. “I sometimes think we emphasize the omega-3-rich fish so much that we forget that eating fish in general is a great strategy to control your weight and also [help] prevent heart disease,” Politi says. “Cod is a great choice.”

Cod does deliver a small dose of omega-3s but protects the heart in other ways. “When we eat fish, we tend to eat fewer calories and less saturated fat, which is linked to a lower risk of heart disease,” Politi says. Cod has just 30 calories per ounce, a fraction of the calories in red meat or chicken (a 3-ounce serving has 90 calories, plus 19 grams of protein and only 1 gram of fat). Another bonus: Cod is a smart choice if you’re watching your cholesterol because it has almost no saturated fat.

With a mild taste, cod is the perfect backdrop for a variety of flavors and it cooks in minutes. “It’s a great choice if you want to prepare a healthy meal in no time,” Politi says.

Reviewed by Carolyn O’Neil, MS, RD  
WebMD Nutrition Expert



The “codfish wars” refers to fishing confrontations between Iceland and the United Kingdom in the 1950s and 1970s.

### PANTRY PICKS

Our three cod recipes are especially easy to whip up when you have the right ingredients on hand. WebMD director of nutrition **Kathleen Zelman, MPH, RD, LD**, suggests these kitchen staples that will make meal prep a snap.



**Soft shell:** Most kids love the do-it-yourself routine of taco night, and soft tacos and wraps are an easy way to slip extra nutrition into a meal. Zelman likes tasty Mission White Corn Tortillas and La Tortilla Factory Smart & Delicious White Whole Wheat Soft Wraps.



**Olive the Flavor:** Zelman uses extra virgin olive oil for its heart-healthy monounsaturated fats and protective antioxidant and anti-inflammatory compounds. She recommends Goya Extra Virgin Olive Oil, Whole Foods 365 Everyday Value Extra Virgin Olive Oil, and Partanna.



**Ancient Goodness:** Quinoa is a nutritional powerhouse that’s easy to prepare (boil it like rice). It’s not only protein-rich—it contains all nine essential amino acids you need for good health. Zelman likes Ancient Harvest Quinoa and the regular and red varieties from Eden Foods.

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.

Cod belongs to the same fish family as haddock and pollock.

## 1 South of the Border

Pair cod tacos with fresh, crunchy coleslaw for a new twist on taco night.

### Cod Tacos With Jalapeño Coleslaw

Makes 6 servings

#### Ingredients

- ½ cup fat-free mayonnaise
- 2 tbsp low-fat milk
- 1 tbsp white vinegar
- ½ tsp sugar
- 1 jalapeño, seeded and minced
- 1 (14-oz) bag coleslaw mix
- cooking spray
- 6 (5-oz) cod fillets
- dash of salt
- ½ tsp black pepper
- 12 (6-in) corn tortillas
- 1 red onion, thinly sliced
- 1 tomato, diced
- ¼ cup fresh cilantro, chopped
- 1 to 2 limes, cut in wedges

#### Directions

1. Make coleslaw: Combine the first five ingredients in a large bowl, whisk to blend, and toss with coleslaw mix to thoroughly combine. Set aside.
2. Coat a large, nonstick grill pan with cooking spray and heat over medium-high heat. Sprinkle cod fillets with salt and pepper. Add to pan and cook 3 minutes on each side or until flaky. Remove fish from pan.
3. Warm tortillas, then place cod, onions, and coleslaw on each. Garnish with tomatoes and cilantro. Fold tortillas in half and serve with lime wedges.

#### Per serving:

291 calories, 30 g protein, 38 g carbohydrate, 3 g fat (1 g saturated fat), 62 mg cholesterol, 6 g fiber, 8 g sugar, 258 mg sodium. Calories from fat: 9%

## 2 Mediterranean Delight

Cod is a lean fish, so it gets dry if overcooked. These packets ensure moist fillets.

### Mediterranean Cod Packets With Quinoa

Makes 6 servings

#### Ingredients

- 1 ½ cups quinoa
- ½ tsp salt
- 6 (5-oz) cod fillets
- 1 tsp garlic powder
- dash of salt
- 1 tsp pepper
- 1 ½ tsp grated lemon zest
- 1 tbsp extra virgin olive oil
- 1 tbsp capers, drained
- 1 large Vidalia (or other sweet) onion, thinly sliced
- ¼ cup chopped fresh, flat-leaf parsley
- juice of 1 lemon
- ⅓ cup dry white wine (can substitute chicken stock)
- 6 (12×18-in) sheets heavy-duty aluminum foil

#### Directions

1. Rinse and drain quinoa. In a 4-quart heavy-bottom pan, bring 3 cups water to a boil over high heat. Add quinoa and salt; reduce to simmer. Cover and cook about 15–18 minutes, until water is absorbed and quinoa is tender.
2. Heat grill to medium-high. Sprinkle cod fillets with garlic powder, salt, pepper, and lemon zest. Combine olive oil, capers, onion, parsley, lemon juice, and white wine in a medium bowl. Place one fillet on the center of each piece of foil, and top with onion mixture. Bring edges of foil together and fold and crimp them to seal packets, leaving room for expansion.
3. Place foil packets on grill. Cook, covered, for 10–15 minutes or until fish flakes easily with a fork. Remove from grill. Carefully open packets and serve over quinoa.

