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Actor **Matthew McConaughey** is best known for his good looks, his myriad roles, and his laid-back lifestyle. When he's not on set, the *Magic Mike* star is helping inner-city teens stay out of trouble and in good health through his J.K. Livin' Foundation. McConaughey talks to WebMD contributing writer **Lauren Paige Kennedy** about the foundation and why it's so important to him. He also remembers his dad, who inspired him to start it in the first place. **PLUS:** The father of two shares the most important lessons he learned from his dad.

wellness **What's Up, Doc?**

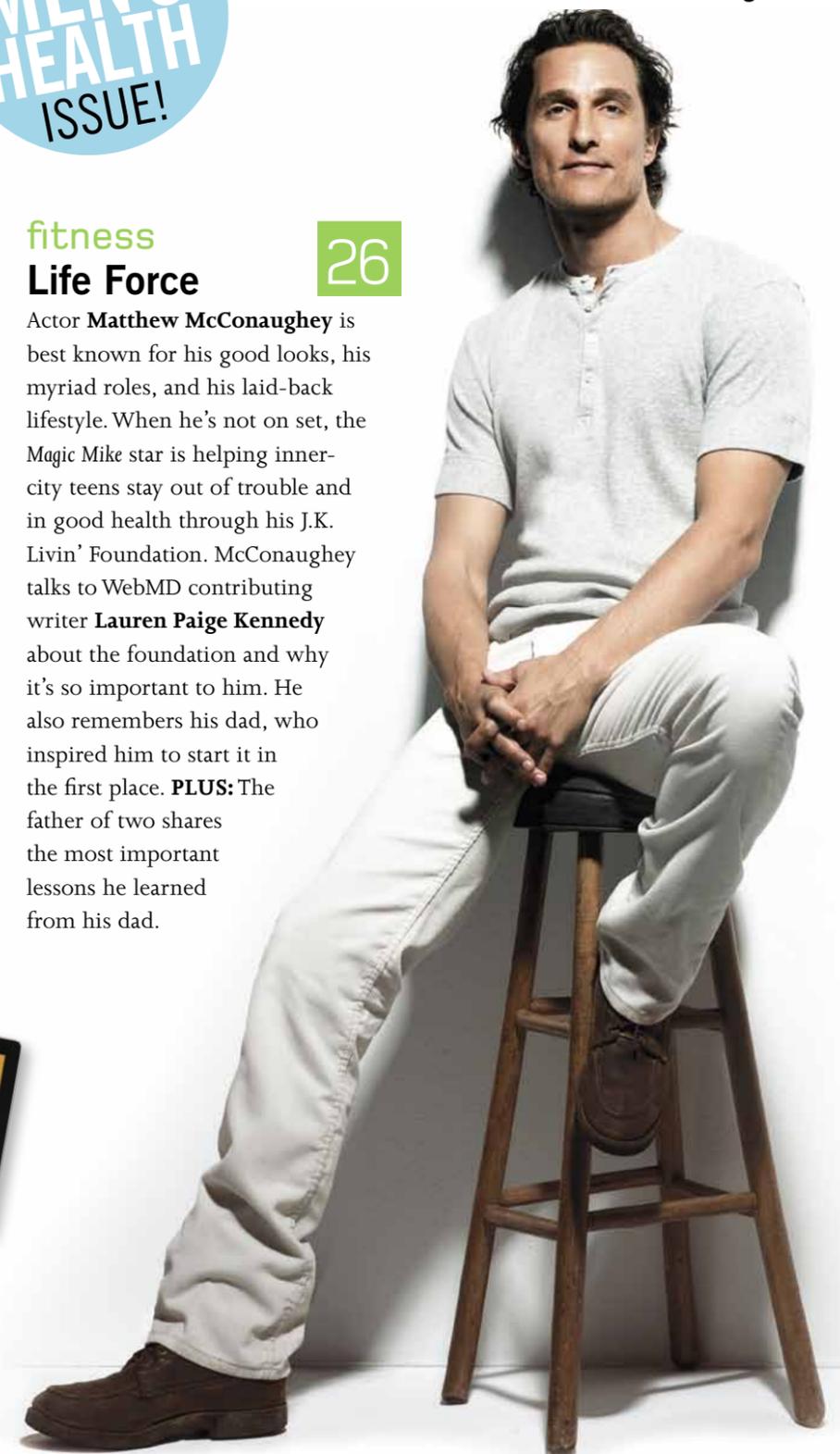
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Guys, it's time to get proactive about your health. WebMD contributing writer **Matt McMillen** quizzes two top docs to find out the top questions you need to ask at your next doctor's appointment.

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The 8-year-old girl entered the exam room, looking sad and feeling worse. The doctor kindly asked her a few questions—What's going on? How is school?—and then the tears welled up in her eyes. Quietly, she said some kids at school had teased her, called her “chubby,” and said they didn't want to play or be friends.

Every single one of us can recall a similar moment from our childhood when we were teased and hurt by another kid for any number of reasons. Except that in this case, the girl's story fit a pattern her doctor, Hansa Bhargava, had begun to notice. “Younger kids were coming in with problems related to being overweight—diabetes, hip fractures, sleep apnea, depression, and, sadly, being harassed at school. Also, they worried about weight and body image much more than before,” she says. “Some asked me outright: ‘Am I fat?’”

Since when did kids become aware of their bodies and body image at such an early age? Dr. Bhargava did some research and was astonished to find evidence of kids as young as 5 or 6 who were very aware of their bodies—and those of other children. Nearly half of the 3- to 6-year-old girls in a University of Central Florida study said they worried about being overweight.

Dr. Bhargava's young patient is now 10 years older, and it turned out that she was only slightly overweight. With some simple lifestyle changes, supported by her family, she grew into her weight after six months and now is a well-balanced, confident teen.

But since then, Dr. Bhargava says her practice shifted to deal with this new era of sedentary kids who rarely ran around outside and were instead glued to a screen for much of their free time. “I was really motivated to get the message of raising healthy kids to parents.” She began asking more questions, about TV and video time, sleep, food, and exercise. She involved parents and family members in the dialogue and solutions, knowing that a kid can't get healthy on her own. And it made a difference.

Today, Dr. Bhargava is WebMD's staff pediatrician and the medical director of **Raising Fit Kids** (a site for parents) and **fit**, three customized websites for kids ages 4 to 18. WebMD and our partner Sanford Health created them to teach kids about healthy habits, from getting a good night's sleep to choosing wholesome foods. During the screen time you do allow your child, I encourage you to point her to **fit junior**, **fit kids**, or **fit teen**. Find them all at fit.webmd.com.

And parents, now you can find **fit kids** in *WebMD the Magazine* (turn to page 19). Each issue, we'll bring you insights and tips to assist your efforts to improve your family's health, especially your children's. We may not be able to stop playground teasing or harmful body image messages from reaching kids, but we can help make sure your child is healthy, happy, strong, and, yes, fit.

Enjoy your summer,



Colleen Parett
Executive Editor, *WebMD the Magazine*



Learn more about **WebMD the Magazine** for iPad!

Summer School

Start the season off right



fit tip

FIT FAULTS

Looking to get fit fast? Pace yourself, says WebMD fitness expert Rich Weil, MEd, CDE. “Don't try to make up for years of inactivity in two weeks,” Weil cautions. Give muscles time to rest and ensure proper development. To avoid strain, **the general rule of thumb is 8–12 repetitions for weight lifting**. Watch out for symptoms of overtraining, which include loss of strength during workouts and chronic soreness or injury.



give back

MAN UP

Encourage the men in your life to make an extra effort to **stay fit and healthy during Men's Health Week (June 11–17)**. The annual June event aims to heighten prevention and to encourage early detection and treatment of disease among men and boys. Activities include a SET the PACE for Prostate Cancer 5k in Denver on June 16 and a symposium on men's health on June 22 at the Millennium Centre in Johnson City, Tenn. For details on these events or to find others in your area, visit menshealthmonth.org and click “Calendar.”



healthy eats

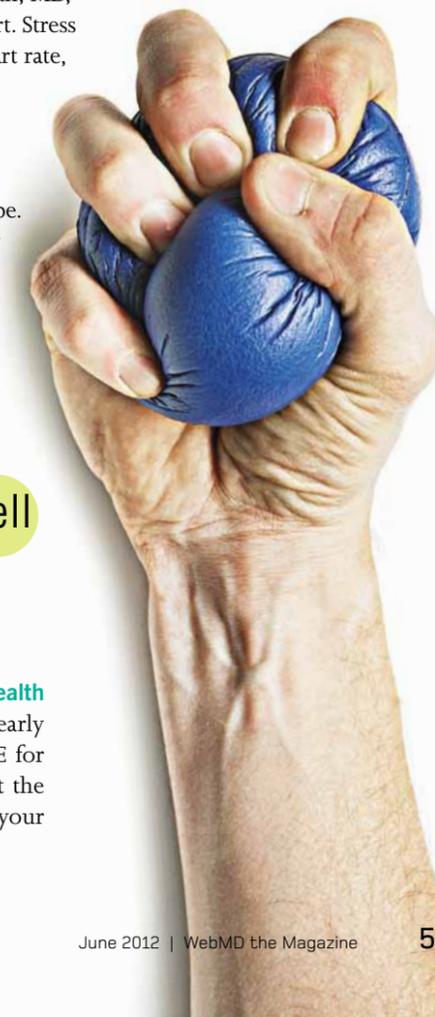
GRILL CHECK

Love the sizzle of the grill in the summer? That trademark char you see and smell is a mark of harmful chemicals linked to certain cancers. But don't turn the burners off quite yet. “It's all about barriers,” says WebMD nutrition expert David Grotto, RD. “**Wrap your meat in foil or cook it indirectly** by using only the outside burners with the meat in the middle of the grill.” Grotto also suggests using an acid-based marinade for meat, such as orange juice or a vinegar-based dressing. “The marinade acts as an inhibitor for the chemicals, slowing down the charring effect.”

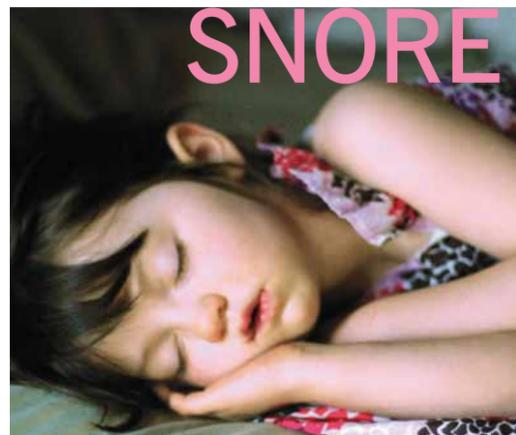
DIS STRESS

Stress is bad for your health and your heart, says James Beckerman, MD, WebMD heart health expert. Stress contributes to elevated heart rate, blood pressure, and blood sugar, he adds. Another downside of stress is that people tend to turn to unhealthy behaviors to cope. “They don't say, ‘I'm really stressed out, I'm going to have a salad,’” Beckerman says. Instead, **find healthy ways to deal with stress, such as exercise**. “Do something inherently positive.”

stay well



SNORE WARS



Toddlers who snore or have other breathing problems during sleep are more likely to have behavior problems such as hyperactivity or aggressiveness at age 7, a study shows.

Researchers in southwest England asked parents of more than 11,000 children to fill out questionnaires about their kids' snoring, mouth breathing, and apnea at various times when the youngsters were 6 months to 5 years old. Then, when the kids

were 4 and 7 years old, the parents completed questionnaires about their behavior.

The children with breathing problems were 40% to 100% more likely to have behavioral problems at 7 than those without them. The worse their breathing symptoms, the greater their risk of hyperactivity, aggression, rule-breaking, anxiety, and depression. The researchers theorize that breathing troubles might decrease oxygen in the brain during infancy and young childhood, key periods of brain development.

Source: Pediatrics

Lei Low

You might say that Hawaii isn't just a state—it's a state of mind. People who live in Hawaii are the happiest in the United States and have the most positive outlook, according to this year's Gallup-Healthways Well-Being Index.

The Aloha State has held the top spot in the survey for three years in a row. It's followed closely on the happiness scale by North Dakota, Minnesota, Utah, and Alaska. West Virginia scored lowest on well-being, though it did slightly improve from 2011. Kentucky, Mississippi, Delaware, and Ohio round out the bottom five.

The Well-Being Index score for the nation as a whole is the lowest since tracking began in 2008.

The rankings are based on phone surveys of more than 350,000 adults in 2011. The index is calculated based on six key areas: residents' life evaluation, emotional health, work environment, physical health, healthy behaviors, and access to basic necessities.

Source: Gallup-Healthways Well-Being Index



1 in 4:

The number of kindergartners who couldn't distinguish between candy and medicine; one in five teachers had the same problem

Source: American Academy of Pediatrics National Conference and Exhibition



GLOW GETTER

Need another good reason to eat your vegetables? They might help give your skin a healthy glow. In a study of 35 college students, Scottish researchers saw changes in skin tone in white people after they started eating more fruits and vegetables.

For the research, students filled out questionnaires about how often they ate certain foods over a six-week period. (On average, they ate 3.5 servings of fruit and vegetables a day.) Researchers measured each student's skin tone at seven spots on the face and body.

After six weeks, the scientists saw noticeable increases in red and yellow tones in the skin of students who added more fruits and vegetables to their meals. Just one extra portion of produce a day led to rosier, healthy-looking skin.

The researchers suggest it's the carotenoids—red, yellow, and orange pigments in fruits and veggies—that affect skin tone. For your own improved skin glow, try eating more colorful foods like sweet potatoes, squash, spinach, tomatoes, and pink grapefruit.

Source: PLoS ONE

CLOCKWISE FROM TOP RIGHT: FINOY/GLOW IMAGES; JUPITER IMAGES/GETTY IMAGES; SIOBHAN CONNALLY/GETTY IMAGES; IMAGEBROKER/GLOW IMAGES

NEW!

