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July/August 2016 \$4.95

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Join Seth and Lauren
Miller Rogen to
raise awareness
for Alzheimer's.

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LUPUS WARRIOR

Nick Cannon lives
with lupus—and has
never been busier

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Fighting Through

In 2012, actor, comedian, and musician **Nick Cannon** was diagnosed with lupus. Today, he's never been busier. In addition to hosting *America's Got Talent*, and working on a seemingly endless list of projects, he makes time to raise awareness about lupus and inspires others living with a chronic disease.

PTSD

Post-traumatic stress disorder not only afflicts soldiers and others in war zones. Anyone who is touched by trauma can develop this devastating condition. But many people don't know about civilian PTSD and that treatment can help.

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“
**ONCE I GOT
CONTROL ...
I FELT LIKE
LIVING WITH
LUPUS MADE
ME A BETTER
PERSON.**
”

IN EVERY ISSUE

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EDITOR'S NOTE

TAKE 10
Pro baseball player **Anthony Rizzo** knows about winning—on the field and off. A cancer survivor, he opens up about how the disease changed him, and reveals his secrets for staying in shape year-round.

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HOT TOPICS: The sneaky reason you may be eating too much cake, new concerns about e-cigarettes, the effects of coffee on your brain as you age, and more news you can use.

LIVING HEALTHY

WEBMD ON THE STREET: Our experts come to the rescue of a park ranger looking for snack ideas and safety tips for her work outdoors. • **MEN'S HEALTH:** Weigh the benefits and risks of testosterone therapy. • **WORK IT OUT:** Get fit while staying cool—hit the pool! • **MIND MATTERS:** Is it possible to change your brain? Research indicates yes—with training.

HEALTHY BEAUTY

EXPERT PICKS: Summer sun and heat can harm your skin. Our expert's tips and product suggestions have you covered. • **BEAUTY SMARTS:** How to keep your feet healthy and looking great all summer long. **Plus:** Aisle Do and Dirty Secret

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PREGNANCY: Simple ways for expectant moms to survive summer heat and humidity. • **BABY TALK:** Need-to-know info about potentially harmful chemicals in your home. • **KIDS' HEALTH:** Anxiety is the most common psychiatric disorder in kids. Learn how to get help. • **PARENTING:** Secrets to raising an unselfish child. • **PET HEALTH:** Hot weather can be dangerous for your pets. Know what to watch for.

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IN SEASON: Delicious, nutritious, and versatile, zucchini is the star of three standout summer recipes.

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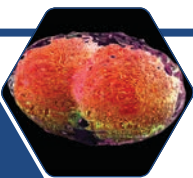
**LOOK
INSIDE!**

WebMD CampusLife

Seth Rogen and **Lauren Miller Rogen** go for the laughs with a college fundraising contest for Alzheimer's disease research. Plus, acne myths busted, veggie diet options, pot and prescription drug warnings, and plenty of other news for students heading back to campus.

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WEBMD CHECKUP

Vaccines save lives and prevent disease—and they aren't just for kids. • **BY THE NUMBERS:** We take a closer look at cataracts. • **LIVING WELL:** Learn how to keep psoriasis flare-ups in check. • **YOUR SMILE:** Why dentists are often the first to spot sleep apnea. • **MY STORY:** A reader shares her story of healing from domestic abuse.



WHETHER YOU'RE
OUTSPOKEN OR SOFT-SPOKEN

Your Voice HAS THE POWER TO **CHANGE MS**

If you have multiple sclerosis (MS), you have a unique understanding of living with the condition. That's why we want to hear from you.

Because although we have a history of scientific achievement, you're the expert on living with MS. When it comes to MS, it's time to listen to you.

Let's get the
conversation started at
MyMSVoice.com/MS

Amy, living with MS

EDITOR'S NOTE



If you love watching *America's Got Talent*, you know **Nick Cannon** as one of the show's long-time hosts. What you may not know is that he is also a self-described lupus warrior.

In this issue, Cannon opens up to WebMD about living with lupus, a chronic autoimmune disorder. He tells us about his fears following his diagnosis, lessons he's learned along the way, and the positive outlook he's developed to cope with the disease.

About 50 million Americans live with some form of an autoimmune disorder such as lupus, rheumatoid arthritis, or psoriasis. With these conditions, the body's immune system mistakes healthy cells for invaders and attacks them; the results can be devastating. On July 25, WebMD will launch a new special report with *Good Morning America* co-anchor **Robin Roberts** called "Path to a Breakthrough." We'll explore recent medical advances that aim to help people who have autoimmune disorders live better lives. The series also takes a look at some of the most promising scientific advances for treating cancer and other conditions.

Also this month, voting is open for our WebMD Health Heroes People's Choice Award. We invite you to visit WebMD.com/healthheroes and vote for your favorite candidate who works the hardest to improve health and wellness in America.

We look forward to receiving your votes!

Kristy

Kristy Hammam
Editor in Chief
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THE ZIKA VIRUS: Stay Informed at WebMD.com

The Zika virus continues to dominate health news headlines this summer. To answer your questions and keep you abreast of the latest developments, we've gathered helpful information in one place on WebMD.com. Visit "The Zika Virus: What You Should Know" for basics about the virus, testing and treatment details, videos from experts, a map of potential risk to U.S. cities, a continually updated list of countries on the CDC travel advisory, and measures you can take to avoid this mosquito-borne disease.

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HOT TOPICS!

FACTS AND STATS FOR KICKING BACK (HEALTHFULLY) THIS SUMMER



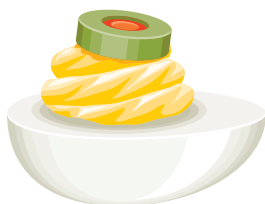
160°F
Minimal
temperature
at which
burgers are
considered safe
to eat.

Source: FDA



240k–440k
Number of people diagnosed with
Lyme disease each year.

Source: Plos One



2 HOURS

Amount of time you can safely leave food
sitting outside during a **picnic**.
But in temperatures of 90°F or higher,
food is only safe for 1 hour.

Source: FDA



Percentage of
skin aging due to the
sun's rays.

Source: Skin Cancer Foundation



22lbs

The amount of
ice cream the
average person in the
U.S. eats per year.
Vanilla is the most
popular flavor,
followed by mint
chip and cookies
and cream.

Source: International Dairy
Foods Association



24%

Percentage of boaters in the
United States who wear **life jackets**.

Source: U.S. Coast Guard



**A watermelon is made
up of 92% water.**

Source: Watermelon Board



EACH YEAR, more than
11 MILLION

kids and adults go to **camp** in the U.S.

Source: American Camp Association



The Icing on the Cake

That thick slab of cake on the cake-mix box looks inviting, but try not to serve yourself that much. The serving pictured on most boxes has about 134% more calories than the serving size described on the label—and it has frosting, which isn't included in the label's calorie count. That picture influences you, too. Researchers showed people cake-mix boxes and told them to choose an appropriate serving. Most people helped themselves to too much cake. But when researchers showed them a box that said, "frosting not included on nutrition labeling," people chose smaller slices.

Source: *Public Health Nutrition*



E-CIG WARNING



Many e-cigarette makers tout their products as a safe alternative to smoking. But e-cigs aren't harmless. Researchers tested the breathing of 54 young adults after they used an e-cigarette. Half were healthy and half had asthma. Tests of respiratory function showed that e-cig users' breathing was impaired for up to 30 minutes after "smoking" the electronic device. Just as with regular cigarettes, the effects were worse for people with asthma.

Source: *CHEST*



1,698

Number of ER visits related to swallowing wire grill brush bristles from 2002 to 2014.
Be careful: Bristles can stick to the grill when you clean it and end up in your food.

Source: *Otolaryngology-Head and Neck Surgery*



60
Average age of people who have a severe heart attack. Two decades ago that was 64.
The younger age reflects increasing obesity and diabetes rates.

Source: American College of Cardiology Annual Meeting

You have no doubt heard about post-traumatic stress disorder, or PTSD, and the devastating effects the condition can wreak on soldiers who witness horrific events on battlefields.

But you may not realize that PTSD can affect anyone who undergoes a traumatic event that has nothing to do with war. Health experts call it civilian PTSD. A portion of people who survive a car crash, a violent crime, or a natural disaster, to name just a few examples, go on to have debilitating nightmares, flashbacks, anxiety attacks, and other symptoms of PTSD. And many don't get treatment or even know they can be cured.

One young man in our story on page 54 survived a brutal mugging and almost died. He healed physically but was haunted by reminders long after the event. "I just wanted to run away as far as possible from them," he says.

He eventually sought treatment. Check out our story to learn how he was able to move beyond the PTSD that once dominated his life.

Colleen

Colleen Paretty
Editorial Director
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Number of U.S.
kids who go to the ER
for skateboarding
accidents every day.

Source: *Journal of Injury Epidemiology*

WebMD.com

Hot Hits

What's trending on WebMD.com right now*

The Dukan diet	Acupuncture
Adult ADHD	Gluten-free recipes
Vitamin D deficiency	Asperger's syndrome
Fibromyalgia symptoms	Bedbugs
Apple cider vinegar	Medical marijuana
Skin rashes	Stress symptoms

*as of May 1, 2016

CAFFEINATED BRAIN BOOST

Your morning joe may help keep you sharp as you age. A small group of adults, ages 55 to 91, went off caffeine for a week. Researchers gave them several tests of attention and reaction times on day 1 and day 7 of the caffeine-free week. On days 8 and 9, the researchers gave the tests again, this time an hour after group members got a cup of coffee. Half of them got regular coffee; the others got decaf. Those who drank caffeinated coffee completed some attention tests with fewer errors and faster reaction times than their decaf peers.

Source: Cognitive Neuroscience Society Annual Meeting



WHY TEENS NEED MORE ZZZs

Lack of sleep could put teens in danger.

In a study of more than 50,000 high school students, the likelihood of five risky behaviors was much higher for kids who slept less than seven hours a night. Sleep-deprived teens were more likely to ride in a car without a seat belt, ride with a drunk driver, drink and drive, text and drive, and bike without a helmet. Teenagers need more sleep than adults; studies show they require at least nine hours and 15 minutes a night.

Source: CDC

Ask your healthcare professional about BELVIQ®

What is BELVIQ®?

BELVIQ is an FDA-approved prescription weight-loss medication that, when used with diet and exercise, can help some overweight (Body Mass Index [BMI] ≥ 27 kg/m²) adults with a weight-related medical problem, or adults living with obesity (BMI ≥ 30 kg/m²), lose weight and keep it off.

It is not known if BELVIQ when taken with other prescription, over-the-counter, or herbal weight-loss products is safe and effective. It is not known if BELVIQ changes your risk of heart problems, stroke, or death due to heart problems or stroke.

Important Safety Information

- **Pregnancy:** Do not take BELVIQ if you are pregnant or planning to become pregnant, as weight loss offers no potential benefit during pregnancy and BELVIQ may harm your unborn baby.
- **Serotonin Syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions:** Before using BELVIQ, tell your doctor about all the medicines you take, especially medicines that treat depression, migraines, mental problems, or the common cold. These medicines may cause serious or life-threatening side effects if taken with BELVIQ. Call your doctor right away if you experience agitation, hallucinations, confusion, or other changes in mental status; coordination problems; uncontrolled muscle spasms; muscle twitching; restlessness; racing or fast heartbeat; high or low blood pressure; sweating; fever; nausea; vomiting; diarrhea; or stiff muscles.
- **Valvular heart disease:** Some people taking medicines like BELVIQ have had heart valve problems. Call your doctor right away if you experience trouble breathing; swelling of the arms, legs, ankles, or feet; dizziness, fatigue, or weakness that will not go away; or fast or irregular heartbeat. Before taking BELVIQ, tell your doctor if you have or have had heart problems.
- **Changes in attention or memory:** BELVIQ may slow your thinking. You should not drive a car or operate heavy equipment until you know how BELVIQ affects you.
- **Mental problems:** Taking too much BELVIQ may cause hallucinations, a feeling of being high or in a very good mood, or feelings of standing outside your body.
- **Depression or thoughts of suicide:** Call your doctor right away if you notice any mental changes, especially sudden changes in your mood, behaviors, thoughts, or feelings, or if you have depression or thoughts of suicide.
- **Low blood sugar:** Weight loss can cause low blood sugar in people taking medicines for type 2 diabetes, such as insulin or sulfonylureas. Blood sugar levels should be checked before and while taking BELVIQ. Changes to diabetes medication may be needed if low blood sugar develops.
- **Painful erections:** If you have an erection lasting more than 4 hours while on BELVIQ, stop taking BELVIQ and call your doctor or go to the nearest emergency room right away.
- **Slow heartbeat:** BELVIQ may cause your heart to beat slower.
- **Decreases in blood cell count:** BELVIQ may cause your red and white blood cell counts to decrease.
- **Increase in prolactin:** BELVIQ may increase the amount of a hormone called prolactin. Tell your doctor if your breasts begin to make milk or a milky fluid, or if you are a male and your breasts increase in size.
- **Most common side effects in patients without diabetes:** Headache, dizziness, fatigue, nausea, dry mouth, and constipation.
- **Most common side effects in patients with diabetes:** Low blood sugar, headache, back pain, cough, and fatigue.
- **Nursing:** BELVIQ should not be taken while breastfeeding.
- **Drug interactions:** Before taking BELVIQ, tell your doctor if you take medicines for depression, migraines, or other medical conditions, such as: triptans; medicines used to treat mood, anxiety, psychotic or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors, selective serotonin-norepinephrine reuptake inhibitors, monoamine oxidase inhibitors, or antipsychotics; cabergoline; linezolid (an antibiotic); tramadol; dextromethorphan (an over-the-counter (OTC) common cold/cough medicine); OTC supplements such as tryptophan or St. John's Wort; or erectile dysfunction medicines.
- BELVIQ is a federally controlled substance (CIV) because it may be abused or lead to drug dependence.

For more information about BELVIQ®, talk to your healthcare professional and see the Patient Information on the reverse side.

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



You've got your goals and
You've got **BELVIQ®**

FDA approved for *weight loss*

Adding BELVIQ® to your healthy routine may help you take weight loss further and may help lower blood pressure.* In clinical studies, BELVIQ® helped some people **lose weight and keep it off** more effectively compared with diet and exercise alone.† **Ask your healthcare professional if BELVIQ® is right for you.**

 **BELVIQ®**
(lorcaserin HCl) ©

Proven 2X as effective
as diet and exercise alone

Sign up for monthly savings‡ and free support.

Visit StartBELVIQ.com or call 1-855-BELVIQ1 (1-855-235-8471)

PROMO CODE: WM

*Though it is not a blood pressure treatment, BELVIQ may lower blood pressure.

†BELVIQ was evaluated in 3 clinical studies involving overweight adults (with at least 1 weight-related medical condition) and obese adults. All 3 studies compared people taking BELVIQ plus diet and exercise to people using diet and exercise alone (placebo). The results of the first 2 studies (involving 7,190 people without diabetes) showed that 47.1% of people taking BELVIQ lost 5% or more of their body weight compared with 22.6% of the placebo group. People taking BELVIQ also had significant improvements in their blood pressure and cholesterol levels. A third clinical study (involving 604 overweight people with type 2 diabetes) showed that 37.5% of people taking BELVIQ lost 5% or more of their body weight compared with 16.1% of the placebo group. People taking BELVIQ also had significant improvements in their blood sugar levels. Nearly one-half of all participants completed the first 2 studies; nearly two-thirds of the participants completed the third study.

*Restrictions apply.

IMPORTANT PATIENT INFORMATION

Read the Patient Information that comes with BELVIQ® (BEL-VEEQ) (lorcaserin hydrochloride) tablets before you start taking it and each time you get a refill. There may be new information. This page does not take the place of talking with your doctor about your medical condition or treatment. If you have any questions about BELVIQ, talk to your doctor or pharmacist.

What is BELVIQ?

BELVIQ is a prescription medicine that may help some obese adults or overweight adults who also have weight related medical problems lose weight and keep the weight off. BELVIQ should be used with a reduced calorie diet and increased physical activity.

It is not known if BELVIQ is safe and effective when taken with other prescription, over-the-counter, or herbal weight loss products.

It is not known if BELVIQ changes your risk of heart problems or stroke or of death due to heart problems or stroke.

It is not known if BELVIQ is safe when taken with some other medicines that treat depression, migraines, mental problems, or the common cold (serotonergic or antidopaminergic agents).

It is not known if BELVIQ is safe and effective in children under 18 years old.

BELVIQ is a federally controlled substance (CIV) because it contains lorcaserin hydrochloride and may be abused or lead to drug dependence. Keep your BELVIQ in a safe place, to protect it from theft. Never give your BELVIQ to anyone else, because it may cause harm to them. Selling or giving away this medicine is against the law.

Who should not take BELVIQ?

Do not take BELVIQ if you:

- are pregnant or planning to become pregnant. BELVIQ may harm your unborn baby.

What should I tell my healthcare provider before taking BELVIQ?

Before you take BELVIQ, tell your doctor if you:

- **have or have had heart problems including:**
 - congestive heart failure
 - heart valve problems
 - slow heartbeat or heart block
- have diabetes
- have a condition such as sickle cell anemia, multiple myeloma, or leukemia
- have a deformed penis, Peyronie's disease, or ever had an erection that lasted more than 4 hours
- have kidney problems
- have liver problems
- are pregnant or plan to become pregnant
- are breastfeeding or plan to breastfeed. It is not known if BELVIQ passes into your breastmilk. You and your doctor should decide if you will take BELVIQ or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

BELVIQ may affect the way other medicines work, and other medicines may affect how BELVIQ works.