#### Per serving:

317 calories, 31 g protein, 31 g carbohydrate, 6 g fat (1 g saturated fat), 60 mg cholesterol, 4 g fiber, 317 mg sodium. Calories from fat: 17%



The Vikings were among the first Europeans to harvest cod.

Cod is a good source of protein, omega-3 fatty acids, and vitamins B6 and B12. Cod liver oil is one of the best sources of vitamin D.

## 3 Life of the Party

This salad is especially good with fresh corn and tomatoes, but canned plum tomatoes and frozen corn work as well.

### Sizzling Cod With Confetti Vegetable Salad

Makes 6 servings

#### Ingredients

- 3 ears corn, husked
- ¼ cup chopped shallots
- 2 large tomatoes, diced
- ¼ cup fresh basil
- 6 5-oz cod fillets
- ½ tsp salt
- 1 tsp freshly ground pepper
- 3 cups fresh baby spinach leaves, washed
- 1 tbsp white balsamic vinegar
- 2 tbsp extra virgin olive oil
- 1 to 2 fresh lemons, cut in wedges

#### Directions

1. With a sharp knife, cut corn kernels off the cob. Coat a large grill pan with cooking spray, and heat over medium-high heat. Add corn and shallots and sauté 4–5 minutes, until corn is tender and shallots are translucent. Place corn mixture in a bowl, add tomatoes and basil, and toss gently.
2. Sprinkle cod fillets evenly with salt and pepper. Coat skillet again with cooking spray, return to medium-high heat, and add fish. Cook 3–4 minutes on each side or until flaky.
3. To serve, place ½ cup fresh spinach on each plate. Top with a cod fillet and tomato-corn mixture, and drizzle with white balsamic vinegar and olive oil. Serve with lemon wedges.

#### Per serving:

221 calories, 28 g protein, 15 g carbohydrate, 6 g fat (1 g saturated fat), 60 mg cholesterol, 2 g fiber, 4 g sugar, 293 mg sodium. Calories from fat: 24%





## OFF THE MENU

## Cathy Whims

CHEF/OWNER  
NOSTRANA; OVEN AND SHAKER  
PORTLAND, ORE.

“I’m not Italian, but I feel like I’ve chosen a great cuisine,” says Cathy Whims, chef/owner of Portland’s acclaimed Nostrana restaurant. “It’s very healthy and seasonal and rewarding,” adds the four-time nominee for best chef in the Northwest by the James Beard Foundation.

When she’s not at Nostrana or her other restaurant, Oven and Shaker, Whims, 55, shops for her menus at the Sunday Hillsdale Farmers’ Market in southwest Portland. And when she’s at home, “I reach for some fresh eggs and whatever vegetables I have on hand. I love baked asparagus with a poached egg and Parmesan cheese on top. In Italy, especially southern Italy, they call this type of cooking *cucina povera*, or the cooking of the poor,” she says. “It’s very economical—a lot of vegetables and leftovers, and staples like grains and greens, with just a little meat.”

This fall, you can try one of the simple yet satisfying stews that simmer on Whims’ stovetop at home (see recipe at right). Eggplant, zucchini, bell peppers, tomatoes, and garlic come together in a basil-scented dish that celebrates the season and its star vegetables.—**Matt McMillen**

Autumn Ragout With  
Poached Eggs

Makes 4 servings



## Ingredients

- 3 tbsp extra virgin olive oil
- 1 red onion, sliced
- 4 cloves garlic, peeled and minced
- 1 Japanese eggplant, cut into half-inch cubes
- 1 small zucchini, cut into half-inch cubes
- 1 red or yellow bell pepper, cubed
- 2 heirloom tomatoes, peeled, seeded, diced
- salt and pepper to taste
- 8 fresh basil leaves, torn
- 4 farm-fresh eggs
- ½ cup Parmigiano-Reggiano cheese, grated

## Directions

1. In a large skillet, heat olive oil over medium heat.
2. Sauté onion until translucent, about 6 minutes.
3. Add garlic and sauté about 3 minutes.
4. Add eggplant and zucchini and sauté until wilted.
5. Add bell pepper and sauté a couple more minutes.
6. Add tomatoes, salt, and pepper. Bring to a boil, cover pan, and reduce heat, simmering about 20 minutes. Season with salt and pepper to taste. Stir in basil.
7. With the back of a wooden spoon, make four evenly spaced indentations in the vegetables, each large enough to hold an egg.
8. Break 1 egg into each indentation, cover pan, and simmer until eggs are just set.
9. Top with grated cheese and serve immediately.

