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Galactic Goddess

In her new movie, **Zoe Saldana** plays an alien seeking redemption. But she's no stranger to putting the "her" in superhero. The actor, best known for her roles in the sci-fi blockbusters *Avatar* and *Star Trek*, identifies with the strong female characters she plays. She's used to pushing herself physically to prepare for movies, but admits she's learning to slow down and listen to her body.

Screen Test

SPF options are aplenty, but there are even more—and some say better—formulas that aren't yet available in the United States. WebMD takes an in-depth look at why and what's next for our sunscreen shelves.



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“
I DON'T WANT TO PRESSURE MYSELF TO GO TO THE GYM. AND IF ON A SUNDAY I WANT TO ORDER CHINESE FOOD AND STAY IN BED, I WILL.
”

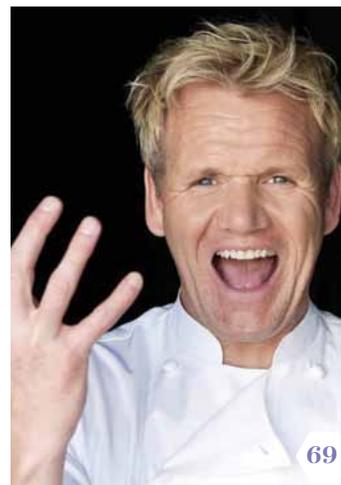
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FOCUS ON: KIDS & ALLERGIES

What you need to know about food allergies

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- vacation-planning tips
- what to look for when shopping, eating out, and cooking at home
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WEBMD CHECKUP

HEALTH 101: Learn how genes and lifestyle play a role in your health. **MY STORY:** One reader shares her heart health story and how she lives better today. • **BY THE NUMBERS:** We take a closer look at eye health. • **HEALTH CHECK:** Are you covered? Test your sun savvy with our quiz to see how good your skin habits are.

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Each year, **WebMD Health Heroes** celebrates visionary Americans who have contributed to health and medicine in a meaningful way. It's our way to recognize the inspiring work of people whose courage, commitment, and perseverance has made a difference.

This year, we'll be naming four WebMD Health Heroes in the categories of Philanthropist, Activist, Scientist, and Prodigy. But we also want to hear from you. In addition to our four WebMD Health Heroes, we are asking you to vote for a People's Choice Health Hero.

Over the past decade, we've had many celebrities grace our cover who also support health-related initiatives, including **Zoe Saldana** on the cover of this issue.

In recognition of the 10th anniversary of *WebMD Magazine*, our editors are selecting 10 of these celebrities who have been the most active in helping to support the health causes they are passionate about.

From August 5–15, we invite you to vote for People's Choice at webmd.com/healthheroes. Take a moment to help the person you think has made the greatest contributions get recognition they deserve. Results will be announced in our November/December issue. Happy voting.

Kristy Hammam
Editor in Chief
kristy@webmd.com

TOP LEFT: GREGORY MILLER; IMGORTHAND/GETTY IMAGES

EDITOR'S NOTE

JUMP AHEAD

Our Twitter fans jumped on our recent post about trampolines. Our most-clicked link last month: "Trampolines cause thousands of injuries each year, according to a study." Keep your family safe and get more news you can use on page 6 and throughout the magazine.



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HOT TOPICS!

FACTS AND NEWS YOU CAN USE



44.8%
PERCENTAGE
OF U.S.
ADULTS
AGE 50 AND
UP WHO
ARE STILL
WORKING

Source: AARP



Fireworks caused 8,658 injuries in 2012—but that's fewer than injuries involving TVs (58,379), ranges and ovens (35,640), curlers/curling irons (19,199), Christmas lights/décor (13,875), and candles (9,444).

Source: American Pyrotechnics Association

National Dog Day marks its 10th anniversary on Aug. 26. The annual celebration creates awareness around the need for dog rescues. Some 20% of owned dogs in the U.S. were adopted from shelters.

Source: The Humane Society of the United States

1 in 3

Number of U.S. adults who **didn't visit the dentist** last year

Source: Gallup



In the past five years, shark attacks have occurred in eight states, and three were fatal. Florida had the most attacks (110).

Source: Oceana

77%
PERCENTAGE OF
INFANTS IN THE U.S.
WHO STARTED
BREASTFEEDING IN 2013,
AN ALL-TIME HIGH RATE

Source: CDC



More than **80 DISEASES** have been treated with cord blood transplants. Leukemia is the disease most commonly treated.

Source: National Cord Blood Program

On average, an ear of corn has **800 kernels**. Some have as many as **1,200**.

Source: Iowa Corn Growers Association





ON THE JOB

"We girls can do anything" is one of Barbie's mottoes, but girls may not be so sure. In an experiment, 37 girls ages 4 to 7 played with a Mrs. Potato Head, a Doctor Barbie, or a Barbie in fashionable clothes for five minutes. Then they looked at pictures depicting various professions, and were asked whether they themselves could perform the jobs and whether boys could perform them. Girls who played with either Barbie saw far fewer professional opportunities for themselves than for boys. Those who played with Mrs. Potato Head thought almost as many jobs were suitable for girls as boys.

Source: Sex Roles



Bean Town

Beans really are good for your heart. In a study of more than 1,000 mostly middle-aged people, those who ate at least a serving a day (about three-fourths cup) of beans, lentils, peas, or chickpeas had levels of LDL or "bad" cholesterol that averaged 5% less than those who didn't eat beans. When you reduce your LDL cholesterol by 5%, you reduce your risk of death by heart attack by the same amount.

Source: Canadian Medical Association Journal

97%
PERCENTAGE
OF SUN'S
RAYS BLOCKED
BY SPF 30
SUNSCREEN,
THE MINIMUM
SPF DERMATOLOGISTS
RECOMMEND

Source: American Academy of Dermatology

6-12
MONTHS
The age infants
should receive
their first eye
exam

Source: American Optometric Association



TOP: SUE JACKSON/GETTY IMAGES; NI QIN/GETTY IMAGES



You might find it hard to get your head around even more sunscreen products to choose from at your local drugstore, but that's just what you might see soon.

As we report on page 42, other parts of the world, such as Europe, have wider and, some health experts say, more effective sunscreen choices than we do. Several of these newer formulations await FDA approval. Until then, as one dermatologist says, the U.S. has a "diverse and efficient" selection, and her point is we should use what we have right now.

That makes sense, given the alarming rise in skin cancer rates. It's the No. 1 most common cancer type in the U.S., even though other cancers (breast, prostate) tend to grab more headlines. One in five Americans will develop skin cancer; currently, some 3.5 million people get a skin cancer diagnosis each year, and melanoma treatment runs \$2.36 billion and counting.

So for now, choose a "broad spectrum" sunscreen, meaning it blocks both UVA and UVB rays. Make sure it's at least SPF 30. And use it! Apply. Reapply. And enjoy summer more safely.

Colleen

Colleen Paretty
Editorial Director
colleen@webmd.com

**2/3
or more**



Degree to which bicycle helmets reduce the risk of head injuries

Source: The Cochrane Library



MEAT IN THE MIDDLE

Save the high-protein diet for when you're older. In a study of about 6,000 people 50 and older, a high-protein diet was a health risk for those ages 50 to 64, but beneficial for those 65 and up. Middle-aged people who got at least 20% of their calories from protein, particularly animal protein such as meat, had a higher risk both of death overall and of death from cancer over 18 years. However, older people who got 20% or more of their calories from protein, including animal protein, were less likely to die than their low-protein-diet peers.

Source: Cell Metabolism

Under Water

Drowning deaths have risen by 10% in the past decade among adults ages 45 to 84, according to the CDC. Though drowning deaths in other age groups are decreasing, it's still the world's third leading cause of death from accidental injury. Children under 5 and adults over 85 are at greatest risk. For boys ages 1 to 4, drowning has been the leading cause of accidental death for 10 years. The Red Cross recommends swimming near lifeguards, never swimming alone, and avoiding alcohol when swimming.

Source: National Center for Health Statistics



HEALTHY
START



Snack Off

Before you discuss hot-button issues with your spouse, grab a snack. As part of a study, 107 couples stuck pins in voodoo dolls every night for three weeks to reflect how angry they were at their spouses. Each spouse also measured his or her blood sugar (a reflection of hunger). Those with the lowest nightly blood sugar levels stuck up to twice as many pins in the dolls as spouses with higher levels. Voodoo dolls are a well-tested tool scientists use to measure aggressive feelings.

Source: Proceedings of the National Academy of Sciences

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Hot Hits

What's trending on WebMD.com right now*

What's my BMI?

The secrets of beautiful eyes

Are tick bites harmful?

What is ginkgo biloba?

Diabetes-friendly meals

Pains you shouldn't ignore

What causes hypothyroidism?

Exercises for your joints

Best sources of probiotics

Facts about bipolar disorder

*as of May 1, 2014

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Number of calories in a one-cup serving of watermelon

Source: Nutrition Data

LEFT: MARCELA BARSE/GETTY IMAGES; JULIENKA/GETTY IMAGES



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PERSONAL BEST

Kim Raver

THE 24 ACTOR SHARES HER HEALTHY LIVING TIPS



Inside Out

"I really love the idea of food for health. I don't think in terms of calories. When you're eating well, you sleep better and your skin looks better. I know I haven't had enough water when I sit in the hair-and-makeup chair."

Raver stars in the FOX hit series 24: Live Another Day, which airs on Mondays.



Treat Stop

"I think it's important to have indulgences. When I indulge, it's usually a dark chocolate thing. Every once in a while we'll go to the gelato place with my kids and I'll get dark chocolate gelato on a cone."

"When you're eating well, you sleep better and your skin looks better."



Pantry Picks

"I always have almond butter, coffee, and dark chocolate in my pantry. Coffee is an absolute must. I would probably take that before I would take makeup with me! My one 'ahhh' moment is coffee and dark chocolate."



Meal Plan

"My go-to weeknight dinner is grilled chicken breast or salmon with string beans and salad. I might put in quinoa or brown rice depending on how much cardio I've done. If I'm working on-set, I might grab [everything] at Whole Foods and put it together myself."



Skin Splurges

"Some fashion gurus told me about a skin purifying oil from Shu Uemura. It takes off my makeup but doesn't strip my skin. I also treat myself to Crème de la Mer. It's stupid expensive but I kind of swear by it."



Balance is no easy feat when you're shuttling between New York and acting gigs in Texas and England. But actor Kim Raver, 45, has it down to a science. Just a month after wrapping production on the NBC series *Revolution*, shot in around Bartlett and Granger, Texas, she moved her family to London for a five-month stint filming FOX's *24: Live Another Day*, all while staying healthy and fit. The prolific actor—her TV credits include *Grey's Anatomy*, *Third Watch*, *Lipstick Jungle*, and *The Nine*—swears by a combination of nutrition, exercise, and family time. When she finishes shooting *24*, she'll linger across the pond to visit family and explore Europe with her husband, French filmmaker Manu Boyer, and sons Luke, 12, and Leo, 6, before jetting back to the States and her hometown of New York City.—*Kara Mayer Robinson*



Om Sweet Om

"Yoga is very healing. The breathing is so important. I think we pretty much hold our breath all day long with all the stress we deal with. Yoga slows me down and gives me balance."

FROM TOP LEFT: IGOR TARASYUK/GETTY IMAGES; TOBI/GETTY IMAGES; CAROLYN WOODCOCK/GETTY IMAGES; DEVONY/THINKSTOCK; HANZA TARKKOLU/GETTY IMAGES



Home Game

About one in four Americans works at least part of the time at home, and that number has grown yearly over the past 10 years. In 2013, FlexJobs.com saw a 25% increase in listings for flexible jobs, which include telework positions with major corporations. Xerox, UnitedHealth Group, and Dell top FlexJob's 2014 list of the top 100 companies for remote jobs. If your work

keeps you home, here's a tip to make it work from Michael B. O'Leary, PhD, professor at Georgetown University's McDonough School of Business. Before you start remote work, sit down with your employer to define expectations mutually. Be clear about when you'll be working and accessible and when you won't. "There is often an assumption on the part of employers that almost anything at any time is fair game for a teleworker, and in practice that can't be the way it works out," O'Leary says. "You've got to set boundaries." Make sure you know exactly what your employer expects you to do and when and how to deliver it. "Define expectations, then meet those expectations. That's how you build the cycle of trust."