Especially tell your doctor if you take medicines for depression, migraines or other medical conditions such as:

- triptans, used to treat migraine headache
- medicines used to treat mood, anxiety, psychotic or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), selective serotonin-norepinephrine reuptake inhibitors (SNRIs), monoamine oxidase inhibitors (MAOIs), or antipsychotics
- cabergoline
- linezolid, an antibiotic
- tramadol
- dextromethorphan, an over-the-counter medicine used to treat the common cold or cough

- over-the-counter supplements such as tryptophan or St. John's Wort
- medicines to treat erectile dysfunction

Ask your doctor or pharmacist for a list of these medicines, if you are not sure.

Know all the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

How should I take BELVIQ?

- Take BELVIQ exactly as your doctor tells you to take it.
- Your doctor will tell you how much BELVIQ to take and when to take it.
 - Take 1 tablet 2 times each day.
 - **Do not** increase your dose of BELVIQ.
 - BELVIQ can be taken with or without food.
- Your doctor should start you on a diet and exercise program when you start taking BELVIQ. Stay on this program while you are taking BELVIQ.
- Your doctor should tell you to stop taking BELVIQ if you do not lose a certain amount of weight within the first 12 weeks of treatment.
- If you take too much BELVIQ or overdose, call your doctor or go to the nearest emergency room right away.

What should I avoid while taking BELVIQ?

- **Do not** drive a car or operate heavy machinery until you know how BELVIQ affects you. BELVIQ can slow your thinking.

What are the possible side effects of BELVIQ?

BELVIQ may cause serious side effects, including:

- **Serotonin Syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions.** BELVIQ and certain medicines for depression, migraine, the common cold, or other medical problems may affect each other causing serious or life-threatening side effects. Call your doctor right away if you start to have any of the following symptoms while taking BELVIQ:
 - mental changes such as agitation, hallucinations, confusion, or other changes in mental status
 - coordination problems, uncontrolled muscle spasms, or muscle twitching (overactive reflexes)
 - restlessness
 - racing or fast heartbeat, high or low blood pressure
 - sweating or fever
 - nausea, vomiting, or diarrhea
 - muscle rigidity (stiff muscles)
- **Valvular heart disease.** Some people taking medicines like BELVIQ have had problems with the valves in their heart. Call your doctor right away if you have any of the following symptoms while taking BELVIQ:
 - trouble breathing
 - swelling of the arms, legs, ankles, or feet
 - dizziness, fatigue, or weakness that will not go away
 - fast or irregular heartbeat
- **Changes in your attention or memory.**
- **Mental problems.** Taking BELVIQ in high doses may cause psychiatric problems such as:
 - hallucinations
 - feeling high or in a very good mood (euphoria)
 - feelings of standing next to yourself or out of your body (disassociation)
- **Depression or thoughts of suicide.** You should pay attention to any mental changes, especially sudden changes, in your mood, behaviors, thoughts, or feelings. Call your healthcare provider right away if you have any mental changes that are new, worse, or worry you.
- **Low blood sugar (hypoglycemia) in people with type 2 diabetes mellitus who also take medicines used to treat type 2 diabetes mellitus.** Weight loss can cause low blood sugar in people with type 2 diabetes mellitus who also take medicines used to treat type 2 diabetes mellitus (such as insulin or sulfonylureas). You should check your blood sugar before you start taking BELVIQ and while you take BELVIQ.
- **Painful erections (priapism).** The medicine in BELVIQ can cause painful erections that last more than 6 hours. If you have

an erection lasting more than 4 hours whether it is painful or not, stop using BELVIQ and call your doctor or go to the nearest emergency room right away.

- **Slow heartbeat.** BELVIQ may cause your heart to beat slower. Tell your doctor if you have a history of your heart beating slow or heart block.
- **Decreases in your blood cell count.** BELVIQ may cause your red and white blood cell count to decrease. Your doctor may do tests to check your blood cell count while you are taking BELVIQ.
- **Increase in prolactin.** The medicine in BELVIQ may increase the amount of a certain hormone your body makes called prolactin. Tell your doctor if your breasts begin to make milk or a milky discharge or if you are a male and your breasts begin to increase in size.

The most common side effects of BELVIQ include:

- headache
- dizziness
- fatigue
- nausea
- dry mouth
- constipation
- cough
- low blood sugar (hypoglycemia) in patients with diabetes
- back pain

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of BELVIQ. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How do I store BELVIQ?

Store BELVIQ at room temperature between 59°F to 86°F (15°C to 30°C).

Safely throw away medicine that is out of date or no longer needed.

Keep BELVIQ and all medicines out of the reach of children.

General information about the safe and effective use of BELVIQ.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use BELVIQ for a condition for which it was not prescribed. Do not give BELVIQ to other people, even if they have the same symptoms you have. It may harm them.

This Patient Information summarizes the most important information about BELVIQ. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about BELVIQ that is written for health professionals. For more information, go to www.BELVIQ.com Website or call 1-888-274-2378.

What are the ingredients in BELVIQ?

Active Ingredient: lorcaserin hydrochloride

Inactive Ingredients: silicified microcrystalline cellulose; hydroxypropyl cellulose NF; croscarmellose sodium NF; colloidal silicon dioxide NF; polyvinyl alcohol USP; polyethylene glycol NF; titanium dioxide USP; talc USP; FD&C Blue #2 aluminum lake; and magnesium stearate NF.

This Patient Information has been approved by the U.S. Food and Drug Administration.

Rx Only

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Get Active, Get Healthy

Thanks to brand-new research,
you have four more reasons to break a sweat.

1. It keeps your brain young.

In a recent study, people who didn't exercise much saw a plummet in their thinking skills when they got older. Active people fared much better—staving off about 10 years of aging.

2. It may curb hunger.

Forget starving yourself. Scientists at England's Loughborough University found that women who cut calories by not eating felt hungrier and ended up eating almost one-third more at a buffet meal than women who burned calories via exercise.

3. It soothes your back.

Got an achy back? A new report published in *JAMA Internal Medicine* found that exercise may cut your risk of having an episode of low-back pain.

4. It may ward off Alzheimer's disease.

Whether you prefer racquetball or golf, you're in luck. A new study suggests many types of physical activity boost your brain structure and slash your Alzheimer's risk.

—Kara Mayer Robinson

Trail Blazer

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

Photograph by Sharon Suh

ENERGY MIX

"Portable snacks that will keep you energized and satisfied need to include a source of protein and smart carbs. Trail mix made with nuts, seeds, dried fruit, and whole grain cereal is a hiker's favorite. More great options include nut butter and apple, high-protein granola bars, veggies and hummus, low-sodium jerky and dried fruit, cheese and whole grain crackers, or hard-cooked eggs and rice cakes."



Kathleen Zelman, MPH, RD, LD
WebMD Director of Nutrition

IN A PINCH

"To remove a tick, you can use clean tweezers to grab the tick close to the skin. Steadily pull upwards. If a small part of the tick remains in the skin, try to remove it with the tweezers. Afterward, clean the bite area with soap and water or rubbing alcohol. Place the tick in a sealed plastic bag or flush it down the toilet."



Byard Edwards, MD
Nephrologist, Atlanta

BE PREPARED

"Start with the basics in your first-aid kit, like sunblock, tweezers, scissors, different-sized bandages, gauze, tape, and antibiotic/hydrocortisone ointment. I'd also have bottled water to help treat dehydration and clean dirty cuts. For insect bites and other allergic reactions I'd add Benadryl, but more life-threatening reactions require an EpiPen or Auvi-Q. You could place a tampon and a pad in your kit for bleeding or puncture type wounds."



Brunilda Nazario, MD
WebMD Lead Medical Editor

LIVING
HEALTHY

BUG CONTROL

"To enjoy the outdoors and avoid mosquito bites, cover your body as much as possible with a long-sleeved shirt, long pants, and socks. Consider wearing permethrin-treated clothing. It's toxic to mosquitoes. For skin that's not covered, apply sunscreen and on top of that, a bug repellent like DEET. The added benefit is that you will protect yourself from ticks as well."



Arefa Cassoobhoy, MD, MPH
WebMD Medical Editor

SKIN SMARTS

"Apply SPF 30 or higher sunscreen (one shot glass-worth for all exposed areas of the body), and then reapply it every two hours. Also wear a wide-brimmed hat that shades the nose and ears. Sun-protective clothing has become more fashion-forward and affordable, and it offers built-in SPF protection. Don't forget your sunglasses and SPF 30 lip balm, as the eyes and lips show aging first."



Mohiba Tareen, MD
Medical Director, Tareen Dermatology,
Roseville, Minn.

WEBMD ON THE STREET

Jessica Gonzalez

Park Ranger, 32
Gateway National Recreation Area
Brooklyn, N.Y.

In 2011, Brooklyn, N.Y., native and park ranger Jessica Gonzalez got involved with a national parks outreach program called, Your Park! Your Health! "We educate people on the recreational opportunities that exist in the park, and help them think of the park as a place to improve their health," she says. Gonzalez also considers her own health as she packs for a day on the park's trails and waterways. "What snacks can I make or bring that are nutritious and will keep my energy up?" she asks. The downsides to working outdoors are environmental hazards, like sunburn and biting ticks and mosquitoes. In case of minor emergencies, she brings along a first-aid kit. "What basic medical supplies should I carry with me?" she asks. —Stephanie Watson

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MEN'S HEALTH

Talking 'T' Therapy

NEW RESEARCH SUGGESTS THAT TESTOSTERONE REPLACEMENT THERAPY MAY NOT PROVIDE THE PAYOFFS MEN HOPE FOR—AND MAY COME WITH RISKS

By Matt McMillen

● Testosterone replacement therapy (T therapy for short) may not be the fountain of youth for aging men. A large, NIH-funded study published in the *New England Journal of Medicine* in February reports that testosterone, touted for its ability to jumpstart libido, did little to improve a man's abilities in the bedroom.

"The trial showed modest benefits in sexual activity and functions," says study co-author Shalender Bhasin, MD, an endocrinologist at Brigham and Women's Hospital in Boston. However, those sexual benefits may not last, the year-long study concluded. By the end, they had begun to taper off. "And improvements in other areas were less clear," says Bhasin.

Men with low T—below 275 nanograms per deciliter of blood—commonly feel down or depressed, and the study showed that testosterone therapy did give a slight lift to their mood. But T therapy had little impact on their energy or levels of physical activity.

These results arrive at a time when the number of men undergoing T therapy is on the rise. Between 2009 and 2013, prescriptions nearly doubled, from 1.3 million to 2.3 million. The FDA has approved T therapy to treat medical conditions that affect testosterone production, such as diseases of the testes, the pituitary gland, and the hypothalamus.

But doctors write four in five T therapy prescriptions for men ages 40 to 74, though the FDA has not approved its use to counter the gradual decline in testosterone that occurs with age.

According to the FDA, symptoms commonly associated with low T



QUESTIONS FOR YOUR DOCTOR

CONCERNED ABOUT LOW T?

Bradley Anawalt, MD, endocrinologist and professor of medicine at University of Washington Medicine in Seattle, suggests asking your doctor these questions:

Do I have a health problem that is likely due to low testosterone?

Are there any lifestyle modifications, such as weight loss, that could help improve low testosterone?

What benefit, if any, am I likely to get from testosterone therapy?

What side effects should I expect? What are the potential serious side effects?

may have other causes. And the risks and benefits for aging men have not been established.

Bhasin and his colleagues' study addresses the question of T therapy's effectiveness. Yet it was not large enough or long enough to settle the question of safety. "With the widespread use of testosterone, the issue of safety has become even more important, but we don't know the long-term risks of testosterone therapy," Bhasin explains.

For instance, studies of T therapy's impact on heart health have had conflicting results. Some research suggests it does harm; other research indicates the opposite. Concerns about the risk of prostate cancer in men who take testosterone over many years also remain unresolved.

Reviewed by **Sheldon Marks, MD**
WebMD Medical Reviewer

WORK IT OUT

In the Swim

WANT TO EXERCISE OUTDOORS BUT CAN'T BEAR THE HEAT?
PLUNGE INTO THE POOL TO KEEP YOUR COOL

By Kara Mayer Robinson



● Swimming is a spectacular cardio workout that builds endurance, flexibility, and strength. Water provides constant resistance—about 12% to 14% more than you get on land—so your muscles get a major workout. It also keeps you cool, so you can exercise longer without getting tired or overheated. Buoyancy means no pounding or jarring.

Most strokes target multiple muscles at once. Kicking fires up your legs. “Even the push off the wall is a strengthening exercise. It works the lower legs really well,” says competitive swimmer and ACE-certified trainer Kim Evans. Want a stronger core? Focus on the breaststroke or butterfly. Looking for upper body strength? Try freestyle or the backstroke.

To score big gains, try to swim at least twice a week and follow these tips from Evans:

Think turtle, not hare.

Swimming is hard, especially in the beginning. “Going slow is fine,” Evans says. It’s better to nail down your form before bumping up your speed or distance.

Try to swim one length of the pool (with good form). Then work up to two, three,

and so on, says Evans.

“When you can do about 200 meters or eight lengths without stopping, then you can move on to different speeds,” Evans says.

Try work-rest intervals.

Swim for a few minutes or a few laps, then rest and repeat. Shoot for a total

workout of 45 to 60 minutes or 1,500 to 2,000 meters.

Perfect your form. The better your form, the easier it is to swim. The happy result: You’ll last longer.

Try to relax your body.

If you tighten up, you’ll sink too low in the water. Keep your hips up near the surface. Streamline your stroke and be efficient in the water. Focus on lengthening each stroke. Reach out and grab the water, then pull it past you.

For freestyle and the backstroke, rotate your body as you stretch out your arm. For the breaststroke and butterfly, use a fluid motion and engage your core.

Reviewed by
Brunilda Nazario, MD
WebMD Lead Medical Editor

GEAR UP

SOME ACCESSORIES YOU MIGHT FIND HANDY TO ENHANCE YOUR SWIM WORKOUT, ACCORDING TO COMPETITIVE SWIMMER AND TRAINER KIM EVANS:

ESSENTIALS

Goggles

They protect your eyes and make seeing underwater easier. They don’t have to be expensive. Just be sure they fit snugly and don’t leak.

Swimsuit

Save the bikini or swim trunks for the beach. When swimming for fitness, wear a suit that’s comfortable and designed for swimming.

EXTRAS

Kickboard

Try a kickboard to stay afloat as you focus on your legs or your breathing.

Pull buoy

Place a pull buoy between your legs to stay afloat while targeting your upper body.

Fins

Wearing fins can help you perfect the flick at the end of your kick and work your legs harder.





MIND MATTERS

Your Unique Self

STUDIES SHOW THAT LIFE EXPERIENCES SHAPE, EXPAND, AND EVOLVE BRAIN FUNCTION

By Sonya Collins

● What makes you *you*?
● The way you act, the way you live, things that have happened to you? The answer is all of the above. These factors that come together to form the unique person you are leave interconnected imprints on your brain, new research shows. But they are not necessarily permanent. You can possibly change them.

Researchers at the University of Oxford paired the MRI brain scans of 461 people with detailed information each had provided about themselves through tests and questionnaires. The scientists wanted to find any correlation between brain activity and people's skills, lifestyles, and experiences.

They found 200 brain regions that correlated with the skills, traits, and lifestyle factors they had studied. Some of those regions related to imagination, decision-making, personal beliefs, and values—functions that are “uniquely human,” says Karla Miller, PhD, who co-authored the study with her husband and colleague Stephen Smith, DPhil. Both are biomedical engineering professors at Oxford.

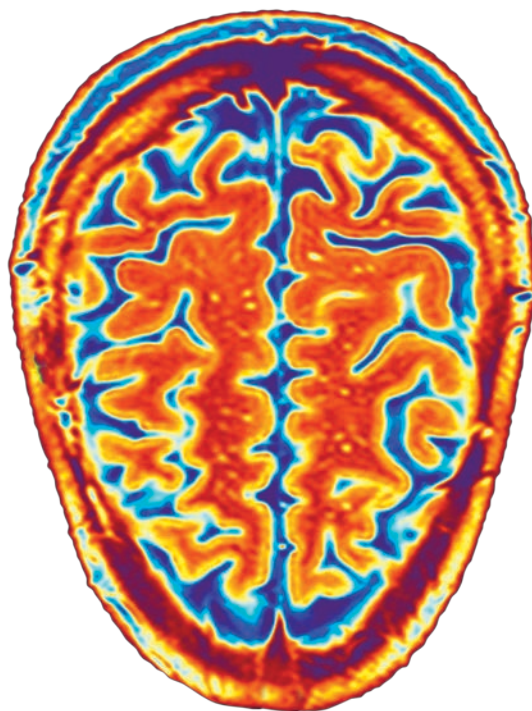
The researchers then found an interesting

connection between traditionally positive skills and traits and those 200 brain regions. Those in the study who had more positive traits—say, higher income, more education, good memory, large vocabulary—had stronger connections between many of the 200 brain regions than people who had more of the traits considered negative, such as rule breaking, anger, substance use, and poor sleep.

The researchers considered brain regions “connected” when an MRI showed activity in two or more of these areas at the same time. Imagine

two lights flashing simultaneously. Connections, they say, mean that two different regions communicate with each other.