## Per serving:

270 calories, 12 g protein, 17 g carbohydrate, 18 g fat (5 g saturated fat), 193 mg cholesterol, 4 g fiber, 9 g sugar, 236 mg sodium. Calories from fat: 60%

WHIMS’  
WISDOM

**Her go-to comfort food**  
“Spaghettini with a simple clam sauce. More than the sum of its parts, it reminds me of being on the seaside in Italy.”

**What she eats when she wants to lose five pounds**  
“One or two appetizer-size salads for dinner, and the next day I feel thinner.”

**Where she gets her best menu ideas**  
“A lot of things inspire me, primarily the seasons and what’s available from the farmers markets that supply the restaurant.”

**The one lesson every home cook should learn**  
“Don’t be afraid of a little salt. Add salt to the pasta water. If you add a perfectly seasoned sauce to unseasoned pasta, you will lose so much of the flavor you’ve worked for.”

WebMD.com

What’s  
Cooking!

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

## 1. Oven Fish and Chips

## 2. Potato Salad With Sugar Snap Peas and Creamy Tarragon Vinaigrette

## 3. Mixed Beet Salad With Basil

## 4. Crab-Stuffed Zucchini

## 5. Lemon-Dill Chicken

\*as of July 1, 2012

JOHN WALLS PHOTOGRAPHY



## LEARNING TO LOVE

How I Got My Husband  
to Love Rhubarb

KIM ODE, 57, REPORTER,  
MINNEAPOLIS

Kim Ode’s husband, John, isn’t big on desserts. So she always assumed that’s why he declined all the rhubarb pies and tortes she liked to make. But when she came home with the news that she’d be writing a book about rhubarb, “the truth came out,” Ode laughs. “John just winced at the thought of all that rhubarb!”

His dislike for rhubarb was partly textural: Cooked rhubarb can be slightly viscous, stringy, and loose. But he also objected to the overly sweetened taste of rhubarb in desserts. On its own, rhubarb is extremely tart, Ode says, so rhubarb recipes usually pile on the sugar to compensate.

As Ode started testing recipes, she found that while it still took a little sweetness to tame rhubarb’s pucker, the resulting pickles, sauces, and compotes were solidly in the savory camp, winning John over. His favorite? Shrimp in Kimonos, a seafood version of pigs-in-a-blanket in which shrimp is paired with a rhubarb-rosemary-ginger-onion compote in crisp-fried wonton bundles. “Even after a year full of every rhubarb recipe test imaginable, John tells me I can make that recipe for him any time,” Ode says.—**Monica Kass Rogers**

## Stalk Show

Rhubarb’s ruby red, pink, and green striped coloring makes it one of the prettiest garden sights from spring to fall. Nutritionally, rhubarb has a lot going for it, especially when it’s not oversugared in recipes. It’s low in calories (a half cup raw has 15) and is a source of vitamin C as well as fiber—one cup of cooked rhubarb has 2.2 grams, about the same as a slice of whole wheat bread. It also provides calcium, a respectable 105 milligrams per cup of raw rhubarb. Studies show that eating rhubarb can help lower LDL or “bad” cholesterol because of its mix of soluble (8%) and insoluble (66%) fiber. One big caveat: Don’t eat the leaves cooked or raw. They contain a toxic chemical you don’t want in your rhubarb dishes.

## Taking Sides

Rhubarb is good stewed into sauces, compotes, ketchups, and even “rhubarbecue” sauce. As a side for grilled meat, oven-crisp 2 slices nitrate-free bacon and blot with paper towels. Cook 1 medium chopped onion in a skillet with 1 tbsp bacon drippings until soft. Add 1 cup chopped rhubarb, 3 tbsp maple syrup, 1½ tbsp red wine vinegar, and a pinch of allspice and thyme. Simmer 5 minutes until soft. Mix with crumbled bacon and serve.

## DID YOU KNOW?

ALTHOUGH RHUBARB IS BOTANICALLY CLASSIFIED AS A VEGETABLE, IN 1947 THE U.S. CUSTOMS COURT IN BUFFALO, N.Y., RULED RHUBARB WAS A

**FRUIT**

SINCE THAT’S HOW IT WAS MAINLY USED.

Reviewed by  
Carolyn O’Neil, MS, RD  
WebMD Nutrition Expert





*"I know it can be hard to stay healthy at school, but if you plan out your lunch and have healthy snacks on hand, you can do it!"*

#### KIDS IN THE KITCHEN

## Executive Treat

CHEF LIZZIE GETS INSPIRATION FROM  
THE WHITE HOUSE

Chef Lizzie, WebMD.com's resident chef on the Fit Kids websites (created with our partner Sanford Health), is passionate about getting kids excited about food, cooking, and healthy eating. "I think it's important for kids to know that fruits and vegetables are best for you when they come straight from the ground to your table! My backyard is too shady to grow a garden, so I visit my local farmers market to stock up on fruits and veggies."