The app that keeps everything in one place.
Except for dinner.

Baby ^{WebMD}

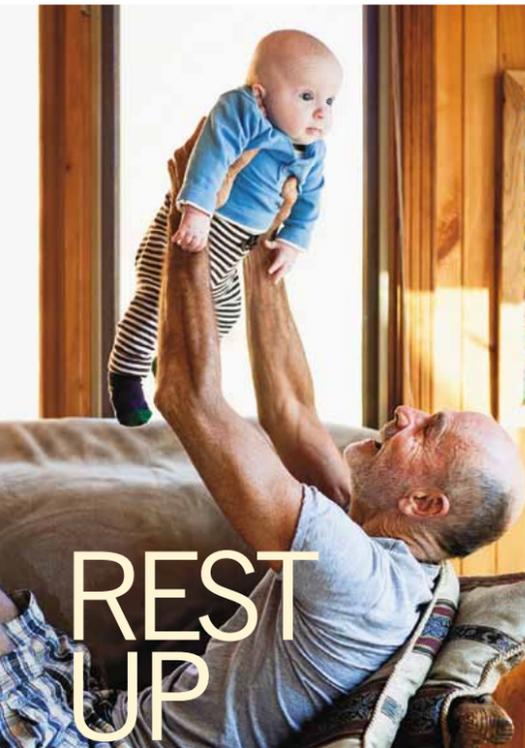
- Access hundreds of articles and videos developed and approved by WebMD doctors.
- Manage schedules for sleeping, feeding, diaper changes, and growth.
- Create a digital baby book and share photos and videos, plus tag them with milestones.



It does more than keep your family informed.
It keeps you informed.
To keep your baby healthy.

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Conventional wisdom holds that as people age, a good night's sleep is harder to come by. But according to a study involving more than 150,000 adults, many people in their 80s have fewer sleep complaints than their younger counterparts.

Researchers asked people in the study how they slept and whether they were tired during the day. Women reported more sleep problems and fatigue than men, and those with depression and other health problems were more likely to say their sleep was subpar. There seemed to be an uptick in reported sleep problems during middle age—especially among women—but most people reported fewer sleep disturbances as they grew older.

The researchers suggest that sleep problems and tiredness in older people might be because of medical or other issues rather than sleep disorders. They add that people with the worst sleep problems might not survive to old age.

Source: Sleep

Nail Files

Mani-pedi fans, listen up. Some so-called “toxin-free” nail products used in salons may contain high levels of toxic chemicals, according to a California report.

“In many of the cases, the label was inaccurate,” says Valetti Lang, acting manager of the Pollution Prevention Branch of the Department of Toxic Substances Control for the California Environmental Protection Agency. “That’s really what our message is. We don’t know if our samples are representative of the industry.”

Her team bought 25 products in May 2011. They sent them to a lab to be tested for three chemicals with potential health risks—dibutyl phthalate, toluene, and formaldehyde. Ten products did not live up to their toxin-free labels, including some from Sation, Dare to Wear, and Chelsea. Two products—from Color Madnic and Zoya—were correctly labeled toxin-free. Thirteen products without toxin-free labels contained none of the three chemicals, including products from OPI, Cali, and Essie.

Rebecca Sutton, PhD, senior scientist at the Environmental Working Group, says women who are concerned should visit the nail salon less often, particularly if they’re pregnant.

Source: California Environmental Protection Agency Department of Toxic Substances Control report, April 2012

DIET MAP

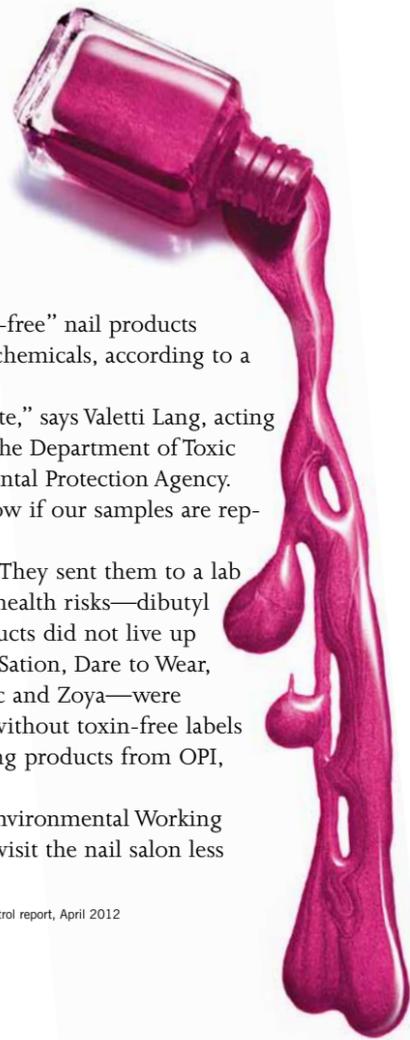


It’s not just a cliché that Southerners love their fried chicken and sweet tea, and the region where you live—as well as your race, age, gender, education, and income—influences what foods you eat, a study shows.

Researchers at the University of Alabama at Birmingham found most U.S. diets fall into one of five patterns, including Traditional (Chinese and Mexican food, pasta dishes, pizza, soup, and other mixed dishes including frozen or take-out meals), Healthy (mostly fruits, vegetables, and grains), Sweets (large amounts of sweet snacks and desserts), Alcohol (proteins, alcohol, and salads), and Southern (fried, processed meats, and sugar-sweetened beverages).

The research, presented at an American Heart Association meeting, was based on questionnaires completed by more than 21,000 people ages 45 and older. Researchers say the differences in diet patterns may help explain regional and racial differences in risks for stroke, heart disease, and other chronic diseases.

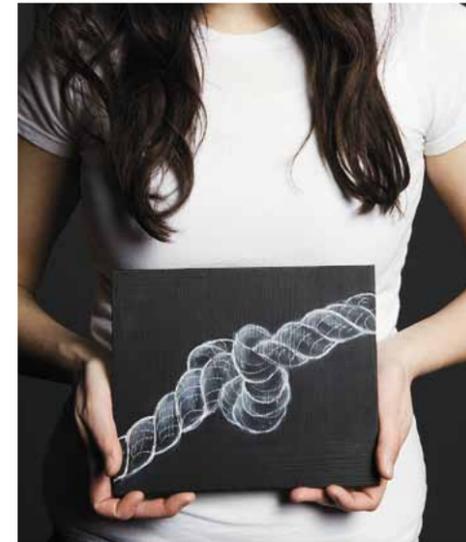
Source: American Heart Association’s Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2012 Scientific Sessions



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YES MAN

This Father’s Day, make it easy for the guys in your life to stay well. Get all the latest health news and information delivered to his inbox. Sign him up for the **Men’s Health** newsletter.



digestive disorders WebMD SEARCH

Inside Tract
Got GERD? IBS? Get and give support and connect with others like you in WebMD’s **digestive disorders** community.

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TOP SEARCHES

Here’s what’s hot on WebMD.com right now!

1. Prostate cancer screening
2. 5 ways to ease stress
3. Gluten-free diets
4. Help for running injuries
5. New sunscreen labels
6. What bug bit you?
7. Talking to teens about drugs
8. Does your dog need a checkup?
9. What birth order reveals
10. Could your kid have ADHD?

*as of 5/1/2012

Athlete’s Foot

TOP SYMPTOMS INCLUDE

- ▶ Peeling, cracking, or scaly skin on the feet
- ▶ Redness or blisters on the feet and in between toes
- ▶ Itching or burning

Athlete’s foot, also called *tinea pedis*, is a skin condition caused by fungus that breeds in wet, warm conditions, such as those around swimming pools, showers, and locker rooms. It can also appear on the palms and between the fingers as well as in the groin area along with ringworm, especially in men. Treatment includes prescription oral or topical antifungal medications. To prevent athlete’s foot, keep the feet dry, dust foot powder into shoes and socks, wash feet daily with soap and water, dry between the toes after bathing, wear shoes or flip-flops around public showers, locker rooms, and pools, and change shoes and socks regularly.



Key in your symptoms

FIND THE ANSWER



June

A month of tips to boost your headache management smarts

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|-----------|
| 1 USE YOUR HEAD Have headache questions? Each week this month, you can chat online with specialists from the National Headache Foundation. Visit www.headaches.org . | | | 1 COFFEE BREAK Caffeine may help ease headaches, but only in moderation. Stick to two to three 6-ounce cups a day.  | | | |
| 3 HEAD GEAR Track your headaches and what triggers them with a diary app such as the neurologist-developed iHeadache.  | 5 | 6  |  | 8 BLUES CUES Migraines increase your risk of depression. See your doctor if you've been feeling down for more than two weeks. | | |
| 10 SAY OM Relaxation techniques such as meditation and deep breathing may ease an aching head.  | 12 SLIM DOWN Obesity has been linked to more frequent and severe migraine headaches. | | 14 SLEEP SENSE Sleep disorders such as insomnia and sleep apnea boost your headache risk. Talk to your doctor if you have trouble sleeping.  | | 19 FOOD FIGHT Foods like chocolate, cheese, and peanut butter can bring on migraines for some people. Know your own triggers and avoid them.  | |
| 22 KICK THE HABIT Smoking, or inhaling secondhand smoke, can trigger headaches.  | 23 | | 24 | | | |
| 25 LIGHT RELIEF Switch to full-spectrum daylight fluorescent bulbs to reduce migraines triggered by flickering light.  | | 28 | | 29 | | 30 |

Get relief. Visit the [Migraines & Headaches](#) health center.  WebMD.com

Troop Tales

Jill Biden salutes military families in her new children's book

As Jill Biden tucked in her granddaughter Natalie one night in 2010 and they said their prayers together, the little girl whispered a reminder: "Don't forget, Nana, God bless our troops." The child's words became the title of a new book for children, out this month, penned by the vice president's wife.

The book chronicles Natalie's tough year without her father, Beau Biden, a major in the Delaware Army National Guard who deployed to Iraq in October 2008. In the book, then 4-year-old Natalie Skypes with her dad, draws and colors a flag for him, and comforts her 2-year-old brother, Hunter.

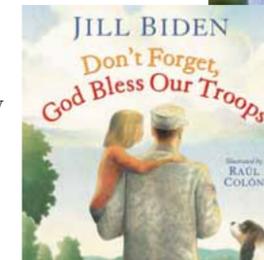
While the book tells her own family's story, Biden wrote it to capture the experiences of military families everywhere. "My inspiration was traveling all over the country and around the world, meeting with so many military families," says Biden.

Since 2001, about 2 million children have had a parent serve overseas. Such separations can leave children like Natalie and Hunter feeling scared, confused, and vulnerable. An estimated one in four school-age children of deployed parents suffers from depression.

Biden hopes her book will raise awareness, especially among educators, about the hardships military children endure. "Teachers and others should know about the sacrifices that military families make," says Biden, who has a doctorate in education. "As military families, and especially children, weather the multiple challenges of moves, new schools, and deployments, teachers and school communities can provide critical support and outreach."



Biden's book was inspired by her son's tour of duty in Iraq.



Simple gestures can have a profound impact. Natalie's teacher, for example, posted a picture of Beau Biden's unit outside her classroom. "That picture with her dad in it meant a lot," says Biden. "She could see her dad there every day." Beau Biden's tour of duty ended in September 2009, and he returned to Delaware to resume his duties as attorney general.

Biden will donate the proceeds from her book to scholarships for children of military families. You can help, too. Her book closes with information on several organizations that support military families, such as Joining Forces (www.whitehouse.gov/joiningforces), the initiative she and first lady Michelle Obama launched in 2011; the USO; and Blue Star Families.—Matt McMillen

GAME CHANGE

In a sea of self-help books, Avrum Geurin Weiss, PhD, has written a gem with a message you don't often hear. *Change Happens: When to Try Harder and When to Stop Trying So Hard* will be a relief to those who think, "If I want to lose weight or improve my marriage or stop smoking, I have to try hard, and if it's not happening, I just have to try harder and I'll succeed." Most self-help books turn on exactly this advice.



they desperately seek it (the weight doesn't come off because of genetics, alcohol abuse is blamed on a disease called alcoholism).

HEALTHY READ

But, Weiss says, that approach often backfires. "As a culture, we are obsessed with change," yet "we are not very reflective about the process of change." In fact, Weiss explains, people have a hard time taking responsibility for change, even though

Weiss, a therapist, adjunct faculty member of Georgia State University's psychology department, and director of the Pine River Psychotherapy Training Institute, proposes that we evaluate different kinds of change (external, internal), then learn when to double our efforts—and when to ease up. Weiss packs his narrative with real-life examples of people doing one or the other. You may see yourself—and the change you want to make—within the pages of this smart, insightful book.—Colleen Parety

SHAVING CREAM

Early Bird

Sumerians in Mesopotamia may have developed an early shaving cream by mixing animal fat and wood alkali from ashes.

The Cancan

Shaving cream was sold in a cake or tube until the 1940s. The first shaving foam appeared in 1950, when aerosol containers were adapted for household products.

Smooth Operator

Shaving cream's main job is to provide a smooth area for the razor to glide against. To do that, it contains a fatty acid, a wetting agent, and lubricants.

Cool It

Some shaving products contain menthol, a cooling ingredient that helps take the sting out of nicks.

Clean Sweep

Aerosol shaving foam can remove stains on carpet and upholstery. Spray it on the spot, let it sit a few minutes, then blot with a damp sponge.



Fog Light

Shaving foam can make shaving easier by repelling mirror fog: Spread a thin layer over the entire mirror and wipe clean with a towel or a squeegee.

Water Works

Damp hairs require 30% less blade force to cut than dry ones. Wet your skin and give your stubble at least three minutes to absorb moisture before shaving.