While this study didn't explore which comes first—the brain connections or the skills and experiences related to them—the researchers suspect it's a mixture of both. You have innate abilities built into your brain, but new experiences and acquired skills also shape your brain. “Direct practice or learning will improve those skills, and that will—by definition—be reflected in brain changes,” Smith says.



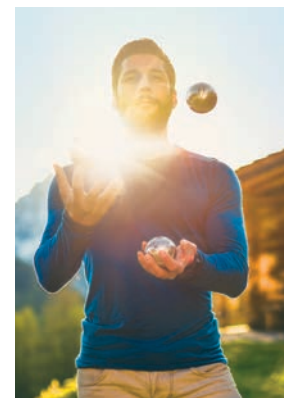
BRAIN TRAINING

STUDIES SHOW THAT WHEN YOU LEARN NEW THINGS, PHYSICAL CHANGES TAKE PLACE IN YOUR BRAIN.

For example, MRIs show changes in people's brains after they practice music or learn a language. More examples from recent research:

In people who learned to juggle, brains made adaptations in just seven days.

People who repeatedly practiced a difficult whole-body balancing task showed developments in their brains in as little as two days, and the brain continued to change for up to six weeks.



Reviewed by
Patricia A. Farrell, PhD
WebMD Medical Reviewer

DIY Scalp Treatments

Shiny, bouncy strands may get all the glory, but experts like Julien Farel of Julien Farel Restore Salon and Spa in New York City agree that cleansing and moisturizing your scalp is just as important. He recommends these simple DIY treatments:

Flaky?

A monthly salt scrub (yes, on your scalp) could help minimize some of the flakes. Mix a couple tablespoons of coarse salt into a glob of shampoo to create a paste. Gently massage the mixture into your scalp for a minute, and then rinse and condition as usual. How it works: The salt breaks down oil and buildup so they easily wash away.

Just dry?

Olive oil is a great moisturizer because it is closest in chemical structure to the skin's natural oil than any other naturally occurring oil. Loaded with antioxidants, it keeps the scalp moisturized and hair soft. Apply a half cup of warm olive oil on your scalp and damp hair. Leave on for one hour before shampooing out.

—*Ayren Jackson-Cannady*



Read **Are You Getting Sneaky Sun Damage?**, a blog post at WebMD.com.

LEARN HOW ON PAGE 5

EXPERT PICKS

Summertime Musts

SIX EXPERT PRODUCT PICKS AND TIPS TO HELP YOU LIMIT WARM WEATHER SKIN PROBLEMS

By Ayren Jackson-Cannady

1 Bye-Bye Burn Cortizone-10 Ointment (\$10.49)

"While your goal is to avoid a sunburn at all costs (a risk factor for skin cancer later on), apply any over-the-counter cream that contains aloe vera or soy to the inflamed area, and follow with a hydrocortisone 1% cream to soothe the burn and calm the inflammation."



2 Fixer Upper Skinmedica Vitamin C and E Complex (\$100)

"Summer skin care is more than just applying (and reapplying) SPF. Add a skin corrector to your routine; this one is rich in antioxidants and can help prevent the damage from ultraviolet rays."



3 Protection Act La Roche-Posay Anthelios Mineral Ultra Light Sunscreen Fluid, SPF 50 (\$33.50)

"In addition to wearing a broad-brimmed hat and sunglasses, protect your skin with a mineral-based sunscreen like this one, which works by sitting on top of the skin to deflect and scatter damaging UV rays away. Be sure to reapply sunscreen every two hours."



6 Lip Tip Solar Protection Formula Liptect (\$20)

"The delicate and fragile lips are critically in need of protection—especially during balmy summer months. This stick has an SPF 45 and a combination of titanium dioxide and zinc oxide, powerful sunscreen ingredients."



5 Cool It Down Avene Thermal Spring Water Spray (\$18.50)

"Sometimes it's so hot that you can feel the heat radiating off of your skin. Use a spray like this to instantly hydrate your skin and cool it off. Keep it in the refrigerator for maximum effect, or in your purse or beach bag for easy access."



4 Hydration Sensation Neocutis Hyalis (\$64)

"This serum contains premium-grade hyaluronic acid, which acts as a water fountain for your skin. It helps even out the skin and repairs the dullness and dryness caused by the summer sun."



Jeffrey Fromowitz, MD
dermatologist in Boca Raton, Florida

Reviewed by **Karyn Grossman, MD**
WebMD Medical Reviewer



BEAUTY SMARTS

Sole Survival

TAKE CARE OF YOUR FEET ALL THROUGH SANDAL WEATHER

By Liesa Goins

THE CASE AGAINST
FLIP-FLOPS

The weather may be perfect for minimalist flip-flops, but spending too much time in them can be unhealthy. Here's why, according to Suzanne Levine, DPM, a podiatric surgeon in New York City:

They provide little to no support. The thin, rubbery flip-flops you can buy at almost any store provide virtually no cushion, so standing and walking stresses your feet.

Your feet are overexposed. The slim, lightweight profile makes them effortless to slip on, but those skinny straps offer no protection from bumping, scraping, or hitting foreign objects.

They aren't designed for long-term wear. Flip-flops should only be worn in the locker room or from the car to the beach. Do not wear them for extended periods of time—especially if you're going to be walking in an urban environment. Otherwise you're exposing your feet to bacteria, fungus, yeast, and other health risks that thrive in public spaces.



Reviewed by
Mohiba K. Tareen, MD
WebMD Medical Reviewer

In the summer your feet are more exposed than usual. And skimpy summer footwear creates the potential for a host of issues, says Jason Ahuero, MD, an assistant professor of orthopedic surgery at Baylor College of Medicine in Houston. Here's some expert advice to ensure your feet look their best and stay healthy well past Labor Day.

"My motto is treat your feet the way you treat your face," says Suzanne Levine, DPM, a podiatric surgeon in New York City. She tells her patients to cleanse the feet and protect them with moisturizer and sunscreen. Any exposed skin is vulnerable to sunburn and adding moisture helps protect from cracking and flaking—which not

only look unattractive, but can also lead to other health issues.

Taking care of the skin on your feet to prevent blisters, calluses, cracks, and dry skin isn't just a cosmetic issue, says Beth Pearce, DPM, a podiatrist in St. Augustine, Florida. "Skin is the first barrier to fight organisms like fungus, bacteria, and viruses that feet are vulnerable to," she explains. "Cracks and wounds mean the barrier is compromised and gives organisms an opportunity to gain access and cause infections."

Spending time in the water causes your skin to dry out, Pearce says. After swimming and splashing, the water evaporates, pulling moisture from your skin. Plus, summer footwear is often open-toed and open-backed,

which allows skin to dehydrate further (closed shoes trap in moisture). Since the soles of your feet don't have oil glands, you end up with scaly heels and cracks on the balls of your feet. Hydrating skin is the obvious—and simple—solution. Pearce suggests using a lotion immediately after you shower and applying another layer before bed. Look for a product with an emollient and salicylic acid, Pearce says; the salicylic acid exfoliates thick, dead surface skin so the emollient can penetrate and hydrate more effectively.

The look of calluses, thick skin that tends to form over joints, can make you hesitant to wear open-toed shoes. "Skin hardens or builds up over areas of bony prominence," Ahuero explains. "Over time this thick skin can become painful and can be dangerous for people with diabetes if they develop an ulceration underneath." Regular pedicures should keep calluses from becoming problematic, Ahuero says. He also suggests using a pumice



Dirty Secret

Help! I plucked my brows completely off. How can I fix this?

With patience and proper care, your brows will grow back; they need an average of one to two months to grow back one centimeter of brow hair. Try these tips to help the process along (or at least camouflage them until they've grown back).

Fill 'em in.

Use an eyebrow pencil (like **Anastasia Beverly Hills Brow Wiz**, \$21) to fill in the sparse areas with tiny dashes that look like little brow hairs. Go over the marks with a brow brush for a more natural, feathered look.

Handle with care.

When your brow hairs do finally grow back, try to avoid plucking all the time. Over-tweezing can damage the follicles and lead to ingrown hair or irritation. Instead, use an electric trimmer like the **Panasonic Facial Trimmer with Pivoting Head Design**, \$19.99, for better grip and guidance to not over trim.

Eat right.

A well-balanced diet that includes daily doses of protein (which is the main component of hair) helps contribute to hair follicle growth.

—**Fumi Ozaki**, licensed esthetician/instructor, makeup artist, "O" de Kirei skin care clinic, Los Angeles

stone after a shower to lightly file down calluses.

The length of your toenails also affects your foot health. "Longer nails are predisposed to injury as well as fungal and other infections," Levine warns. Show off your toes in sandals by cutting your nails straight across to be even with the tops of your toes, she advises.

It may seem counterintuitive, but your favorite shoes—those flimsy flip-flops (see sidebar) and strappy sandals—can also keep your feet from looking their best if you don't look for key features. "Unfortunately summer footwear is often not good for feet," Ahuero says. His advice is to look for a supportive footbed—one that doesn't allow the foot to slide forward or move too

much side to side. The slipping and sliding stresses skin, causing cracks, blisters, and calluses. In addition, a good footbed should offer cushioning that relieves pressure on heels and balls of the feet. That should be all you need to kick summer off on the right foot.

AISLE DO

"One of my favorite products is Intellishade—a tinted moisturizer that acts like four products in one: a sunscreen, moisturizer, anti-ager, and skin-perfecting tint that hydrates and provides a beautiful glow. The pigment works on all skin tones and helps create a flawless complexion. However, the formula may require more blending on darker skin tones for a seamless effect. I love it for summer because it has both physical and chemical sunscreen to block UVA and UVB rays. The peptides help stimulate collagen production and the vitamin C offers antioxidant benefits and brightens the skin. The smell is subtle, yet pleasant and the lotion has a lightweight, silky feel. I use it on my face as well as my arms and legs. People with oily skin can use a matte version that offers the same perks of the original formula."



PRODUCT PICK
Revision Skincare
Intellishade Tinted
Moisturizer With
Sunscreen (\$48)

EXPERT
Jody Comstock, MD
dermatologist, Tucson, Arizona

WebMD[®] CampusLife



Hilarity for Charity U

Seth Rogen and his wife, Lauren Miller Rogen, go for the laughs with a popular college fundraising contest to raise money for Alzheimer's disease research

INSIDE THE ISSUE

JUMP START

Next-gen health tracking, food label smarts, and a student athlete's health questions answered

WELL AND GOOD

Tips on acne, sleep, and going vegetarian

THE CHECKUP

The truth about marijuana, study drugs, ADHD, and STDs

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JUST NOW

Summer 2016

SWEAT IT

Just when you thought there was nothing your activity tracker can't do, soon that wristband could contain a flexible sweat sensor that sends crucial information about you straight to your phone. The new sensors, invented by engineers at University of California, Berkeley, can detect through chemicals in sweat whether you're run-down, dehydrated, or getting dangerously hot.

Source: *Nature*

CHECK THE LABEL

Before you toss that "organic" cereal into your cart, check out the nutrition label. Front-of-package claims like "calcium builds strong bones" and "made with whole grain" say nothing about whether the product is objectively good for you. According to the FDA, "healthy" foods contain no more than three grams fat, one gram saturated fat, 480 milligrams sodium per serving, and at least 10% of your required daily vitamin A and C, calcium, iron, protein, and fiber. A study of 2,200 cereals and prepared meals found that front-of-package claims were not a good indicator of whether a food was healthy.

Source: *Journal of Food Science*

HOT TOPICS

What you need to get going

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COVER IMAGE: CHUCK ZLOTNICK;
THIS PAGE: STUDIO FIRMA/STOCKSY

YUKO HIRAO/STOCKSY

#TRENDING NOW

Have you tried the hour-glass workout? It's weight-lifting for your upper body combined with moves to create a tiny waist and a round backside that work together to give you that coveted hourglass shape. Sound too good to be true? It probably is. Your body type and unique pattern of fat distribution are mostly in your genes. Genetic researchers have found about 70 different places in the human genome—a person's complete set of genetic material—that can predict hip-to-waist ratio and where your fat is stored. But don't stop exercising and eating right. That's still the best way to control your weight and stay in shape.

Source: *Nature*

HEALTHY SNACKING ON A BUDGET

Want to cut calories and fat and save a few bucks? Make your own microwave popcorn! Toss 1/3 cup of popcorn kernels with a teaspoon of oil. Pour kernels into a brown paper lunch bag and fold over two to three times. Microwave for about three minutes—until the pops are three to five seconds apart. Get creative with seasonings.

Source: Kim Larson, RD

TAKE 10: BREAKFAST

In just 10 minutes a day, you could increase your energy and curb your appetite, lower your risk for diabetes and heart disease, counteract the consequences of sleep deprivation and—get this—improve your math performance! How? Studies show that the answer is simple: eating breakfast. Want to get more bang for your breakfast buck? Make sure it includes some protein, which keeps you feeling full longer. For perfect balance, try protein-rich plain Greek yogurt with fruit and a whole grain topping.

Source: NIH

DIRTY SECRET

Infectious diseases, such as meningitis, can spread wherever large groups gather—like your dorm. Meningitis outbreaks have afflicted several college campuses in the last few years. The CDC recommends first-year college students who've never had the vaccine, or who had it before age 16, get the shot before they go off to school. If you haven't had the shot, visit your student health center.

Source: CDC

11.5
MILLION

Number of female college students. Compare that to just under 9 million males.

Source: National Center for Education Statistics

11+
HOURS

Number of hours per week most college students spend preparing for class

Source: National Survey of Student Engagement

32%

Percentage of college freshmen who work at off-campus jobs. By senior year, 58% of students have off-campus jobs.

Source: National Survey of Student Engagement

STUDENT BODY

Chat Session

As a middle schooler in Norcross, Georgia, Shelby King wanted no part of volleyball, but she decided to give the sport a chance. Seven years later, King is a standout outside hitter on the NYU women's volleyball team. Not only does she compete in the toughest conference in her division, but she also majors in sports, fashion, and entertainment law and plans to go to law school. College-level volleyball is much more intense than high school, and NYU plays some of the top teams in the country, "so I really have to step up my game." King wants to make sure she balances school and play—especially when she has big matches—so she doesn't burn out.

—Stephanie Watson

Q: What are the best ways to deal with the extreme stress of a big test and a long weekend of volleyball?

A: "Prepare in advance! Anticipate how many hours you will need to study to do well on the test, then incorporate those hours into your schedule before the long weekend of volleyball. Make succinct notecards of major points from your

studies and bring them with you to the game so that you can use any downtime you have during the weekend to refresh your memory."

—**Sherrie Bourg Carter, PsyD, author, *High Octane Women: How Superachievers Can Avoid Burnout***

Q: If I have an early practice and class right after, what are some quick breakfast options?

A: "Include a source of protein and carbs with optional healthy fats. Ideas: Greek yogurt, berries, and granola with nuts; egg sandwich with lean ham and sliced tomato on whole grain toast; or a smoothie with avocado, spinach, a tablespoon of protein powder, and fruit or 100% juice."

—**Kathleen Zelman, MPH, RD, LD, WebMD Director of Nutrition**

Q: When my volleyball classes and practice are back-to-back, should I use the time in between to stretch or ice my body?

A: "Treat your volleyball sessions as one long workout. Keep your muscles warm and stretch them out with light range-of-motion movements, like arm swings, side bends, and lunges. If you're sore after

practice, use a foam roller to release the tension and increase blood flow to your muscles. Icing generally isn't recommended. Though it might help with soreness, it may decrease strength and performance."

—**Michael W. Smith, MD, CPT, WebMD Chief Medical Editor**

Q: If I start feeling dehydrated on the court, what can I drink to get back in the game?

A: "Plain water is good, but studies show that athletes drink more and hydrate better when the water has a flavor. Sports drinks offer a balance of fluid with electrolytes you lose through sweat during vigorous physical exercise. These electrolytes, including sodium and potassium, help your body more quickly absorb the water in the sports drink, speeding up the hydration process."

—**Carolyn O'Neil, MS, RDN, author, *The Slim Down South Cookbook***

Q: Usually after practice I have a lot of energy. How can I calm down before class begins?

A: "To transition from the court to the classroom, talk to your coach about optimizing your cool-down routine to move into a calmer zone. Also, try yoga or mindfulness classes to exercise and train your mind. You'll learn how to focus your energy and stay in the moment. It'll help you quickly settle in and be attentive in class. And, it'll improve your volleyball game!"

—**Arefa Cassoobhoy, MD, MPH, WebMD Medical Editor**

Q: After a long volleyball practice, my shoulder starts to get very sore. Is there anything I can do before the next practice to cut down on any pain?

A: "A light aerobic or dynamic warm-up before practice and a proper cooldown afterward are very important to decrease pain and injuries. In between practices, work on strengthening, especially your rotator cuff, shoulder blade, core, and hip/leg muscles for a stable base of support. Stay hydrated before, during, and after a workout. Your goal is to have optimal flexibility and balanced strength for practice, and avoid over-training."

—**Mary Ann Wilmarth, PT, DPT, OCS, CEO, Back2Back Physical Therapy**



FERNANDO DECILLIS



STEPHEN CURRY
TWO-TIME MVP

**START COLLEGE
LIKE A CHAMPION**

DRINK BRITA®



DRINK CLEANER, HEALTHIER*, AMAZING™

*Vs. tap water.

Seth Rogen wants to hang out with you. No, really, he does. All you've got to do is throw a party in the name of Alzheimer's disease.

The Interview actor and his wife, Lauren Miller Rogen, are on a mission to raise awareness and funds for Alzheimer's, an irreversible brain disease that slowly chips away at a person's ability to think and complete simple tasks. Alzheimer's eventually leads to severe disability, where you don't recognize your family and friends, can't communicate, and need constant care.