Bridal Smartie

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

Photograph by Dan Videtich

BURN OUT

"The first defense against frequent heartburn is reducing belly pressure so you don't reflux. Rather than cutting particular foods from your diet, you're better off decreasing portion sizes. Also, don't eat a few hours before sleeping, and raise the head of your bed. If these steps don't work, try a proton pump inhibitor medication like omeprazole [Prilosec] or lansoprazole [Prevacid]. Your pharmacist can guide you. If you're not better in a few weeks, or notice other symptoms, see your doctor."



Arefa Cassoobhoy, MD, MPH
WebMD Medical Editor

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GEAR SHIFT

"I recommend wearing breathable cotton clothes, as opposed to the high-tech fabrics. Always shower right after you exercise, so bacteria don't stay on the skin surface. Use a body wash with benzoyl peroxide or salicylic acid, like Neutrogena Body Clear Body Wash, to get rid of as much bacteria as possible. If you can't shower right after exercise, change clothes immediately. Also, make sure to wash your gym bag regularly."



Debra Jaliman, MD
dermatologist, assistant professor of dermatology at Mt. Sinai School of Medicine, and author of *Skin Rules: Trade Secrets From a Top New York Dermatologist*

WEDDING DIET

"The key to sticking with a healthy diet is to enjoy it. So try some new, tastier ways to get your veggies. Experiment with salads by adding nuts and fruits. Add tomatoes and lettuce to sandwiches, and make smoothies with greens, fruit, and yogurt. Roast veggies in some oil, sprinkled with salt and pepper, to bring out their natural sweetness."



Margann Jacobsen, MS, RD
co-author, *Fearless Feeding: How to Raise Healthy Eaters From High Chair to High School*

ITCH RELIEF

"Long-lasting scaly patches on the legs can indicate more than dry skin. They could be a sign of a skin disorder like eczema, psoriasis, or a fungal infection. Make an appointment with a dermatologist, and in the meantime, apply a moisturizer with ceramides like CeraVe or Cetaphil RestoraDerm."



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

WEBMD ON THE STREET

Annie Hogan

Client service manager, 24
Kansas City, Kan.

After a few years of living and working in Boston, Annie Hogan realized she wasn't in Kansas anymore. In September 2013, she packed up and returned to her home state, where, on her very first day back, she met her fiancé. Now she's planning an April wedding, raising two puppies, and trying to get fit and healthy. "I usually get up around 4:45 a.m. and head to the gym four to five times a week," she says. "I've always been a curvy girl, but now my focus is shifting to getting as fit as possible for the big day!" She knows her diet could improve too. "I hate all vegetables! Is there anything I can do to maintain a healthy diet (while hiding the veggies)?" And although she's in a good gym groove, she wonders if that might be causing a different sort of problem. "I've been breaking out on my chest and back even though I wear the sweat-wicking kind of gym clothes," she says. She's also trying to figure out what's causing the very itchy spots on her legs. "We changed all of our soap and detergents, but I'm still scratching—so much that I end up scratching through until I have scabs!" And as if that's not enough, Hogan says, "I have frequent heartburn no matter what I eat. I take acid reducer every day."

—Andi Gabrick



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WOMEN'S HEALTH

New Release

UNLEASH YOUR DREAMS AND MAKE THEM COME TRUE WITH THESE TIPS TO ACTIVATE COMMITMENT

By Colleen Oakley

Want to be a successful musician? Or a novelist? Or maybe you just want to fit into your high school jeans? Everyone has dreams, big or small—but not everyone makes them come true.

A study published in the *Journal of Clinical Psychology* found that even among people who explicitly stated their goals, only 46% considered themselves successful six months later. And those who just had a dream they wanted to pursue but didn't resolve to do anything? The number of successful people dwindled to 4%.

Most goals are hard to achieve—that's why they're goals—but why are more than 50% of us dropping the ball on our dreams?

People tend to think goal-reaching is about willpower and motivation, but it's not, says Heidi Reeder, PhD, author of *Commit to Win: How to Harness the Four Elements of Commitment to Reach Your Goals*.

"There are many goals that require a much longer vision," Reeder says. "Willpower can help me go running on this particular day, but what about four months later when I'm still training for that marathon race? The secret to reaching your goals is commitment." Here are three tips to help you



cultivate commitment—and dedicate yourself to achieving your dream.

Break down your goal into smaller pieces.

In our we-want-it-now culture, we often expect to see results right away, but change takes time, Reeder says. To stick to your efforts, celebrate the progress, not just the final outcome. Trying to save \$10,000 for a down payment on a house? Shoot for \$500 a month, and then reward yourself for meeting your mini-goal.

Remove small barriers. "Surprisingly, it is often the little, fixable

things that get in our way," Reeder says. Is your gym too far away to get to every day? Sign up at a closer one. Does your boss always bring donuts into the office? Avoid the break room. Instead of making excuses, just fix them.

Stay focused. If your goal is a lasting marriage, don't allow yourself to linger on thoughts of your sexy new co-worker, Reeder says. If your goal is to finish project A, don't start fantasizing about the excitement of project B or C. "Your attention matters," Reeder says, "so consistently focus it on your commitment."

KEEP DREAMING

ARE YOUR GOALS REALISTIC AND ACHIEVABLE? HEIDI REEDER, PHD, SUGGESTS ASKING YOURSELF THESE QUESTIONS TO FIND OUT.

Why do I want this?

Is your goal something you truly desire, or are you pursuing it for some other reason? A recent study published in the *Journal of Nutrition Education and Behavior* found that people who wanted to lose weight for personal reasons rather than external pressures—such as to please others—were more successful at sticking to their goals. That applies to all goals, Reeder says. "If we don't personally value the idea, we're less likely to achieve it."

What's my larger goal?

Let's say you want to be a successful musician, but you attach a specific condition—such as you have to have 1 million likes on YouTube. "That may be unrealistic, but the larger goal, to be a successful musician, is not," Reeder says. "If you are firm in your commitment, but flexible in exactly what it looks like or how you get there, your chances for success abundantly increase."

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

MEN'S HEALTH

Blues Cues

FIRST COMES BABY, THEN COMES MALE POSTPARTUM DEPRESSION? LEARN THE SIGNS AND WHAT TO DO

By Matt McMillen



● Mothers are not the only ones at risk of depression when baby arrives. Postpartum depression strikes a lot of dads as well. A 2010 study found that one in 10 men develops depression either shortly before or after the arrival of a newborn. That's only slightly lower than the rate among women. And researchers reported in April that young dads remain at higher risk of depression during the first few years of fatherhood.

While health professionals know it happens, they don't know a lot about it, says Michael W. O'Hara, PhD, a professor of psychology at the University of Iowa. "People have begun to look at postpartum depression in men over the past several years, but it's still flying under the radar."

O'Hara says it's not clear yet whether there's a causal link between childbirth and dad's depression, but changes such as lost sleep, changing family dynamics, and big responsibilities can up the disease risk.

Are you a new or expectant dad (or do you know someone who is)? Pay attention

to the possibility of depression. After all, it's not just bad for you—it's bad for baby, too. "Depressed individuals tend to be less vigilant about child safety," O'Hara says.

To make the transition to fatherhood a little bit easier, start by recognizing signs of depression:

Watch for changes. Are you sleeping and eating poorly? Do you have less energy than usual? Do you enjoy everyday things less than before? These are signs of depression. "If a guy is out of his normal mood state for several weeks, I'd encourage him to seek some help," O'Hara says.

Sleep tight. Easier said than done, perhaps, but it's crucial because lack of sleep can make you more prone to depression. "In the beginning, the key thing is to try to get a reasonable sleep schedule," O'Hara says. Take naps if necessary and coordinate a rest schedule with your wife or partner.

Talk, talk, talk. You're not in this alone, so talk with your partner about what you both expect and tell her how you're really doing. "Be as open as possible with your wife or partner, even if you find that difficult to do," O'Hara says.

Reviewed by Hansa Bhargava, MD
WebMD Medical Editor

FROM WEBMD.COM

Q&A

"My wife and I plan to have children. I've had episodes of serious depression in the past. Does that make me more prone to postpartum depression?"



Brian Jones
37, neuroscience PhD student, Portland, Ore.



EXPERT'S ANSWER

"Your history may help you to be on the lookout for signs. In addition to being aware of changes in mood and behavior following the birth of your child, you can try to set up your environment in a healthy way. Bolster your social support system, foster a collaborative relationship with your partner, and plan ways to continue good self care."



Pamela S. Wiegartz, PhD
assistant professor of psychology, Harvard Medical School, and co-author of The Pregnancy and Postpartum Anxiety Workbook



Nose Knows

Want to know how and where to apply perfume like a pro—not too much and not too little, and in all the right spots? Patti Kapla, fragrance expert and vice president of business development at e-retailer FragranceNet.com, shares some tips. A general rule of thumb is to contain the fragrance you wear in your own personal space; an arm's length away is ideal. Only those people you let into your space will be able to get a whiff—not the random family dining across the restaurant. With that in mind, apply fragrance on one or all of the following skin spots: behind your ears, back of your knees, or under your chin. These are “pulse points,” or parts of the body where blood vessels are closest to the skin. These spots radiate heat and will emit the scent you spray there into the air. Opt for the back of the knees, instead of the ever-popular wrists, because the scent will rise as the day goes on. There's no reason you should have to spray yourself more than once a day.

Summer Catch

AN INSIDE LOOK AT HOW TO STAY COOL AND GORGEOUS WHEN THE TEMPS CLIMB

By Ayren Jackson-Cannady



1 Lip Locked
Aquaphor Healing Ointment (\$5.99) "A nightly application of this fragrance-free ointment to my lips keeps them soft and moist during the day. It contains petrolatum and glycerin, which eliminate any type of dry skin."

2 Clean Break
CeraVe Foaming Facial Cleanser (\$11.99) "Use this cleanser with a warm facecloth to easily remove makeup—including stubborn waterproof black eyeliner. The foam formula whisks away the dirt and makeup, while ceramides help keep skin cells healthy and hyaluronic acid moisturizes skin on contact."



Wendy E. Roberts, MD
dermatologist, Rancho Mirage, Calif.

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

3 Perfect Glow
NeoStrata Bionic Face Serum (\$72) "This over-the-counter product contains a slew of antioxidants including vitamins A, C, and E, plus alpha hydroxy acids that work together to reverse most of the signs of stressed and aging skin. I apply it in the morning before SPF to help fight lines, wrinkles, enlarged pores, and mottled pigmentation. Plus, the ingredients have been clinically researched and vetted by dermatologists."

4 Eye Opener
Urban Decay Naked Eyeshadow Palette (\$54) "This palette of neutral shadows is especially great for summer and achieving that effortless, natural look. The pigments are rich, long-lasting, and eye-catching."

5 Spray Cool
Neutrogena Beach Defense Sunscreen Spray SPF 70 (\$10.49) "Toss this waterproof, broad-spectrum SPF spray in your beach bag. Spray yourself, spray your friends, spray Dad's scalp, spray baby's arms. And since it does not feel thick or tacky on skin, you can even use this on your face."

6 Lash Dance
Colorescience Mascara (\$19.50) "There aren't many mineral-based mascaras out there that are humidity-, water-, and smudge-proof. But, this is one! It's made with peptides, vitamins, and botanical extracts that give lashes dramatic volume and length while keeping them soft and conditioned."

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

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HEALTHY
BEAUTY



Dirty Secret

"I always drive to the beach so I stash my sunscreen in my glove compartment. A friend says that's a bad idea. Is she right?"

Yes, she is. It's one of the worst places you can store it because temperatures in a closed car can climb to over 120 degrees Fahrenheit, and with that much heat, sunscreens degrade at a very high rate and will be much less effective; the SPF30 product that you're applying may only offer SPF15 or even SPF8 protection. In fact, sunscreens are supposed to be stored at room temperature. I keep a spare tube of sunscreen in my handbag to make sure I am always protected.

To make sure you're getting the full effectiveness of your sunscreen, you'll want to use it before it expires. You can often find an expiration date stamped on the container. The FDA requires that all sunscreens maintain their strength for at least three years, but you might want to check a tube or bottle before you purchase it to make sure you're getting the freshest one rather than a product that's sat on the drugstore shelf for a year. If a product you've dug up from the recesses of your summer tote has a foul smell or the ingredients have separated, toss it.