Brush Up

A shaving brush gives you a closer shave and reduces the chance of ingrown hairs because the bristles exfoliate the skin.

Go With It

Shaving against the grain can cause ingrown hairs.—Liesa Goins

TED MORRISON

Cabinet Meeting

New advice about a popular first-aid remedy



I'll know I'm having a heart attack because my chest and arm will hurt, right?

Not necessarily. While some heart attacks do feature classic symptoms like chest and arm pain, the idea that they all do is FALSE.

About 25% of men and 40% of women don't have chest pain during heart attacks, says Harmony Reynolds, MD, FACC, FASE, associate director of the Cardiovascular Clinical Research Center and assistant professor of medicine at NYU Langone Medical Center.

With or without chest and arm pain, women may have "shortness of breath, fatigue, nausea, vomiting, sweating, palpitations, dizziness, loss of appetite, or pain in other areas such as the jaw, throat, neck, shoulders, or upper or middle back," Reynolds says. Given so many possible signs, women might have trouble figuring out if their symptoms are a touch of the stomach flu or a true heart problem.

"All too often I hear stories about women not wanting to bother the doctor," Reynolds says. "But medical professionals aren't 'bothered.' We are prepared for false alarms."

Q ▶ Several women in my family have fibroids. Does that mean I am at risk, too?

A ▶ You may be. Fibroids, which grow in the muscle layers of the uterus and also on the cervix, are the most common pelvic tumors in women. About 80% of women develop at least one fibroid in the uterus by menopause.

Most fibroids don't cause problems. (Fewer than 0.5% are cancerous.) But depending on where they grow, fibroids may cause back pain, constipation, cramping, anemia, pain during sex, and heavy, long periods. They can also make it harder for a woman to conceive and carry a pregnancy to term.

Risk factors for fibroids do include family history, as well as race—African-American women get fibroids more often, earlier, and more severely than white women. Other factors include having your first period before age 10, never giving birth, and having high blood pressure.

Visit your gynecologist yearly, more often if you're having fibroid symptoms. Doctors can detect fibroids with a sonogram and remove them surgically. Some women take birth control pills to control heavy bleeding. After menopause, your fibroids will shrink on their own.



Laura Corio, MD
WebMD WOMEN'S HEALTH EXPERT

Q ▶ I was always told to keep ipecac in the medicine cabinet. Now I hear I shouldn't. What changed?

A ▶ For decades, parents were advised to keep a bottle of ipecac on hand, just in case a child ingested something poisonous. Ipecac is a medication that will cause vomiting within 20 to 30 minutes, so the idea was that you could get your child to vomit up whatever he swallowed.

But you can and should toss your bottle, because doctors now know it's not wise to use in many cases. In the time it takes for ipecac to take effect, the poison can move out of the stomach and be absorbed in the bloodstream. And some kinds of poison (such as bleach or pool chemicals) may cause as much damage when they're vomited as when they're swallowed.

Most important, drinking ipecac may prevent E.R. physicians from using truly effective treatments, such as activated charcoal or medical antidotes, because the child may throw them up. In the case of suspected poisoning, write down who ingested what, when, and how much, and immediately call your local poison control center or the American Association of Poison Control Centers.



Roy Benaroch, MD
WebMD CHILD CARE EXPERT

CLOCKWISE FROM TOP: STEPHEN SWINTEK/GETTY IMAGES; OJO IMAGES/GLOW IMAGES; JON FEINGERSH PHOTOGRAPHY/GETTY IMAGES

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Guy Buys

Give the men in your life a little TLC with our expert grooming product picks



They might not be willing to admit it, but men need to pamper their skin and hair. So why not surprise Dad this Father's Day with grooming gifts he'll use and love? We asked **Paul M. Friedman, MD**, director of the Dermatology & Laser Surgery Center in Houston, for his top product picks.

1 ▶ Soft Sell

[Neutrogena Men Sensitive Skin Oil-Free Moisture SPF 30](#), \$6.99

This non-greasy formula has four (count 'em, four) chemical sunscreens that protect against both types of harmful ultraviolet light—UVA and UVB rays—and help prevent everything from wrinkles to skin cancer. Tell Dad to rub a tablespoonful on his face, neck, ears, and exposed scalp areas every morning, no matter the weather forecast (harmful rays get through clouds and rain).

2 ▶ Face Off

[Ahava Men's Exfoliating Cleansing Gel](#), \$19

Good for dads with normal to oily skin, this scrub boasts aloe and ginseng to soothe and soften. Friedman recommends using it once a week to help prevent ingrown hairs that can result from shaving.

3 ▶ It's a Wash

[Redken for Men Go Clean Daily Care Shampoo](#), \$11.50

Proteins strengthen hair, and glycerin offers moisture and shine. Best of all, this shampoo contains no harsh ingredients and no girly perfumes—Friedman says it has a pleasant, masculine smell.

4 ▶ Cream of the Crop

[Gillette Foamy Sensitive Skin Shave Foam](#), \$3.19

Who says you need fancy scents and crazy colors? Friedman uses this simple shaving cream himself, since it's hydrating, lathers up well, and is scent-free to reduce skin irritation.

5 ▶ Feet Accompli

[Gold Bond Ultimate Healing Foot Therapy Cream](#), \$5.11

Vitamins A, C, and E help heal dry skin and retain moisture. Friedman says his patients like that this cream is non-greasy, penetrates quickly, and works fast to reduce cracks and fissures in the heels and feet.

6 ▶ Nail It

[Tweezerman Power Nail Clipper](#), \$6

This nail nipper is embedded in a long handle for extra control. But what Friedman likes best about it is the guarantee: Tweezerman sharpens dulled clippers for free, for as long as the blades last.

7 ▶ Body Language

[CeraVe Moisturizing Lotion](#), \$12.99

Goodbye, dry! This non-greasy lotion contains hyaluronic acid to draw moisture into the skin, plus ceramides, lipid molecules that help maintain skin's moisture barrier. Tell Dad to slather it on after a shower (but it's not a substitute for daily protection—it contains no SPF).

8 ▶ Flake Out

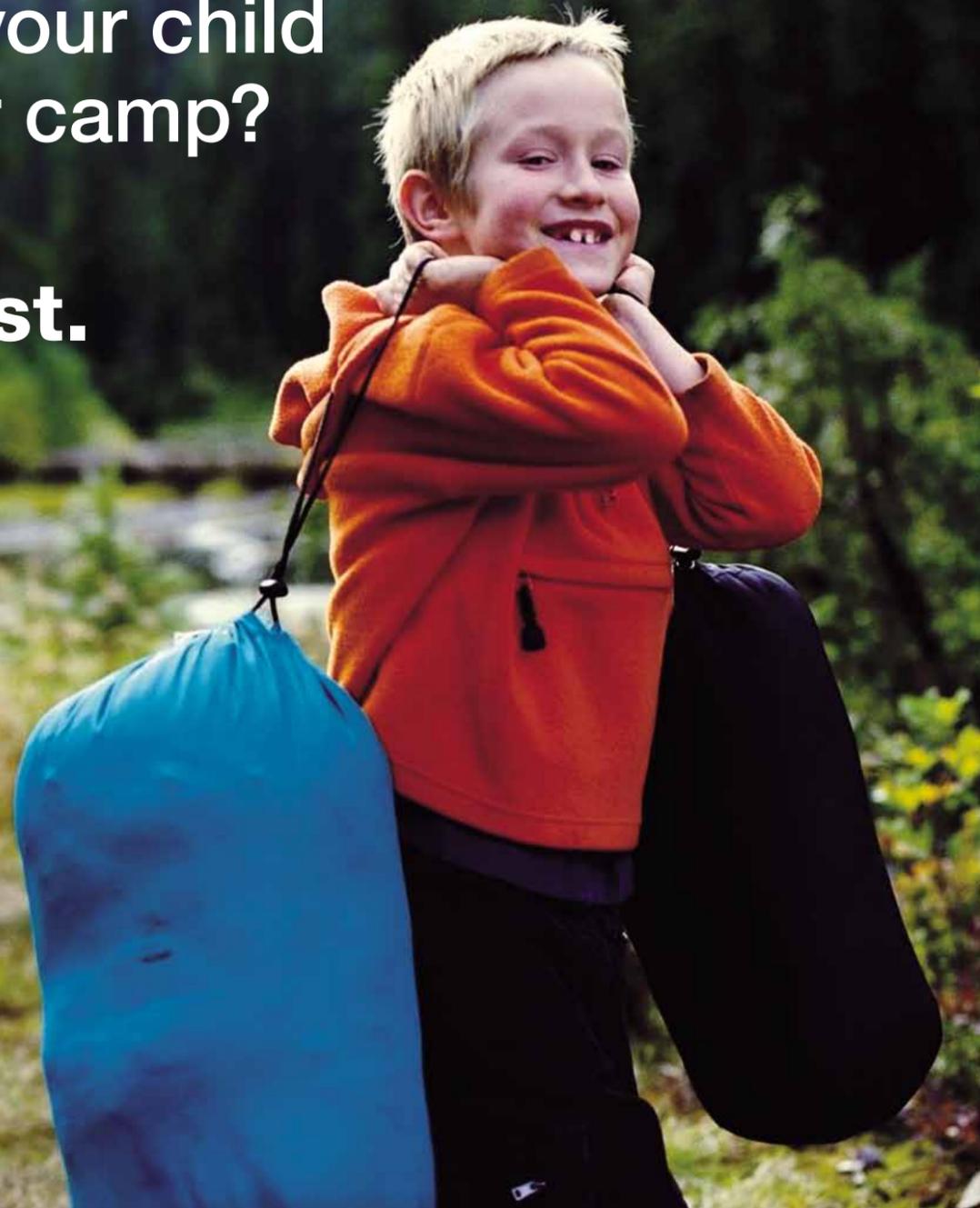
[Aveeno Positively Ageless Daily Exfoliating Cleanser](#), \$8.99

Gentle enough to use every day, this cleanser puts the kibosh on dead skin cells and contains shiitake (that's right, the mushroom)—a source of kojic acid, a natural skin brightener.—*Linda Formichelli*

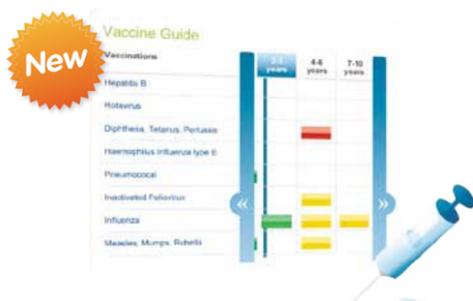
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Fill 'er Up?

Don't want a facelift? There are other options

Curious about wrinkle fillers, which hold the promise of smoother skin and a younger look without surgery?

Don't confuse fillers with Botox and its competitors, Dysport and Xeomin. These are injectables that help smooth so-called dynamic lines—such as forehead furrows and crow's feet caused by frowning and smiling—by blocking muscle contractions under the skin. Instead, the half dozen FDA-approved cosmetic (or dermal) fillers on the market help restore the contours of the face by padding folds and wrinkles and replacing lost volume.

Fillers don't replace a facelift because they won't lift skin that has a lot of sagging, says plastic surgeon Hatem Abou-Sayed, MD, FACS, who practices in West Palm Beach, Fla. "But if there's not a lot of skin laxity, fillers can replace lost volume, and that will contribute to a younger, more well-rested appearance." Here's a look at some of the most popular types.

Hyaluronic acid fillers are made of a sugar that occurs naturally in the body. Popular brands include Juvederm, Juvederm Ultra Plus, Perlane, and Restylane. These gel formulations come in thin and slightly thicker consistencies. They can fill both shallow areas, such as fine lines above the lips, and deeper folds, like those around the nose and the so-called marionette lines, creases that run downward from the corners of the mouth.

Hyaluronic fillers can also plump up thinning lips, restore volume to cheeks, fill under-eye hollows, and add definition



to a slackening jawline. The effects remain visible anywhere from four months to a year, depending on the area treated. Results vary from person to person. If you don't like the result, hyaluronic acid fillers can be reversed with an injection of the enzyme hyaluronidase.

Calcium hydroxylapatite microspheres, a compound similar to minerals found in the body, make up the main ingredient in Radiesse. Thicker than hyaluronic acid, it's most effective where more volume is needed—to build up a weak chin, strengthen a jawline, pad sunken cheeks, or fill deep wrinkles. Results last a year or longer.

Poly L-lactic acid, known by the brand name Sculptra, is a biodegradable synthetic material also used in stitches. It doesn't provide the kind of instant plumping that other fillers do. Instead, it gradually stimulates the body to regenerate its own collagen. You'll need a series of three to six injection sessions, about a month apart, for results lasting up to two years.—Shelley Levitt

NEEDLE POINTS

Considering wrinkle fillers? Here's what you need to know.

Choosing a Doctor

Your best bet: a board-certified plastic surgeon, dermatologist, or otolaryngologist who injects fillers daily.

Cost

Generally, the longer a filler lasts, the more expensive it is. Prices vary widely by location and by how much training the person doing the injecting has undergone. Hyaluronic acid fillers cost from about \$400 to \$900 per syringe, Radiesse about \$800 to \$1,500 per syringe, and Sculptra, \$1,000 to \$1,750 per vial.

Ouch Factor

Fillers are often mixed with lidocaine to minimize discomfort. A numbing cream applied before the injections will also help reduce pain.

Side Effects

You may have redness, swelling, or bruising that can last up to a few weeks. Don't schedule your filler appointment less than two weeks before a big event. Allergic and other reactions, though rare, can occur.



Fillers can replace lost volume, and that will contribute to a younger, more well-rested appearance.



DAILY AND NEWTON/GETTY IMAGES

Look no further for more on [cosmetic fillers](#).



[WebMD.com](#)



Heaven Scent?

Good news for bad breath:
It's easy to fix

No one likes to hear it, but it's worse not to know: *You have bad breath.* Bacteria buildup in your mouth can cause inflammation and give off noxious odors, even gases that smell like sulfur—or worse.