For a back-to-school treat, we invited Lizzie to make a recipe from Michelle Obama's *American Grown: The Story of the White House Kitchen Garden and Gardens Across America*. "When I first saw the cookie recipe, I thought it sounded really unique and interesting," she says. "I've never tried dried cherries or carrots in a cookie before! I was really excited to make them and they are really delicious. They're tart, from the cherries, but still sweet and light. I thought the carrots were an awesome addition because I personally love carrots, and I always try to incorporate fruits and veggies into my meals and snacks."



Watch **Chef Lizzie** serve up healthy food tips, recipes, and more at [fit.webmd.com](http://fit.webmd.com).

WebMD.com

#### White Chocolate Cherry Carrot Cookies

Makes about 2 dozen

##### Ingredients

- 1 ¾ cups all-purpose flour
- 1 tsp baking powder
- ½ tsp salt
- 1 cup (2 sticks) unsalted butter, at room temperature
- 1 ¼ cups packed light brown sugar
- 1 tbsp mild honey
- 2 tsp pure vanilla extract
- 2 large eggs
- 1 cup dried cherries (can substitute dried cranberries)
- ¼ cup toasted chopped macadamia nuts (optional; can substitute pecans or walnuts)
- 2 oz white chocolate, chopped into small pieces, or white chocolate chips
- 1 cup finely grated carrots

##### Directions

1. Preheat the oven to 350°F. Place the rack in the center of the oven.
2. Sift together the flour with the baking powder and salt. Set aside.
3. In the large bowl of an electric mixer, beat together the butter, brown sugar, honey, and vanilla until smooth. Add the eggs and mix until well combined. Scrape down the bowl.
4. On low speed, add the cherries, nuts, and chocolate. Scrape down the bowl.
5. Stop the mixer and add one-third of the flour mixture. Turn to low speed and combine. Stop the mixture again, add the rest of the flour mixture, and combine on low speed.
6. Add the carrots, and mix on low speed until incorporated. The batter will be stiff.
7. Using a small ice cream scoop or heaped tablespoon, drop batter in mounds, 2 inches apart, onto a parchment-covered cookie sheet.
8. Bake for 12 to 14 minutes, remove from the oven, and allow the cookies to cool completely before removing them from the cookie sheet.

##### Per serving (one cookie):

193 calories, 2 g protein, 25 g carbohydrate, 10 g fat (6 g saturated fat), 36 mg cholesterol, 1 g fiber, 17 g sugar, 84 mg sodium. Calories from fat: 46%

Recipe by White House Executive Chef Bill Yosses

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### FITNESS & EXERCISE



**66 Peeke Fitness**  
Spot reduction is a myth, but here's what you can do

**67 Fitness Challenge**  
A no-gym workout that really delivers: moves for abs and glutes

## Head for the Hills

Fall is the perfect time to get outside. There's no better season to kick-start your fitness routine



#### EXPERT TIP

"Exercise won't turn fat into muscle. Fat deposits only go away if you lose weight." —*Pamela Peeke, MD*



PEEKE FITNESS

# On the Spot

HERE'S THE UGLY TRUTH: YOU CAN'T ZERO IN AND ZAP BODY FAT

By Pamela Peeke, MD



*Be realistic about the factors affecting your shape, and accept that you may never have the 'perfect' body.*

Most people would love to drop weight in one body part or another, whether it's a bouncing belly or thunder thighs, bounteous butt or trembling triceps. Men and women often embark on sit-up, push-up, leg-lift, and squat campaigns to reduce "spots" of fat on their bodies. I'm sorry to have to tell you this, but there's no such thing as spot reducing.

If you understand why your "spots" are where they are, and you're willing to undertake an *overall* fitness program, you can become toned, fit, and healthy. But even then, you may not be able to get rid of those spots entirely. Why? Because where you store fat is highly influenced by your GAGA quotient—that is, Gender, Age, Genetics, and Additional factors.

**So you can't spot-reduce. Does that mean you're doomed? Not at all. Follow my three M's.**

**MOUTH**  
Eating nutritious foods and watching portions will help you lose weight and sculpt your figure.

**MUSCLE**  
Strength training builds muscles and boosts metabolism.

**MIND**  
Stress can lead to unhealthy eating. Nip that cycle in the bud with meditation or yoga, dancing, and plenty of sleep.

READER TIP

"I like to weight train two to three times a week to guard against injury."  
—*triathlon9, WebMD community member*

**Gender and age.** Young women have fat deposits in the chest, hip, thigh, and buttock regions, which create their pear- and hourglass-shaped bodies and prepare them for pregnancy and breastfeeding. Later, during perimenopause, a combination of hormonal fluctuations and lifestyle changes (in other words, being more sedentary) results in fat accumulating in the abdominal area instead, creating a more apple-shaped body.