Heather Woolery-Lloyd, MD, dermatologist, and director of ethnic skincare, University of Miami



AISLE DO

PRODUCT PICK

Living Proof No Frizz Nourishing Styling Cream (\$36)

EXPERT

Carolyn Jacob, MD, founder and medical director of Chicago Cosmetic Surgery and Dermatology

"I have curly, unruly hair that loves to frizz at any sign of humidity—a problem here in Chicago where we have high humidity most of the year. I loved this styling cream right away—it's the best product I've found for controlling and fighting fly-aways. The cream contains a special molecule to keep the outer sheath of the hair smooth. I use the shampoo and conditioner in the line as well, but I love the smoothing cream because it has more influence than wash-out products. I rub in a generous nickel-size amount through my damp hair, from roots to ends, before I blow-dry. I think the technology behind this makes it really interesting and nothing else has worked as well on my hair."

BEAUTY SMARTS

Hit the Spot

WANT TO EVEN OUT YOUR SKIN TONE? FROM SUN DAMAGE TO ACNE SCARS, SKIN LIGHTENERS CAN HELP

By *Liz Krieger*

● You look in the mirror one day
● and notice some patchy areas of discolored skin on your face or neck. What's going on? Any number of things, as it turns out. Perhaps too much time in the sun has robbed you

“You’ll wait about eight to 12 weeks before you begin to see a real difference.”

of your smooth complexion, you have dark acne scars, or hormonal changes have left you with permanent discoloration. If so, skin lighteners (also called skin bleaching creams or skin brighteners) can help.

“For people looking to fade dark spots, zap sun damage, and even out the color of their skin overall, skin lightening creams are a potent tool,” says Leslie Baumann, MD, a Miami dermatologist and author of *The Skin Type Solution*.

Most products work in the same manner. They stymie the enzyme that produces the cells that generate the color in your skin—otherwise known as melanin. A few key ingredients can accomplish this, notably hydroquinone, arbutin, and kojic acid. You can get both over-the-counter products as well as stronger ones from your dermatologist. (Because of its potency,

hydroquinone, in particular, is strictly regulated at 2% or less in OTC products.) Some popular drugstore brands take a gentler route, harnessing the power of soy or licorice to slowly brighten skin. Soy proteins can block a critical color receptor in skin cells, and licorice extract can hamper melanin production.

Patience is key if you decide to try one of these products. “Because of the life cycle of skin cells and the color-making process, you’ll wait about eight to 12 weeks before you begin to see a real difference,” Baumann says. Some doctors suggest using a retinoid product (such

as Retin-A) along with the lightener to help speed up skin cell turnover.

The dark side, so to speak, to slathering on these creams—particularly the strongest ones—can be increased skin irritation and susceptibility to sunburn. That means super-diligent use of sunscreen to protect against ultraviolet radiation, steroid creams such as hydrocortisone to tamp down inflammation, and creams rich in antioxidants to help squelch irritation and protect skin from further damage.

Reviewed by **Mohiba Tareen, MD**
WebMD Skin Care Expert





Heard about oil pulling? Read more about it in **Oil-Swishing Craze**, one of the top articles on the Oral Care channel.



YOUR SMILE

Shell Out?

SHOULD YOU TRY OIL PULLING? WE EXPLORE THE ANCIENT TECHNIQUE TO SEE IF IT'S ALL IT'S CRACKED UP TO BE

By Colleen Oakley

Maybe you've seen something about it on the Internet, or a friend of a friend swears by it—but you're not sure exactly what it is. Oil pulling is a growing trend but it's not exactly new. "This oral therapy is a type of Ayurvedic medicine [a traditional Indian system] that dates back 3,000 years," says Jessica T. Emery, DMD, owner of Sugar Fix Dental Loft in Chicago. "It involves swishing approximately one



A recent study found that coconut oil may help prevent tooth decay.

tablespoon of oil—typically coconut, sesame, or sunflower oil—in your mouth for about 20 minutes and then spitting it out."

And unlike some so-called natural home remedies, it's not a practice that's based on pseudo-science. Recent studies show that oil pulling reduces gingivitis, plaque, and microorganisms that cause bad breath. How? "Most microorganisms inhabiting the mouth consist of a single cell," Emery says. "Cells are covered with a lipid, or fatty, membrane, which is the cell's skin. When these cells come into contact

with oil, a fat, they naturally adhere to each other."

Want to give it a try? Follow these tips.

Use coconut oil. While you can get the same bacteria-reducing benefits with sesame or sunflower oil, coconut oil has the added benefit of lauric acid, which is well known for its anti-microbial agents, Emery says, making it more effective. Also, a recent study found that coconut oil may help prevent tooth decay.

Start with just five minutes a day. Twenty minutes of swishing is a long time, and while the longer you pull, the more bacteria you'll remove, five or 10 minutes will still offer some benefit. Also, if your jaw starts aching a few minutes in, slow down. "Don't work too hard," Emery says. "A gentle swishing, pushing, and sucking the oil through the teeth is all that's required."

Don't swallow. "If you find it hard not to, you likely

have too much oil in your mouth," Emery says. "Spit it out and try again with a smaller amount." Also, don't spit it down the sink, as the oil could clog your pipes. Just discard the used oil into the nearest trash can.

Don't skip brushing and flossing. "Oil pulling should never replace routine dental visits and traditional home oral care," Emery says. "It doesn't reverse the effects of tooth decay, but it's a great supplemental therapy."

EXPERT TIP



"Coconut and sunflower oil aren't the only oils with dental health benefits. For irritated, inflamed gums, rub a little vitamin E oil directly on the surface. It's rich in antioxidants, easily absorbed, and helps regenerate healthy gum tissue."—**Jessica Emery, DMD**

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



PET HEALTH

Dancing Queen

By Melanie D.G. Kaplan

Ukrainian-born champion dancer Karina Smirnoff kicked off her impressive *Dancing With the Stars* run on ABC in 2006 with Season 3, when she sashayed into a second-place finish with partner and TV personality Mario Lopez Jr. She then danced all the way to the mirror ball trophy in Season 13, in 2011, with Army vet J.R. Martinez, and just recently concluded season 18.

Smirnoff, who wrapped up Broadway's *Forever Tango* last year, has also appeared in movies such as *Across Grace Alley* and *Shall We Dance?* and is a founder of Alternative Intervention Models, a nonprofit that gives kids and teens a healthy outlet in movement. Throughout her dance career and during her time on *DWTS*, she's had a lot of leading men—musician Gavin DeGraw, actor Ralph Macchio, country music singer Billy Ray Cyrus, boxer Floyd Mayweather Jr.—but no man leads her around more than her beloved American Staffordshire terrier Randy.

“When you find your dog, you know it. It’s like true love.”

Read the full Q&A with Smirnoff in our free iPad app!

What’s Randy like?

He’s almost 7 years old and 95 pounds, and he’s the biggest teddy bear. He’ll look mean, but he thinks he’s a Chihuahua and likes to sit on your lap. When he walks by a mirror, he’ll startle himself because he doesn’t realize he’s so big. He sleeps with me, taking up 90 percent of the bed, and only eats with a spoon.

How did that habit start?

He had a stomach infection when he was a puppy, and to save him, the shelter fed him with a spoon. By the time I adopted him, he was set in his ways.

Did you have dogs growing up in Ukraine?

I wanted a dog. My parents were always working, and I was in every activity imaginable. They’d get me cats. When we came to America, we saw a little kitten under a car in the Bronx, where we lived in the ’90s. My mom said we could take her home, and we named her Hillary after the first lady. Dogs are more responsibility—it’s like having a 5-year-old kid.

How did Randy get his name?

I had another Staffie mix named Tyson after Mike Tyson, when we lived in New Jersey. I love these big, muscular dogs. He was the center of the family. But he got out of the house, ran toward the highway, and got hit by a car. He was only one and a half, and after that, I’d catch my parents crying when they were looking at pictures of Tyson. I thought, we’ve got to get another dog. Then I found Randy, who is named after Randy Couture, another fighter. But I’m an only child, so he’s really Randy Smirnoff—the sibling I never had.

Any siblings for Randy in the future?

I want to get another dog. My mom is not 100 percent for it, but it will definitely be a big breed. When you find your dog, you know it. It’s like true love.

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

KIDS' HEALTH

Down the Line

STRESSED OUT ALL THE TIME? YOUR KIDS PROBABLY ARE TOO. HERE'S HOW TO WARD OFF THE RIPPLE EFFECT

By Colleen Oakley



● You're a 21st century parent, which means your to-do list is never-ending and your idea of relaxing is checking Facebook during your 10-minute wait in the car-pool line every afternoon. But at least the kids are all right. Right?

Maybe not. All that stress you carry around on a daily basis affects them, too. A recent study found that stress is contagious between children and their caregivers, meaning a baby as young as 1 mirrors its mother's bodily stress responses, such as increased heart rate. And a study published in *Pediatric Obesity* found that parental stress is linked to weight gain in young children.

What's a parent to do? You can't exactly tap a magic wand and make stress disappear. Instead, says Kathy Gruver, PhD, author

of *Conquer Your Stress With Mind/Body Techniques*, "the best thing to do is learn tools to handle stress."

More important still is to model those tools for your children, says Friedemann Schaub, MD, PhD, author of *The Fear and Anxiety Solution*. "Children are very perceptive. If you can deal with your stress appropriately, they'll realize it's not a sign of a catastrophe—that stress is something you can deal with."

Think positive. When you find yourself thinking something negative, replace it with an affirmation. For example, rather than saying, "I hope I'm not getting sick," say, "I am healthy and well." Gruver says, "Shutting out negative thoughts can decrease stress. And you can teach your kids to use positive language around events

like tests and tournaments by putting affirmations on the mirrors in their room or on their notebooks."

Don't wait. Most people know good stress-reducing techniques—eating healthy, exercising, meditating, taking time-outs. The problem is that they wait until they're stressed to do them. "When your brain is in stress mode, it isn't open to picking up new techniques," Schaub says. "It's like trying to learn to drive in a snowstorm."

Work on stress reduction every day—even when things are easy-breezy. "You'll create a pattern of healthy coping mechanisms, so when things get intense your mind will gravitate toward those good habits rather than bad ones, like overeating or running away."

Unplug. Recent studies link social media use to increased stress levels. Try a self-imposed technology break. "We limit screen time for children, why not for ourselves?" Schaub asks. Pick a cutoff—maybe 7:30 every night—after which you won't check your phone or email. "Many people are surprised how much more relaxed they are when they're unplugged."

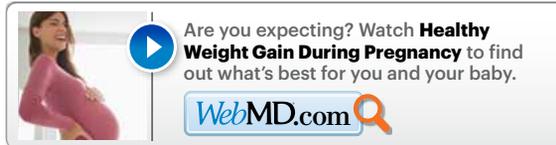
RED FLAGS

A RECENT SURVEY BY THE AMERICAN PSYCHOLOGICAL ASSOCIATION FOUND THAT 20% OF CHILDREN HAVE CHRONIC STRESS. IS YOUR KID AMONG THEM? ASK YOURSELF:

1. Does your child have more meltdowns than usual?
2. Do you notice an increase in fatigue, irritability, headaches, and stomachaches?
3. Is your child sleeping poorly or waking up from night terrors?
4. Is your child acting angry?

"All of these coupled with your instinct can be signs of stress overload," says Lori Lite, author of *Stress-Free Kids: A Parent's Guide to Helping Build Self-Esteem, Manage Stress, and Reduce Anxiety in Children*. "Trust your instinct."

Reviewed by Hansa Bhargava, MD
WebMD Medical Editor



BABY TALK

Workout Wit

WHEN YOU'RE PREGNANT, HOW MUCH EXERCISE IS TOO MUCH?

By *Stephanie Watson*



● In the fall of 2013, pictures of 35-year-old Lea-Ann Ellison lifting a huge barbell, her eight-months-pregnant belly protruding below her sports bra, surfaced on Facebook and quickly spread across the Internet. Ellison, a former bodybuilder, gave birth to a healthy baby boy not long after the pictures were taken. But the image of a woman so obviously close to her delivery date doing an intense workout generated a lot of criticism—including from Raul Artal, MD.

“Each time she did that spot lifting, blood would be diverted from all the internal organs to the muscles. It would be synonymous to stepping on the umbilical cord every few minutes for as long as she was holding those weights up,” says Artal, professor and chairman of the Department of Obstetrics and Gynecology & Women’s Health at Saint Louis University School of Medicine.

Prenatal exercise isn’t a bad thing, Artal says. In fact, it does a pregnant body good for a lot of reasons. One is to help prevent gestational diabetes, or high blood sugar during

pregnancy. Exercise might also make labor less arduous, because it releases natural painkillers called endorphins.

The question is: How much exercise is too much? The American College of Obstetricians and Gynecologists (ACOG) offers some guidelines. It recommends that pregnant women avoid contact sports and activities that pose a risk of falling or injuring the abdomen. Beyond that, it’s really up to a woman and her doctor to decide.