Bad breath, also known as halitosis, can be embarrassing for you and tough on those around you. Some people don't realize their breath could peel paint because others are afraid to tell them.

The best way to find out if your breath is offensive is to ask a trusted friend or your significant other. "It's really hard to tell on your own," says Tina Frangella, DDS, of Frangella Dental in New York City. Or look at and sniff your dental floss after you use it. "If your floss smells or there is blood on it, then there are foul odors in your mouth," says John Woodall, DDS, of Woodall and McNeill in Raleigh, N.C.

Several medical conditions can sour your breath, including diabetes, liver disease, respiratory tract infections, and chronic bronchitis. You'll want to see your doctor to rule out acid reflux, postnasal drip, and conditions that cause chronic dry mouth.

Fortunately, bad breath is often easy to fix. Good oral hygiene, regular visits to the dentist, and ruling out any underlying conditions or other factors all help keep bad breath at bay.

"You really want to see your dentist every six months or at least yearly," Frangella says. Studies show that about 80% of bad breath comes from an oral source. Cavities or gum disease sometimes lead to halitosis. So do cracked fillings, less-than-clean dentures, and tonsils with trapped food particles.



SMART MOUTH

Dentists Tina Frangella, DDS, and John Woodall, DDS, offer more tips.

Watch what you eat.

Certain diets, such as fasting and very low-carbohydrate diets, can give you bad-smelling breath. Snack on raw carrots, celery, or apple slices to "clear your mouth of debris," Frangella says.

Stay hydrated.

Drinking lots of water can speed up removal of bacteria and debris from between your teeth. Milk is known to deodorize some offensive breath, Frangella says.

Reduce alcohol.

Too much beer, wine, or liquor can make your breath reek for eight to 10 hours after you finish drinking. Alcohol also leads to a dry mouth, Woodall says.

Go sugarless. Promote saliva flow by chewing gum 20 minutes after a meal. Gum that's 100% xylitol-sweetened can help reduce cavities.

Skip the mints. Sugar-free mints are OK for a quick fix, but they only mask the offensive smell and don't remove the bacteria.

Ideally, brush and floss after every meal to reduce the odor-causing bacteria in your mouth. While a regular toothbrush works just as well if you use it correctly, Frangella recommends an electric toothbrush for two reasons: "First, many electric toothbrushes have timers, and most people do not brush their teeth for the right length of time. And second, electric toothbrushes distribute a uniform motion, which I find helps remove plaque more efficiently than when my patients use manual toothbrushes."

Some mouthwashes and mouth rinses are formulated to help prevent cavities, reduce bacteria-causing plaque, and fight bad breath. Choose an antiseptic or antibacterial rinse that kills bacteria.—*Pamela Babcock*

“
Brush and floss after every meal to reduce the odor-causing bacteria in your mouth.”



CREATIVE COMMONS IMAGES

Sleep Tight

Is your kids' bedtime routine a constant struggle?
Put the nightly pushback to rest

My 6-year-old twins do not like bedtime.

Every night, it's the same story. I announce it's time to go to sleep, and the complaints and excuses start. "Oh, but I didn't get to watch TV." "Please, I just want to finish this game, Mom." "Can't we stay up a little bit longer?" Then, when we go upstairs, "I'm not even tired—why do I have to sleep?"

Does this sound like your nighttime scenario, too? As a pediatrician, I hear it from both ends—at home and from concerned parents who ask, "My child is

and has been linked to obesity and higher body mass index (BMI) in children.

One study followed several hundred children from ages 3 to 7. The researchers found that each additional hour of sleep reduced the likelihood of a child's being overweight at age 7 by 61%. Another study of more than 15,000 teens showed that teens with later bedtimes and fewer hours of shut-eye were more likely to become depressed and have thoughts of suicide. Lack of sleep also affects kids' performance at school—

plenty of research backs that up, too.

So how do you fight the nightly pushback? Most important, set a routine. Try to have the same events occur at the same place, same time each night. Second, no matter what your kids' ages, from preschool through high school, turn off all TVs, video game consoles, and digital devices at least an hour before bedtime. For young children, give



Prepare well-balanced dinners.

If hunger strikes near bedtime, offer a small snack with carbohydrates and a little bit of protein, such as a few crackers with peanut butter and a small glass of milk.



going to bed late—does he need more sleep?"

The answer couldn't be clearer when it comes to kids' health, despite their protests to the contrary. Sleep is one of the most valuable gifts you can give your children. Sleep provides the brain with much-needed time to recharge, store information, and even solve problems. It helps boost the body's immune system as well. Lack of sleep can cause crankiness and anxiety,

them a bath, have them brush their teeth, and then read them a bedtime story.

Be patient. Change may not happen right away. After a few days of these new rules, my kids looked forward to bedtime and the storybooks that came with it. And guess what? At 8:15, with the twins tucked in bed, I kicked back and got some "me" time—perfect for unwinding before my own bedtime.

SLUMBER FACTS

How much sleep does a kid need daily? It varies by age. Three- to 5-year-olds need 11 to 13 hours daily. Kids ages 5 to 12 require 10 to 11 hours each day. Teenagers between the ages of 12 and 18 need at least 8.5 hours. Need help encouraging your children to get a good night's sleep? Consider these tips.

Help your child unwind. Talk about her day and anything she may be worried about. Stress can interfere with sleep.

See that your child is active.

Aim for 60 minutes of daily activity, but if that sounds overwhelming, start small—maybe 15 minutes. Outside playtime during the day is ideal.



Children ages 1 to 3 need 12 to 14 hours of sleep daily.



Car Trouble

Road rage is on the rise. What's behind it—and what you can do to tame your own

A year ago, according to news reports, Corrine Leclair-Holler, then 29, was talking on her cellphone while driving in Concord, N.H. Another driver, Carissa Williams, then 23, yelled at her, then pulled ahead. When she reached a freeway on-ramp, Williams stopped her car, got out (leaving

deliberately and with ill intention or disregard for safety," includes cutting people off, hitting one car with another, running someone off the road, and shooting or physically assaulting other drivers or passengers.

"With road rage, you're basically driving under the influence of impaired emotions," says Leon James, PhD, a professor of psychology at University of Hawaii and co-author of *Road Rage and Aggressive Driving*.

Young men initiate most road-rage incidents, but anyone can feel rage behind the wheel. That's because anyone can take offense at what they think another driver is doing. "Our emotions are triggered by mental assumptions," James says.

Other factors that trigger road rage include pre-existing stress and an innate feeling of intense territoriality that is suddenly threatened by another driver.

What's the cure? James says recognizing and controlling aggressive thoughts, feelings, and actions are key. Cultivating compassion may also help. In a recent study, 312 of the 400 men in a court-ordered domestic abuse program had prior convictions for aggressive driving. A year after taking compassion classes, only seven had received additional convictions.—Susan Davis

RAGE RELIEF

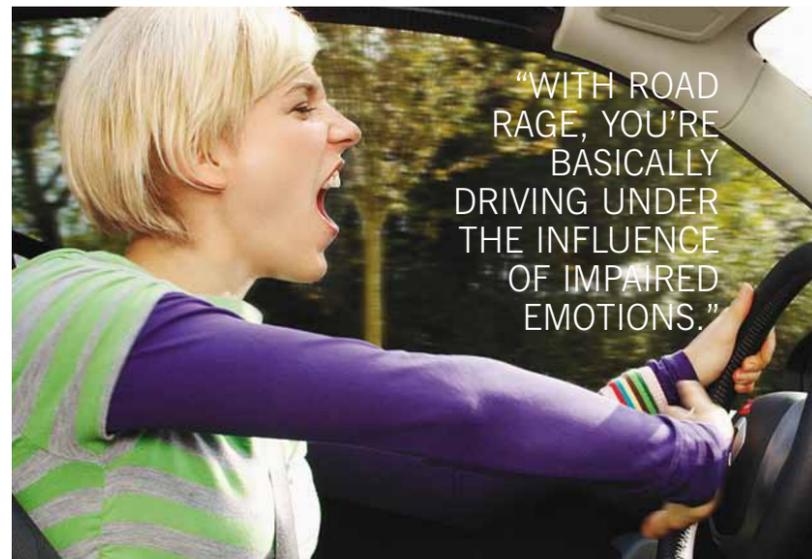
Getting over road rage entails a "lifelong program of self-improvement, plus a driver personality makeover," says Leon James, PhD. Try these tips from the AAA Foundation for Traffic Safety.

Avoid angering others. Drive the speed limit, use turn signals, obey traffic signs and signals, and yield whenever possible. Don't gesture at other drivers, not even a headshake.

Get away from drivers who are angry or driving badly. Don't stare, glare, honk, or retaliate—that fuels the fire. Instead, put distance between yourself and that driver. If he or she becomes truly threatening, drive to a police station or crowded public place.

Manage your own anger by empathizing with the other driver (assume he or she is having a hard day or made an honest mistake), leaving for your destination early (so you're not stressed by being late), and using deep breathing or soothing music to relax.

Remember that you can't control other drivers. You can only control your reactions to them.



her own baby in the car), climbed into Leclair-Holler's car, and shot her with a stun gun—despite Leclair-Holler's cries that she was pregnant.

Leclair-Holler and her baby were fine. Williams was convicted of assault as well as criminal trespass and endangering the welfare of a minor. She now faces up to 20 years in prison.

Hundreds of road-rage incidents like this one are reported every year in the United States. Road rage, defined by the AAA Foundation for Traffic Safety as "any unsafe driving maneuver performed



Aggressive driving causes **56%** of traffic fatalities.

Breathe easy with [stress-management tips](#). WebMD.com



State of Emergency

The 411 on when to call 911 for your four-legged friends

Think your 2-year-old corners the market on accidents and incidents that lead to trips to the emergency room? If you're a pet owner, you know cats and dogs can get into plenty of ER-worthy trouble, too.

Outdoor pets are particularly prone to cuts and skin punctures, some of which require a vet's

six hours, your pet will do much better because we can get him on therapy and prevent a contaminated wound from becoming an infected wound," he says. If your regular vet can't see your cat or dog that quickly, Jandrey says, go to a pet ER instead.

The same goes for snakebites—take your pet to an emergency clinic ASAP. Enzymes in venom work quickly to break down muscles, tendons, and ligaments, causing severe and sometimes permanent damage.

A bee or wasp sting to your pet can cause facial swelling, hives, and itchiness, which often go away on their own. But symptoms that worsen or a sting that sends your pet into anaphylactic shock require immediate medical



attention. Early signs of anaphylactic shock include panting, rapid heart rate, and sudden diarrhea, vomiting, or urination.

Other symptoms for your get-to-the-ER-now list include: breathing difficulty, bleeding, pale gums (a sign the animal has anemia or is in shock), weakness, any sign of physical pain, or an animal that collapses.

On the fence about whether your dog or cat needs care? Err on the side of caution, Jandrey advises. "Peace of mind is better than undertreating any malady."—Lisa Zamosky

IF YOUR REGULAR VET CAN'T SEE YOUR CAT OR DOG QUICKLY, GO TO A PET EMERGENCY ROOM INSTEAD.



immediate attention to avoid infection, says Karl E. Jandrey, DVM, MAS, DACVECC, assistant professor of Clinical Small Animal Emergency and Intensive Care at the University of California, Davis.

According to Jandrey, you can't always judge the severity of an injury by its appearance. That's especially true with bite wounds, which are dangerous. Bacteria from the biting animal's mouth can be injected deep into the skin, causing an infection that can quickly get out of control. Jandrey says there's a Golden Rule when it comes to seeking help for bites: "If you can get it managed within the first

FIRST AID

The best way to deal with a pet emergency is to be prepared before one strikes. Karl E. Jandrey, DVM, MAS, DACVECC, offers first-aid tips:

Don't delay. Don't travel farther than you have to for medical help. Go straight to the closest emergency clinic, Jandrey says.

Don't play doctor. It's a good idea to have bandages and gauze on hand to wrap your pet's wounds or stop bleeding. But, Jandrey says, "medications should never be given without consulting a veterinarian."

Protect yourself. Injured dogs or cats sometimes act aggressively. Instead of rushing toward your pet, first kneel down and calmly say his or her name. If your dog behaves aggressively, step away and call for help.

Do your research. When you're planning a trip with your pet, make sure you know where to go in the event of an emergency.

ISTOCK IMAGES

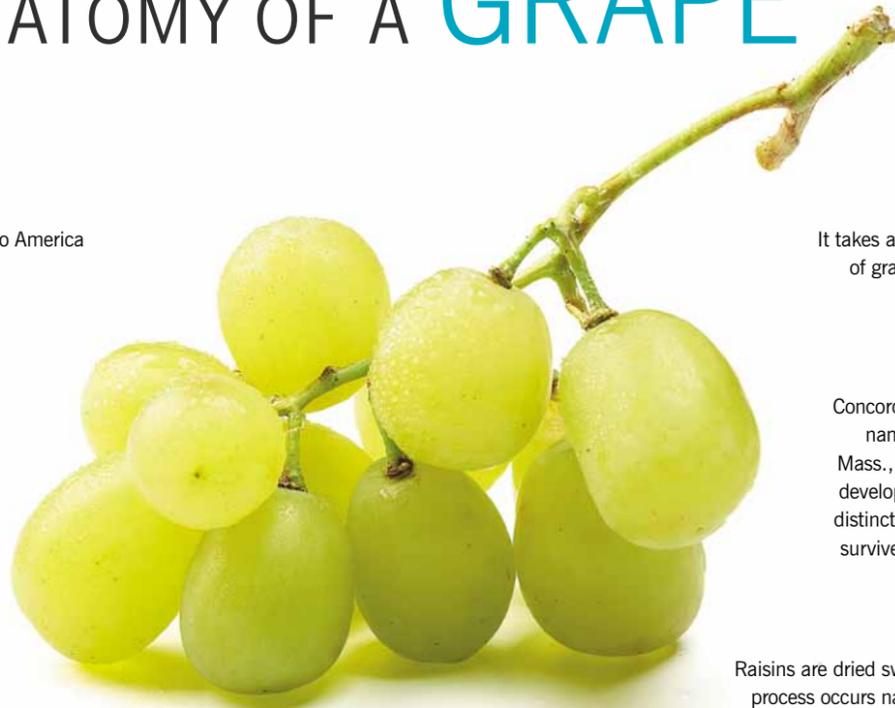


Poisonous snakes bite **more than 15,000** dogs and cats in the United States each year.