After Lauren's mom was diagnosed with Alzheimer's at the surprisingly young age of 55, they created Hilarity for Charity and have raised more than \$5 million for research and home care. Every year HFC hosts a variety show with mega-talent like Aziz Ansari, Mindy Kaling, and James Franco. In 2014, they launched HFC U, a college fundraising contest. Here's where you come in: Host a fundraiser (kick-ball tournament, Instagram scavenger hunt, danceathon, whatever your jam) and you can win a visit from Seth. HFC U gives you a total fund-raising toolkit: CrowdRise page, party ideas, official fliers, a video

with Seth to play at your event. Tally the most cash and you'll score a visit. But you'd better get movin' or UVM may edge you out. "The same school keeps winning," Rogen says. "The University of Vermont just crushes it, over and over and over again." On his last visit, Rogen brought fellow actor Chris Mintz-Plasse. They did a live audio commentary of their movie *Superbad*. Mintz-Plasse even partied with the students afterward. We caught up with Seth, 34, and Lauren, 33, just as he wrapped production on his new series *Preacher*, which you can catch on AMC.



COVER STORY

Hilarity for Charity U

Seth Rogen and Lauren Miller Rogen look to college students like you to help raise money and awareness for Alzheimer's disease

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



THINK YOUR BRAIN HAS REACHED ITS MAX POTENTIAL?
Nope. It won't be fully developed until your mid-20s. The stuff you do now—like partying and watching TV—can change how it's wired. Here's how:

NUTRITION = BRAINPOWER.
Eating well keeps your brain sharp and boosts your memory. For an extra kick, down plenty of brainpower foods like vegetables, berries, cherries, fish, and walnuts.

MARIJUANA LASTS LONGER THAN YOU THINK.
Smoking weed has short-term and long-term effects. Doing it regularly shrinks your ability to remember and process info. It may even chip away at your intelligence.

BINGE DRINKING MESSES WITH YOUR MEMORY.
Blowing off steam with a few drinks is ok. But binge drinking can blow your chances of healthy brain development. To fend off memory and coordination problems, stay below the cutoff: four drinks in two hours for guys, three for women.

STRESS IS A STRAIN.
A recent University of Florida study suggests a link between stress and Alzheimer's disease. Stress is tough to avoid when you're in college. If you feel overwhelmed, see a school counselor for coping strategies.

SCREENTIME IS BEST IN SMALL DOSES.
A new study suggests watching tons of TV—and not being active—can diminish brain function when you're older. Balance TV, movie, and video streaming time with an hour at the campus fitness center.



Props to UVM's Pi Kappa Alpha fraternity, who took home this year's trophy. By raising a whopping \$28,431, they scored an exclusive early screening of *Preacher* with Seth Rogen and Lauren Miller Rogen. This is their third victory. What gives? We asked college seniors John, Ryan, and Griffen Fox (above), fraternity brothers (and real-life brothers, too—triplets, in fact) to reveal what's in their secret sauce.

#1 GIVING BACK

In 2014, Ryan Fox saw a video clip of Seth Rogen speaking to Congress about the need for Alzheimer's funding. It hit home because he and his brothers had recently lost their grandfather to Alzheimer's. Ryan sent the link to John and Griffen, who agreed HFC was a powerful way to honor their grandfather. Their fraternity brothers jumped on board, too. They saw how tough Alzheimer's was on the Fox family and wanted to help.

#2 EFFICIENCY

In 2014, the fraternity hosted a talent show. Success! In 2015, they sold "cookies for a cause." But peddling baked goods to college students on Friday nights wasn't exactly a gold mine. They collected cash, but it was a major time and energy suck. This year, they got smart, hosting a talent show and selling cookies on the side. They sold about 350 show tickets (at \$5 a pop) and invited anyone on campus who wanted to perform—singers, bands, sports teams, and clubs.

#3 DEEP POCKETS

But the big money—about 75%—came from deep-pocketed donors. The fraternity brothers tapped their parents to fork over funds (which the Foxes say was surprisingly easy). They also posted donation requests on Facebook, sent emails, and picked up the phone to ask family and businesses to donate. Turns out people are generally happy to get behind the cause. For the Foxes, that was the whole point. Hanging out with Seth and Lauren is icing on the cake.

Q: HFC U has reached 230 campuses in just a couple of years. How'd this happen so fast?

Seth: I think people in college are often looking for causes. I'm amazed at how active they get. Young people seem to want to do good things. They haven't been beaten down by the negativity of the universe as much yet.

Lauren: When they learn about it, they come to a place of, "Wow, I had no idea." They're all really passionate—not about winning a visit from Seth but in fighting against the disease and raising awareness, which is cool. The students come up with all these really creative fundraisers and these really cool ideas.

Q: What do many people not realize about Alzheimer's?

Seth: If they're anything like I was, I didn't realize how completely devastating and incapacitating it was. The way it's portrayed a lot, it's like people forgetting their keys and their shoes. But the reality is far different and far more depressing.

Q: Why are you the perfect spokesperson for Alzheimer's?

Seth: [Both laugh.] I would never pretend that I am! There are much more qualified people who could be doing this.

Lauren: I'm going to disagree with that, actually.

When Seth started talking about it, people were like, "This guy? Why is this guy affected by Alzheimer's?" Alzheimer's affects everyone. It's not just an old person's disease. Seth, as a youngish, fun person...it was a real wake-up call to a lot of people.

Q: You've scored many celebs to perform at fundraisers. Is it easy to get them on board?

Seth: At first they were just a little confused as to why I was asking them to participate in Alzheimer's. Once I talked about it and they saw it wasn't just some lark (that I was stoned one day and was like, "Let's do an Alzheimer's charity!"), it was actually a meaningful thing. People have been very receptive. Miley Cyrus was one of the easiest performers to obtain. James Franco, the second we proposed it to him, he was incredibly enthusiastic. As far as the comedians go, if they're available, they'll do it. It's been really nice and encouraging to see how willing people are to do what they normally get paid to do—for free.

Q: Lauren, does dealing with Alzheimer's bring out Seth's serious side? How is he with your mom?

Lauren: My mom was diagnosed so early on in our relationship, so Seth and I say that it might have torn down walls that would've taken

longer to get to. But who Seth is in movies is not necessarily who he is in real life. He's a very lovely, sensitive, caring person and partner to me and to my whole family. It's been an opportunity to show what an amazing, wonderful human he is.

Seth: I agree. [Laughs.]

Q: Did getting involved with Alzheimer's change your lifestyle choices?

Lauren: An unfortunate part of Alzheimer's is that it's not curable. There are a number of things that people talk about that could affect it. They talk about coconut oil or diet and exercise, eating healthy, lifestyle. We absolutely pay attention to those things more than we did before, but it's still such a mystery. The brain is such uncharted territory at this point. I can only imagine how everything we do probably affects our brains.

Q: How do you spend your downtime?

Seth: We're watching the O.J. show [FX's *American Crime Story: The People v. O.J. Simpson*]. It's the greatest show ever.

Lauren: We spend a lot of time with our dog—she's a Cavalier King Charles spaniel. We eat a lot. We're not exciting. We need a better answer for this, Seth.

Seth: Well, we're pretty boring. [Pauses.] We eat Buffalo wings a lot?

Join the effort on Twitter (**#HFC or @Hilar4Charity**), Instagram (**@hilarityforcharity**), or online (**hilarityforcharity.org**).



ARE YOU A COLLEGE STUDENT THAT

Hates Alzheimer's

& loves Seth Rogen?

**Join Hilarity for Charity® University to help
KICK ALZ IN THE BALLZ!**

HFC U is a nationwide program that encourages and supports college groups to throw their very own Hilarity for Charity events to raise awareness and much needed funds for fighting Alzheimer's disease.

In addition, to supporting an amazing cause, the school that raises the most money for HFC U wins a campus visit from Seth Rogen.

Visit hilarityforcharity.org to learn more and sign up!

SKIN TIPS

Acne Myths Busted

BY
AYREN
JACKSON-
CANNADY
REVIEWED BY
MOHIBA
TAREEN, MD,
WEBMD
MEDICAL
REVIEWER

MYTH 1

Eating junk food makes you break out.

TRUTH: New research links diet to acne. Foods with a high-glycemic level (think: white breads, sugary drinks, and processed foods) may trigger the production of androgens, a hormone responsible for oil production. Extra oil could lead to pore clogging and pimples. So instead of nixing them from your diet completely, nosh on French fries, chocolate bars, and milkshakes sparingly.

MYTH 2

Sun exposure helps clear up acne.

TRUTH: While “drying out acne” in the sun may seem like a good idea, serious damage may happen instead. A suntan may help mask the redness of zits, but only temporarily. The risk of skin cancer isn’t worth a tan; try a bronzer or self-tanner on your face instead.

MYTH 3

You can get acne from sweating.

TRUTH: While sweat alone can’t cause acne, a condition called acne mechanica is caused by a combination of heat and friction, and developed by people who sweat under their helmets, tight-fitting clothing, snug gym bag straps, and headbands.

MYTH 4

Washing your face more frequently prevents breakouts.

TRUTH: Over-washing your face can make acne worse. Cleansing any more than twice a day can dry the skin, which forces it to produce more oil to compensate. Wash once or twice a day with a gentle, non-comedogenic (meaning it won’t clog your pores) cleanser like CeraVe Hydrating Cleanser, says Rebecca Kazin, MD, a dermatologist at the Washington Institute of Dermatologic Laser Surgery. If your skin feels dry or tight afterward, apply a light moisturizer.

MYTH 5

Applying toothpaste to a zit will clear it up.

TRUTH: The thinking is that toothpaste dries out a zit and therefore gets rid of it. While it may feel like it’s working, toothpaste contains ingredients that can irritate skin. Stick to spot treatments, like Clean and Clear Advantage Acne Spot Treatment, Kazin says. These contain salicylic acid or benzoyl peroxide, which studies show can help clear up breakouts.

Read **Top 8 Acne Treatment Mistakes** at WebMD.com.

AISLE DO

PANOXYL 4% BENZOYL PEROXIDE ACNE CREAM WASH (\$11.99)



“Benzoyl peroxide is one of the most effective ingredients for treating acne, but it can also be irritating if you have sensitive skin. This thick, creamy face cleanser is the exception. It gently removes dirt, helps to open up clogged pores,

and kills acne-causing bacteria. The secret is in the patented delivery system that reduces the itch and sting that’s common with other products infused with benzoyl peroxide.

“Lather the cleanser over your face once a day

and wash off after about a minute. But remember: Benzoyl peroxide can bleach towels, so I suggest rinsing off well and using a white towel to dry your face.” —**Marc Glashofer, MD, dermatologist, Garden City, N.Y.**

STRESS—OUT!

With papers, exams, and a nonstop social life to juggle, it's no wonder 80% of students feel stressed out. Managing college is a "constant balancing act," says June Pilcher, PhD, a psychology professor at Clemson University in Clemson, S.C. She offers these tips to keep stress from overwhelming you.

1. STAY ON TOP OF YOUR WORK.

Procrastination is a big source of stress. "Keeping up is the secret." Pace yourself. Do a little work each day to avoid a last-minute crush.

2. SLEEP.

Lack of sleep causes stress levels to soar. "Aim for seven and a half hours a night, minimum."

3. ADD BREAKS.

Schedule down time between classes. Turn off your cellphone and go for a walk. "It calms the body and the brain."

YOU ASKED

Not-So-Well Rested

Q:

"My sleeping schedule is very erratic. I hardly have any nights where I sleep for the regular eight hours. How does this irregular sleeping affect my health?"

EMILY ZHAO, 22
SENIOR, UNIVERSITY OF
SOUTH CAROLINA

A: With an overload of activities and too little time to fit them in, it's no wonder college students are notoriously bad sleepers. When you don't sleep enough, you can't think clearly, you're more likely to have mood issues, and you could even gain weight. The recommended seven to nine hours might seem

impossible with your crazy schedule, but a routine can help. Try to fall asleep and wake up at the same times each day—even on weekends. Keep your dorm room dark and cool. And turn off your computer and cellphone 30 minutes prior to bedtime to have an opportunity to unwind and relax.

—**Lakshmy Ayyar, MD**, assistant professor of medicine, pulmonary, critical care, and sleep medicine, Baylor College of Medicine, Houston, Texas



Read **10 Things to Hate About Lost Sleep** at WebMD.com.



GOTTA HAVE IT— your opinion, that is!

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WG

Go Veg!

If you've thought of going vegetarian or vegan—or are simply veg-curious—you're in good company: Some 18 percent of college students consider themselves vegetarian. So whether you want to dabble in (or dive into) the world of plant-based eating, you'll find lots of entry points along "the vegetarian spectrum." Try a few and keep it healthy by including a variety of produce, protein, and starch (preferably from whole grains or starchy vegetables). Here, Rachel Meltzer Warren, MS, RD, author of *The Smart Girl's Guide to Going Vegetarian*, describes some options.



VEGAN

The most restricted type of plant-based eaters, vegans don't eat any animal products whatsoever (sometimes including honey).

Foods to include: Lentils, beans, and tofu (which give you iron, zinc, and protein), nuts and seeds (protein and healthy fats), whole grains and a variety of fruits and vegetables (healthy starches, vitamins, minerals, and phytonutrients).

Pros: Done right, it's super healthy—for both you and the planet.
Cons: Takes a lot of planning to do right.

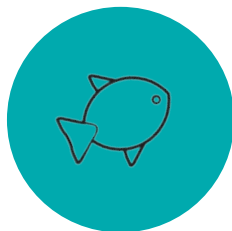


LACTO-OVO VEGETARIAN

The standard vegetarian diet includes no meat, poultry, or seafood but does include dairy and egg products.

Foods to include: The vegan options, plus yogurt, milk, cheese, and eggs.

Pros: Easier to follow than a vegan diet; lots of health benefits.
Cons: Too easy to rely on cheese as a swap for meat (No turkey for lunch? Cheese sandwich! No chicken in my burrito? Cheese burrito!)—and that can raise your cholesterol.

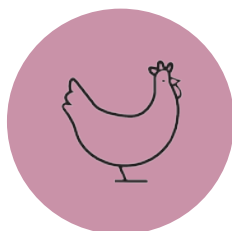


PESCATARIAN

These folks eat a vegetarian diet, plus seafood; they avoid poultry and red meat.

Foods to include: Everything in the lacto-ovo vegetarian diet, plus seafood. Oily fish, like salmon and tuna, give you omega-3 fatty acids—good for your brain and heart.

Pros: Some health benefits (like heart disease prevention) are linked to eating fish.
Cons: If you're going veg for ethical reasons, this can be hard to justify.



REDUCITARIAN

This is a new phrase to describe people who aim to reduce their intake of meat. To try this approach, simply make an effort to eat more meatless meals than you currently do.

Pros: It's a forward-thinking approach, and allows anyone to jump on board to do a little more than they did yesterday without a big commitment.

Cons: With no clear-cut definition, it may be hard to follow this one.

BY KERRI-ANN JENNINGS
REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR

Q:

Is it safe to smoke marijuana?

A: Am I going to say that smoking weed isn't fun? No, I'm not. But be mindful that even using it once puts you at risk. It can harm the still developing brains of 18- to 24-year-olds, potentially causing mood changes, anxiety, psychosis, and cognitive decline, which will affect your academic performance. It makes driving dangerous and ups your vulnerability to sexual victimization. And the more frequently you use it, the more your risk goes up for these and other problems. So think before you light up that joint.

—**Scott Krakower, DO**, assistant unit chief, psychiatry, Zucker Hill Hospital, Glen Oaks, N.Y.

YOU ASKED

Weeding Out the Truth

Marijuana use could affect your attention and memory, and impact your schoolwork.

GET THEE TO THE HEALTH CENTER!

Not sure if you need to visit campus health services? Here are five situations where you don't want to wait.

BY
MATT McMILLEN
REVIEWED BY
BRUNILDA NAZARIO, MD
WEBMD LEAD MEDICAL EDITOR

1. HEAD CASE

"Any head injury that causes you to lose consciousness even briefly needs to be checked out as soon as possible," David Baron, MD, executive director of the Arthur Ashe Student Health & Wellness Center at UCLA, says. "You could have a concussion or bleeding in the brain."

2. SAFE, NOT SORRY

"If you had unprotected sex and are worried about pregnancy, time really matters, so get to health services," Baron says. "Most pharmacists can dispense morning-after pills without a doctor's appointment. Then, schedule testing for sexually transmitted diseases, like gonorrhea, chlamydia, and HIV."

3. BUGGING OUT

"If you've got a stomach bug and can't keep anything down—which is really common—you'll quickly get much worse due to dehydration and electrolyte imbalances," Baron says. "If it lasts longer than eight to 12 hours or you feel you'll pass out, get to your health center. It's easily correctable."

4. OUT OF ACTION

"If an injury causes pain that can't be controlled by over-the-counter painkillers or you can't use the injured limb or joint at all, get it evaluated right away," Baron says. "If you can't walk or even limp on your ankle, for example, it's likely fractured."

5. SEEING RED

"A fever and a rash could mean measles, German measles, chicken pox—all highly contagious," says Baron. "You're living in close quarters with large numbers of people, so we will want to diagnose, treat, and if necessary, isolate you ASAP."