Men, on the other hand, are born with a greater number of fat cells—as well as more active fat-storing and fat-burning enzymes—in the belly area. So they are more prone to gaining

and shedding fat in the abdomen. But once men reach 40, their levels of the male hormone testosterone decline, making it easier for them, too, to pack on the pounds.

**Genetics.** Look at yourself in a full-length mirror. Now look at other members of your family. If you store fat where they store fat, it will be harder to reduce those "spots." That doesn't mean you shouldn't try to tone those areas. It just means you may not be able to achieve, say, a board-flat stomach or rail-thin thighs.

**Additional factors.** Pregnancy, medical conditions, weight-loss history, and other factors also determine where you gain and lose weight. Many women end up with a "jelly-belly" after pregnancy, for instance, the magnitude of which depends on how much weight they gained, how many children they had, and their skin elasticity.

**Bottom line.** When you're setting your fitness goals, be realistic about the factors affecting your shape, and accept that you may never have the "perfect" body. But you can still work to have a fit, healthy body and a fit, healthy attitude.

SOMOS/GLOW IMAGES



"I'd love to feel more toned, but I don't have time to hit the gym. Are there simple exercises I can do on my own to get results?"

**Deb Moore, 52, college professor**  
Little Rock, Ark.



"It only takes a few minutes, three times per week, to keep your abs and glutes looking their best—no gym membership required," says Joan Pagano, American College of Sports Medicine-certified health and fitness specialist and author of *Strength Training for Women*. She offers these moves to tone your trouble spots.

JOSH MOXBLE

FITNESS CHALLENGE

# By Definition

ARE YOU CRUNCHED FOR TIME? HERE'S HOW TO SCULPT YOUR ABS AND GLUTES



Break a sweat in the backyard or the basement. Check out the **No-Gym Workout** slideshow.

WebMD.com

**Abs**

Forget the tummy tuck. This exercise targets your trouble spots and helps build up muscle. Combine with cardio a minimum of 30 minutes, three times a week (beginners can take three brisk 10-minute walks, working up to a 30-minute workout). This exercise and cardio will whittle your waistline—no surgery required.

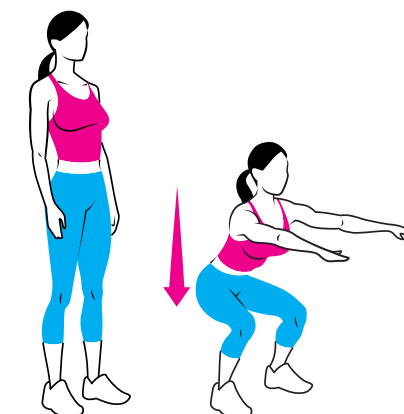


**Bicycle Crunch**

1. Lie on your back, bend your knees, and raise your legs until your knees are over your hips, calves are parallel to the floor, and feet are in the air.
2. Cradle your head in your hands and tighten your abs as you lift your head and shoulders off the floor.
3. Exhale and twist your left shoulder toward your right knee while extending your left leg.
4. Inhale and return to the start position, keeping your head and shoulders elevated off the floor.
5. Do 20 times, then repeat on the other side.

**Glutes**

Try this exercise to tone your butt. Not only will your glutes, the large muscles in your buttocks, look great in a pair of jeans, but this move will improve your posture and balance, too. You'll also look—and feel—stronger.



**Squat**

1. Stand in front of a chair, facing away from the chair, feet parallel and hip-width apart, and bend slightly forward from the waist.
2. Keeping your spine straight, inhale and lower your body toward the chair as if you were going to sit down.
3. Touch the edge of the chair with your glutes (but do not sit), keeping your knees over your ankles.
4. Exhale, squeeze your glutes, and return to the start position.
5. Repeat 10 to 12 times.

EXPERT TIP

"The bicycle crunch engages all four abdominal groups. Instead of doing three different exercises, I can get the same results with one." —*Joan Pagano, fitness expert*



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# WebMD<sup>®</sup> Checkup

TAKING CARE, LIVING WELL

September is **Sickle Cell Disease Awareness Month**, and for actor **LARENZ TATE**, that means spreading the word about a chronic disease that disproportionately affects the African-American community.



"It's really important to know if you carry the disease," says Tate,

37, who recently costarred on FX's *Rescue Me* and in BET's made-for-TV movie *Gun Hill*, which premieres this fall.

As many as 100,000 people in the United States have the disease, which causes red blood cells to resemble sickles or crescents. The misshapen cells can reduce blood flow, which starves vital organs of oxygen and can lead to chronic fatigue and intense pain.