Keep your four-legged friends safe. Visit the [Pet Health center](#). WebMD.com



ANATOMY OF A GRAPE



Grape Beginnings

Spanish explorers introduced the fruit to America about 300 years ago.

Berry Bunch

Grapes are a kind of berry. They have a leathery covering and a fleshy inside, similar to blueberries.

Family Matters

There are more than 8,000 grape varieties from about 60 species. The main types are American and European.

Skin Deep

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are chock-full of antioxidants.

Wine Not

It takes about 2.5 pounds of grapes to make one bottle of wine.

Ice Harvest

Concord grapes get their name from Concord, Mass., where they were developed. They have a distinctive taste and can survive colder climates.

Dry Run

Raisins are dried sweet grapes. This process occurs naturally when the grapes are left in sunlight.

Rainbow Bright

Grapes come in many colors, including green, red, black, yellow, pink, and purple. "White" grapes are actually green.—*Chloe Thompson*

healthy recipe

Grilled Shrimp and Grape Salad



Makes 4 servings

Ingredients

Dressing
2 tbsp Champagne or white balsamic vinegar
2 tsp olive oil
¼ tsp Dijon mustard
¼ tsp salt
½ tsp ground pepper

Salad

cooking spray
1 pound large shrimp, peeled and deveined
2 tbsp chopped walnuts

1 cup shelled edamame
4 cups washed arugula, baby spinach, or mixed greens
1 cup seedless green grapes, halved
1 cup seedless red or black grapes, halved
1 large yellow bell pepper, thinly sliced
¼ cup fresh tarragon, chopped (or 1 tsp dried)
2 tbsp crumbled goat cheese
¼ cup sliced green onions

Directions

- To prepare dressing, combine first 5 ingredients in a jar or blender; process until smooth.
- Preheat grill or griddle to medium high. Spray with cooking spray. Grill shrimp 2–3 minutes per side with grill cover closed.
- Preheat toaster oven to 350°F. Spread walnut pieces on a rimmed baking sheet. Bake walnuts for 5 to 8 minutes, stirring every 2 minutes, until just toasted.
- Combine edamame and 3 tbsp water in a bowl; cover with plastic wrap. Steam edamame in microwave on high 3 minutes. Let stand 2 minutes; drain.
- Place shrimp, greens, grapes, edamame, yellow pepper, and tarragon in a large bowl. Drizzle with dressing; toss gently to coat. Garnish salad with goat cheese, walnuts, and green onions.

Per serving:
335 calories,
31 g protein, 25 g carbohydrate,
13 g fat (3 g saturated fat), 176 mg cholesterol,
4 g fiber, 14 g sugar, 372 mg sodium.
Calories from fat: 35%

TOP: PHILIPPE DESERCK/GETTY IMAGES; STUDIO SCHMITZ/STOCKFODD

Get more great [grape recipe](#) ideas.  [WebMD.com](#)

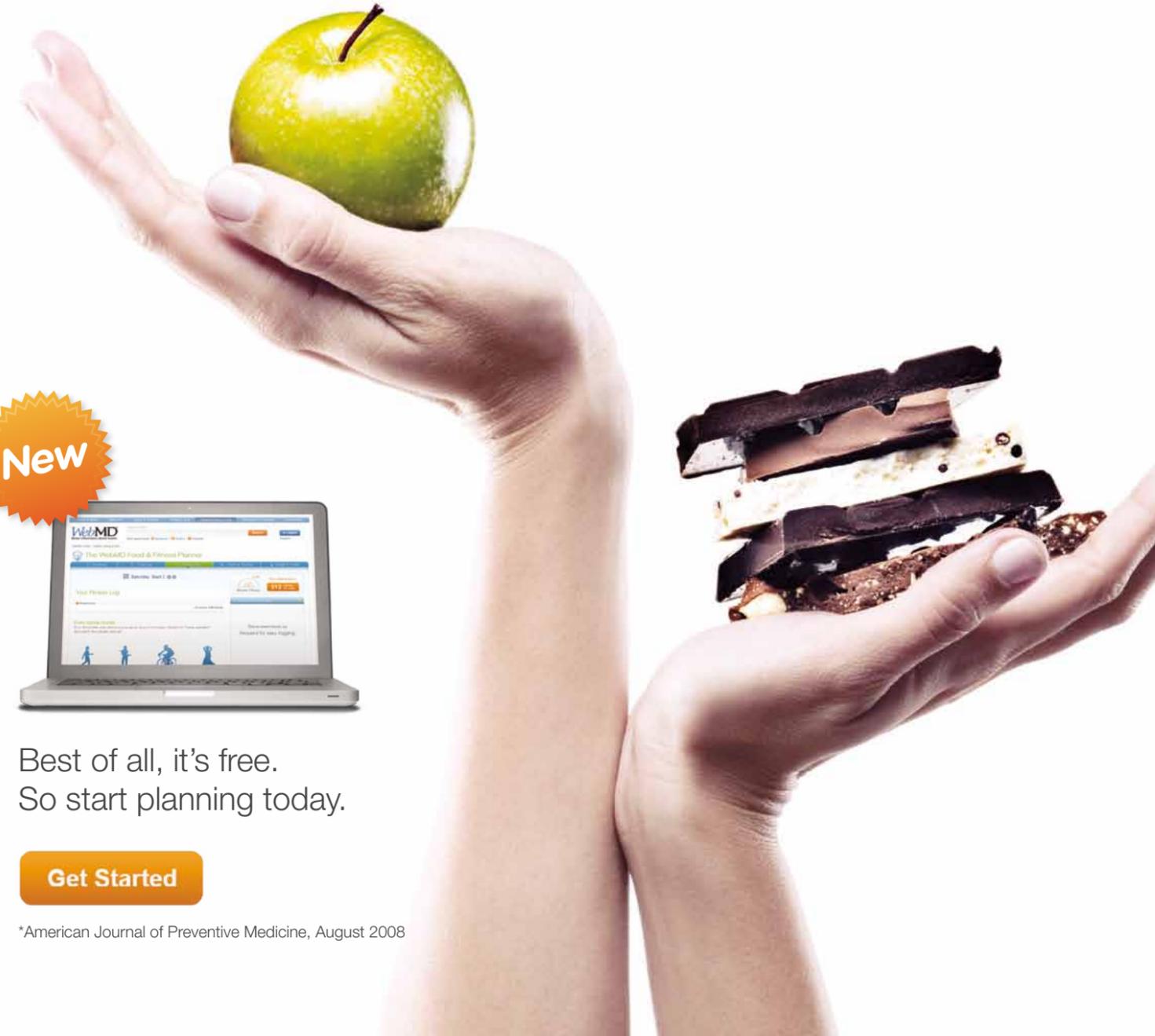
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*American Journal of Preventive Medicine, August 2008



Good Morning

Here's the funny thing about breakfast: Everyone knows it's important. We realize kids need a good breakfast to help them concentrate, and grown-ups need it to do their best at work. You might even know that people who pass up breakfast are more likely to gain weight.

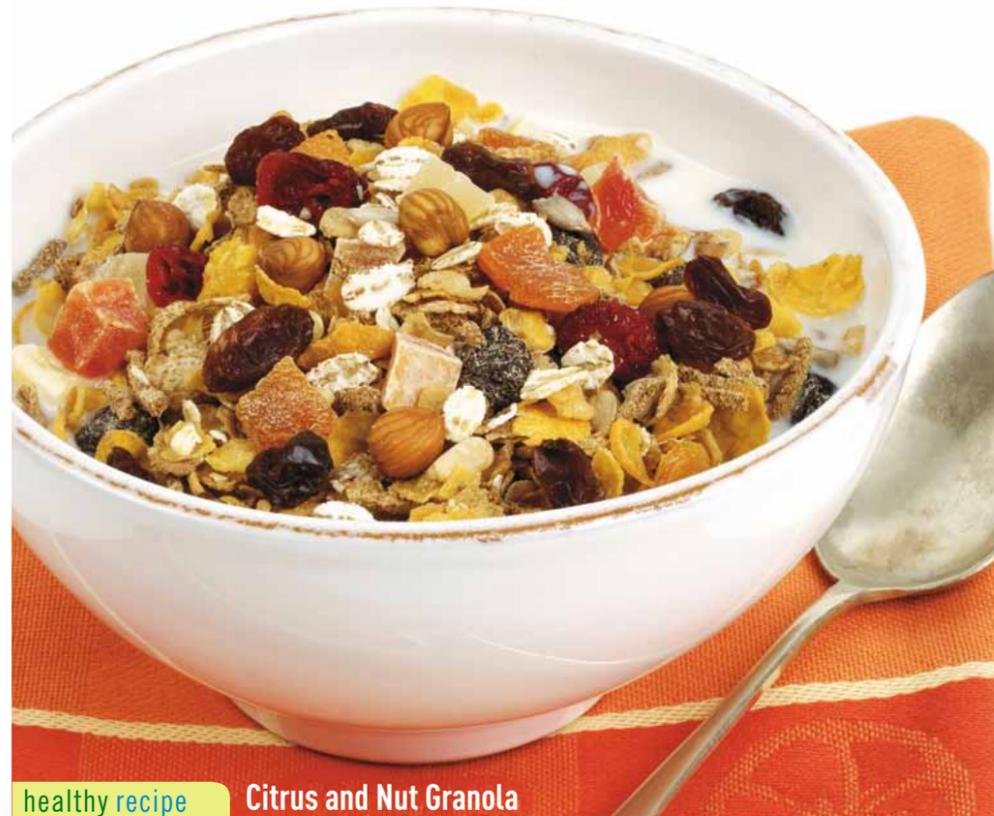
Still, lots of people skip breakfast or let their kids run out the door with nothing more than a toasted frozen waffle in their bellies. And that's a shame, because it's easy to make morning fare that's nutritious, delicious, and full of the energy-dense complex carbs that wake up our minds, refuel our bodies, and give us energy throughout the day.

Not sure you have time to pull this off? I'm not a morning person, I own a restaurant, and I'm a mom. So believe me, I'm offering ideas that shouldn't take more than 15 minutes. Here are the building blocks of a healthy breakfast:

Whole grains Because whole grains are so healthy, it's good to get in at least one serving at breakfast. Steel-cut oats, puffed rice, whole-wheat flour, quinoa, and barley all provide the fiber, vitamins, and minerals that refined grain products lack. Whole grains also tend to keep you feeling full longer.

Low sugar When it comes to sugar intake at breakfast, cereals can be the worst offenders—some, in fact, are more than 50% sugar. What's a better bet? Whole grain cereal that isn't packed with sugar, perhaps sweetened with small amounts of dried fruit, honey, or maple syrup (see my granola recipe).

Fruit In general, whole fruit is better than juice. Try berries with milk or fresh peaches, apricots, or pineapple with kefir or cottage cheese. Or simply serve thin slices of succulent mango.



healthy recipe **Citrus and Nut Granola**

Makes 16 servings

Ingredients

- | | |
|--|--|
| 1/2 lemon, juiced (add the zest from the peel, optional) | 1/2 cup raw almonds or pecans |
| 1 1/2 oranges, juiced (add the zest from the peel, optional) | 1/2 cup raw sunflower seeds |
| 1/3 cup extra virgin olive oil | 1/4 cup raw sesame seeds |
| 1/2 cup pure maple syrup | 1/2 cup unsweetened dried coconut |
| 2 egg whites | 1/4 cup flaxseed, ground |
| 1 tbsp vanilla extract | 1/4 cup wheat germ |
| 4 cups organic rolled oats | 1 cup dried fruit (preferably peaches, apricots, and papaya) |
| 1 cup raw cashews | optional plain or flavored organic kefir or yogurt |

Per serving (not including kefir or yogurt): 431 calories, 12 g protein, 47 g carbohydrate, 24 g fat (7 g saturated fat), 8 g fiber, 12 g sugar, 15 mg sodium. Calories from fat: 47%

Directions

1. Heat oven to 350°F. In a medium-size bowl, stir together juice, zest (if using), olive oil, maple syrup, egg whites, and vanilla.
2. In a large bowl, mix oats, half the nuts, half the sunflower seeds, all the sesame seeds, and the coconut. Stir in syrup mixture.
3. Spread the granola thinly on two cookie sheets covered in parchment paper or foil for easy cleanup. Bake 15 minutes, then stir with a wooden spoon. Continue to bake for 7 more minutes or until golden brown.
4. Remove granola and cool. Stir in remaining nuts, flaxseed, wheat germ, and dried fruit.
5. When completely cooled, store granola in airtight containers and enjoy for up to a month, or keep in freezer for up to 6 months.
6. Serve with 1/2 cup organic kefir or yogurt, if desired.

DAVID MARSDEN/GETTY IMAGES

Get more **breakfast ideas** for a smart start. **WebMD.com**

How I Got My Mom to Love Okra



“What mom would turn down a child asking to eat vegetables?”



Liz Williams, 62, lawyer, New Orleans

When Liz Williams

was little, there was one vegetable her otherwise produce-loving mother couldn't stand: okra. “She called it slimy and disgusting,” Williams says. “So, I just assumed she was right.”