Pregnant women should be able to do most of the same exercises they did before they conceived. Walking, swimming, and dancing are all safe choices. According to ACOG, women who should skip exercise entirely while pregnant are those with conditions such as heart or lung disease, a weakened cervix, high blood pressure (preeclampsia), problems with the placenta, or bleeding, or those who are at risk for early labor.

No matter how fit you are, get the OK from your doctor before embarking on a fitness program during pregnancy.

FULL STOP

MOST EXERCISES ARE PROBABLY SAFE TO CONTINUE, BUT A FEW SHOULD BE POSTPONED UNTIL AFTER YOU DELIVER, SAYS RAUL ARTAL, MD.

Scuba diving: Diving is a plunge no expectant mom should risk taking. When divers rise back to the surface, they go through a process called decompression to release built-up gas from their body. Unborn babies aren’t equipped to handle decompression, and the gas bubbles can be fatal to them.

Contact sports: Save the soccer, football, or basketball game for after you deliver. If you get hit in the stomach during play, it could put your baby’s health at risk.

Downhill skiing: The slopes are no place for a pregnant woman. Not only do you chance falling during a ski run, but also altitudes higher than 6,000 feet can deprive your baby of oxygen. If you can’t wait until next season to ski, switch to cross-country.

Intense weight lifting: Light to moderate weight training is OK, but lifting extreme weight is probably not. It causes decreased blood flow to the placenta, and there’s the risk of falling or dropping a weight on a protruding belly.

Reviewed by
Nivin C.S. Todd, MD
WebMD Baby Care Expert

PET HEALTH

Hot Stuff

WHEN THE MERCURY RISES, DON'T FORGET TO KEEP YOUR FURRY FRIENDS COOL

By Colleen Oakley



Does summer weather beckon you outside for a game of catch with your favorite four-legged friend? Not so fast. If you're feeling the heat, you can bet your dog is, too. And for him, overheating can be dangerous—and even deadly.

"Heatstroke is by far the greatest concern," says Andrea Hilden, DVM, a veterinarian with Animal Care Center of Green Valley in Arizona. A Hebrew University study found that 50% of dogs suffering from heatstroke won't survive.

Also known as hyperthermia, heatstroke happens when a dog's body temperature rises above the average 102.5°F and can't be regulated by normal cooling processes (such as panting). Signs include exhaustion, vomiting,

diarrhea, and, at its worst, confusion and seizures. Here's how to keep your dog cool and healthy all summer long (and even get in a few games of outdoor catch).

Follow Fido's lead. "The No. 1 sign that a dog's core temperature is getting too high is fatigue," says Hilden. "If you're out for a hike with your dog on a hot day and he's searching for every shady spot to lie down in, turn around and carry him home."

Don't let the temperature fool you. Dogs can get overheated in weather as low as 80°F. Add in humidity and vigorous exercise and it could be a recipe for disaster. "If you can't comfortably sit outside for an extended period of time, then don't let your dog do it, either," Hilden says.

FROM WEBMD.COM

Q&A

"I love to take my dog to the beach. Last time I was there, I saw a woman spraying sunscreen on her dog and I thought it was strange. But now I wonder if it's something I should be doing."



Abbe Conrad
34, vice president of financial services, Atlanta



EXPERT ANSWER

"Dogs are at risk for sunburn, sun poisoning, and solar-induced skin cancers just like people. And like humans, fair-skinned—pale skin and white- or blond-haired—dogs are more susceptible. I recommend using a children's spray-on sunscreen. But steer clear of any products with zinc oxide, which can be poisonous to dogs. One more tip: Be careful taking your furry friend out on hot sand or asphalt. The bottoms of dogs' paws are sensitive, and I treat a lot of pad burns in the summer."



Andrea Hilden, DVM
Animal Care Center of Green Valley in Arizona

Reviewed by
William Draper, DVM
WebMD Pet Health Expert



Is it allergies or illness? Learn about **Skin Problems in Dogs**, a top slideshow on the Pet Health center.

WebMD.com

Change your walking time. Dogs still need exercise in the summer, but it's best to avoid the hottest parts of the

his body temperature," she says. "Trimming his hair doesn't make him any less susceptible to heat."

Don't use ice. If your dog displays heatstroke symptoms, wet him down with room temperature water and put him in front of a fan. "Your first instinct might be to pack ice packs around him or cool him off as quickly as possible, but the cold causes his blood vessels to constrict and when they constrict they can't dissipate heat," Hilden says. Call your vet and take your dog in immediately for treatment.

"If you can't comfortably sit outside for an extended period of time, then don't let your dog do it, either."

day. "Try going early in the morning or late at night after the sun has set," Hilden says.

Don't give your dog a haircut. It may be tempting to shave your pup's thick hair in an effort to cool him off for the summer, but Hilden says it could do more harm than good. "A dog's coat provides a buffer to help him regulate

EXPERT TIP



"The first thing you should do if you think your dog might be suffering from heatstroke is take his temperature with a rectal thermometer. It's good info for your vet to know to give a better prognosis. A dog whose temperature got up to 107 has a worse prognosis than one who only got up to 105."—*Andrea Hilden, DVM*

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HEALTHY LIVING

Class Act

DOES YOUR CHILD HAVE SEVERE ALLERGIES? DO YOUR HOMEWORK TO DEVELOP A PLAN, AND FIND OUT IF THE SCHOOL IS READY TO DEAL WITH AN ALLERGIC REACTION

By Stephanie Watson

With summer winding down, it's time to assemble your back-to-school to-do list. If your child has severe allergies, you'll need to prep more than just pencils, pens, and backpacks: You also need a plan to make sure her school is safe.

Allergies are a growing and serious threat to school-age kids. About one in every 13 children under age 18 has at least one allergy, and nearly 40% of kids with allergies have had a severe reaction to food.

"It's becoming the new epidemic," says Alton Melton, MD, section head of the Center for Pediatric Allergy at Cleveland Clinic. Health experts aren't sure why, he says, but one theory is that the current childhood environment has become so "clean" from the widespread use of disinfectants and antibacterial



MORE INSIDE

Pg. 30 PACK LEADER

Make sure your vacation is food-safe with expert trip tips

Pg. 33 GROUND CONTROL

Know what to look out for when your child has a food allergy

Pg. 34 FOOD Qs

Get expert answers to the most common kid-allergy questions

Pg. 35 STRAIGHT TALK

Explaining food allergies requires different approaches depending on age

ROSEMARIE GEARHART/GETTY IMAGES



products that kids' immune systems never have a chance to practice fighting off germs; this is called the "hygiene hypothesis." So, just as they would react to bacteria and viruses, some kids' immune systems turn against usually harmless substances like peanuts and pollen.

Once school starts, you need to make sure that your child is protected from the substance she's allergic to and that the school is prepared.

Types and Triggers

The most common childhood allergy symptoms are sniffles, sneezes, runny nose, and watery eyes that result when kids with hay fever are exposed to pollen, grass, and other airborne triggers. Then there are more serious reactions.

"When we're talking about severe allergies, more than 95% of the time it's going to be a food allergy," says Robert A. Wood, MD, Allergy & Immunology division chief at Johns Hopkins Children's Center.

Kids can develop allergies to virtually anything they eat, from wheat to milk. But some foods are more notorious for triggering life-threatening reactions—especially peanuts, tree nuts, and shellfish.

If a child is allergic to one of these foods, his body releases chemicals that launch a dangerous reaction, called anaphylaxis. Symptoms include trouble breathing, swelling of the mouth and throat, and shock. An anaphylactic reaction is an emergency that requires immediate medical attention.

In a smaller number of kids, allergies to stinging insects like bees and wasps can provoke the same potentially deadly anaphylactic reaction.

Create a Plan

Knowing that just a dab of peanut butter could put your child's life at risk

can make the first day back to school frightening—especially if your child is just starting kindergarten or switching to a new school, Melton says.

Before school starts, visit an allergy specialist. Get your child allergy-tested if all her triggers haven't already been identified. And make sure prescriptions

for allergy medicines, including the emergency rescue medication epinephrine, are up to date.

Once school starts, you need to make sure that your child is protected from the substance she's allergic to and that the school is prepared to treat a reaction if it does happen. The strategy you follow and how much responsibility you

WHAT TO DO IN AN EMERGENCY

AN ALLERGIC REACTION IN SCHOOL IS A SCARY SCENARIO. HERE'S WHAT TO DO IF ONE OCCURS.

If the child has severe symptoms, such as shortness of breath, wheezing, hives, trouble swallowing, or swelling of the tongue and/or lips, inject epinephrine into the child's thigh right away.

Call 911 for an ambulance.

You can also give her an inhaler if she's having trouble breathing.

If symptoms don't improve or they return, you can give another dose of epinephrine after five minutes. Then make sure the child goes straight to an emergency room via ambulance for evaluation.

give your child for seeing that strategy through depend on her age.

To start, assemble an allergy action team that includes your child's doctor, the school nurse, teachers, and administrators. Everyone on the school team should know your child's allergy triggers, what symptoms of a reaction might look like, and what to do in case of an emergency.

Then, figure out together how the school will deal with your child's needs and keep her safe. For example, if your child has a peanut allergy, you might ask that the cafeteria be peanut-free, or at least have a peanut-free area or table. You'll also want to make sure the school has a plan in place for activities such as field trips and after-school sports, where food is less predictable.

Work together to develop an allergy Emergency Care Plan (ECP)—a form your doctor signs—that includes:

- Your child's allergy trigger(s)
- A list of symptoms she has when exposed to the allergen
- A step-by-step treatment plan, including medicines and doses to give your child during a reaction
- Contact information for parents and doctors

During the year, keep in contact with your child's teachers and school administrators to make sure your plan is being followed and to determine if you need to make any adjustments.

You can also ask your school for a 504 plan, a legal document that outlines how the school will accommodate your child's allergies. To begin this process, contact your school's 504 coordinator, who will determine if your child qualifies for protection under Section 504, a federal civil rights law that considers severe food allergy a form of disability.



HEALTHY LIVING

Pack Leader

MAKE SURE YOUR VACATION IS AS FOOD-SAFE AS POSSIBLE WITH EXPERT TRIP TIPS

By Heather Hatfield

● What should a parent keep top of mind when vacationing with a kid who has severe food allergies? To relax and have fun—and that will help your child do the same.

“We want kids with food allergies to have as normal a life as possible,” says Drew Ayars, MD, an allergy and immunology specialist at Seattle Children’s Hospital. “And that extends to vacations, too.”

Yes, dealing with food allergies can make travel a bit more labor-intensive and stressful. But careful packing and planning can help you worry less and enjoy more, Ayars says.

The most important thing to remember, Ayars says, is to “have your epi injector with you at all times.” It’s best to pack two epinephrine auto-injectors: one to keep in the hotel room and another to take along with you during outings. Doubling up is also a safeguard in case you leave one behind by mistake. Also, don’t forget to pack antihistamines or other medications your child’s doctor has recommended.

If you’re flying, book your flight by phone rather than online, so you can tell the agent about your child’s



allergy. And, just as you would inform a restaurant server, always mention the allergy to your flight attendant. He or she should allow you to wipe down the area and ask people sitting near you to avoid eating trigger foods.

Finally, never check your child’s meds with luggage. Keep them with you in case you need them in the air—and in case your suitcase ends up at a different destination.

Throughout your trip, remind your child to wash

her hands frequently, especially before eating. She might touch hundreds of different surfaces during a day at an amusement park, for instance, and any of them could contain a trace of peanut or another allergen.

Pack a few safe snacks in case the options at pit stops or on planes aren’t allergen-free. And, if you cook in a kitchenette or at a campsite, clean food prep areas and grills with hot water and soap.

Watching *where* your child eats can be just as important as watching *what* she eats. Pack antimicrobial wipes and use them to clean picnic tables, plane trays, park benches, or any other surface your child might eat from before she digs in.

You should also be prepared in case your child does have an allergic reaction. Wherever you go, “be conscious of where you are and how close you are to a hospital,” says Ayars. “And have your pediatrician’s or allergist’s number with you as well, so you can reach him for follow-up if necessary.”

MORE TRIP TIPS

Pack a prescription. The federal Transportation Security Administration allows epinephrine injectors on flights, but bring a letter from your doctor just in case.

Store it right. On a warm-weather road trip? Don’t leave your injector in the glove box. High temperatures can break down the active ingredients. Same goes for light and very cold temperatures. Store it somewhere dark but don’t refrigerate.