STUDY DRUGS

Rx for Trouble

It may be common to take prescription “study drugs” to keep you going, but it’s not smart

Before you graduate, chances are someone’s going to offer you a prescription stimulant—to help you study, pull an all-nighter, or bump up your grades. Don’t fall for a “study drug.” It’s illegal, it’s bad for you, and it’s bad for your GPA.

If you have a diagnosed condition like attention deficit hyperactivity disorder (ADHD), stimulants such as Adderall and Ritalin are both helpful and safe. But for other people, stimulants do much more harm than good. They boost blood pressure and heart rate, putting you at risk for stroke. And they lead to addiction.

Stimulants also spoil sleep and rob you of your appetite, too little of which often leads to more stimulant abuse to

counter your exhaustion and inability to focus.

“It becomes a vicious cycle,” says Stacy Andes, EdD, director of health promotion at Villanova University in Villanova, Pennsylvania. And that vicious cycle may just sink your grades. “Students who say they’re abusing

stimulants also indicate poor academic performance or decreasing academic performance over time, which is the opposite of what students expect,” Andes says.

—**Matt McMillen**

REVIEWED BY
AREFA CASSOOBHROY, MD, MPH
WEBMD MEDICAL EDITOR



1/3

One third of U.S. college students say they take a non-prescribed stimulant to help them study.

Source:
NIH

CONDITION: ADHD

Feeling distracted and disorganized? Maybe this is why.

REVIEWED BY
HANSA BHARGAVA, MD
WEBMD MEDICAL EDITOR

Your mind wanders in class. You can’t get and stay organized. Sound familiar? These are a few of the hallmark signs of attention deficit hyperactivity disorder (ADHD), and it could be behind your newfound struggles in school.

Many students with the disorder have not been previously diagnosed

because their symptoms raised no red flags in their pre-college years. This is particularly true for girls, who seldom display the hyperactivity often characteristic of ADHD. Smart, driven students with supportive parents can often ace high school despite the disorder. But that frequently changes in college.

ASK FOR HELP

“ADHD becomes evident when the demands of the situation are greater than you can meet,” says Kathleen Nadeau, PhD, clinical director of the Chesapeake ADHD Center in Silver Spring, Maryland, and author of *A College Survival Guide for Students With ADD or LD*.

Nadeau recommends you pay attention to any new difficulties and make an appointment with student health services right away, before your grades start to slip and anxiety begins to build.

—**Matt McMillen**



SEX ED

STDs 101

Don't let a lack of knowledge about STDs turn you into another statistic

Here's a fact that should wake you up: Young adults contract half of the 20 million cases of HPV, chlamydia, trich, gonorrhea, HIV, and other sexually transmitted diseases (STDs) diagnosed each year in the U.S. Many STDs (also called STIs, or sexually transmitted infections) have no

symptoms, especially right after you catch them.

If you have had unsafe sex or if a condom broke, get tested within two to three weeks, says J. Dennis Fortenberry, MD, MS, chair of the American Sexual Health Association's board of directors and a professor of pediatrics and medicine at Indiana University. "The sooner you're tested, the sooner you're treated,

"All STDs can cause complications, and most of those complications are a product of a longer time without treatment."

the sooner you let your partner know, the better the outcome," Fortenberry says. "All STDs can cause complications, and most of those complications are a product of a longer time without treatment."

—Matt McMillen

TRIPLE THREAT

Protect yourself from the most common sexually transmitted diseases

STD	HOW IT'S SPREAD	WHOM IT AFFECTS	SYMPTOMS	TREATMENT	PREVENTION
Human Papillomavirus (HPV)	Via vaginal, oral, and anal sex with someone who has the virus	Men and women	Rare, but can include genital warts, cervical, penile, throat, and anal cancers.	No treatment for the virus.	Vaccine
Chlamydia	Through vaginal, oral, and anal sex with someone who has it	Men and women	Often occurs without symptoms but can cause abnormal discharge from the penis and vagina and a burning sensation during urination.	Treated with antibiotics. Untreated, it can permanently harm a woman's ability to have children.	Latex condoms
Trichomoniasis (aka trich)	Spread during sex	Men and women	Symptoms rarely occur but can include itching in or around the genitals, discomfort during urination or sex, and abnormal discharge.	Treated with antibiotics. Untreated, it can increase risk of other STDs and complicate pregnancies.	Latex condoms

REVIEWED BY
BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR

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WELL BEYOND

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Calming Tiny Nerves

School days are just around the corner, but your child probably isn't ready to let go of summer yet. Joan Munson, PhD, a psychotherapist in Boulder, Colorado, helps you get your child emotionally ready for school.

Expect pushback.

Younger children may whine or be more aggressive or clingy. Older kids may start sleeping until noon or mouthing off. "That's how fear and anxiety manifest in the pre-teen and teen years," Munson says.

Stay calm.

Make openings for your children to talk about how they're feeling: "I know school's starting. That can be hard. I remember middle school was scary." A prickly tween may snarl back, "It's NOT hard!" But just gently make clear that your door's open for discussion, says Munson.

Transition slowly.

Over the last few weeks of summer, schedule pool time or play dates with kids who will be in their class. Review summer reading. Move meals and bedtimes back to school-year schedules.

"Ease back into a school routine, rather than making frenzied changes in that last week," Munson says. —*Gina Shaw*



Get the **WebMD Pregnancy App** to keep track every day, until that special day.

[LEARN HOW ON PAGE 5](#)



PREGNANCY

Summer Bump

HOW TO KEEP YOUR COOL WHEN YOU'RE EXPECTING

By *Stephanie Watson*

Pregnancy comes with its own set of physical trials and tribulations—the backaches and sore breasts, the urgent bladder, the restless sleep. Schlepping a swollen belly through the summer heat and humidity only magnifies the discomfort.

That's because “pregnant women are more sensitive to the heat,” thanks to increased body temperature and weight, says Dana Gossett, MD, chief of general obstetrics and gynecology

at Northwestern University Feinberg School of Medicine.

To stay cool, take advantage of your more spacious maternity wardrobe. Wear loose, flowing summer dresses and lightweight, breathable clothes made from cotton and other natural fibers. Also give your feet some breathing room in comfortable sandals or canvas shoes. Shoes should offer good support and cushion.

Whenever you can, prop up your feet to relieve swelling in your feet and ankles, which

is partly the result of your expanding uterus putting pressure on your leg veins and slowing blood circulation. Fluid retention also causes swelling. Though it might seem counterintuitive, Gossett suggests that you drink more fluids—especially water. The extra liquid will flush salt (which can contribute to swelling) out of your system and keep you hydrated in hot weather. Extra fluids can also prevent urinary tract infections, which become more likely during pregnancy as your urinary tract widens, giving bacteria an easier entry route.

Activity also combats foot and ankle swelling, Gossett says. “The reason is that when you walk or run or exercise, the squeezing of your leg muscles helps move that fluid up where it's supposed to be.” Swimming is one of the best types of exercise to do during pregnancy. It cools you off, and, “When you're in the water, it takes a lot of pressure off your hips, lower back, and joints.”

Swim as much as you want, but avoid riskier water sports like scuba diving. The drop in pressure can put your baby at risk for decompression sickness, a life-threatening condition that causes gas bubbles to form in the bloodstream and tissues.

No matter which activity you do outdoors, remember to slather on a thick layer of SPF 30 or higher sunscreen beforehand. Your skin is just as prone to damaging burns now as it was before you conceived. Sun exposure can also worsen melasma—dark patches on the face that are so common during these nine months that they're often called the “mask of pregnancy.” If you have melasma, throw on a broad-brimmed hat and a pair of UV-protective sunglasses for added protection.

Arm yourself against summer bugs, too. The biggest insect threat to pregnancy is the mosquito-borne Zika virus, which has been linked to increased rates of the birth defect, microcephaly. Because of this very serious risk, “Pregnant women absolutely should not travel to any area where Zika virus has been reported,” Gossett says. If your partner visits the Caribbean, Mexico, Central America, or any other regions where Zika is known to spread, use condoms for the rest of your pregnancy. Men can transmit the virus to their partners during sex.

Reviewed by
Nivin C.S. Todd, MD
WebMD Medical Reviewer



ASK YOUR OB/GYN

1. How much extra fluid should I drink?
2. Which exercises are safest?
3. Which activities should I avoid?
4. How can I relieve swollen ankles and feet?
5. What are the signs that I'm overheated?



Get the **WebMD Baby App** to track growth and capture your baby's special moments.

[LEARN HOW ON PAGE 5](#)

BABY TALK

Safe Haven

CHECK YOUR HOME FOR PRODUCTS THAT COULD BE RISKY FOR YOUR BABY

By Stephanie Watson



Many common household items contain hazardous substances, some of which can interfere with the body's hormones. These chemicals might not pose a problem for you, but they could affect your baby's health.

"Babies' bodies are still immature, and they lack the ability to clear chemicals and other substances quickly," says Kimberly Yolton, PhD, developmental psychologist, epidemiologist, and professor of pediatrics at Cincinnati Children's Hospital Medical Center.

Babies' main exposure to chemicals is by breathing in or eating them. Chemical particles that land in floor dust can ultimately end up in a baby's mouth. Dusting and vacuuming is one way to keep these chemicals away from your child.

Don't panic and throw out every product you own, but "be educated about what's in your home," Yolton recommends. Watch out for these items:

Pesticides. Chemical bug killers have been linked to cancer, immune problems, and nervous system damage. One study found boys with detectable levels of a common household pesticide in their urine were twice as likely to have ADHD symptoms as boys without these levels. If you have a bug problem, use natural pest control products or sticky traps instead of chemical sprays.

Cleaners. Some commercial home cleaning products contain harsh chemicals such as chlorine, formaldehyde, and solvents that can burn skin, irritate eyes, damage lungs, and increase cancer risk in large enough exposures. Check the Environmental Working Group's Guide to Healthy Cleaning or Mother Earth Living for a list of greener cleaners.

Soap, shampoo, detergent, and creams. Almost every scented personal care product and plastic you buy contains chemicals called phthalates. Researchers don't yet know the full

health effects of these chemicals, but they've been linked in early studies to cancer, reproductive problems, and developmental issues. Use fragrance-free products, or buy ones marked phthalate-free instead.

Flame retardants. Couch cushions, carpets, and TVs—almost everywhere you look in your home, you'll see something treated with fire retardant. One class called polybrominated diphenyl ethers (PBDEs) may disrupt hormones in the body. Research has linked exposure with delayed development, early puberty, and other health effects in children. Companies have phased out PBDEs, but other flame retardant chemicals are still in use. Many retailers, including Crate and Barrel, La-Z-Boy, and IKEA, have removed all flame retardants from their furniture. If you don't plan to purchase new furniture, check that foam isn't peeking out of your current sofa and chairs.

Plastics. Bisphenol A (BPA) is a chemical ingredient in plastic products that mimics the effects of the hormone estrogen in the body. After researchers linked BPA to health problems, including obesity, early puberty, and prostate and ovarian cancers, companies pulled this substance from their baby bottles, sippy cups, and other products. Yet a 2011 study found the chemicals used to replace BPA might not be any safer. Almost all the BPA-free products researchers tested leached estrogen-like chemicals into foods. Don't put plastic bottles and sippy cups in the microwave or dishwasher. Heat can cause small amounts of the chemical to leach into foods and drinks.

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



KIDS' HEALTH

Young and Anxious

THINK YOUR CHILD MAY NEED HELP? HERE'S HOW TO FIND THE RIGHT PROFESSIONAL

By Gina Shaw



● Does your 8-year-old daughter worry that you'll get into a car crash when you drive to work? ● Does your 10-year-old son become upset and panicky at the thought of meeting new kids at a birthday party? You might be dealing with an anxiety disorder.

Anxiety is the most common psychiatric disorder affecting children, according to the Child Mind Institute. More than 40% of the 17.1 million U.S. kids diagnosed with a psychiatric condition have some type of anxiety disorder, and more than 8% are severely impaired by their anxiety. But 80% of children with anxiety disorders don't get treatment, which can lead to serious

psychiatric disorders later in life like panic attacks and social phobias. Treatment can change the world for your child—you just have to find the right therapy.

Several psychotherapy options exist, including family, group, and play therapies. An approach called cognitive behavioral therapy (CBT) is commonly considered to be the most effective treatment for anxiety in children, according to Jonathan Comer, PhD, an associate professor of psychology and psychiatry at Florida International University who specializes in childhood anxiety disorders. "It focuses on the fact that thoughts, behaviors, and feelings are all connected.

By changing the thoughts, you can change the feelings. For anxiety disorders, it's essential to combine CBT with exposure therapy, in which the child gradually and systematically confronts situations or objects that they're afraid of."

For example, if your child has anxiety about riding in elevators, the therapist would help them slowly approach the fear. First, they might push the button to call the elevator and just look inside when the doors open. Next, they might take one step in, leaving one foot in the hallway. Another step might be going all the way inside, but holding the emergency button so the doors won't close. "This might all be across several weeks," Comer says. "What's important is that they are practicing their skills in increasingly frightening situations, with a therapist they are comfortable with."

Cognitive behavioral therapy is very effective, but therapy alone doesn't always get a child's anxiety under control. If the anxiety persists, prescription medications—particularly certain antidepressants—can be useful in treating an anxiety disorder.

CHOOSING A THERAPIST

TO FIND THE RIGHT ONE FOR YOUR CHILD, FOLLOW THESE STEPS SUGGESTED BY PSYCHOLOGIST JONATHAN COMER, PhD.

Search for therapists in the online directory established by the Association for Behavioral and Cognitive Therapies.

Ask how long the therapist does in-session exposure therapy for anxiety. "Many therapists say they do CBT for anxiety, but they don't do in-session exposure," Comer says. "That's like making an omelet without the eggs. The active ingredient in CBT for anxiety is exposure to the fears."

Ask how long the therapist expects treatment to last. It shouldn't be more than four months. "Extended treatment aimed at finding the root cause of the anxiety is usually not helpful, because the causes are many. There's no 'single bullet' model of childhood anxiety. Even awareness of the cause doesn't help change things," Comer says.

Reviewed by
Roy Benaroch, MD
WebMD Medical Reviewer

Health Happenings

Products, Ideas
& Promotions
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PARENTING

Me, Myself—and I?

HOW TO TEACH EMPATHY TO YOUR CHILDREN
IN A SELFIE-OBSESSED WORLD

By Lauren Paige Kennedy

● You probably do it. If your children are preteens or older, they surely do it, too: take endless “selfies” to document life’s moments, however inconsequential. Fuss with filters to display an enhanced version of reality. And then post these curated shots to an array of social networks, chasing after new followers and “likes” for positive affirmation.

Your kids also probably text rather than talk, their devices both an instrument for, and a barrier to, true communication.

Is this growing level of navel gazing and indirect exchange promoting a rise in narcissism and loss of empathy in our culture, especially

among younger generations? Are kids losing their sense of compassion and community?

Yes, maintains Michele Borba, EdD, author of *Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World*. Unsettling research she outlines in her book suggests a staggering 58% rise in self-centered thoughts, aspirations, and actions among American college kids across demographics during the past three decades, with a 40% decrease in empathic behavior.

“The ‘selfie syndrome’ is not entirely about photo-taking and social networks,” Borba explains. “It refers to a shift in our overall culture to hyperindividualism, a change first

noted around 2000. We’ve become more competitive and self-focused with the rise of reality television; even musical lyrics that once said ‘Two hearts beat as one’ now say ‘I this,’ and ‘I that.’ In books we’re seeing far more ‘I’s’ and fewer ‘we’s.’ Kids used to want to grow up and become something, do something. Now they simply say: ‘rich and famous.’”

What is the antidote to the Me-Me-Me Era? Turns out teaching empathy—the ability to put oneself in another’s shoes and imagine how that person feels—to children as young as age 1 or 2, and continuing to both model and reinforce empathy until they’re old enough to leave home, is key.

So how do you combat narcissism and instill empathy in your children? Borba offers these nine ideas:

1. Develop emotional literacy.

In an age of texting, kids fail to recognize facial cues and voice intonation. To understand their own feelings and the feelings of others, Borba advises “regular, scheduled unplugged time. Take back the family meal. Put down the cellphone and talk. Eye to eye. So you can see and hear each other’s expressions and meaning.”

2. Make a family mission statement. “Tell your kids: ‘This is what our family stands for: You are expected to be kind. Caring. Socially responsible to others.’ Create a sign of this statement and hang it on the refrigerator, so they see and internalize it everyday.” Parents must also practice what they preach.

3. Stay “other” focused. “Teach your kids to ask: ‘How would I feel as that other person?’ Ask this when you discipline. Ask them when you watch TV. Point to a character who goes through something difficult and ask: ‘What does she need to feel better?’ Ask it enough and empathy kicks in.”

4. Read good books. Introduce literary fiction, such as *Charlotte’s Web*, Borba suggests, with rich moral dilemmas to teach empathy. “The

young adult novel *Wonder* is another great example,” she says.

5. Just breathe.

Kids need to learn how to manage their emotions through self-regulation. “When stress builds, we sometimes all go into survival mode and turn off empathy,” Borba says. “Deep breathing is a way to get to a more mindful state. I tell kids to take slow, deep breaths from their tummy. You can teach even the youngest children this technique. It’s fabulous for teens. It helps them to chill out.”

6. Practice kindness. If you behave kindly, kindness becomes a habit. “I know of a family that instructs their kids as they’re leaving for the day to do two randomly kind things and report back at dinner. Simple stuff, like smiling at another child, or opening the door for a teacher. I promise, they love the positive reinforcement they receive. It develops a caring mindset, and not just during the holidays. Have fun with this: create a basket of kindness index cards and let the kids come up with ideas. Everyday, tell them to pick two.”