But her Louisiana-born and -bred father loved the veggie. For a family picnic outing, he brought along a jar of pickled okra. Snacking on the crunchy spears, 7-year-old Williams just about finished the jar. “What is this?” she asked. When she heard “okra,” she was shocked and thrilled. “I couldn't wait to get home to tell my mom she was wrong about okra,” Williams laughs.

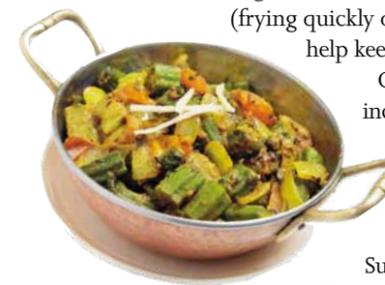
From then on, she badgered her mom to make more. Persistence paid off. “What mom would turn down a child asking to eat vegetables?” Williams says. Her mom pickled it, stewed it with tomatoes, and put it in gumbo and giardiniera (a spicy, pickled condiment). After a while, all that okra cooking won her mom over. “She actually embraced it and grew to like it herself,” says Williams, who still prepares her mom's giardiniera. “But,” she confides, “with extra okra!” —*Monica Kass Rogers*

healthy recipe

Okra Corral

Okra is a member of the mallow family, which includes cotton, the kola nut, and the durian fruit. The edible pods of the okra plant contain sugar residues and glycoproteins that combine to make mucilage—a sticky substance that becomes gooier when heated. This sliminess makes okra hard for some people to love, but it's also what makes it so good for you. A soluble fiber, much like the soluble fiber in oatmeal, okra mucilage helps lower blood cholesterol levels and prevent constipation. It's low-calorie, too—only 25 per half cup, cooked—and rich in vitamins C and K and folates.

Southern chefs have cooked okra for generations and know some tricks to minimize the veggie's sliminess and maximize its more appealing traits: color, crunch, and flavor. Adding a green tomato to an okra stew pot is a slime-busting technique Southern cooks swear by. So is taking care not to overcook. Because okra mucilage increases with exposure to heat, sautéing (frying quickly over high heat) and pickling (which doesn't require cooking the vegetable) help keep okra slime-free.



Choose small, young, very fresh okra rather than older pods longer than 3 inches. Younger pods cook more quickly. Lightly rub the fuzz from the pods with a clean towel, quickly rinse, and pat completely dry before slicing.

→ **Brew a Stew**

For a simple, flavorful okra-tomato sauté, try this recipe from chef Susan Spicer, of Bayona and Mondo restaurants in New Orleans: Heat 2 tbsp olive oil in a wide sauté pan until the oil shimmers. Add 1 lb small okra pods sliced about 1/2-inch thick. Toss and stir over medium-high heat until the okra takes on a bright-green color, about 5 minutes. Add 2 tbsp cider vinegar, a diced onion, and a minced garlic clove. Stir and cook 3 minutes more. Season with a little salt and pepper and add 2 cups fresh chopped or canned tomatoes. Simmer 10 minutes, then serve.

→ **Hook a Ladder**

For a quick, easy okra side dish, skewer 12 to 15 fresh small okra pods onto two skewers to make a ladder-like assembly that will lie flat on the grill without slipping between the grates. Brush your “ladder” with olive oil and grill 2 minutes on each side.

TOP: FOODCOLLECTION/STOCKFODD; ALLISON DINNENGETTY IMAGES

Say OK to okra! Find more **recipes**. **WebMD.com**

LIFE FORCE



T

exas (and honorary Malibu man) Matthew McConaughey is famed not only for his hit films—*The Lincoln Lawyer*, *Tropic Thunder*, *Killer Joe*—but also for his traffic-stopping, handsome looks. Still, his good deeds might eclipse the seemingly indelible public impression of those cerulean blue eyes and washboard abs.

McConaughey, 42, is the force behind J.K. Livin' Foundation (jklivinfoundation.org), which funds an after-school fitness and wellness program for some of the nation's most vulnerable inner-city teenagers. J.K. Livin' is shorthand for "just keep living," a personal mantra inspired by the passing of his father, who died just as the actor's career went full tilt with 1993's cult classic *Dazed and Confused*.

The actor, now starring in the Steven Soderbergh comedy *Magic Mike*, which premieres June 29, was interested in working with teens who are "in that transition age, where the consequences aren't just another demerit if you screw

Actor and dad of two Matthew McConaughey inspires at-risk teens to stay well and just keep living the healthy way

By Lauren Paige Kennedy, WebMD Contributing Writer

Reviewed by Louise Chang, MD
WebMD SENIOR MEDICAL EDITOR



up again.” So he designed a program that “prevents before you need to cure,” he says.

Live and Learn

Launched in 2008 in Venice, Calif., in public schools serving low-income districts, the program is equal parts exercise regimen, nutrition plan, support group, community outreach, and safe haven. It welcomes high school boys and girls looking to escape the concrete jungle after the last school bell rings and before a parent returns home from work.

With additional locations in Dallas and Austin, Texas, plus a recent expansion into New Orleans, J.K. Livin’ meets on school campuses twice each week for two hours. The sessions center on themed monthly lesson plans created by McConaughey, the program’s fitness director and phys ed teacher Missy Shepherd, Los Angeles-based nutritionist Rachel Beller, MS, RD, and kids’ publishing giant Scholastic. The first 30 minutes are devoted to talking and learning, and the rest of the time is for “moving their bodies and exercising,” the actor says.

The 14 active J.K. Livin’ programs serve an average of 200 kids per school and have helped more than 2,000 teens since the foundation’s launch. Each group has its own flow and nuances, but one unifying factor is the promise to set and attain personal fitness goals, whether it’s to make the soccer team or run a 10-minute



“ WE WANT KIDS TO HAVE AND TO UNDERSTAND GRATITUDE, TO OPEN DOORS TO NEW THINGS COMING INTO YOUR LIFE. ”

mile. “It’s not about someone becoming a decathlete or cover girl,” McConaughey says, explaining that striving for fitness builds more than healthy bodies—it builds “all-important self-esteem” among a group that often fails to reach its potential and is

troubled by poor grades, poor health, and low graduation rates.

Positive Proof

The idea, then, is to both break a sweat and open a mind. With a staff of district teachers and coaches recruited by J.K. Livin’ for their after-school participation, the program offers kids much-needed emotional and physical guidance. For McConaughey, that guidance begins with learning to count your blessings—and maintaining a positive attitude.

“We want the kids to have and to understand gratitude...to open doors to new things coming into your life,” he says, pointing to the “gratitude circle,” an integral part of the program during which kids discuss what they are thankful for. “When kids finally get comfortable enough to be part of the gratitude circle—and that’s not an easy thing, because saying ‘thank you’ when you’re 17 in front of a bunch of people is not really cool—I was most surprised when they were thankful [for] the foundation, that they now had a safe place to go.”

PREVIOUS PAGE: JEFF LIPSKY/GETTY IMAGES; JON SODRO/OLA DOGERS 2009



McConaughey and San Francisco 49ers football players work out with J.K. Livin’ students at the 49ers Academy School. Above, McConaughey at an L.A. Dodgers game with J.K. Livin’ program kids.

Many of the program’s participants come from single-parent homes, some with a harried mother struggling to keep it all together. Many have expressed surprise, McConaughey marvels, that J.K. Livin’ is willing to give them so much time and attention. Others, he says, report: “I’m less stressed when I get home [now]. I’ve got more respect for all my mom does, how hard she works. You showed me that.”

McConaughey credits his own father, who “always taught me to give back,” with inspiring him to launch the foundation. It’s also the reason the actor expects the program’s kids to show up for their communities.

“Yeah, it’s free,” he says of his foundation. “But it can’t be a one-way street! You get more out of what’s given to you when what’s given to you demands you give something back. We introduced community service. I didn’t know how the kids would react. I thought they’d say, ‘No, man, I ain’t giving up my Saturday to go down and pack up food for the troops in Afghanistan!’ But they love it and fully participate. They take more pride, and it gives the program a little more teeth, because it demands time and effort from the kids. They love that responsibility.”

He shows up for them, too, frequently surprising “his” kids at all 14 locations when he’s not shooting a film. “He’ll call me and say, ‘I’m going to join the kids for a jog,’” says Shannon Rotenberg, the foundation’s executive director. “He’s there, working out with them, all the time.”

McConaughey also talks and lives the importance of staying positive, which he says he learned from his hard-working

IT TAKES A VILLAGE

More than 72 million children age 18 years and younger live in the United States. An astonishing 31.9 million of these kids are in low-income families, with 15.5 million in “poor” families, defined by federal standards as households earning \$22,050 or less per year. According to Yumiko Aratani, PhD, senior research associate at the National Center for Children in Poverty (NCCP), low-income children need several things to succeed academically, physically, socially, and professionally. Exercise and healthful eating are just a part of the puzzle, she says.

1 Poor kids need the basics. This means steady, nourishing diets—plus plenty of structure and TLC. “NCCP’s research shows that about one-third of America’s children living in poverty lack consistent access to adequate food,” Aratani says. But changing unhealthy eating habits isn’t enough. “Previous research finds that to become resilient, children need a close relationship to a caring parental figure, plus parenting styles that are warm, structured, and involve high expectations,” she says.

2 Good food and good grades are linked. Aratani says “children with healthy diets are less likely to report depression and stress. And exercise is also known to prevent depression and stress and promote self-esteem.” In other words, when a kid feels good about himself, he’s more likely to care about achievement. Aratani adds that “a combination of healthy eating and exercise can contribute to high school graduation” rates, even among the poorest of teens.

3 Mentoring works. J.K. Livin’ aims to provide adult guidance to kids who need it most. Aratani points to a recent NCCP study evaluating the effectiveness of youth-development programs: The results emphasized “the importance of a caring adult-youth relationship,” she says. “Mentors help establish an identity independent from family...and can provide guidance and protection.” She stresses, however, that it’s crucial to create meaningful, sustainable mentor-mentee matches, with mentors undergoing “careful screening, training, and supervision” for effective results.—LPK

parents. (Dad ran an oil pipe supply business; Mom was a substitute school-teacher.) “One adage we grew up on was: ‘You sound like the kid who’s gripin’ about not having any shoes. But what about the kid with no feet?’ What do you say to that?”

The actor says such life lessons led to “not taking things for granted. I remind myself each day: This day wasn’t

guaranteed. You woke up. Your kids are healthy. Your woman’s good. You got a house. You put meals on the table. I’m not saying I don’t need to do more in life. I’m saying you better damn well be gratified, and if you don’t shake hands and say thank you—whether that’s to yourself or to God—it’s really gonna stop the circulation and keep other good things from coming into your life.”

McConaughey in his breakout hit *Dazed and Confused*, *The Wedding Planner* with Jennifer Lopez, and *Magic Mike*, opening June 29, with Channing Tatum.



FROM LEFT: EVERETT COLLECTION; MARY EVANS/EVERETT COLLECTION; CLAUDETTE BARIUS

FATHER KNOWS BEST

Father's Day is upon us, so we asked the star of *Magic Mike* to share life lessons he learned from his dad, James, who died 19 years ago. Matthew McConaughey relates some wise advice that guides him as well as the kids he mentors at the J.K. Livin' Foundation.

"Lend a helping hand when you can." The J.K. Livin' Foundation has mentored about 2,000 teenagers since 2008, with aims of becoming a pilot program for schools across the nation.

"Have a good work ethic. Respect the value of a dollar." The star has worked steadily in both blockbusters and smaller films since his first breakout role in 1993. He lives quietly with his family in Austin, Texas.

"Get outdoors when you can." McConaughey has made headlines for camping in an Airstream trailer on the beaches of Malibu.

"Life ain't easy. And nobody said it would be." Bromance buddy and fellow Texan Lance Armstrong has had his ups and downs, both professionally and personally. McConaughey has long cheered on the champion cyclist and cancer survivor.

"Always root for the underdog." The actor earned rave reviews for his inspiring performance in the true-story drama, *We Are Marshall*, in which he plays the coach to a demoralized team of college football players who've just lost members of their squad to a plane crash.

"Don't say 'I can't.' But you can say, 'I'm having trouble.'" The actor lost his father right around the time he landed his first big break in 1993. But he found success after grief.

"Respect women." His romantic comedies—*Failure to Launch*, *Fool's Gold*, and *How to Lose a Guy in 10 Days* among them—pit smart women against less-than-perfect lotharios who rise to the occasion.

"Just keep livin'." McConaughey ad-libbed these words in his first hit, *Dazed and Confused*, and continues to be inspired by them.—LPK



McConaughey and fiancée Camila Alves, with their kids, Vida and Levi.

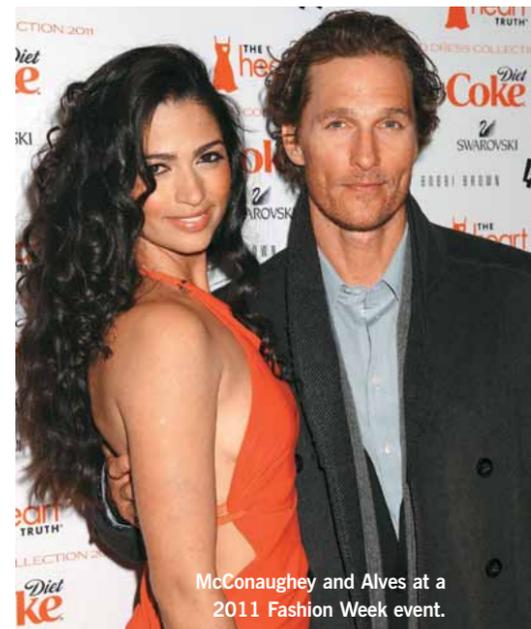
Soul Food

Staying positive is one thing—getting and staying healthy is another. Take food, for example. Dietitian Beller, nutritionist on NBC's *The Biggest Loser* and founder of L.A.'s Beller Nutrition Institute, provides monthly food tips for the J.K. Livin' program. She develops "budget-friendly, healthy recipes that kids can make at home and share with their families," she says.