Many people who don't have the disease carry a gene for it. Screening is essential, a message Tate will spread this month via Facebook and Twitter (@LarenzTate). "If you can prevent the disease, you can really make a difference in someone's life," says Tate. —**Matt McMillen**

**70 Health Highlights**  
It's Healthy Aging Awareness Month. Find expert advice.

**71 Living With**  
Learn about osteoporosis and how to strengthen your bones.

**72 By the Numbers**  
Get a closer look at prediabetes: the facts, the figures, and more.

**73 My Story**  
A WebMD community member opens up about heart disease.

**74 Health Check**  
Could you have a sleep disorder? Take the quiz to find out.



## HEALTH HIGHLIGHTS

# SEPTEMBER IS HEALTHY AGING MONTH

STAY AT YOUR PEAK WITH THESE TIPS

- 1 Get moving**  
Exercise regularly to maintain a healthy body and brain.
- 2 Stay social**  
Take a class, volunteer, play games, see old friends, and make new ones.
- 3 Bulk up**  
Eat beans and other high-fiber foods for digestive and heart health.
- 4 Add some spice**  
Add herbs and spices to your meals if medications dull your taste buds.
- 5 Stay balanced**  
Practice yoga or tai chi to improve agility and prevent falls.



- 6 Take a hike**  
Brisk daily walks this September can bolster both your heart and lungs.
- 7 Sleep well**  
Talk to a sleep specialist if you don't sleep soundly through the night.
- 8 Beat the blues**  
If you've been down for a while, see a doctor. Depression can be treated.
- 9 Don't forget**  
To aid your memory, make lists, follow routines, slow down, and organize.
- 10 More tips**  
Search "50+: Live Better, Longer" at WebMD.com to be happier and healthier.

## EXPERT TIPS



**Gary W. Small, MD**  
professor of psychiatry and biobehavioral sciences, David Geffen School of Medicine at UCLA, and director, UCLA Longevity Center

Take a daily brisk walk with a friend—you'll get an aerobic workout, and the conversation will exercise your brain and reduce stress.

To help control the urge to overindulge, just imagine eating that sweet treat. Research shows the fantasy dessert will satisfy you, and you'll actually eat less.



**Carla Perissinotto, MD, MHS**  
assistant professor of medicine, division of geriatrics, department of medicine, University of California, San Francisco

Every few months, review your over-the-counter drugs with your doctor for any potentially unsafe ingredients. I do this for my parents whenever I visit their home.

Try yoga. All types help maintain physical and emotional health. My favorite is Kundalini yoga, which focuses on meditation and strengthening.



**Elizabeth Eckstrom, MD, MPH**  
director of geriatrics, Oregon Health & Science University, Portland, Ore.

Follow a Mediterranean diet to help prevent memory impairment and heart problems. I love salmon covered with fresh thyme and lemon slices and grilled on a plank.

I do tai chi three days a week, and it dramatically improves my balance. Seniors can do it too and cut their risk of falls by almost half.

FROM TOP RIGHT: JAMES ROSS/GETTY IMAGES; STOCK4B/R/GETTY IMAGES; JAMES ROSS/GETTY IMAGES

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

## LIVING WITH

# OSTEOPOROSIS

HERE ARE FOUR WAYS TO PROTECT AND STRENGTHEN YOUR BONES

By **Christina Boufis**

If you're one of the 34 million Americans (both women and men) who are at risk for the disease, you know that strengthening and protecting your bones is crucial. Osteoporosis means porous bones that weaken and can fracture with even minor incidents. But "you can live with osteoporosis for a long, long time and never have complications such as fractures—if you take certain precautions," says Felicia Cosman, MD, osteoporosis expert and medical director of the clinical research center at Helen Hayes Hospital in West Haverstraw, N.Y. Keep your bones strong with Cosman's four suggestions.

### Move It

"Aerobic activity as well as strength training—using weight machines, free weights, or elastic bands or just [doing] calisthenics—can increase bone strength and reduce the risk of falling by improving balance and coordination," she says. (If you've had a major fracture, check with your doctor before doing any exercise.)

### Say Cheese

Get plenty of calcium, a major building block of bone tissue. "Calcium gives bone its hardness and is very important for bone strength." Aim for 1,000 milligrams of dietary calcium per day if you're younger than 50 or a man age 50 to 70. Women age 50 and older and men age 71 and older need a total of 1,200 milligrams daily, according to the National Osteoporosis Foundation. That translates to three servings of high-calcium foods like milk, yogurt, cheese, or calcium-fortified citrus juice or cereal.

### Don't Fall for It

Go through your home and remove tripping hazards like throw rugs, curtain cords, and electrical wires. Keep hallways and bathrooms well lit, and install safety handles on the bathtub. Ask someone else to retrieve hard-to-reach items, Cosman advises.

### Take the Test

Talk to your doctor about when and how often you should have bone density tests and take bone-building medication.