7. Teach conflict resolution.

“Team players are collaborators and problem-solvers when conflicts arise,” says Borba. Still, society can be so competitive. “I encourage younger kids to work out conflicts with games of Rock-Paper-Scissors, which teaches empathy through play. An oldie but a goodie.” She instructs older kids to “Stop, listen to their feelings, take



“If you behave kindly, kindness becomes a habit.”

turns telling the problem without interruption or put-downs, narrow the choices toward a solution, decide on it, shake hands—and let it go.”

8. Stick your neck out. Children who learn moral courage become future leaders, according to Borba, who has studied the works and biographies of 30 Nobel Prize winners. “They’re the kids who can’t stand bullying or seeing another kid upset,” says Borba. Still, it can be daunting to take a stand. “The Navy Seals learn four techniques to pass rigorous training tests for challenging situations,” she adds. “Teach them to your kids. The first is positive self-talk: ‘I’m calm and in con-



Read **Help! My Kid Is a Jerk**, an article at WebMD.com.

LEARN HOW ON PAGE 5

trol.’ The second is ‘chunk it’: ‘I can get through the next five minutes.’ When those five minutes are done, say it again to take small steps toward conquering a problem. The third is deep breathing, which drives away fear. And the fourth is doing a mental rehearsal to visualize success.”

9. Grow a difference-maker!

“Parents need to give their kids opportunities to serve and give back ... and, just as important, they need to follow their passions, and encourage kids to chase their own,” Borba says. “Also, use newspapers, and not for doom and gloom; all the negative can be numbing. Find uplifting stories and read them to kids before bed to fill them with the wonder of the world.”

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

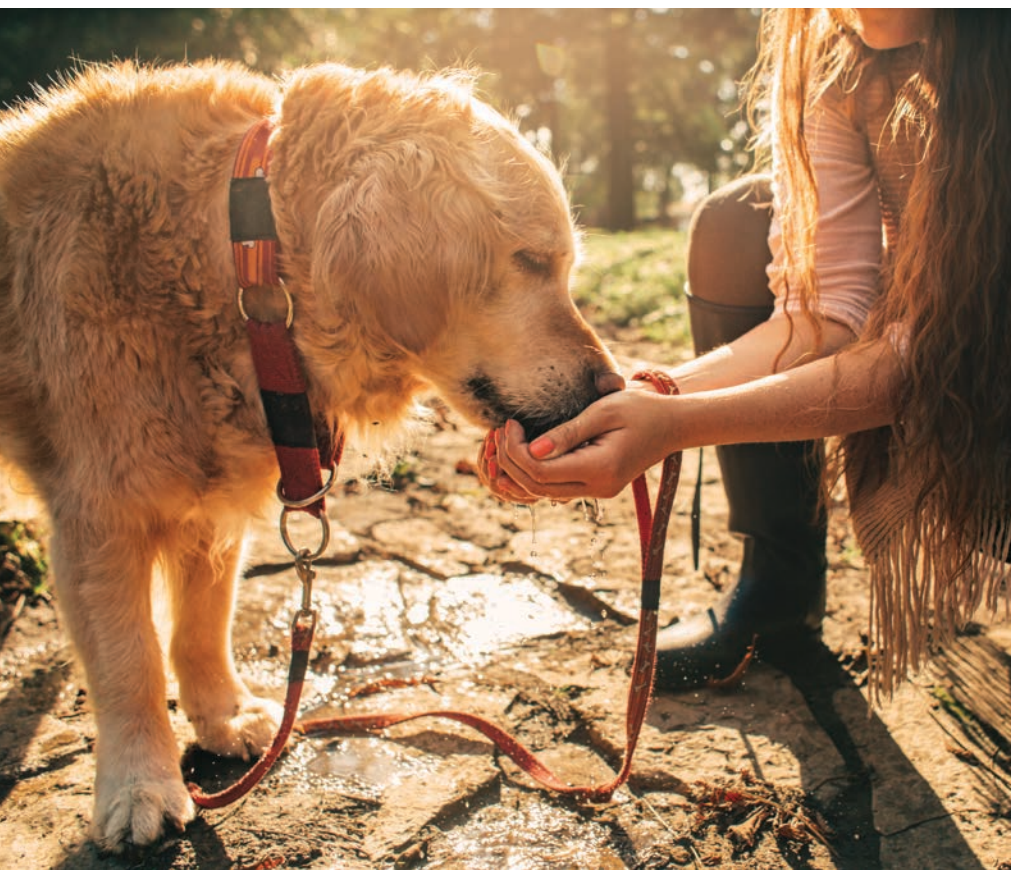


PET HEALTH

Keeping Their Cool

PETS CAN OVERHEAT EASILY DURING THE SUMMER MONTHS. FOLLOW THIS ADVICE TO PROTECT THEM

By Sonya Collins



The dog days of summer are near (or here). But the heat is no picnic for your pet. “Dogs and cats don’t sweat like we do, so heat affects them differently. Becoming overheated can be a life-threatening condition,” says Gretchen Schoeffler, DVM, chief of Emergency and Critical Care at Cornell University College of Veterinary Medicine. You can help your four-legged friends keep cool when you know the signs of overheating, how to prevent it, and what to do when it happens.

ASK YOUR VET

1. When is it too hot for outdoor pets to stay outside all day?
2. What kind of exercise can I do with my dog on hot days?
3. Would shaving my dog help keep him cool?
4. Does my pet need sunscreen? What kind can I use?
5. What’s the best product to keep my pets free of fleas, ticks, and heartworms?
6. How do I check for ticks?

What’s the harm in heat?

Dogs and cats cool off through panting, not sweating. When the heat becomes more than their bodies can regulate, pets can suffer heatstroke, which can cause irreversible organ damage and even death.

Pets can get too warm when they’re in a hot place for too long—like inside a parked car—or when they overexert themselves. Of course, dogs are more likely to do this than cats. “Dogs have more of a desire to please us, so they run along with us and keep going even when they’re tired or hot,” Schoeffler says.

Some pets may be at greater risk of serious harm than others. Brachycephalic dogs and cats—the ones with the cute flat faces, such as pugs, bulldogs, and Persian cats—have an especially low tolerance for heat. “They can’t move as much air through their nose and mouth. That means they can’t dissipate heat as quickly as others, and they’re predisposed to becoming overheated,” Schoeffler says. Overweight pets, the very young, the very old, and pets with pre-existing heart or respiratory problems might also be more susceptible to injury from heat.

Keep pets cool. You can help keep your pet cool with a few simple tips.

Never leave your pet in a parked car. “Even on a relatively cool day, if the sun is out, the inside of a car can get really hot very quickly,” Schoeffler says.

Make fresh water available at all times—indoors and out. Make sure pets have access to shade when they’re outside.



Limit outdoor exercise on hot days. If it feels hot to you, it's even hotter for your pets. Be extra careful when humidity is high—it inhibits pets' ability to pant. Take walks during the cooler hours of the day. And don't forget, your dog is barefooted. Try to stay off hot surfaces, like black asphalt. It can burn little paws.

If your dog has a thin coat, you can limit sun exposure by putting sunscreen on him. You can use a special pet formulation or some human sunscreens, but not the ones that contain zinc oxide. These can be toxic for pets.

When you're out in the summer heat with your furry friends, pay attention to signs of overheating and heatstroke. They include panting; excessive drooling; a racing heart; dark red tongue, gums, or inner ears, which should be light pink; diarrhea; vomiting; dizziness; lack of coordination; and lethargy.

"If you're out on a run and your dog wants to stop and sit down, pay attention to that. Don't push them to do more than they want to do," Schoeffler says.

What should you do?

If you think your pet is overheated, cool him down slowly. Cooling down too fast can cause more problems. Get into the shade or indoors with air conditioning. Wet your pet with lukewarm water under a faucet or a hose. Don't submerge him in a tub or sink. That could cool him down too fast. And don't cover your wet pet with a wet towel or anything else for that matter. Let the airflow reach him. Offer small amounts of drinking water frequently. As your pet cools down, call your veterinarian for further instructions.

"If your dog wants to stop and sit down, pay attention to that. Don't push pets to do more than they want to do."

Reviewed by **Will Draper, DVM**
WebMD Medical Reviewer

FIGHTING THROUGH

In 2012, **Nick Cannon** was diagnosed with the autoimmune disease lupus. Scared and confused, he worried about his future. Four years later he's thriving, and wants to show others that living with a chronic illness is not an end, but a new beginning.

BY MATT McMILLEN

PHOTOGRAPHY BY STEVEN BRAHMS



S

OME MORNINGS,

Nick Cannon struggles 30 minutes to get out of bed.

"I don't necessarily look sick, but there are times when I wake up and I can't move," says Cannon, who talks candidly about lupus, the chronic illness that was diagnosed in 2012 and that he'll live with for the rest of his life. "It's a tough disease."

At the moment, the 35-year-old comedian, musician, actor, director, and producer is at a NASCAR track in Memphis, where he's at work on the eighth season of his popular MTV improv comedy series *Wild 'N Out*.

Also in the works for this summer is season eleven of *America's Got Talent*, which Cannon has hosted since 2009. He calls both "the best summer jobs in the world."

"Currently, I'm on 12 television shows, I've got movies coming out this year, music, and touring," Cannon says. "People are like, man, I thought you were supposed to be slowing down."

He knows he needs to. Last July, his hectic schedule landed him in the hospital. He had developed dangerous blood clots and other lupus complications. He snapped a selfie while in his bed. His Instagram confession read, "Sometimes I can be a little too bull headed and stubborn. I gotta stop running my body to the ground."

Cannon, used to nights with little to no sleep, to working nonstop, now has to work at finding and maintaining a balance. "Before the lupus, I was always one who burned the candle at both ends. That still drives me quite a bit. But with that mentality comes a responsibility to take care of myself."

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

A Wakeup Call

At the tail end of 2011, Cannon began to feel fatigued and his knees started to swell. A few days into 2012, he was hospitalized in Aspen, Colorado, where he'd been celebrating New Year's with his then-wife Mariah Carey and their 1-year-old twins, Monroe and Moroccan. His kidneys, he soon learned, had begun to fail. At first, his doctors could not identify the cause.

"No one understood it, I think, because of how confusing lupus is and how long it takes to diagnose someone with it," Cannon recalls. "The doctors were quite nervous and scared. There was a lot of whispering going on around me. I'm like, hey, I'm a full grown man, you've got to talk to me about this. What's going on?"

The reaction of Cannon's doctors does not surprise Gary S. Gilkeson, MD, a professor of medicine at the Medical University of South Carolina in Charleston.

"It's difficult to diagnose lupus because most primary care physicians don't see it very often, so it's not high on their radar," says Gilkeson, who chairs the Lupus Foundation of America's Medical-Scientific Advisory Council and is not involved in Cannon's care. "Common symptoms such as fatigue, joint pain, and skin rashes could be due to a variety of causes."

Systemic lupus erythematosus, better known simply as lupus, is a chronic autoimmune disease that causes the body's immune system to attack healthy tissue. Normally, the immune system goes into action only against viruses, bacteria, and other health threats. An estimated 1.5 million Americans have lupus. Though 90% of them are women, the smaller number of men with the disease tend to fare more poorly, though it's not clear why, says Gilkeson.

Lupus develops most often in people between the ages of 15 and 44. While anyone can get lupus, African-Americans, Latinos, and Native Americans are at higher risk, likely due to genetic factors.

Most Americans in the age group at the highest risk of lupus know little or nothing about the disease. Cannon had never heard of it at the time of his diagnosis and it scared him. He worried especially for his children.


"The first thing I asked when I was diagnosed was does this mean my children have the

Nick's Advice

Nick Cannon doesn't think of himself as a role model. "A role is something you play." But if you have a chronic illness—or simply need to improve your health—follow his script.

Eat right to

feel your best.

 Get out of your

body what you put into your body. It makes such an amazing difference."

Plan work, play, and other activities according to what you can do.

"It's really about time management and adjusting. More than saying, 'I can't do something,' it's about prioritizing."

Find humor wherever and whenever you can.

"We laugh to keep from crying. Laughter is the best medicine. I definitely feel that way. If anything, I try not to take life too seriously."

Seek comfort when you need it.

"For me, in the early days, that meant a lot of prayer, a lot of meditation, and having people who really loved and cared about me being around."

However you can, find the positives.

"Once I got control over it and took destiny into my own hands, I felt like living with lupus made me a better person."

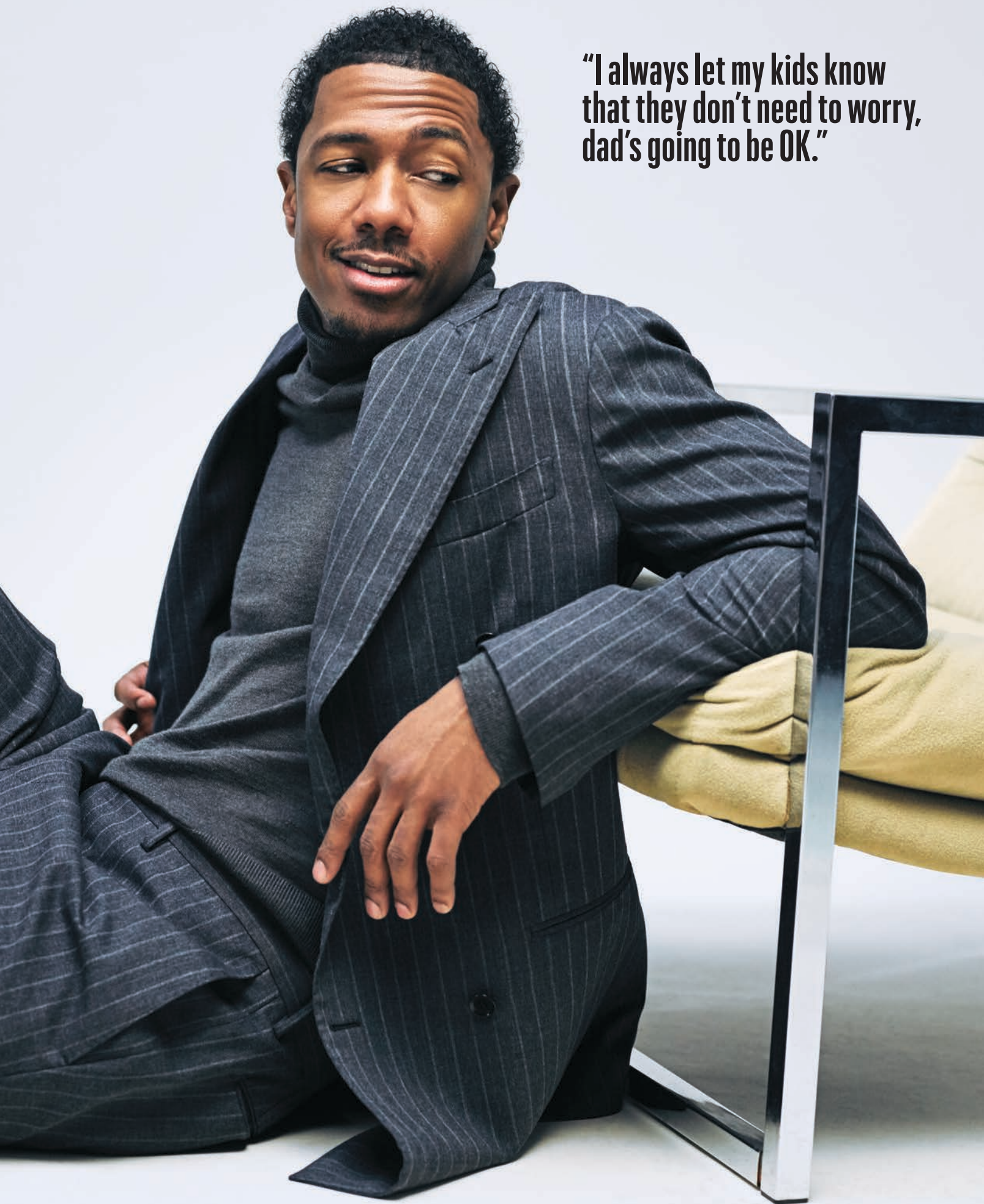
Put your health first.

"I make sure each and every morning that the first thing I take care of is myself. That is my number one priority."

**"I'm just as
vibrant and
as fly and as
exciting as I've
ever been, if
not more now
that I have the
disease."**



**"I always let my kids know
that they don't need to worry,
dad's going to be OK."**





Check out **A Visual Guide to Understanding Lupus**, a slideshow at WebMD.com.
LEARN HOW ON PAGE 5

possibility of contracting the disease,” Cannon says. “The doctors put me at ease and let me know that it didn’t really work that way. That was a relief. I always let my kids know that they don’t need to worry, dad’s going to be OK. That’s something that I try to put forward each and every day.”

Doctors also don’t understand what causes lupus. Several factors may play a role, including the hormone estrogen, genetics, and environmental influences. Smoking, for example, may increase a person’s risk; so can certain types of viral infections. “Different people have different triggers,” says Gilkeson.

Like many people with lupus, Cannon has a complication called lupus nephritis, which causes the disease to target the kidneys. African-Americans and those diagnosed with lupus as children develop lupus nephritis more often than other lupus patients. Most do well with proper medication and lifestyle changes, but 10% to 30% will eventually require regular dialysis or a kidney transplant.