"These kids simply need to be shown that a nutritional action plan is a reality for them," Beller says. "They don't see it working within their lives until you make concrete suggestions. I came up

with one lesson called Making Fiber Your BFF. Instead of eating a blueberry muffin for breakfast—which is basically eating cake, costs almost \$3, and is roughly 500 calories—I suggest steel-cut oatmeal. It costs 50 to 70 cents. Add an apple and some cinnamon, and you've got a delicious, nutritious meal that will fuel your morning. Even high-fiber cereal with some milk in a [to-go] cup works, if a kid is pressed for time. It's about making the right choices."

Establishing healthy eating habits is especially important for kids in poverty, adds Dianne Neumark-Sztainer, PhD,



McConaughey and Alves at a 2011 Fashion Week event.

MPH, RD, professor in the Division of Epidemiology and Community Health at the University of Minnesota's School of Public Health, where she launched the ongoing research program Project EAT (Eating Among Teens).

Her research shows that ethnically diverse boys are struggling with their weight more than their Caucasian counterparts, she says. "The prevalence of obesity among [American] boys increased by 7.8% from 1999 to 2010, with large ethnic/racial disparities. In black boys, the prevalence of obesity increased from 14.4% to 21.5%, and among Hispanic boys, obesity prevalence increased from 19.7% to 33.6%."

Obesity did not increase as drastically among ethnically diverse girls during the last decade. But research done in 2010 by the University of California, San Francisco, and published in *Pediatrics* shows that black, Hispanic, and Native American girls in fifth, seventh, and ninth grades in California were two to three times more likely to have a high body mass index (BMI) than white girls the same age.

Learning to eat right is important for many reasons, not all of them health-related, says Neumark-Sztainer. Something as simple as establishing a healthy breakfast routine, as Beller suggests, can improve a child's success at school. "Breakfast is linked to a number of positive outcomes, such as lower risk for

obesity, but also better academic outcomes," she says.

J.K. Livin' participants reflect this academic upswing. According to the foundation's research, since the program's launch, 75% of its kids improved academically. In addition, 96% either improved or maintained good behavior at school, and 81% improved attendance.

Fit First

The program's primary focus is fitness, a topic McConaughey knows a thing or two about—as anyone who's seen tabloid photos of him frolicking on the beach with his Brazilian-model fiancée, Camila Alves, and their son, Levi, 3, and daughter, Vida, 2, can tell.

He works with a trainer doing plyometrics, a high-intensity regimen that incorporates powerful movements and explosive exercises. But the actor laughingly admits he'll do all sorts of activities to stay fit, "whether that's dancin', hikin', chasin' a pig, catchin' a rooster, or runnin' around following the dog-gone kids and saying, 'I'm gonna go everywhere they go for an hour and a half. We've got eight acres [in Austin, where the family is based], so let's head out and go explore! I find myself up in a tree, down in a gully...you can break a sweat that way, too.'"

While McConaughey consumes loads of fresh vegetables, salads, lean meats, and fish—"I could eat salmon every night of the week," he says—he also refuses to obsess about his diet. "I'm not puritanical at all," he insists. "The pleasure of eating something you really love, if you're doing it in moderation, is really good for you." His indulgence food? A cheeseburger. "There's no way I'm feeling guilty about it!"

The foundation's teens keep McConaughey engaged with the next generation—and then, of course, there's Levi and Vida, who often accompany their famous dad on location. "My acting's getting better because I play make-believe better," the film star says. "You learn that from kids."

He says he's always dreamed of parenthood, especially since he was so influenced by his own father. "Life was good before, but now after having a family, children, a wonderful woman, there's just more to live for," he says with passion. "I've got this really glorious responsibility to shepherd these children. And to pass on what I know to them sooner than

"IT'S LIKE MAKING FILMS. THIS IS THE EPIC, RAISING CHILDREN. YOU'RE HANDS-ON DIRECTING THAT FILM."

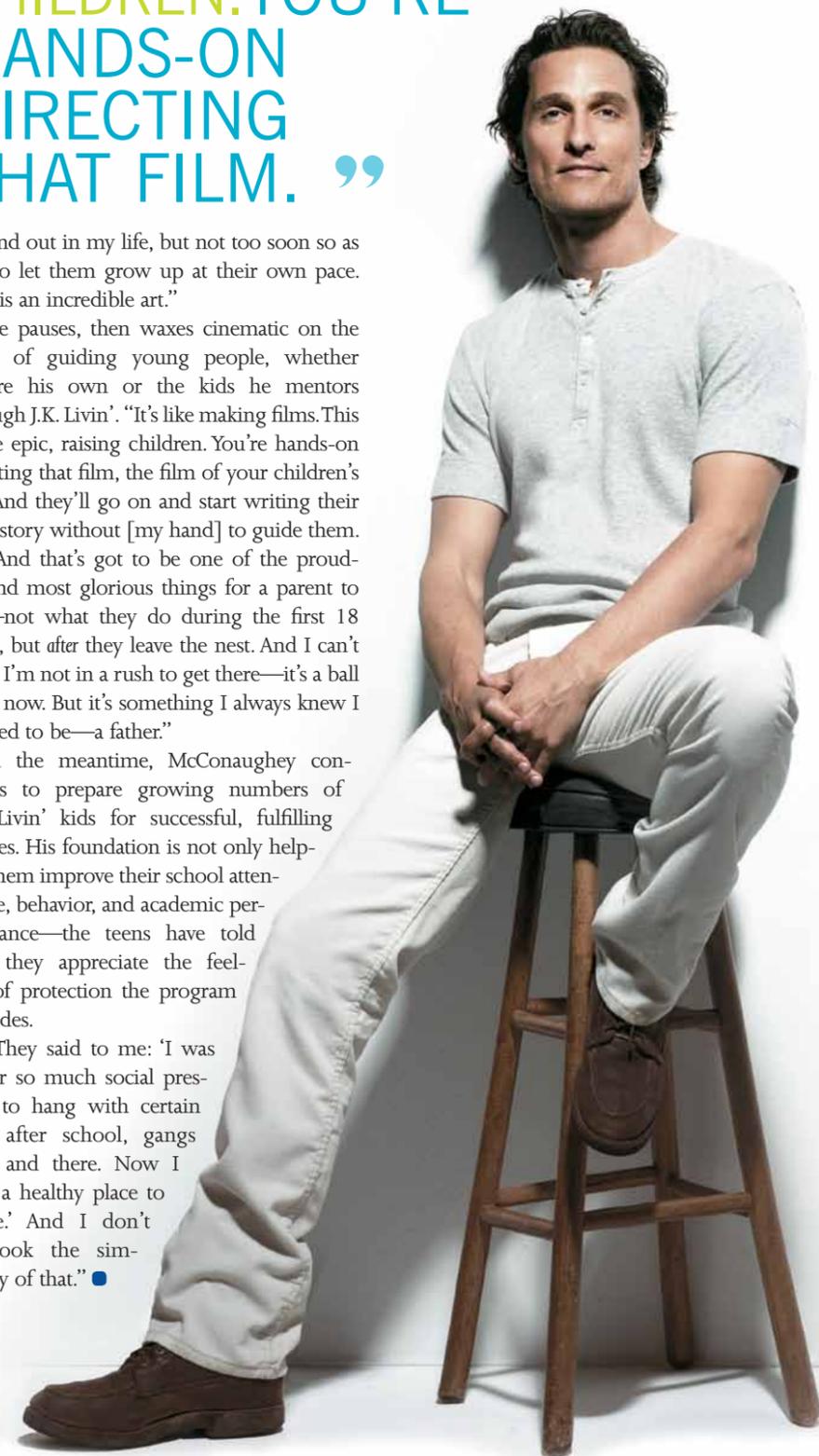
I found out in my life, but not too soon so as not to let them grow up at their own pace. That is an incredible art."

He pauses, then waxes cinematic on the "art" of guiding young people, whether they're his own or the kids he mentors through J.K. Livin'. "It's like making films. This is the epic, raising children. You're hands-on directing that film, the film of your children's life. And they'll go on and start writing their own story without [my hand] to guide them.

"And that's got to be one of the proudest and most glorious things for a parent to see—not what they do during the first 18 years, but after they leave the nest. And I can't wait! I'm not in a rush to get there—it's a ball right now. But it's something I always knew I wanted to be—a father."

In the meantime, McConaughey continues to prepare growing numbers of J.K. Livin' kids for successful, fulfilling futures. His foundation is not only helping them improve their school attendance, behavior, and academic performance—the teens have told him they appreciate the feeling of protection the program provides.

"They said to me: 'I was under so much social pressure to hang with certain kids after school, gangs here and there. Now I have a healthy place to come.' And I don't overlook the simplicity of that." ●



CONTOUR BY GETTY IMAGES

What's Up, Doc?

Listen up, guys! Don't leave your doctor's office without asking six questions

Guys, it's never too late to start taking care of your health. It's also never too early. Too many men, however, fail to make health maintenance a part of their MO. Buck that trend and be proactive about your health. You'll feel better, and you'll live longer—and that's just the beginning.

We talked to Raul Seballos, MD, the Cleveland Clinic's vice chair of preventive medicine, and Brett White, MD, a family medicine specialist at Oregon Health & Science University. Together, they came up with six questions every guy should ask his doctor to be as healthy as he can be.

By Matt McMillen, WebMD Contributing Writer

Reviewed by
Michael W. Smith, MD
WebMD CHIEF MEDICAL EDITOR



1 Do I always have to watch what I eat?

Yes, most days. A day off once a week is fine—that's realistic. But eating right most of the time is an essential part of taking care of yourself. No matter how much you work out, Seballos says, you can't maintain a healthy weight unless you stick to a healthy diet. So be sure to satisfy your appetite with good-for-you foods, and make an effort to keep an eye on calories.

"Men are often surprised that even though they are exercising four days a week, they are not losing weight," says Seballos. "Exercise is great, but if they can't tell me the number of calories they are getting, I know they are not watching their diet. You have to eat three meals a day, but it's all about portion control—that's the key." For example, he says, many men drink beer. To burn off the 150 or so calories in one can of beer, the typical man needs to jog a mile in less than 10 minutes or do 15 minutes of stair climbing.

White says men tend to pay attention to numbers, such as test results, when he discusses their health. "I really stress the objective evidence that tells me something is wrong," he says. "If they have a fasting blood sugar level of 115, for example, I tell them that they will likely develop diabetes if they stay on that path." Then he gives them specific targets—and a specific diet to help meet those targets.

2 Why do I need to exercise?

It's simple: To get or stay fit, you have to get and stay active. According to the latest federal guidelines, that means a cardio workout of at least 30 sweat-inducing minutes five days a week, plus two days of dumbbell workouts or other weight-training activity to build and maintain muscles. Crunched for time? Kick up the intensity to vigorous exercise, such as jogging, riding a bike fast, or playing singles tennis, and you can get your cardio workout in just 25 minutes three days a week.

Exercise protects against so many conditions—from heart disease to colon cancer to depression—that the best choice is to start exercising now, no matter how healthy you are or think you are. But if you're older than 45, discuss your exercise plans with your doctor before you start. Together, you can tailor a workout your body can handle and benefit from.

Seballos says simple steps can have a significant impact, especially if you're just starting to get in shape after a long stint as a couch potato. So park your car farther from work than normal and walk the extra distance. Climb the stairs instead of taking the elevator. He advises many patients to wear a pedometer to measure how many steps they take each day. A good daily goal to shoot for is 10,000 steps.

TOP: IMAGE SOURCE/GETTY IMAGES; STEVE WISBAUER/GETTY IMAGES

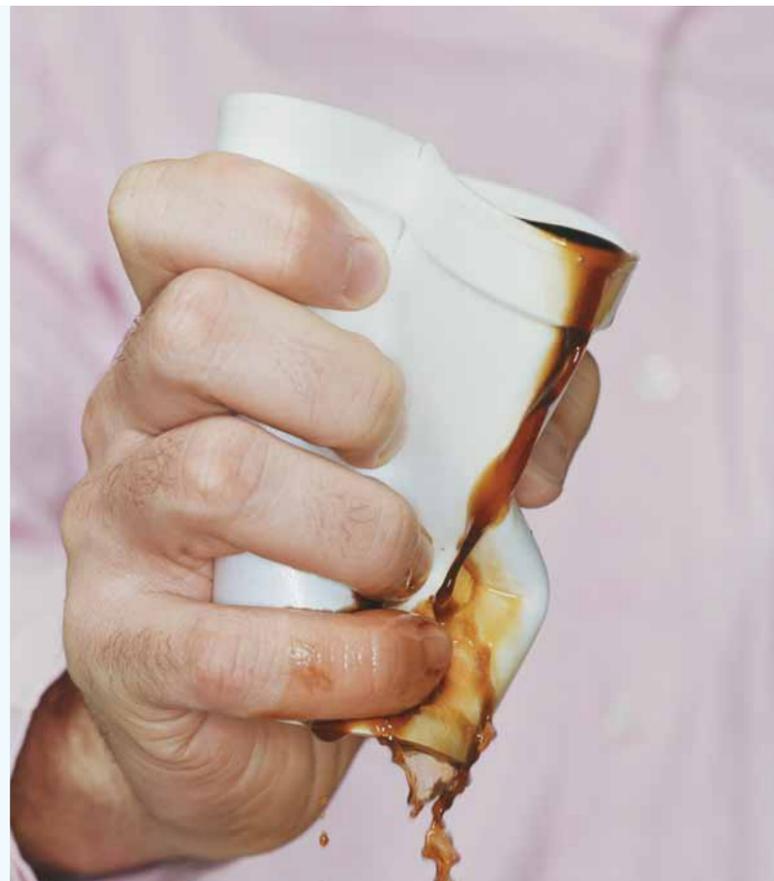


3 What is stress doing to me?

Stress is harmful, no question. It can wreak havoc on your sex drive, increase your blood pressure, and overwork your heart. That's dangerous. In a 2011 study, middle-aged and older men who reported years of moderate to high levels of stress were more than 40% more likely to die than men with low stress.