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor

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INDICATIONS

EpiPen® (epinephrine) 0.3 mg and EpiPen Jr® (epinephrine) 0.15 mg Auto-Injectors are for the emergency treatment of life-threatening allergic reactions (anaphylaxis) caused by allergens, exercise, or unknown triggers; and for people who are at increased risk for these reactions. EpiPen and EpiPen Jr are intended for immediate self administration as emergency supportive therapy only. Seek immediate emergency medical treatment after use.

IMPORTANT SAFETY INFORMATION

EpiPen Auto-Injectors contain a single dose of epinephrine, which you inject into your outer thigh. **DO NOT INJECT INTO YOUR VEIN, BUTTOCK, FINGERS, TOES, HANDS OR FEET.** In case of accidental injection, please seek immediate medical treatment. Epinephrine should be used with caution if you have heart disease or are taking certain medicines that can cause heart-related (cardiac) symptoms.

Tell your doctor if you have certain medical conditions such as asthma, depression, thyroid disease, Parkinson's disease, diabetes, high blood pressure and heart disease, have any other medical conditions, are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed. Be sure to also tell your doctor all the medicines you take, especially medicines for

IMPORTANT SAFETY INFORMATION *(continued)*

asthma. **If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have longer lasting side effects when you take the EpiPen or EpiPen Jr Auto Injector.**

The most common side effects may include increase in heart rate, stronger or irregular heartbeat, sweating, nausea and vomiting, difficulty breathing, paleness, dizziness, weakness or shakiness, headache, apprehension, nervousness or anxiety. These side effects usually go away quickly, especially if you rest.

Talk to your health care professional to see if EpiPen or EpiPen Jr Auto-Injector is right for you.

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.

For additional information please contact us at 800-395-3376.



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Please see Brief Summary of full Prescribing Information on the adjacent page

BRIEF SUMMARY OF PATIENT INFORMATION

Please read this information before using EpiPen® or EpiPen Jr® Auto-Injector. Consult the Patient Insert for complete patient information. This information does not take the place of talking with your healthcare professional about EpiPen. If you have any questions, ask your healthcare professional.

What is the most important information I should know about the EpiPen and EpiPen Jr Auto-Injector?

1. EpiPen and EpiPen Jr Auto-Injectors contain epinephrine, a medicine used to treat allergic emergencies (anaphylaxis).

Anaphylaxis can be life threatening, can happen within minutes, and can be caused by stinging and biting insects, allergy injections, foods, medicines, exercise, or unknown causes. Symptoms of anaphylaxis may include:

- trouble breathing
- wheezing
- hoarseness (changes in the way your voice sounds)
- hives (raised reddened rash that may itch)
- severe itching
- swelling of your face, lips, mouth, or tongue
- skin rash, redness, or swelling
- fast heartbeat
- weak pulse
- feeling very anxious
- confusion
- stomach pain
- losing control of urine or bowel movements (incontinence)
- dizziness, fainting, or “passing out” (unconsciousness)

2. Always carry your EpiPen or EpiPen Jr Auto-Injector with you because you may not know when anaphylaxis may happen.

Talk to your healthcare provider if you need additional units to keep at work, school, or other locations. Tell your family members and others where you keep your EpiPen or EpiPen Jr Auto-Injector and how to use it before you need it. You may be unable to speak in an allergic emergency.

3. When you have an allergic emergency (anaphylaxis) use the EpiPen or EpiPen Jr Auto-Injector right away. Get emergency medical help right away.

You may need further medical attention. You may need a second EpiPen or EpiPen Jr Auto-Injector should symptoms persist or recur. More than two sequential doses of epinephrine for a single episode should only be administered by a healthcare provider.

What are the EpiPen and EpiPen Jr Auto-Injectors?

- EpiPen and EpiPen Jr Auto-Injector are disposable, prefilled automatic injection devices used to treat life-threatening,

allergic emergencies including anaphylaxis in people who are at risk for or have a history of serious allergic emergencies. They contain a single dose of epinephrine.

- EpiPen and EpiPen Jr Auto-Injector are for immediate self (or caregiver) administration and do not take the place of emergency medical care. You should get emergency help right away after using the EpiPen and EpiPen Jr Auto-Injector.
- The EpiPen Auto-Injector (0.3 mg) is for patients who weigh 66 pounds or more (30 kilograms or more).
- The EpiPen Jr Auto-Injector (0.15 mg) is for patients who weigh about 33 to 66 pounds (15 to 30 kilograms).
- It is not known if EpiPen and EpiPen Jr Auto-Injectors are safe and effective in children who weigh less than 33 pounds (15 kilograms).

What should I tell my healthcare provider before using the EpiPen or EpiPen Jr Auto-Injector?

Before you use EpiPen or EpiPen Jr Auto-Injector, tell your healthcare provider about all your medical conditions, but especially if you:

- have heart problems or high blood pressure
- have diabetes
- have thyroid conditions
- have asthma
- have a history of depression
- have Parkinson’s disease
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if epinephrine will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if epinephrine passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Inform your healthcare provider of all known allergies.

Especially tell your healthcare provider if you take certain asthma medications.

EpiPen or EpiPen Jr Auto-Injector and other medicines may affect each other, causing side effects. EpiPen or EpiPen Jr Auto-Injector may affect the way other medicines work, and other medicines may affect how the EpiPen or EpiPen Jr Auto-Injector works.

Use your EpiPen or EpiPen Jr Auto-Injector for treatment of anaphylaxis as prescribed by your healthcare provider, regardless of medical conditions or medication.

What are the possible side effects of the EpiPen and EpiPen Jr Auto-Injector?

EpiPen and EpiPen Jr Auto-Injector may cause serious side effects.

The EpiPen or EpiPen Jr Auto-Injector should only be injected into the middle of your outer thigh (upper leg). Do not inject the EpiPen or EpiPen Jr Auto-Injector into your:

- vein
- buttock
- fingers, toes, hands, or feet

If you accidentally inject EpiPen or EpiPen Jr Auto-Injector into any other part of your body, go immediately to the nearest emergency room. Tell the healthcare provider where on your body you received the accidental injection.

If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have longer lasting side effects when you take the EpiPen or EpiPen Jr Auto-Injector. Talk to your healthcare provider about all your medical conditions.

Common side effects of the EpiPen and EpiPen Jr Auto-Injector include:

- fast, irregular or “pounding” heartbeat
- sweating
- headache
- weakness or shakiness
- paleness
- feelings of over excitement, nervousness or anxiety
- dizziness
- nausea and/or vomiting
- breathing problems

These side effects may go away with rest. **Tell your healthcare provider if you have any side effect that bothers you or that does not go away.**

These are not all the possible side effects of the EpiPen or EpiPen Jr Auto-Injector. For more information, ask your healthcare provider or pharmacist.

Call your healthcare provider for medical advice about side effects.

General information about the safe and effective use of the EpiPen and EpiPen Jr Auto-Injector:

Do not use the EpiPen or EpiPen Jr Auto-Injector for a condition for which it was not prescribed. Do not give your EpiPen or EpiPen Jr Auto-Injector to other people.

Important Information

- If an accidental injection happens, get medical help right away.

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Do you know your trigger points?
Read **Food Allergies: Home Treatment** and get tips to stay safe.

WebMD.com 

HEALTHY LIVING

Ground Control

LIFE WITH A CHILD WHO HAS FOOD ALLERGIES CAN SEEM DAUNTING, BUT KNOWING WHAT TO LOOK OUT FOR CAN HELP YOU MANAGE

By Kerri-Ann Jennings

● When you have a child with food allergies, it sometimes feels as though the very idea of milk, eggs, or peanuts is enough to make *you* break out in a rash. Those are the top three food allergens among children in the United States, followed by wheat, tree nuts, soy, fish, and shellfish. Together they make up the “Big 8” that account for 90% of all food allergies. Here’s what you need to consider as you navigate food choices.

Grocery Shopping

Shop the perimeter of the store for whole, unprocessed foods—that’s where you’ll find the basic ingredients for delicious, wholesome dishes for your family.

When buying packaged foods, always read labels. Food makers are required by law to tell you whether a product contains one of the “Big 8” allergens.

What about those labels that say the product was “processed in a facility that processes peanuts?” Your best bet is to avoid them, although you’re still probably safe if you stick to name-brand products made by the biggest food manufacturers, says Wesley Burks, MD, a leading pediatric allergist based at University of North Carolina. “Most of the national companies test the foods before they leave the plant,” Burks says.



Cooking at Home

Making your own meals is one of the best things you can do for everyone’s health—when you’re the one in the kitchen, you control everything that goes into a dish.

You can adapt many of your family’s favorite recipes by substituting certain ingredients: wheat-free pastas, non-dairy milk, or ground flaxseed in place of eggs when baking, for instance. Experiment with new recipes—lots of websites and cookbooks have great recipes that are allergen-free.

Eating Out

The two main things to remember when dining out are: Do your research, and speak up. Call the restaurant ahead of time to find out whether it can accommodate your child’s needs. The best time to call is usually between 2 and 4 p.m., when the chef will likely have more time to answer your questions.

Make sure your server is aware of your child’s allergens and is knowledgeable about what goes into each dish. Burks recommends becoming a repeat customer at restaurants. “Develop relationships with the chefs so you can be comfortable knowing they know what contamination is.”



EXPERT TIP

“Be sure to read the entire label of food products you’re considering buying, and read it every time you buy the product, as ingredients can change.”—*Wesley Burks, MD*

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



HEALTHY LIVING

Food Qs

MANAGE FOOD ALLERGIES WITH EXPERT ANSWERS TO THE MOST COMMON QUESTIONS

By Christina Boufis

When your kid has serious food allergies, it can feel like danger lurks everywhere. To help parents stress a little less, allergy expert Andrew MacGinnitie, MD, PhD, associate clinical director of the Division of Immunology at Boston Children's Hospital, answers some top questions.

1. Are food allergies on the rise? And if so, why?

According to the CDC, food allergies in children under 18 rose 50% from 1997 to 2011. Nobody knows why. Environmental allergies—to cats, dogs, dust mites, or pollen, for example—and asthma have also increased over the last couple of decades, so there seems to be some general increase in the predisposition to allergies.

2. How much exposure to a food do kids need to have a severe reaction?

Most kids have to eat a fairly obvious amount of the allergen—say, a bite of a nut-containing brownie for a child with a peanut allergy—to have a severe reaction. For a few, a microscopic amount of the allergen can trigger a reaction, but they're really in the minority.

3. Will a child outgrow food allergies?

It depends. Only about 20% of kids with peanut or tree nut allergies outgrow them. But for kids with milk and egg allergies, some recent studies show that about 50% will outgrow both allergies.

4. What is desensitization?

Under a doctor's supervision, kids with allergies are carefully exposed to increasing amounts of the food they're allergic to. Then they continue to receive the tolerated amount of food—perhaps one peanut—at home daily. With desensitization, we try to reeducate



a kid's immune system to see certain foods, such as peanuts, as not dangerous.

Most kids can increase the amount of food they can tolerate using desensitization, but many have reactions—which can even include anaphylaxis. So it should only be done after careful consideration of the risks and benefits.

5. What promising treatments are on the horizon?

Researchers are investigating putting the food, or the protein in the food, on a patch, so kids can be exposed to it through the skin during desensitization. That seems to decrease the rate of severe reactions, although it's not clear whether it's as effective as feeding them the food. We'd like kids with food allergies to get to a place where they didn't have to keep eating [peanuts or other allergens] every day to maintain desensitization.

TIP SHEET

HERE'S WHAT ALLERGY EXPERT ANDREW MACGINNITIE, MD, WANTS PARENTS TO KNOW ABOUT SEVERE FOOD ALLERGIES:

Get nutritional support. Kids with multiple food allergies benefit from seeing a dietitian to make sure their diet is adequate.

Talk about it. Both parents and kids are often anxious about living with severe food allergies, so get some psychological support or join a support group.

When in doubt, give the epinephrine. "There's a lot of data that treating your child right away helps prevent an [allergic] attack from being severe. If you wait [to give epinephrine], it can be too late to interrupt the anaphylactic reaction," MacGinnitie says.

Reviewed by
Roy Benaroch, MD
WebMD Kids' Health Expert



Read **What Is a Peanut Allergy?** to find out the causes and symptoms, and to learn how it's diagnosed.