"I have one patient with osteoporosis who never exercised in her life, embarked on a gym program, and felt dramatically better after a few years. She was much stronger, had better balance, and reduced her number of falls. She really helped herself."

—**Felicia Cosman, MD**

55% of people 50 and older have osteoporosis or reduced bone mass.

Practicing tai chi reduced the risk of falls in older adults by almost half.

**DID YOU KNOW?**  
POSTMENOPAUSAL WOMEN WHO USED FREE WEIGHTS OR WALKED WITH WEIGHTED VESTS INCREASED THEIR BONE MINERAL DENSITY ABOUT 1% OVER 12 MONTHS.



BY THE NUMBERS

PREDIABETES

FACTS AND STATS ON TOP HEALTH CONDITIONS

By Heather Hatfield

Total health care costs for diabetes in the U.S.\*

\$218 billion

Estimated number of people in the U.S. who have prediabetes\*

79 MILLION

Total health care costs to cover prediabetes

\$25 billion

Reduced risk of developing diabetes over three years if you follow a healthy food and exercise program



Number of people who have prediabetes and know it: 1 in 14 (the other 13 don't know it)



Your increased risk of heart attack or stroke if you have prediabetes



Amount of excess weight loss that could prevent diabetes if you have prediabetes\*

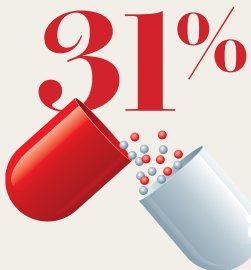


7% of your body mass, or 15 lbs. if you weigh 200 pounds

Length of time diabetes diagnosis may be delayed through lifestyle or medication intervention could be as long as

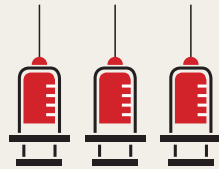
10 YEARS

Reduced risk of developing diabetes over three years if you take medication to prevent prediabetes



Amount of exercise that could reduce your risk of diabetes if you have prediabetes

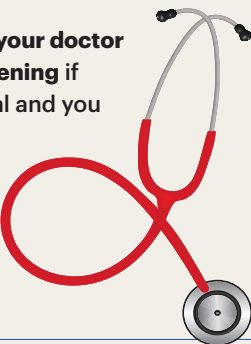
30 minutes a day x 5 days a week



Number of tests available to screen for prediabetes: 3

Age you should ask your doctor about diabetes screening if your weight is normal and you have no risk factors

45



EXPERT TIP

"I've found that patients lose weight more reliably once I insist they track their daily food intake. A food record forces you to see what and how much you're eating. Writing down what you eat and adding up the numbers makes you accountable."



Correlating those numbers with your weight or blood sugar levels also helps you see how different foods affect your body. Plus, counting something—such as calories—lets you 'budget' for the rest of the day to reach your goal."—Michael Dansinger, MD

\* The CDC's National Diabetes Fact Sheet, 2011



ASK YOUR DOCTOR

1. Do I need to lower my cholesterol? How?
2. How does stress affect my heart and overall health?
3. Is it safe for me to exercise?
4. Do I need to lose weight?
5. Will I get a heart attack? How will I know if I'm having one?

LARRY'S LIFE LESSONS

"Use a heart rate monitor so you can avoid doing too much. At first, you should not be breathing much harder than you do during a warm-up."

"Don't be in a hurry. Recovery takes time. Most people with heart disease think they can't do anything physical. Or they try to recover too fast and get injured."

"Eat foods that are high in antioxidants and low in fat."



Keep your ticker in tip-top shape. Track your successes with the Healthy Heart Checklist.

WebMD.com



MY STORY

OPEN HEART

A READER'S PERSONAL CARDIAC COMEBACK STORY

By Larry Wagner  
WebMD.com community member

I had no inkling I had heart disease until December 2005, when I had two minor episodes of mild angina (pain in the chest area). My primary care physician ran an electrocardiogram but saw nothing abnormal. I was an athletic, lean 53-year-old who ate nutritious foods. He decided I was just stressed and gave me the go-ahead to go to Nicaragua on vacation.

But while there, the angina went from mild to severe. The pain would come and go, but on three separate occasions the pain was the most massive thing I could imagine. Every little motion made it worse. I was sweating and could not move. A local doctor gave me medication to bring my blood pressure down and stop the angina. But I couldn't fly home

for two weeks because the changes in airplane cabin pressure could induce a heart attack.

When I got home, I went to the local emergency room. The staff took chest X-rays then immediately ordered an ambulance to take me to another hospital. Two of my arteries were 99% blocked, a third was 80% blocked, and I had other blockages further down my arteries. It seemed impossible—three weeks earlier I had felt fine. But a secondary system of blood vessels had grown around my heart and was doing the work of the blocked arteries. I had triple bypass surgery the following day.