Fortunately, doctors caught Cannon’s lupus early, before it had a chance to do real damage to his kidneys. He says his long-term outcome looks bright. In fact, he feels better than ever.

“I’m just as vibrant and as fly and as exciting as I’ve ever been, if not more now that I have the disease,” says Cannon, who practices martial arts, lifts weights, and meditates. “I see it as a blessing, not a curse. I have lupus, lupus does not have me.”

Lifestyle Changes

Lupus has required Cannon to adapt to new rules. His diet, for example, has changed dramatically. In an effort to control the high blood pressure that lupus nephritis invariably causes, he has cut out processed foods, a major source of sodium. He now chooses fish over meat as his main source of protein. And he’s learned to love fruits and vegetables.

“I love to snack, but now I make sure those snacks are healthy, like berries and fruit instead of candy,” says Cannon, who cops to a sweet tooth. “I’ve become kind of a nerd about that.”

He also drinks a gallon of water a day. “Water has been my savior,” Cannon says. “The disease attacks my kidneys, so I need to keep hydrated

as much as possible while maintaining a balance so that I don’t overhydrate.”

The biggest challenge he continues to face: getting enough sleep.

“My doctor demanded that I get at least six hours and try to stretch it to eight, but I was a guy who was getting zero to two hours some nights,” says Cannon, who is also chief brand officer for Radio Shack. “I take pride in how hard I work, but I’ve learned that my symptoms flare up when I overexert myself.”

But his new life has been tough.

“Making real changes—it takes time and it isn’t the easiest thing to do. A lot of people make lifestyle changes for a certain period of time to get in shape. I’m doing it to stay alive.”

Giving Back

Cannon’s not in this only for himself. Soon after his diagnosis, he began efforts to raise awareness about lupus. He started a YouTube series called the “Ncredible Health Hustle,” which documented his daily life with lupus. He teamed up with the Lupus Foundation of America to film a public service announcement in August 2014. That same month, he served as the Grand Marshall

for the LFA’s Walk to End Lupus Now event in Washington, D.C. He’s also participated in events in Los Angeles.

“If I can be an inspiration for others with the condition or a similar condition, then I wear that with pride and embrace the duty wholeheartedly,” he says. “Stepping up and being the face of lupus has actually helped me get through it.”

He wants others with lupus—or any chronic illness—to learn from his example and follow his lead. “Don’t sit dormant, whatever you do. Don’t let it eat you away. Keep your mind active, keep your body active if possible. That’s always my message. When something like this is placed in front of you, instead of folding and cowering in a corner, say, ‘All right, this was given to me to hold up and show people that I can beat this and be as strong as possible.’”

“Until my last day, I’ll hold my head high as a lupus warrior.”

Take Charge

Chronic illnesses like lupus can strain relationships, lead to anxiety and depression, and leave you feeling helpless. Don’t let that happen, says Los Angeles-based psychologist Debra Borys, PhD, who specializes in working with patients as they confront chronic disease. Here’s what you can do:

Collect evidence

It can be hard to stick to lifestyle changes, so log how you feel in a daily journal, says Borys. You’ll likely see that you do better on days when you follow your prescribed regimen, and that will help you stick to it.

Talk openly

A chronic illness can be tough on you and your partner. For example, you may feel guilty because you can’t do things you used to do. Don’t shy away from difficult topics. Instead, Borys says, set aside time to calmly discuss how each of you feel and find ways to restore your relationship’s equilibrium.

Make a plan

Are you goal-oriented? Make your illness a project, Borys advises. Plan out steps to comply with your treatment goals and stay on top of your to-do list.

Search inside

Borys recommends mindfulness and other forms of meditation, relaxation training, guided imagery, and, if you can safely practice it, restorative yoga.

Face reality

The disease may require you to slow down, so pace yourself rather than push yourself.

PT

NOT JUST A WOUND OF WAR, POST-TRAUMATIC STRESS DISORDER
CAN AFFLICT ANYONE WHO UNDERGOES TRAUMA

SD

BY KATHERINE KAM
ILLUSTRATIONS BY BRIAN STAUFFER



THE SIGHT OF A STREET LAMP FLOODS SAL SCHITTINO'S MIND WITH ANXIETY. "A LIGHT POST MAKES MY HEART RACE," HE SAYS, "ESPECIALLY AT NIGHT OR ON A SIDE STREET."

Two years ago, he slumped against a lamppost in a Baltimore alley at 4 a.m., almost dying. Schittino, a 24-year-old visitor from Ellicott City, Maryland, had gone out for pizza and was walking back to join friends when a teenager snatched his cellphone. Then he attacked Schittino with a knife, stabbing him in the heart, lung, abdomen, and back.

"It was very overwhelming. I was bleeding out quite heavily," Schittino says. "Of course, I did understand that I probably wasn't going to live. I remember wanting to grab ahold of someone or something for some comfort or a feeling of not being so alone. That was really scary—the fact that it was just me."

He passed out. Someone in a nearby home called 911. A rescue crew rushed him to a trauma hospital, where surgeons performed open-heart surgery to save his life.

In the crime's aftermath, Schittino, now 26, developed post-traumatic stress disorder. The old Sal, an affable young man pursuing a career as a psychologist, felt grateful for surviving. He drew solace from family and friends. He returned to work as an assistant in a mental health hospital.

But a new Sal confounds him. He has cried for long stretches in his bedroom, screamed anxiously in the woods near his home, and struggled with nightmares and flashbacks of being stabbed brutally. His old self, he says, "cannot comprehend the level, the magnitude of the trauma that happened."

Many view PTSD as a "wound of war," afflicting soldiers who have been shot or bombed, sometimes losing comrades. But PTSD also strikes civilians traumatized by violent crime, rape, kidnapping, domestic violence, severe accidents, terrorism, natural disasters, and other events that expose them to serious harm or death. Physical injury isn't required; even a threat, like having a gun pressed to one's body, can prompt PTSD. So can witnessing a terrifying event.

Most traumatized people adjust with time; only a minority will develop PTSD. For the latter, warning signs include great distress and disruption of life for more than a month, according to the National Center for PTSD. It estimates that 8 million people in the United States have PTSD in a given year. About 10% of women will have the disorder at some point in their lives, compared to 4% of men.

But many people don't know that PTSD affects civilians and that treatment can aid recovery. Untreated PTSD poses serious risks, including an increased chance of suicide and abuse of alcohol or drugs to numb distress.

■ RAISING AWARENESS

In some parts of the country, doctors are taking an active stance. In New Orleans, Erich Conrad, MD, an associate professor of clinical psychiatry at the Louisiana State University School of

Medicine, has seen people come through the University Medical Center's trauma unit after being injured in car or construction accidents, falling from heights, or being shot or stabbed.

Patients went home treated physically, but not mentally. "We knew that there was a tremendous amount of need that wasn't being addressed," Conrad says. He now directs a program to screen all trauma patients for symptoms of PTSD, depression, and substance abuse. Those with symptoms are referred to mental health services.

In Oakland, California, Mark Balabanis, PhD, a psychologist in private practice, has treated PTSD patients from all walks of life—civilians and veterans. The two groups report similar symptoms, he says, including some that stem from the body's fight-or-flight response: feeling tense and easily startled, hypervigilance, intrusive memories, flashbacks, nightmares, and avoiding reminders of the trauma.

For Schittino, the reminders were haunting. "I just wanted to run away as far as possible from them," he says. At first, even walking down the street was terrifying. "I was constantly looking in front of me, behind me. I wanted to see every way at all times."

In his nightmares, "There was someone coming to attack me in some fashion and I was absolutely helpless," he says. In his waking hours, flashbacks invaded for a few seconds. "Right before, I get this feeling of panic. The event of that night—it always goes back to me sitting by myself and then I get stabbed. I literally couldn't see what was happening in front of me in real life."

While it's hard to confront one's PTSD-related fears, avoiding triggers and memories tends to perpetuate anxiety, Balabanis says. He teaches patients that the original trauma was dangerous, but the memories are not harmful, even though they trip the fight-or-flight response that makes a person feel unsafe again. "We have to show them that memories will not overwhelm or injure them," he says.

■ TREATING PTSD

PTSD treatment takes several forms. Prolonged exposure therapy aims to desensitize patients to the trauma and things associated with it. By talking over and over with a therapist about the traumatic event, people become less fearful and learn to gain more control over their thoughts and feelings.

Sometimes, exposure therapy happens in the outside world. For example, one of Balabanis's patients quit driving after a bad crash and couldn't look at the type of car involved. He took her to a car lot, exposing her to the same type of vehicle until she lost her fear.

With hypervigilant patients—those who scan the environment compulsively for threats—Balabanis coaches them



Read **What Triggers PTSD?**,
an article at WebMD.com.

LEARN HOW ON PAGE 5

me from making any effort to push it down into my unconscious,” he says. “The strides that I made in such a short period were so helpful.”

■ TOWARD A NEW SELF

Those touched by trauma know that it can strike anyone without warning, cleaving a life into before and after. Many patients integrate a traumatic experience into their lives and form a narrative, “a testimony about what they’ve gone through,” Balabanis says. “They know how difficult the world can be, but they also find within themselves great resilience. Some will even want to help other people through trauma.”

For Schittino, the trauma still catches him off-guard and the narrative is still forming. Recently at work, he checked on a patient in her room. When she didn’t respond, he looked at her face. To his horror, he realized that she had died. “That incident brought everything back to the surface,” he says. “It made me think again that I almost died and I had to deal with the fear from that. The anxiety got so overwhelming. It was like a thought of mine that I didn’t want to confront.”

The woman’s death prompted new soul-searching. “I always wanted to focus on being grateful,” he says, “for still being able to do so many things, for so many people around me who love and support me. I didn’t want to give space for questioning, ‘Why me? Why did it have to happen?’”

But being forced to grapple with those painful questions, he says, “was a relief.” Instead of suppressing the sense of unfairness and the terror of death, he is making his way toward a new self, post-trauma.

“I feel like I still have a lot to work through,” he says. But as a psychology graduate student, he hopes to help trauma survivors and those with PTSD someday.

His old self is surely gone, he says. “Once this trauma happened, this new person was not ‘me’ anymore,” he says. “I had to create new meaning for myself in life.”

PTSD SYMPTOMS

PTSD symptoms can develop right after people go through a terrifying event that threatens life or safety, or if they witness it. In some cases, though, symptoms don’t develop until months or years after the incident. According to the National Center for PTSD, these symptoms may include:

- Flashbacks or reliving the trauma over and over
- Bad dreams
- Frightening or intrusive thoughts
- Avoiding places, events, or objects that are reminders of the trauma
- Emotional numbness
- Racing heart or sweating
- Being easily startled
- Feeling tense or on edge
- Hypervigilance
- Difficulty sleeping
- Angry outbursts
- Losing interest in activities one used to enjoy

during neighborhood walks to stop scrutinizing people for signs of danger or conflict.

Other PTSD treatments include cognitive therapy and medications, including antidepressants. With cognitive therapy, patients learn to recognize inaccurate or negative thought patterns, for instance blaming themselves for the trauma. By challenging the distortions, they can diminish distress.

Some therapists use eye movement desensitization and reprocessing (EMDR). It’s unclear how this nontraditional psychotherapy technique works, but proponents believe that rapid eye movements help the brain to process traumatic memories and weaken their emotional power. A patient thinks about the distressing images and feelings while a therapist guides eye movements with her hand or an object.

A counselor treated Schittino with EMDR, waving a pointer to direct his eye movements. “She’d say, ‘Allow yourself to experience the feeling. Really dig deep.’ I think that it kept

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

IN SEASON

Go Green

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

Backyard gardens and farmers markets around the country brim with a summer staple: zucchini.

This humble squash is a nutritional standout, says Gila Daman, MS, RDN, CDN, a dietitian at Jacobi Medical Center in the Bronx, New York City. “It’s a much more vibrant vegetable than people give it credit for,” she says. A single medium zucchini has just 33 calories, but almost 60 percent of an adult’s daily value of immune-protective vitamin C and 17% of manganese, a trace mineral important for bone health. Zucchini also contains lutein and zeaxanthin, potent antioxidants beneficial for eye health. Leave the tender skin intact; many of the nutrients hide there. Daman, who helps kids grow zucchini in a community garden for her hospital’s family weight-management program, praises zucchini for its mild, delicate flavor, which partners well with many other ingredients. “It doesn’t take much to turn zucchini into a really delicious meal.”



Sign up for **The Daily Bite Newsletter** at WebMD.com and get featured recipes from WebMD's Health Recipe Finder.

[LEARN HOW ON PAGE 5](#)



Stacked Up

These veggie stacks feature several stars of summer produce. They dress up your plate and pair well with simple entrées, such as fish. For faster meal prep, grill the zucchini, eggplant, and onion slices in advance.

Grilled Zucchini, Eggplant, and Tomato Stacks

Makes 6 servings

Ingredients

- 3 zucchini, sliced lengthwise in 12 (¼-inch) slices
- 1 medium eggplant, cut into 6 (½-inch) slices
- 1 large sweet onion, cut into 6 (½-inch) slices
- 2 tbsp olive oil
- 2 large heirloom or beefsteak tomatoes, cut into 6 (½-inch) slices
- 6 large fresh basil leaves (plus more for garnish)
- ¼ tsp kosher salt
- freshly ground pepper
- ½ cup blue cheese crumbles or goat cheese

Dressing

- ½ cup low-fat buttermilk
- 1 tbsp chopped fresh basil
- 2 tbsp light mayonnaise
- 2 tsp cider vinegar
- 1 garlic clove, minced
- freshly ground pepper to taste

Directions

1. Make dressing: In a small bowl, combine buttermilk, chopped basil, mayonnaise, vinegar, garlic, and pepper. Whisk to combine, and set aside.
2. Coat grill or griddle pan with cooking spray, and heat to medium-high heat.
3. Brush zucchini, eggplant, and onion slices with olive oil on both sides. Grill vegetables 3–5 minutes per side or until tender and marked with grill lines.
4. To assemble each stack, place one slice of eggplant on each plate, and top with an onion slice, tomato slice, and one basil leaf. Drape 2 strips of zucchini, forming an 'X,' on top of each stack.
5. Sprinkle stacks with salt and pepper. Drizzle dressing and crumbled cheese atop each stack; garnish with a basil leaf. Serve warm or at room temperature.

Per serving

147 calories, 5 g protein, 14 g carbohydrate, 9 g fat (2 g saturated fat), 8 mg cholesterol, 5 g fiber, 7 g sugar, 262 mg sodium. Calories from fat: 54%

Dice Game

This vibrant vegetable medley can be served hot, cold, or at room temperature for the ultimate summer side dish. It makes great picnic fare along with grilled chicken.

Zucchini Confetti

Makes 6 servings

Ingredients

- 2 tbsp olive oil
- 1 large red pepper, diced
- ½ jalapeño pepper, seeded and minced (optional)
- 2 medium ears fresh corn, husked
- 1 tbsp minced shallot
- 4 medium zucchini, diced
- ½ cup chopped scallions
- ½ cup chopped fresh cilantro
- ¼ tsp cumin
- ½ tsp kosher salt
- freshly ground pepper to taste

Directions

1. Heat oil in a large pan over medium heat. Cook the peppers, corn, and shallot until soft.
2. Add zucchini and scallions, and continue cooking until tender. Remove pan from heat.
3. Stir in cilantro. Season with cumin, salt, and pepper. Serve.

Per serving

101 calories, 3 g protein, 13 g carbohydrate, 5 g fat (1 g saturated fat), 3 g fiber, 5 g sugar, 215 mg sodium. Calories from fat: 46%



The word "zucchini" is Italian for "small squash."



Zucchini is part of the plant family that includes melons, pumpkins, cucumbers, and gourds.

Refresher Course

This chilled soup is like air-conditioning in a bowl. For the best flavor, make it a day ahead and serve with a large salad for a light summer meal. Or offer it as a first course or in place of a vegetable. If zucchini blossoms are available, use thin slices as a garnish. (They're edible!)

Creamy Zucchini Soup

Makes 6 servings

Ingredients

- 1 medium onion, sliced
- 2 tbsp olive oil
- 1 tbsp unsalted butter
- 4 medium zucchini, ends trimmed, shredded
- 3 garlic cloves, minced
- 1 tsp dried marjoram
- ½ tsp kosher salt
- freshly ground pepper to taste
- 2 cups unsalted chicken stock
- ¾ cup fresh parsley, divided
- 1 cup plain nonfat Greek yogurt

Directions

1. In a large Dutch oven over medium heat, sauté onion in olive oil and butter until lightly browned, 5–7 minutes. Add zucchini, garlic, marjoram, salt, and pepper, and cook 3–4 more minutes.

2. Reduce heat to medium low. Add chicken stock and 2 tbsp parsley. Simmer until vegetables are soft, about 7–9 minutes. Remove from heat.
3. Add vegetables and broth to a blender or food processor. Process until smooth. Return soup to pot, add yogurt, and adjust seasoning to taste. Chill 2–3 hours or overnight. Before serving, garnish with remaining parsley.

Per serving

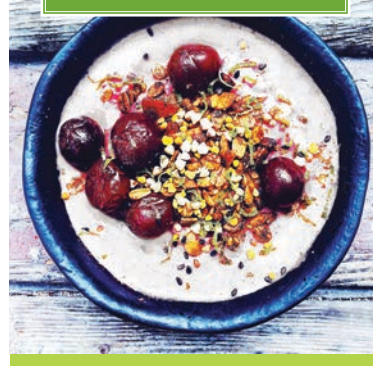
129 calories, 8 g protein, 10 g carbohydrate, 7 g fat (2 g saturated fat), 5 mg cholesterol, 2 g fiber, 5 g sugar, 250 mg sodium.
vCalories from fat: 50%

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



email
this
recipe!