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HEALTHY LIVING

Straight Talk

EXPLAINING FOOD ALLERGIES TO KIDS REQUIRES TAILORED INFORMATION AND APPROACHES BASED ON AGE

By *Gina Shaw*

● When your child is diagnosed with serious food allergies, you may wonder how to explain it all to him. It's a process, says Scott H. Sicherer, MD, a pediatric allergist at New York City's Mount Sinai Hospital and the author of *Understanding and Managing Your Child's Food Allergies*. "Different kids have different needs at different ages."

Toddlers: At this age, it's mostly about supervision. "Toddlers are going to grab things and put them in their mouths," Sicherer says. "You need to think about your child's allergens just as you



you to the grocery store and read the labels together," says Joyce Rabbat, MD, a pediatric allergy specialist with Loyola University Health System in Chicago.

As he progresses through elementary school, your child will attend more events without you: parties, drop-off play dates, sports practices. So it's important to teach your child this simple motto: "When in doubt, throw it out."

Twens and teens: This may be the most worrisome age for parents of a child with food allergies. "The teen years are a risk-taking age," Sicherer says. "Everything is experimenting." He may be tired of being "the food allergy kid," and after years of constant vigilance over every bite, may feel it's OK to try something just this once.

Help your teen brainstorm strategies for managing his allergies as he enters more mature social situations, such as what to tell a new girlfriend about his food allergies, how to order in a restaurant, and how to enlist close friends who know about his allergies.

Take kids who are in grade school with you to the grocery store and read the labels together.

would think about electrical cords or poisons or anything else that could pose a danger. You have to keep them out of their reach."

Preschoolers: Choose your words carefully—make sure they're specific enough for your child to understand, but not so extreme that your child becomes scared of every bite he eats. Instead of calling his trigger foods "dangerous," explain to your

child that they can make him feel "itchy" or "funny," and that he should always tell you right away if he gets that itchy or funny feeling.

"Don't talk about foods that can make you die or have to get lots of shots," Sicherer says. "That makes it sound terrible and like they'll get punished if they eat something they shouldn't." You don't want your child to be afraid to tell

you if he accidentally ingests a trigger food.

Sharing is a big deal for preschoolers, so now is the time to teach your child that he can share toys, but not food. Give him a short, clear list of the adults in his life who know what foods he can have. "That might be Mom, Dad, Uncle Bob, and Miss Lucy at preschool," Sicherer says. Role-play with your child what he should say if someone *not* on the safe list offers him something to eat.

Grade schoolers: Kids this age can become partners in managing their food allergies. "Take them with

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor



galactic **goodness**

***Zoe Saldana** plays an alien in her newest film, but she's no stranger to putting the "her" in superhero. Taking it easy, however, is foreign to the actor, who opens up about learning to listen to her body*

BY REBECCA ASCHER-WALSH
PHOTOGRAPHY BY JEFF LIPSKY/CPI

“It is normal for me to fight for what I believe in, normal for me to be opinionated.”



Zoe Saldana knows her priorities. “Please excuse me,” she says politely, returning a moment later and explaining, “I had to finish blow-drying a friend’s hair. I’m the stylist to everyone in my life,” she laughs. “We are all fabulous women, and I’m so against anyone walking out the door not looking her hottest and best.

Every woman should feel great about herself, no matter what, and we have to lead by example.”

The actor, 36, certainly does her part. Known for her sophisticated red carpet style, Saldana has gravitated toward portraying strong women onscreen, including Lt. Uhura in *Star Trek*, the warrior princess Neytiri in *Avatar*, and, opening on screens nationwide in August, the mysterious Gamora in the adaptation of Marvel Comics’ *Guardians of the Galaxy*.

“That kind of character feels natural to me,” says Saldana, who lives in Los Angeles with her artist husband, Marco Perego, whom she married last year. “I’ve played women who are confused and struggle, but that damsel in distress, the one who can’t do anything or unconditionally loves a man who doesn’t care about her, that character is dead to me. I don’t see it as a fantasy or appealing, and it’s not an accurate portrayal of women.”

Tour de Force

Saldana comes by her confidence naturally. The child of a Puerto Rican mother and Dominican father, Saldana and her two sisters, all born a year apart—“we are spiritual triplets”—lived first in New York City and then in the Dominican Republic, where they moved when she was 9 after her father died in a car accident. Her house

was one of strong female role models. “It is normal for me to fight for what I believe in, normal for me to be opinionated,” she says. “My sisters and I are very strong-minded. We come from a very conservative Caribbean Latin culture, and we were raised by my great-grandmother and grandmother when my mother was away because she was working to support us. But the minute they would say something about how we had to learn to please a man, all we had to do was call my mother and she would get on the phone with them. She raised us to be comfortable saying no.”

“No” is not a word she’s heard very often. After studying ballet in the Dominican Republic, she moved back to the United States at age 17 with an acting career in mind, quickly winning the role of an aspiring ballet dancer in 2000’s teen drama film *Center Stage*. Parts followed in movies such as the box-office smash *Pirates of the Caribbean: The Curse of the Black Pearl* and Steven Spielberg’s *The Terminal*. By 2009, Saldana’s name was engraved on the A-list, thanks to her role in *Star Trek* (which she reprised in the 2013 sequel) and her unforgettable turn in James Cameron’s Oscar-winning *Avatar*.

Action Figure

Starring in *Avatar* was a part Saldana went to the mat for—literally. To prepare for the film, she endured a grueling six-days-a-week, four-month period of physical training, including martial arts, archery, and horseback riding. Working out daily with a personal trainer became a discipline Saldana maintained for almost five years, concentrating on Pilates, muscle-elongating exercises that built on her ballet background, weight lifting to avoid bulking up, and cardio on the treadmill, bike, or stair climber. Regardless of the activity, Saldana prefers to exercise solo and at her own pace. “Cycling classes are definitely not for me,” she says. But in the last year, the actor—who says she has always been naturally thin—has begun to embrace moderation.

“I think athletes have a perfectionism, and it is very hard to let go of that,” Saldana says. “Since I was 5, I have pushed myself too hard, with ballet, martial arts, a whole bunch of stuff.” Now, she says she chooses to stay

autismaction

Zoe Saldana devotes time to such organizations as Actors for Autism, which provides arts-related programs for children with disabilities and works to raise public awareness about the condition. Meanwhile, scientists work to uncover new information about autism and how it might be cured in the future.

— **Research makes strides.** Studies done on mice with Rett syndrome and Phelan-McDermid syndrome—both known underlying genetic causes of autism—showed improvement in brain cell communication when treated with insulin-like growth factor 1 (IGF-1), a protein known to promote brain cell development.

Human clinical trials using IGF-1 in patients with Phelan-McDermid syndrome show promise treating social withdrawal and repetitive behaviors. For Rett syndrome patients, a recent clinical trial showed improvement in behavior and breathing issues. Decreased respiration is a hallmark of the syndrome.

— **Risks are not causes.** The cause seems to be primarily genetic. “Environmental factors such as advanced parental age at conception have been associated with increased risk, but risk factors do not necessarily imply causation,” explains Alexander Kolevzon, MD. Because of autism’s genetic factor, “if you have one sibling with autism, there is a 15% to 20% risk that the other sibling will also be affected.”

— **Vaccines play no part in autism.** “In the scientific community there is no debate,” says Kolevzon, who thinks the specious connection occurred because concern about behavior can correlate to the age when a child receives multiple vaccinations.

— **Early diagnosis matters.** Time can be crucial when it comes to helping a child with autism. “Autism can be reliably diagnosed as early as 18 months, when the brain is more amenable to change and the impact of treatment may be most profound.”—RAW

active in more organic ways, dancing around her house for the fun of it, taking her dog on long walks, and going to the gym when inspiration strikes. “Sometimes I’ll want to work out every other day, or every day Monday through Friday, or just on the weekends,” she says. While she still generally exercises with a personal trainer doing strength training twice a week, she skips hard cardio work. “I miss that because I love the adrenaline rush, but I am also listening to my body. Sometimes, my joints hurt.”

Easing up is a smart move, says Cris Slentz, PhD, an exercise physiologist and researcher at Duke Medicine. “Causing pain is never about health,” he says. To maintain physical health and cardio capacity, Slentz suggests vigorous exercise that causes you to sweat for 20 to 30 minutes two days a week, added to 30 minutes of daily moderate exercise such as walking. “The point is

to move your body every single day,” he says.

Learning to listen to her body has taken time, says Saldana, who credits its maturity with her new healthy attitude. “When I was in my 20s, everyone said, ‘In your 30s, you’ll relax,’ and something fabulous *does* happen when you hit 30!” she says with a laugh. “Now, I feel happy with what I can work with. I don’t want to pressure myself to go to the gym. I’m in love,” she says sweetly, “and if on a Sunday I want to order Chinese food and stay in bed, I will. Then the next day I’ll get up and go for a walk with my dog. My goal is to be able to do yoga in the future,” she continues. “My husband meditates, and my older sister meditates with my niece. But I still like a trainer who will beat me up and say, ‘Is this all you’ve got?’”

Reviewed by Hansa Bhargava, MD
WebMD Medical Editor

Cause Effect

Practicing kindness toward herself and others is now where she is focusing her attention. Despite her busy work schedule—she’s signed on for both *Star Trek* and *Avatar* sequels—Saldana is involved with FINCA, which provides micro loans to small businesses, and has publicly supported its work in Haiti after the 2010 earthquake.

She is also dedicated to raising awareness of autism, whether posting about the condition on her Twitter account or lending her name to organizations such as Actors for Autism. In 2011, she directed a short film for *Glamour* magazine’s Reel Moments video series called *Kaylien*, about a young girl who feels like an alien because she has autism.

“We have some family members who have forms of autism, and I have been intrigued by it since I was very young. As an artist, you realize that people with autism can respond very well to the arts, whether it’s music, painting, or acting, because it’s a vehicle to express themselves,” she explains. With a brief break between projects, Saldana hopes to participate more. “Now that I have more time, I want to raise money, because by raising money you raise awareness because that compels people to want to do more research. A lot more children are being diagnosed with autism now, and doctors don’t know if it’s because they are finally diagnosing it better or because it’s affecting more people. But it’s happening.”

A new CDC estimate indicates that among 8-year-olds in the United States, one in 68 children is identified with autism spectrum disorder—a 30% increase between 2008 and 2010. ASD is defined as a group of developmental disorders that cause significant behavioral challenges. “There is no question that more children are being diagnosed,” says Alexander Kolevzon, MD, clinical director of the Seaver Autism Center and associate professor of psychiatry



Zoe's TOP 5

ZOE SALDANA SAYS SHE NEVER LEAVES HOME WITHOUT HER RED LIPSTICK, MASCARA, AND A WATER BOTTLE. TO FEEL HER BEST, SHE ALSO SWEARS BY:

CARRYING A GOOD HANDBAG

“I am crazy about my big hobo bag. When I have my bag, I can be dressed in jeans and a T-shirt and look good.”

FLIPPING THE SCRIPT

“Do the opposite of how you feel when you’re down. Put on a little makeup. Take 30 minutes at lunch to go to the salon for a blowout.”

INDULGING

“A glass of red wine or rosé Champagne is just divine. We shot *Guardians* in England, and you can’t be there for five months and not eat fish and chips. But too much sugar makes me feel off.”

EATING WHAT YOU LOVE

Married to an Italian, she says “there’s always a big piece of Parmesan and tomato sauce in our refrigerator, and I’m obsessed with sea urchin pasta.”

SLEEPING

“I need seven to eight hours of sleep. You have to obey your body clock.”—RAW



and pediatrics at the Icahn School of Medicine at Mount Sinai in New York City.

“We are much better at recognizing early signs of autism and there are mandates now to systematically screen children at 18 months and 24 months,” Kolevzon says. “There is also increased awareness in our culture, and parents are more likely to bring children to their pediatrician out of concern for developmental delays.”

Self Service

While she dedicates more time to causes such as autism, Saldana says she is also increasingly mindful of her own needs. “I’m a very anxiety-driven creature, so I make a point of talking to someone, whether it’s a friend or my sisters or a therapist,” she says. “When I feel off—if it’s been too long since I have caught up with life and my family and I am working too much—it affects me spiritually,” she says. After playing singer Nina Simone in an as-yet unreleased biopic, “I was mentally and physically exhausted, and I heard a voice in my head saying, ‘You need to slow down. You need more empty, unscheduled days.’ Now, if I want to go to the Dominican Republic, I will. And over spring break, I took a trip to Paris with my sisters and niece.”

Saldana has become more of a homebody when she’s in L.A., sharing family meals with her sisters and her husband. And she’s learned that she needs to go to sleep, even if that means cutting out early on her night-owl husband and family. “As soon as the sun sets, I am looking for any flat surface to lie down on. I have to obey my body clock.”