Afterward, when my wife asked about my prognosis, the doctor responded with a stony silence. I knew then I had to be committed to my recovery. I work as a computer programmer and am quite methodical, so I set up a recovery program. Week by week I built up my strength, starting with walking to the kitchen, then walking down the block, and then using my treadmill, rowing machine, and [exercise bicycle]. I monitored my heart rate and wrote down everything I did and how it affected my heart and breath. I also researched journal articles on heart disease, nutrition, and exercise rehab.

By spring 2009, I could play badminton for three hours without breaking. By 2010, I could play full-court basketball. I was the only one over the age of 20, and I was not run off the court.

EXPERT TIP



"Pedometers, food diaries, and scales are associated with positive changes in behavior. They work when we have trouble getting motivated."—James Beckerman, MD



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Tips and tools to keep  
your pet healthy!

Learn More



## Checkup



### HEALTH CHECK

## COULD YOU HAVE A SLEEP DISORDER?

bigj1624, a WebMD sleep disorder community member, is short on sleep. “For about the last two years I sleep no more than 6 hours a night,” bigj writes. “Lately it’s been about 4 to 5 hours. I’m tired all day long no matter what. Can someone please give me some insight into what might be going on?” bigj could have a sleep disorder, which shouldn’t be taken lightly. Could you have one, too?



### ASK YOUR DOCTOR

1

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

3

Will a sleep medication help? Are prescription sleep medications habit-forming?

2

Are my sleep problems caused by an underlying medical condition?

4

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

## QUIZ

1. Do you have trouble going to sleep or staying asleep?  
☐ Yes  
☐ No
2. Do you snore loudly and/or heavily?  
☐ Yes  
☐ No
3. Are you excessively sleepy or do you lack energy in the daytime?  
☐ Yes  
☐ No
4. Do you have trouble with concentration or memory loss?  
☐ Yes  
☐ No
5. Do you fall asleep while driving, in meetings, while reading a book, or while watching television?  
☐ Yes  
☐ No

**Answers:** If you answered yes to any of the above questions, you may have insomnia or another type of sleep disorder. Talk to your doctor or consult a sleep specialist.

**SOURCE:**  
The WebMD Sleep Disorders Health Center

STILL IMAGES/GETTY IMAGES

10 QUESTIONS

# Rocco DiSpirito

Chef/Author



DiSpirito's new *Now Eat This!* cookbook and TV series launch this month.

Read more about what Rocco's cooking up in our free iPad app!

**1** This month you're launching a new cookbook, *Now Eat This! Italian: Favorite Dishes From the Real Mamas of Italy—All Under 350 Calories*, and a new TV series, *Now Eat This! How do you juggle it all?* It's not easy. It's like expediting in a restaurant kitchen, where every three seconds you have to make value judgments on time priorities. I've got books, the TV show, a food truck, catering, and I have to prioritize based on deadlines and the people I work with. But I always leave time for my family. My 86-year-old mother lives next door, and I show up at her place every night at 7 p.m.

**2** Why is healthy cooking so important to you? Getting out of the day-to-day restaurant business gave me time to think about my health. I had 20% body fat and weighed 216 pounds. When I agreed to do a charity triathlon in 2006, I couldn't walk a mile. So I started to eat better and exercise. I got down to 170 and 10% body fat, and eventually did an Ironman.

**3** How did you transform your diet? I have always eaten high-quality

foods, but they also used to be high in fat and calories, so I took those out as much as I could. I quit refined sugar cold turkey. And I dropped 10 pounds in two weeks.

**4** How did this affect you professionally? It was a culinary challenge, taking apart a classic dish and then rebuild-

ing it as something healthier. Often these were dishes that no one had really considered changing in a long time. Some, like lobster bisque, wound up better than the originals. That was very satisfying: to reduce the calories, yet retain the flavor. It's a type of cooking I had never done before. I was incredibly surprised by the results.

**5** What can't you resist regardless of the calorie count? Great wine, wine so good that it changes your outlook on life. But I don't drink often. I save it for a special occasion.

**6** Do you have a regular exercise routine? I do a lot of biking. Five times

a week, I bike a fast 20-plus miles. And I do resistance training three to four times a week.

**7** Your show targets families and your food truck stops at schools. Why are kids such an important audience? Cooking changed my life for the better when I was 11. I want to impart that to kids. Plus, with obesity being such a widespread problem, I want to give kids the resources and skills to make healthy choices.

**8** What three food lessons should every child learn? Sugar is bad. Learn how to cook. Healthy and delicious are not mutually exclusive.

**9** Did the food you grew up on influence your approach to cooking and eating? I love Italian food. It's delicious and healthy and fresh. Growing up, there wasn't a dinner that didn't have six kinds of vegetables.

**10** Which of your revamped, low-calorie recipes get the most converts? Hands down, the fried chicken, the macaroni and cheese, and my black-bean brownie cupcakes.—Matt McMillen

JONATHAN PUSHEK