BREAKFAST 411



Fruit Forward Breakfast

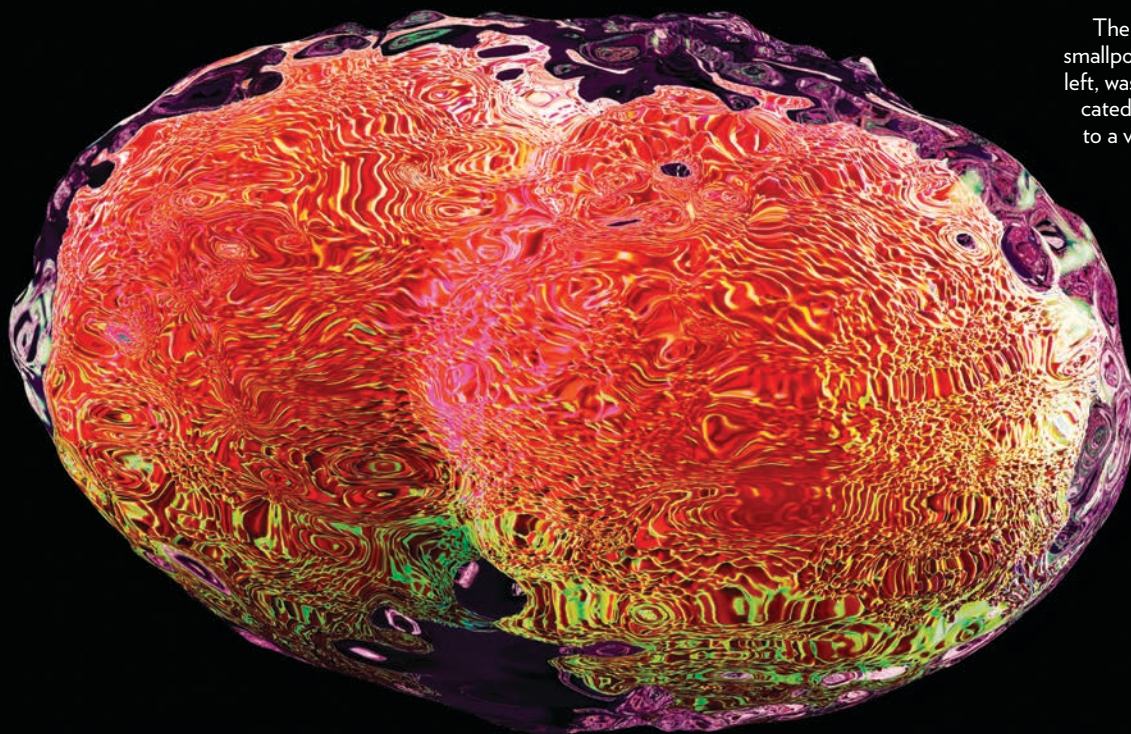
From juicy peaches and plump raspberries to crispy watermelon and scarlet cherries, summer's fruit harvest is in full swing. Turn fresh fruit into a complete morning meal by adding some protein (such as yogurt) and fat (nuts or seeds). These three breakfast ideas show you how:

- **Smoothie bowl:** Use a smoothie as a base for even more fresh berries and some crunchy stuff, such as a sprinkle of toasted buckwheat or hemp seeds.
- **Mediterranean platter:** Eat wedges of watermelon with chunks of feta cheese, a drizzle of olive oil and some torn fresh mint.
- **Morning sandwich:** Top a slice of raisin walnut bread (or another whole grain bread) with low-fat ricotta cheese and sliced strawberries.
—*Kerri-Ann Jennings*

WebMD[®] Checkup

TAKING CARE, LIVING WELL

The deadly smallpox virus, left, was eradicated thanks to a vaccine.



Why We Need Vaccines

Louis Pasteur created the first laboratory-developed vaccine—for chicken cholera—in 1879. But the concept of inoculation may date as far back as the year 1000 AD in China. Early practitioners ground smallpox scabs into a powder and blew it into the nostrils of their patients. By 1700, the practice had reached Africa, India, and the Ottoman Empire. Early inoculation began in 1721 in the U.S. during a smallpox outbreak in Boston.

Thanks to vaccines, the World Health Organization declared a worldwide end to smallpox in 1980. Vaccines have greatly reduced the prevalence of other diseases, such as measles and polio, which was declared eliminated from the U.S. in 1979. The Centers for Disease Control and Prevention estimates that vaccines will save the lives of more than 732,000 children born in the last 20 years and keep more than 21 million of them out of the hospital.

Researchers continue to work on potential vaccines for numerous diseases, including HIV, malaria, and tuberculosis. Doctors use experimental vaccines in clinical trials to treat cancer. Like other vaccines, these treatments aim to trigger the immune system to fight the disease. The FDA has already approved a vaccine for prostate cancer.

Vaccines aren't just for kids. Almost everyone should get a flu shot every year. HPV vaccines are for women under age 26 and men under age 21. Doctors recommend shingles and pneumonia vaccines for older adults. And adults should get a Tdap shot (that's tetanus, diphtheria, and pertussis [whooping cough]) once, and then a Td (tetanus) booster every 10 years thereafter. Pregnant woman should receive a Tdap shot once during each pregnancy. —*Sonya Collins*

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

BY THE NUMBERS

CATARACTS

FACTS AND STATS ABOUT TOP HEALTH ISSUES

By Heather Hatfield

Up to
50%
Risk of secondary
cataracts after surgery



five minutes
Length of time needed to treat secondary
cataracts in an outpatient procedure

#1

Ranking of cataract surgery
among most common
surgeries performed each
year in the U.S.

90%
Approximate
percentage of cataract
surgeries that are successful
in improving vision

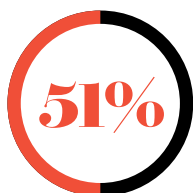


5 Number of servings of fruits and vegetables you
should have each day to help prevent cataracts,
making sure you get enough vitamins C and E

Nearly
25 MILLION
Number of people in the U.S.
who have cataracts

50 MILLION
Number of people in
the U.S. who are projected to
have cataracts by
2050

40s to 50s
Age when people might start
to develop cataracts
+ 60s
Age when cataracts are most
likely to impair vision



Worldwide, percent
of people who are blind
because of cataracts



70%
Percentage of white Americans who
have cataracts by age 80



53%
Percentage of black Americans who
have cataracts by age 80

#1 Ranking of
cataracts as
a cause of
blindness

> 2 million
Number of surgeries performed each year to treat cataracts

Sources: American Optometric Association, National Eye Institute, World Health Organization



LIVING WELL

PSORIASIS

FOUR HEALTH HABITS TO HELP KEEP FLARE-UPS IN CHECK

By Christina Boufis

“I’ve had psoriasis for as long as I can remember,” says Carleigh Morba, 25. “It started with just a few spots on my arm,” as a child. “Then it went head to toe. Since then it’s been a long journey of coming in and out of remission with flare-ups since that time.”

Psoriasis is an autoimmune disease that most often causes red, scaly, well-defined patches on the skin that itch, hurt, or sometimes bleed. While there’s no cure, knowing what lifestyle changes to make and talking to your doctor about what treatment is right for you is the best way to manage psoriasis, says Kristina Callis Duffin, MD, MS, associate professor of dermatology at the University of Utah.

Try these tips:

Cut calories. “The disease tends to worsen with some people who gain weight,” Duffin says. In fact, a 2014 study published in the *Journal of Dermatology* found losing weight and exercising significantly improved psoriasis in those who were overweight. “I tell people to eat lots of vegetables and fruit and restrict carbohydrates in general,” which can help with weight loss, says Callis Duffin.

Consider light therapy. “Ultraviolet light therapy is



very effective for psoriasis,” Duffin says. Most often this treatment uses narrowband UVB light, which research shows can help ease symptoms, she explains.

What about natural sunlight or tanning beds? While Duffin says that doctors can keep people from getting burned and monitor their psoriasis response with in-office light treatment, that’s not true for natural sunlight or tanning beds; the latter produce mostly UVA rays, which isn’t helpful for psoriasis and increases the risk of skin cancer, she says.

Get your zzzs. “Symptoms of psoriasis, such as

pain and itch, can disturb sleep,” Duffin says. “But the other way around also is true—poor sleep may also make psoriasis worse, much like stress can trigger psoriasis.”

How to get out of this catch-22? Practice good sleep hygiene, Duffin says. Go to bed and wake up at the same time; sleep in a quiet, cool, darkened room; limit caffeine; and unplug

from electronics at least an hour before bedtime.

Talk to your doctor if you’re not able to get seven to eight hours of sleep because of psoriasis symptoms, Duffin says.

Get help for depression. People with psoriasis are twice as likely to have depression compared with those who don’t have the condition, according to the National Psoriasis Foundation. Talk to your doctor if you’ve lost interest in things you once enjoyed, are lacking energy, or have trouble focusing or sleeping. Treating depression is “important to the whole picture of treating your psoriasis,” Duffin says.

“It’s easy to go down the rabbit hole once you’re in a serious flare-up,” Morba says. Visiting her doctor’s office for light therapy, tips for eating healthier, and finding a support community has helped tremendously, she says. “Half the battle is mental when it comes to this disease, and that’s something I constantly work on.”



5 QS FOR YOUR DOCTOR

1. What can I do to avoid flares?
2. What is the best treatment for me?
3. Should I try light therapy?
4. How do I know if I have depression?
5. Do I need to be screened for psoriatic arthritis?



YOUR SMILE

THE DAILY GRIND

HOW SLEEP APNEA DIAGNOSES OFTEN START WITH YOUR DENTIST

By Jodi Helmer

● Struggling with
● snoring and sleeplessness? Call your dentist. Snoring and sleep disturbances are often signs of obstructive sleep apnea and your oral health could be to blame.

“A lot of patients are surprised that I ask about their sleep,” says Martha Cortés, DDS, a dentist in private practice in New York who specializes in sleep apnea. But “a dentist is often the earliest diagnostician of sleep disorders.”

The National Sleep Foundation estimates that 18 million Americans have sleep apnea. The condition causes repeated breathing interruptions throughout the night; the pauses can last from a few seconds to minutes and may occur 30 or more times per hour. These pauses happen because the muscles in the back of the throat are flaccid, the tongue is too large, or the jaw is too small, causing airway obstructions.

The first sign of sleep apnea is often tooth grinding (also called bruxism). Dentists look for worn tooth surfaces, a good indicator that a patient grinds his or her teeth. Grinding can cause tooth wear and



breakage as well as inflamed and receding gums. A spike in cavities can also be a sign of grinding because the force damages teeth, making them susceptible to cavity-causing bacteria.

At night while sleeping, “When you tense your jaw and grind your teeth, it sends a message to your brain to wake up so you can take a breath,” Cortés explains.

Grinding is just one oral health indicator of sleep apnea. A small jaw, tongue with scalloped edges, or redness in the throat (caused by excessive snoring, which is another

symptom of sleep apnea) are also signs.

Gasping for breath causes people to wake up repeatedly, which diminishes sleep quality and causes fatigue. Untreated, sleep apnea is linked to an increased risk of high blood pressure, cardiovascular disease, diabetes, and obesity.

When a dentist suspects sleep apnea, he or she will often recommend a sleep study. (Note that although dentists are well versed in the symptoms and treatments, only a medical doctor can make an official diagnosis of sleep apnea, Cortés says.)

3 QUESTIONS

SLEEP APNEA EXPERT MARTHA CORTÉS, DDS, SUGGESTS ASKING YOUR DENTIST:

Is a night guard enough?

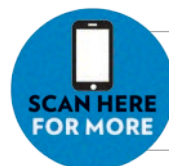
An over-the-counter night guard might not be sufficient, and may even make sleep apnea worse. “If you’re wearing through the night guard, it might be time to see a specialist,” says Cortés. A custom dental appliance can reduce grinding—and the cavities, headaches, and jaw pain it causes—and help with sleep apnea.

Is my periodontal disease a sign of a bigger problem?

“If there’s a lot of decay, it could be a result of grinding and sleep apnea,” Cortés says.

How do I know if I have sleep apnea?

Chronic snoring is the most common sign of sleep apnea. Other symptoms include daytime drowsiness, waking up with a dry mouth or sore throat and morning headaches. If you have any of these symptoms, bring them up to your dentist.



MY STORY

HER CALL FOR HELP

A 911 DISPATCHER TELLS HER STORY OF DOMESTIC VIOLENCE

By Tamara Neal

● “Baltimore County. 911.”
● Often before I could even get the next words out, “May I help you?” the caller would say, “Get somebody out here!”

I remember one woman who whispered, “My husband won’t let me go to work.” I could hear a man walking into a room as I listened on the line until the police arrived.

As a former 911 dispatcher for many years, I came to know that domestic violence has no particular age, ethnic group, or financial status and can happen to anybody, anywhere, including me.

I was 34 years old, married to an alcoholic and had two young children. My then-husband verbally and emotionally abused me on a regular basis, but I was too embarrassed to face the truth. I did not want friends and family members to know that I had another failed relationship. I suffered in silence.

I could have been one of those who called 911 for help for domestic violence. But as a dispatcher living in the same jurisdiction, I’d be calling my co-workers. I couldn’t face that, so I lived a lie. I felt my job would be on the line if those at the call center knew my home life was unstable. I was depressed and I felt like I suffered from undiagnosed post-traumatic stress disorder from the stress at work and home.

But I developed a defense mechanism to stay in the moment when I was at work so I could remain present for the callers who needed me. I let go of the



things at home and didn’t think about what might happen in the future.

One day I couldn’t take it any longer and confronted my husband. He picked up my computer and threw it down the steps at me. As I ran from the computer flying through the air, I finally had the courage to call 911. My husband fled like a thief in the night. The police told me I could get a restraining order to keep him away from the house and me; I followed through.

Family and close friends provided the support that I needed to help me through the divorce process. Many victims of domestic violence do not have a support group; however, the National Domestic Violence Hotline is staffed 24 hours a day by trained counselors who can provide crisis assistance.

Now I’m 53 and married to my soul mate, the man I went to my senior prom with. I repaired my self-esteem from the verbal abuse by attending women’s support groups; they taught me how to love myself again. I’m now a certified relationship coach and domestic violence advocate.

Domestic violence is such a taboo topic. People try to pretend it doesn’t exist. I’ve read that the number of American women who’ve lost their lives to domestic violence is greater than the number of casualties from the Iraq and Afghanistan wars. Too many women suffer in silence. I know because I was one of them.

TAMARA’S LIFE LESSONS

“Any kind of abuse—physical, emotional, or verbal—is abnormal, and you will never be able to change any abusive relationship that you refuse to acknowledge.”

“The first step in changing any toxic relationship is recognizing it and breaking the silence.”

“Many people who suffer domestic violence are isolated by their abuser. Reach out and get help.”

“If you have never been physically abused by your emotional abuser, don’t wait around until you are. Your time may be running out.”

Anthony Rizzo

Major League Baseball Player, Chicago Cubs

1 You were diagnosed with Hodgkin lymphoma, a type of cancer, right at the start of your career. How did you respond to that news? It was definitely very shocking. I was 18 years old and on top of the world, playing professional baseball while all of my friends were off at college. I had no idea what cancer was or anything about chemotherapy.

2 Who helped you get through that time and through treatment? My doctors were really encouraging at all times. They laid out the treatment and what had to be done. We never had any doubts that I would be cured. My family was also there for me every step of the way, my mom, my dad, my brother, my grandmother...that kept me strong.

3 How did your experience with cancer change you? I try not to take anything for granted. I know that's such a cliché, but waking up in the morning and being able to get up on my own and brush my teeth is just something that I'm so grateful for because I see so many kids who are going through treatment for cancer or other illnesses and need 24-hour



assistance. To be able to live a normal life on a day to day basis is amazing.

4 Your experience led you to create the Anthony Rizzo Family Foundation. What's its number one goal? We raise money for pediatric cancer patients and cancer research. We help as many families as we possibly can as they go through the tough

times financially. Their son or daughter is sick, and money is not easy to come by. We help pay their bills; we help in any way that we can.

5 What was it like to return to baseball, once you were in remission? It was emotional, for sure. Going through that whole sickness, it was terrible. And it took a few months of being in remission to fully get my strength

back, so to put the uniform back on and play again—that was an amazing feeling.

6 When did you know that baseball was your sport? I always loved playing baseball, all sports, really. But in high school, when people started to tell me that I could get drafted and play professionally, I think that's when it really started kicking in. That's all I really

wanted to do: Get drafted and play in the major leagues, the big leagues.

7 What do you do to stay in shape during the off season? I do cardio in the morning, then I work out with weights. I also do Pilates or yoga, or I'll swim. That's my routine, about three hours spread out throughout the day four to five times a week. During the season, it's usually about an hour, hour and a half, three or four times a week.

8 Do you make it a point to eat well year-round? What's for breakfast? I do the best I can, but I come from a heavy Italian background, so I love to eat. But I do try to put in what's best for my body. For breakfast, I have a smoothie with protein, spinach, kale, and some berries. Then, a half hour later, I'll have some eggs or oatmeal.

9 Any guilty-pleasure foods? Definitely pasta with my mom's meat sauce.

10 What's your ideal day off? Just to sit around, relax, and enjoy doing nothing. —Matt McMillen