That doesn’t mean she’s missing out on good times. “Five or six years ago, it was all work and a struggle, and I don’t believe in settling for anything. But it gets easier. I got myself a beautiful dog, I got married. I go on vacations with my family. These are the things that are important to me,” she says firmly, before adding with a giggle, “You have to have fun, and you have to laugh. A lot.”

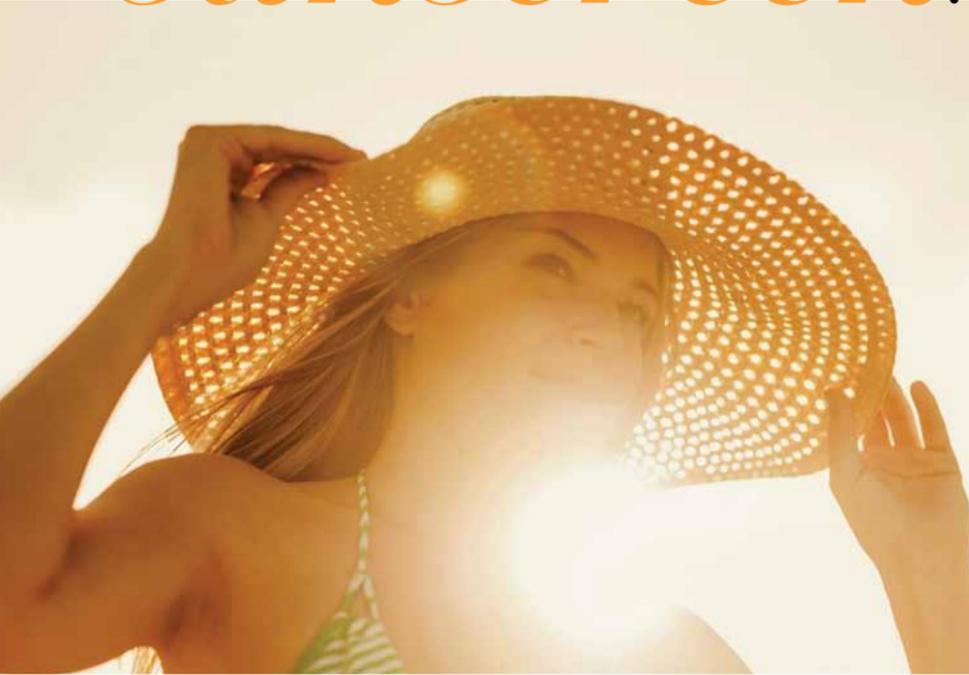


Screen Test

*SPF OPTIONS ARE APLENTY,
but there are even more—
and some say better—formulas
that haven't come to the U.S.
market yet. WebMD takes an
in-depth look at why you can't
buy these sunscreens—yet.*

BY RITA RUBIN

Some of Darrell Rigel's patients
return from trips abroad
with a rather unusual souvenir:
SUNSCREEN.



They can't buy these products in the United States, the Manhattan-based dermatologist explains, because they contain sun-filtering compounds that don't yet have FDA approval, even though in some cases they've been used for decades in other countries.

"There's no good reason why the FDA hasn't approved these," says Rigel, clinical professor at NYU Langone Medical Center and past president of the American Academy of Dermatology. "As a physician, it's frustrating to me that we can't seem to get an answer about when the FDA will approve these ingredients that have already been proven safe in Europe."

The eight sun filters awaiting FDA approval "have the potential to be different and better," Rigel says. They tend to last longer and lend themselves to more "elegant" formulations than some of the goopy sunscreen products on the U.S. market, he says.

FDA has
proposed a rule
that would set

50+

as the highest
SPF value
manufacturers
could put on
their labels.

least five years in the same country, while "extent" refers to marketing a sufficient quantity.

The time and extent regulations allow applicants, when requesting FDA approval, to use data from other countries to demonstrate safety and effectiveness, Werner says. "That's why it requires at least five years of continuous marketing in other countries."

After years of no action on the eight applications, the most recent of which was submitted in 2009, according to the PASS Coalition, the FDA in late February sent letters to two manufacturers that had filed applications in 2002. The agency said there wasn't enough scientific evidence that their sun filters were generally recognized as safe and effective for use in sunscreens.

"With regard to the other sunscreen ingredients under review under the time and extent application process, the FDA will issue responses to the safety and efficacy data submitted for each ingredient in the near future," FDA spokeswoman Andrea Fischer says.

In a statement to WebMD, the agency adds: "The FDA remains committed to allowing sunscreens containing additional ingredients to be made available to consumers if there are enough data to show that they are generally recognized as safe and effective for use in over-the-counter sunscreens.

On Hold

If it seems like there's no shortage of sunscreen choices on store shelves, you might be surprised to learn the FDA hasn't approved a new active sunscreen ingredient since before 2002. That year, the agency published regulations aimed at streamlining the review of over-the-counter drugs, such as sun filters, with track records in other countries.

But under a different review process, the FDA in 2006 allowed L'Oreal to market Anthelios SX, a daily moisturizer that contains a sun filter used in products sold in Europe and Canada since 1993. The approval only applies to Anthelios SX products sold by L'Oreal brands.

Manufacturers of the eight different sun-filtering compounds have applied to the FDA for approval under the 2002 "time and extent" regulations. This is another way to approve over-the-counter drugs sold outside the United States, says Michael Werner, a Washington, D.C., lawyer who advises the PASS (Public Access to Sunscreen) Coalition, a group of doctors, public health organizations, and sunscreen manufacturers. "Time" refers to having been marketed continuously for at

The FDA recognizes the public health importance of sunscreen use and has prioritized reviewing the safety and effectiveness of additional sunscreen ingredients as quickly as possible, given the agency's resources."

Consumers Union, the policy and advocacy arm of *Consumer Reports*, and the PASS Coalition sent letters in May urging FDA Commissioner Margaret Hamburg, MD, to speed up her agency's review of new sunscreen ingredients. While the manufacturers in the PASS coalition stand to benefit financially, consumers will also benefit from the approval of more sun filters, Werner says. "There's no question that giving folks more choice is likely to increase use of sunscreen products in general," he says.

In March, the Sunscreen Innovation Act was introduced in the House and the Senate. The legislation, which has support from Democrats and Republicans, seeks to speed up the approval of sunscreen active ingredients that have been used widely outside the U.S. "We've not heard any real objections to the legislation," Werner says. "We're optimistic that this is going to be a bill that everybody can get behind and we can get it enacted this summer."

On the Shelves

Americans' sunscreen choices have improved as a result of recent steps taken by the FDA, says Henry Lim, MD, chair of dermatology at Detroit's Henry Ford Hospital and a charter member of the PASS Coalition who has served as a consultant to L'Oreal, Pierre Fabre, and Uriage. Last summer was the first time that all products labeled "broad spectrum" had to prove to the FDA that they protected against ultraviolet B radiation, the main cause of sunburn, as well as ultraviolet A, which can cause sunburn, skin cancer, and premature skin aging.

Also, products that don't offer broad spectrum protection or have an SPF

Reviewed by Arefa Cassoobhoy, MD, MPH
WebMD Medical Editor



"THE RANGE OF SUNSCREENS is so diverse right now. What we have here is perfectly efficient to protect people against cancer."

below 15 have to carry a warning on their label that says they only prevent sunburn, not skin cancer and premature aging. The FDA also has proposed a rule that would set "50+" as the highest SPF value that sunscreen manufacturers could put on their labels, since there's not enough data to show that anything above 50 provides greater protection.

Whether Americans will buy products with new sun filters remains to be seen. Mona Gohara, MD, an associate clinical professor of dermatology at Yale, says her patients are overwhelmed with the choices already on the market. Sixteen sun filters are already FDA-approved. Plus, she says, many of her patients are reluctant to slather on chemicals to protect themselves against the sun, even though speculation that some sunscreens might raise the risk of cancer has never been proven. Instead, they prefer sunscreens that physically block UV rays, namely the minerals titanium oxide or zinc oxide, the reason lifeguard's noses used to look white and chalky. Today, nanotechnology has enabled manufacturers to shrink the size of titanium oxide and zinc oxide molecules for use in makeup and moisturizers that get rid of the ghostly look of old, Gohara says.

"The range of sunscreens is so diverse right now," she says. "What we have here [in the U.S.] is perfectly efficient to protect people against cancer, regardless of their lifestyle."

Buying Overseas

Still want to bring sunscreen home from abroad? While importing unapproved drugs—including sunscreens with unapproved sun filters—violates the federal Food, Drug, and Cosmetic Act, the FDA's web site says the agency is likely to look the other way—if you import no more than a three-month supply of a drug that's not considered to represent an unreasonable risk.

Not going abroad anytime soon? Don't order unapproved sunscreens online, Rigel advises. Web sites might look like they're based in Canada, he says, but you could end up getting packages postmarked Nepal or Pakistan, raising questions about what you're really getting.

"There is no need to go to Canada or other parts of the world to obtain sunscreen," Lim says. "We do have very good sunscreen in the U.S. now."

How SPF-savvy are you? Take the **Burning Facts About Sunscreen** quiz to test your smarts.
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NBA legend **Shaquille O'Neal** talks about life on and off the court



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Active Duty

Do you have the right kind of fuel for your lifestyle?

BY MATT McMILLEN

REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR

So you're off the couch and in the great outdoors, at the gym, or in the pool. No matter where your active lifestyle takes you, you need to know how to fuel it with the right foods.

"For a person looking to get active and use exercise as a way to become healthier," says Katherine A. Beals, PhD, RD, associate professor of nutrition at the University of Utah, "it's pretty much what you see in MyPlate, the federal dietary guidelines, which focus on five food groups—fruits, vegetables, grains, lean protein, and dairy." Beals, who specializes in nutrition for female athletes, recommends using MyPlate as a guideline to create healthy meals as well as these tips:

Boost quality. Active people who get an hour or so of exercise a day don't need a special diet, Beals says. Instead, they should stick to nutrient-dense foods, those with loads of vitamins and minerals but few calories. The healthy carbs in vegetables, fruits, and whole grains "are the most important macronutrient when it comes to fueling physical activity." Low-fat dairy and lean protein such as chicken and fish help support lean body mass, she says. "You can't really overdo it with fruits and vegetables."

Set limits. Beals says it's easy to overestimate the number of calories you burn while underestimating the calories you consume. Her advice? After your long walk, your weight-lifting session, or your bike ride, resist the temptation to indulge. "People tend to think, 'I just burned all these calories, so now I can treat myself to whatever I want,'" she says. "It doesn't work that way. Most people, in fact, should eat less."

For specific guidance, Beals recommends visiting ChooseMyPlate.gov, where you can enter your own stats, like height, weight, age, and activity level, to learn how many daily calories you need and how to balance your diet to meet your goals. You can also use WebMD's Food & Fitness Planner at WebMD.com.



Diversify. "People are often somewhat guilty of being narrow-minded when it comes to fruits and vegetables, and that can be problematic," Beals says. "If bananas or broccoli are the only fruits and vegetables you eat, you're missing out on so many other nutrients. The ideal is to get a variety." For example, choose dark, leafy greens like spinach and kale, red and orange veggies such as carrots and bell peppers, and a mix of fruits, including berries, peaches, plums, and papayas.

Snack smart. "Be as mindful of your snacks as you are of your meals," says Beals. Nuts, for example, are a great snack and "they have heart-healthy nutrients, but they're calorie dense."

Next time you open the fridge, reach for one of Beals' favorites:

- A 6- to 8-ounce serving of low-fat or nonfat Greek yogurt, mixed with a half cup to one cup of fruit and topped with a tablespoon of granola
- An ounce of nuts (that's about a handful), one or two pieces of string cheese, and a fruit
- A sliced apple spread with a tablespoon of nut butter. Almond butter is a great option, Beals says.



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Under Cover

The heat is on. Stay cool with this head-to-toe summer skin care guide

BY AYREN JACKSON-CANNADY

REVIEWED BY **KARYN GROSSMAN, MD**, WEBMD SKIN CARE EXPERT

From prickly heat to pimples, summertime comes with its own subset of skin issues. But with a few preventive measures, common summer skin woes can be put to rest, says Mohiba K. Tareen, MD, a clinical assistant professor of dermatology at the University of Minnesota and Columbia University.