Unfortunately, as every man knows, there's a lot to stress over. "Men come in worried about being fired or laid off, or if they are in a managerial position, they have stress about having to lay off friends and co-workers," Seballos says. Long hours and work-related travel can translate into tension at home, he adds. And that often leads to unhealthy behaviors, like eating too much or drinking more than usual. Over time, you increase your risk of weight gain, high blood pressure, and diabetes.

What does Seballos recommend? Working out. "Guys who handle stress the best are those who exercise the most," Seballos says. "The best Prozac out there is exercise." White tells many of his patients to try yoga or meditation in addition to exercise.



4 Do men like me get depressed?

Absolutely. At least 6 million men in the United States suffer from depression each year, according to the National Institute of Mental Health. However, many guys don't like to talk about their feelings or ask for help.

"It's rare for a guy to say, 'Doc, I'm depressed,'" says Seballos. "But I bring it up. I ask them about their mood, whether they're losing sleep or having trouble concentrating, or if they have lost interest in going out with friends."

White calls it "drilling down"—getting at the issues a lot of men are reluctant to discuss. Identifying those problems is a crucial part of any man's checkup. Depression is more than simply feeling sad, unmotivated, and without energy. Depression is a real illness, and it can be life-threatening. That's especially true for men, because it increases the risk of serious health problems, such as high blood pressure, heart disease, and stroke.

Depression is also the leading cause of suicide—and men are four times more likely than women to take their own lives. "I discuss how common it is so they see they are not isolated," says White, who screens men for depression during their annual checkups. "Too often, it takes until they reach the end of their rope before they come to see you about it." Medication, exercise, and therapy are all treatment options, White adds.

TOP: SHANNON FAGIN/GETTY IMAGES; BLENDGLOW IMAGES



5 What about sleep—why is it important?

It's hard to overestimate sleep's importance. Diabetes, high blood pressure, and heart disease are all linked to insufficient sleep, as are excess weight and mood disorders. A recent study showed that young men who skimp on shut-eye have lower levels of testosterone than men who are well-rested. Meanwhile, older men risk high blood pressure if they don't get enough deep sleep.

Sleep disorders can also have physical causes. Obstructive sleep apnea (OSA), for example, disrupts breathing and forces you to wake up to draw a deep breath. It affects an estimated 4% to 9% of middle-aged men (twice the rate in women), yet as many as 90% of cases go undiagnosed. OSA ups the risk of heart disease, stroke, and high blood pressure as well as car crashes, which are more common among the sleep-deprived.

You can vastly improve your sleep, White says, by practicing what's called "sleep hygiene": Go to bed and wake up at the same time each day, exercise regularly and early in the day, avoid caffeine in the afternoon and evening, don't eat large meals at night, skip the alcohol right before bedtime, and use the bedroom for sleep and sex only. If these measures don't help, see your doctor. For chronic insomnia, your doctor may advise cognitive behavioral therapy to help you develop healthier sleep habits.

TOP: BLENDGLOW IMAGES; TETRA/GETTY IMAGES



6 Does sexual health affect the rest of my health?

You bet it does. For example, erectile dysfunction (ED) is a concern that goes beyond the bedroom. "This is not merely a psychological or sexual problem," says Seballos. "ED is a risk factor for heart disease."

In a 2010 study published in the journal *Circulation*, men with ED were twice as likely to have a heart attack and nearly twice as likely to die of heart disease than other men. And, Seballos adds, men who have trouble with erections tend to be overweight or obese, and to have high blood pressure and high cholesterol.

"I am particularly worried when a younger man complains of erectile dysfunction," says Seballos. "The younger you are, the more likely your erectile dysfunction is a sign that you are at risk of heart disease."

White says other factors are frequently at play with ED. Low testosterone levels as well as diabetes, substance abuse, stress, and sleep deprivation can affect your sex life, not to mention your overall health.

Many of the men White sees for ED ask for quick fixes such as erection-enhancing drugs. For a long-term solution, you need to make some lifestyle changes. Sexual health depends on getting and staying fit, physically and mentally. ■



SLEEP

QUIZ

THE PRICE OF TOO LITTLE PILLOW TIME

For the past two years, **big1624**, a member of the WebMD sleep disorders community, hasn't been able to sleep more than six hours a night. Often, it's only four to five hours a night. **"I wake up with headaches about five days a week and I'm tired all day long every day, no matter what,"** she writes. **"My blood pressure has also been high for quite a while now."** Sleep loss takes a toll on your health in many ways. Do you what you can lose if you don't get enough snooze?

- 1 Too little sleep may raise your risk of high blood pressure.
 - True
 - False
- 2 Too little sleep suppresses your appetite.
 - True
 - False
- 3 Sleep problems are linked to type 2 diabetes.
 - True
 - False
- 4 Too little sleep can prompt personality changes as well as depression.
 - True
 - False

Answers. 1. True. Research shows that 24% of middle-aged adults who slept less than five hours a night developed high blood pressure within 10 years, compared with 12% of those who slept seven or eight hours a night. High blood pressure is a major risk factor for heart disease and stroke. 2. False. Sleep affects hormones that regulate hunger. Research links sleep loss to bigger appetites, which can lead to extra pounds. 3. True. Studies have linked sleep problems such as obstructive sleep apnea to diabetes. Obstructive sleep apnea may harm your body's ability to control blood sugar. 4. True. Besides these problems, sleep loss can also impair thinking and memory.

Source: American Heart Association, University of Chicago, National Sleep Foundation, National Institutes of Health, and the [WebMD Sleep Disorders Health Center](#)

DID YOU KNOW?

43% of Americans between the ages of 13 and 64 say they rarely or never get a good night's sleep on weeknights.



QUESTIONS FOR YOUR DOCTOR

- 1 Am I sabotaging a good night's sleep with caffeine, alcohol, or other habits?
- 2 What are some strategies I can try to get more sleep?
- 3 Should I try a sleep medication? Are these meds dangerous or habit-forming?
- 4 Do I need to make an appointment with a sleep specialist about a possible sleep disorder?

SLEEP WELL NEWSLETTER

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sleep deprivation

Coast-to-Coast Care

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PIEDMONT ★
SOUTH CAROLINA

Piedmont has been recognized nationally for its top-quality clinical programs, including: Society of Chest Pain Centers Accredited Chest Pain Center—Cycle III with PCI; American Heart Association's Get With The Guidelines® Gold Plus Performance Achievement Award for Heart Failure and Stroke; and American College of Surgeons Level 2B Accredited Bariatric Center.

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.

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.

CANCER

QUIZ

RATE YOUR SKIN CANCER RISK

Ah, springtime: The sun is out, the air is warm, and you're tempted to soak up some rays. Will you increase your risk for skin cancer if you do? Unfortunately, yes. **"Sun worshipping" can lead to melanoma, Michael W. Steppie, MD**, of the Skin Cancer Foundation, writes to a member of the WebMD melanoma/skin cancer community. But **"your risk can rise due to several factors, including genetics, skin type, and family history,"** he notes. How high is your risk?

- 1 Do you have fair skin that burns easily?
 Yes No
- 2 Do you have a history of blistering sunburns or frequent sun exposure?
 Yes No
- 3 Have you used indoor tanning beds?
 Yes No
- 4 Do you have a family history of melanoma?
 Yes No
- 5 Do you have many large or irregular moles?
 Yes No

Answers: 1. People with fair skin are at greatest risk for sun damage and skin cancer. Pigmentation helps protect the skin from the sun's harmful rays, and those with fair skin have less than other people. But even those with darker complexions can get skin cancer, so everyone should practice sun safety. 2. People who had serious (blistering) sunburns as children or teens, as well as those who are in the sun a lot for work or recreation, are at higher risk for skin cancer. 3. Indoor tanning with a lamp, bed, or booth exposes you to the same harmful UV rays the sun does. 4. A family history of melanoma raises your risk of developing the disease. 5. If you have lots of large or irregular moles, you're more likely to get melanoma.

Source: National Institutes of Health, American Cancer Society, Centers for Disease Control and Prevention, and the [WebMD Cancer Health Center](#)

DID YOU KNOW?

Broad-brimmed hats are better than baseball caps, which provide only partial protection to your face and don't protect your ears or neck at all.



QUESTIONS FOR YOUR DOCTOR

- 1 How do I know what my risk factors for skin cancer are?
- 2 What are some strategies I can use to protect myself against skin cancer?
- 3 How do I know if these changes on my skin could be cancerous?
- 4 Do any of the moles on my body look suspicious for melanoma?

CANCER NEWSLETTER

Sign up for the latest news and lifestyle management tips—delivered directly to your email inbox! Go to [WebMD.com](#) and search for "newsletters."



PAIN

QUIZ

HOW MUCH DO YOU KNOW ABOUT CHRONIC PAIN?

For the millions of people who live with chronic pain, the social and emotional effects are sometimes as bad as the physical discomfort. **"I know that I've been judged by other people who do not understand or want to understand what life is like with fibromyalgia," ggladieux** writes in the WebMD pain management community. **"My sister-in-law thinks I'm just being lazy. Believe me, I wish it were that simple, but it isn't."** How much do you know about chronic pain? Take our quiz to find out.

- 1 Migraines and severe headaches are most common among postmenopausal women.
 True False
- 2 Joint pain from osteoarthritis most often affects the shoulder.
 True False
- 3 Men get back pain more often than women.
 True False
- 4 Uncontrolled diabetes can lead to chronic pain.
 True False

Answers: 1. False. These headaches are most common during women's childbearing years. Migraines and severe headaches affect twice as many women as men—21% compared with 10%. 2. False. The most common sites of joint pain due to osteoarthritis are the knees, hips, and hands, though it can also affect the shoulders. 3. False. Men and women get back pain about equally. The most common age range for back pain is 30 to 60. 4. True. Uncontrolled diabetes can lead to nerve damage that causes chronic pain in hands, arms, feet, legs, and other areas.

Source: Centers for Disease Control and Prevention, the National Institutes of Health, and the [WebMD Pain Management Health Center](#)

DID YOU KNOW?

People with **chronic pain** are at risk for sleep disorders, depression, and drug abuse.



QUESTIONS FOR YOUR DOCTOR

- 1 What is causing my chronic pain? Should I see a specialist?
- 2 Will medication, steroid injections, or surgery help my type of pain?
- 3 Are there alternative therapies that can help me? What about exercise?
- 4 Can counseling help me address pain-related emotional issues?

CHRONIC PAIN NEWSLETTER

Sign up for the latest news and lifestyle management tips—delivered directly to your email inbox! Go to [WebMD.com](#) and search for "newsletters."





Marcus Samuelsson

CHEF/AUTHOR

You teach kids and parents how to cook healthy foods. What do you emphasize in your classes?

We focus on how to prepare vegetables and on how to cook things simply. I like to teach kids, but it's truly a matter of getting the parents interested. When it comes to healthy eating, parents are the gatekeepers. Most kids don't eat enough vegetables, but that's not their fault. That's on their parents, so I try to get to them first.

What role does nutrition play when you are planning a recipe?

I think healthy cooking has so many different angles. At Red Rooster, our menu reflects that. We always offer a big seasonal salad, a very light fish dish, and a take on macaroni and cheese that we call mac and greens. There are numerous ways to think about healthy cooking and to balance the food you eat.

With several restaurants across the country and in Sweden, you're always on the go. How do you like to relax?

Relaxing is very different for different people. I do it by playing soccer. I also paint: I document my food and tell the story of my journey through painting.

Working around food, is it hard to keep from overindulging?

I eat with spirit. Some days I fast and eat nothing at all. Some days I eat only vegetables. The way I eat helps me keep a spiritual compass.

But you must have a guilty pleasure food you can't resist?

The sweet potato doughnuts at Red Rooster at the end of the night.

Do you stick to a regular exercise routine?

It's hard, especially when I travel, but I try to run six miles once a week, and three days a week I play soccer with my buddies or I hit the gym. If I can do that, I feel pretty good. And I've always gotten exercise from working, from being so active all the time.

What's your best health habit?

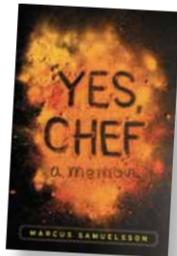
I try to get enough sleep. I try to keep balanced. I don't do too much of any one thing. Sleeping, working out regularly, and drinking enough water are essential, especially if you work as much as I do.

You're involved in several charities, including UNICEF and the Careers through Culinary Arts Program. Why?

It's my obligation. At the end of the day, I think to myself, I came to this country and I was treated fairly, so I have an obligation to give something back. I'm a firm believer in "inspire/aspire," in inspiring someone to aspire to be something, and I feel like I can carry that message to young people.—Matt McMillen

Born in Ethiopia and raised by adoptive parents in Sweden, you arrived in this country as a restaurant apprentice, and have been one of the hottest chefs in New York City for nearly two decades. Now, at 42, you own several restaurants, including Red Rooster, the celebrated Harlem flagship eatery you opened in 2010. On top of that, your memoir, *Yes, Chef*, is due out this month. What inspired you to write your own story?

I just felt it was a great time to look back over my life so far, from where I am now to where I came from on the way here, and to document that journey. I realized that my story might be different. After all, not everyone is born in Ethiopia and grows up learning to cook from his Swedish grandmother!



What's your food philosophy?

I am always asking myself questions, and my food answers them. When I'm thinking about food, I focus my thoughts on diversity, on social responsibility, on farmers markets and local ingredients. That's what you find at Red Rooster.

Read [Marcus Samuelsson's full interview.](#)  [WebMD.com](#)

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