Sunburn

Spending time outdoors when the mercury peaks means your skin is destined to be in contact with water of some sort—and that moisture can dramatically decrease how well your sunscreen works. “Apply a waterproof sunscreen, which protects your skin for 80 minutes after application,” Tareen says. And reapply often, “especially when sweating or swimming,” she adds. Her go-to rules of thumb: Choose a sunscreen with an SPF of at least 30 and reapply every two hours.

Heat rash

Wearing too-tight clothes on a super-hot day is a main trigger for heat rash (also called miliaria or prickly heat), which appears as red, irritated bumps on the skin. While it typically disappears on its own, cool compresses, calamine lotion, or hydrocortisone cream can relieve itching. Some people find that taking an antihistamine before going outdoors or spending time in the heat helps prevent the rash, Tareen says. Loose and airy sun-protective clothing as well as regular sunscreen use may help decrease the likelihood of heat rash.

Psoriasis and eczema flare-ups

“For many people, eczema and psoriasis improve during the summer months,” Tareen says. Small amounts of sun exposure may help, but overindulging is a bad idea. A safer treatment option is to see a dermatologist for advice that suits your specific situation. A prescription nonsteroid cream for psoriasis that reduces inflammation may be an option for you.



Breakouts

For some, the warm weather brings overactive oil glands and more breakouts. To control excess oil, use a cleanser with pore-clearing salicylic acid, followed by a lightweight moisturizing sunscreen in the morning. Skip toners, which can strip the skin of necessary oils, Tareen says. If matters get worse, your dermatologist may recommend a prescription retinoid to tighten pores and regulate oil production.

Scalp burn

The scalp, with its constant sun exposure, is one of the most common areas where dermatologists find precancerous lesions and skin cancers. So it pays to protect it. “People who are most at risk include men and women with thinning hair, though even women who part their hair consistently in the same place are at an increased risk of sun damage to the scalp,” Tareen says. Don a hat while outdoors, one with a big brim. Spray and stick sunscreens are also helpful for protecting exposed areas of the scalp when going hatless.



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5 SUMMER WELLNESS QUESTIONS

with a Walmart Pharmacist



Fabian Joseph Rodriguez, PharmD
Walmart Pharmacist
Store 5659, Santa Maria, CA

Q. How do I manage my prescriptions if I am traveling for multiple weeks during the summer?

A. It is important to ensure that you have a sufficient supply of your medications before leaving on vacation. Your insurance company may need to be contacted to implement a vacation override for your prescription. Luckily, for those individuals where early coverage cannot be applied, Walmart has a fast and easy "store-store" transfer procedure. Therefore, if there is a Walmart in your area of travel, you can readily transfer most medications.

Q. How can I keep my skin healthy during the summer months when I am constantly in the sun and swimming in chlorine?

A. Keep your skin healthy with an application of a broad-spectrum, water-resistant sunscreen with an SPF of greater than or equal to 30. Keep in mind that water-resistant does not mean waterproof. Apply sunscreen generously to all exposed areas of the body 15 minutes before sun exposure and reapply at least every 2 hours, even on cloudy or overcast days.

Q. How often would you recommend cleaning out your medicine cabinet?

A. I would recommend cleaning it out 2 to 3 times per year. Be sure to look not only for expired medications but also expired sunscreens and any product in which the quality may be compromised (for example, makeup and dental floss).

Q. What are the essential products to keep in a first aid kit?

A. First aid kits are essential in an emergency. Make sure your kit includes absorbent compresses to stop bleeding, adhesive bandages in assorted sizes, antiseptic wipes or solution, gauze for protective covering for wounds, instant cold packs for swelling, latex gloves, antibiotic ointment, scissors, a thermometer, chewable aspirin, pain reliever (ibuprofen, acetaminophen), oral antihistamine, and hydrocortisone cream.

Q. What is the best treatment for mosquito/bug bites?

A. The best treatment is prevention. When selecting a repellent product, look for those that include DEET. DEET is a common ingredient in insect repellent and is safe when used correctly as the label suggests. In the event that bites have already occurred, the use of hydrocortisone cream and oral antihistamines can be used to soothe itching. It is important not to scratch the bites, as that can cause an infection.

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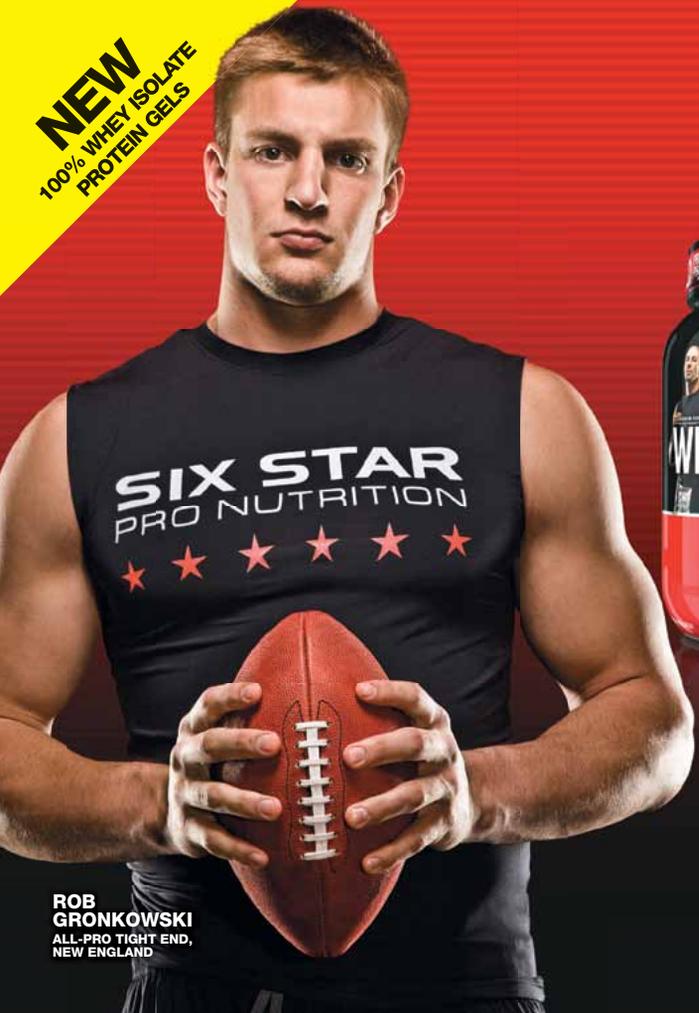
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NEW HEIGHTS

NBA legend Shaquille O'Neal talks about life on and off the court

Shaquille O'Neal, best known as Shaq, stands just over 7 feet tall and weighs in at 325 pounds. His size helped him dominate the court during his 19 years in the NBA, and few players have a more impressive record.

Even as a kid, Shaq towered over his teammates. He measured 6 feet 8 inches when he was just 14. But it took more than height to make the game. "I was always tall but I wasn't always athletic," says O'Neal, now 42 and co-host of TNT's post-game show, *Inside the NBA*. "The thing that made me excel was to learn to take criticism and turn it into motivation."

He also kept his eyes on other players and teams. "Whoever was better than me, I was trying to be like them," O'Neal says. "Then, when I went up against one of those players, I'd have to do better."

In 1992, the Orlando Magic snatched him up as the first overall draft pick, and he went on to become Rookie of the Year. He took home an Olympic gold medal in 1996. From 2000 to 2002, he helped lead the Los Angeles Lakers to three consecutive championships. In 2006, he did the same for the Miami Heat.

It took hard work and dedication to achieve that success and fame, as well

as healthy habits—some of which came more easily than others. Growing up, O'Neal says he did not eat healthy meals regularly, and his diet didn't improve much even after he joined the NBA. "In my first three years, I'd eat McDonald's before every game and then go dominate," he says. "But the older I got, the more I learned to do things in moderation. These days, I eat a lot of protein, a lot of vegetables, but not that much bread or sodium and not that many carbohydrates." And he tries to model healthy eating habits for his six kids. "I try to teach them moderation."

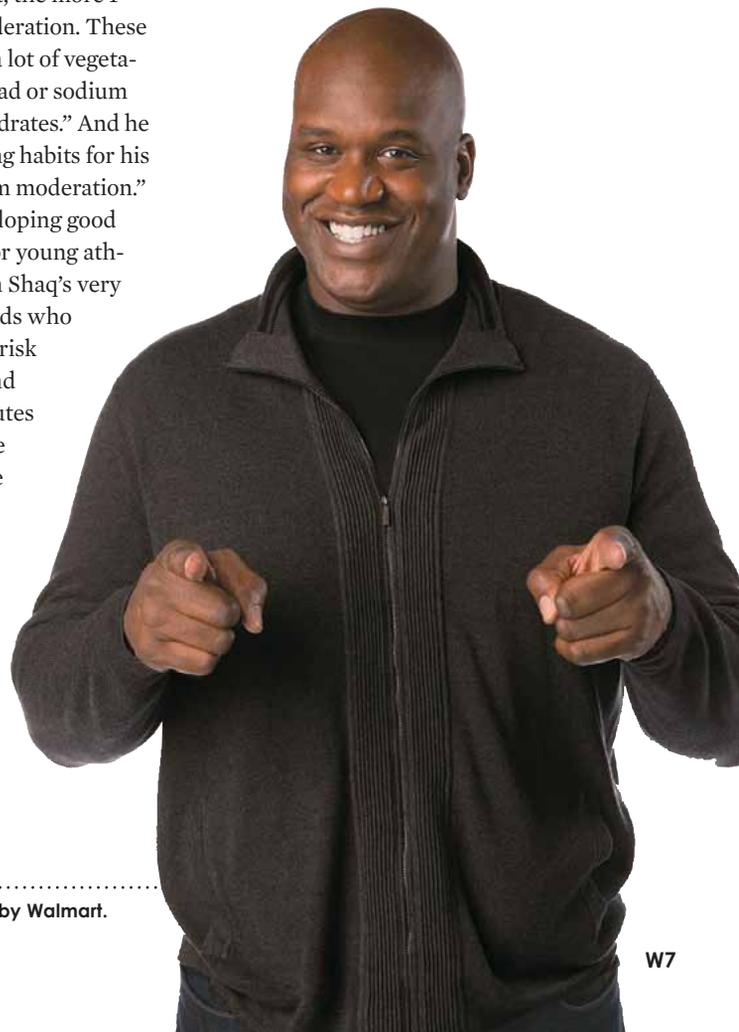
Healthy eating and developing good habits early on is critical for young athletes who want to follow in Shaq's very big—size 23!—footsteps. Kids who play sports can reduce the risk of injury by warming up and stretching for 10 to 15 minutes at the beginning of practice and cooling down with five to 10 minutes of gentle stretching at the end.

And their parents should also make sure they are wearing proper footwear. "Lots of the injuries we see are from

kids rolling their ankles due to improper shoe fitting," says Matthew E. Oetgen, MD, chief of Orthopaedic Surgery and Sports Medicine at Children's National Medical Center in Washington, D.C. A school's athletic trainer or coach can recommend the right type of shoe, he says.

Throughout O'Neal's career, sports weren't everything. Even with all his success, he remained determined to finish his education. He'd left Louisiana State University for the NBA after his junior year. Eight years later, he returned to LSU to finish his bachelor's degree. He earned his MBA from the University of Phoenix in 2005. In 2012, he completed a doctorate in education at Barry University in Miami.

Sports may have been his ticket to fame and fortune, but, as O'Neal says, he was one of the very few. Education is the much better bet. "I want to show kids, especially African American kids, that you have to have something to fall back on."



BY MATT McMILLEN

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

PHOTOGRAPH BY ROARK JOHNSON

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Game Change

Your nutrition needs are different as you age. Tweak your diet accordingly

BY HEATHER HATFIELD

REVIEWED BY AREFA CASSOUBHOY, MD, MPH, WEBMD MEDICAL EDITOR

Your nutritional needs change a lot from your 50s to your 60s to your 70s. “The rule of thumb as you age and your nutritional needs change is to go for the right quantity and high quality,” says Sandra Allonen, RD, a registered dietitian at Beth Israel Deaconess Medical Center in Boston.

You don’t need the same amount of food you required when you were younger. Your metabolism is slower and, generally, so is your lifestyle. “A man in his 50s in the right weight range, who



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is moderately active, might need around 2,200 calories a day,” Allonen says. “By the time he’s 70, that number has dropped by about 200.” Similarly, a woman at 50 might need 2,000 calories, but in her 70s, about 1,800.

At the same time quantity drops, the quality of the foods you choose should go up—way up. “As you age, particularly in this age range, your body loses its ability to absorb nutrients, so you need more bang for your nutritional buck,” Allonen says.

Vitamin B12 is at the top of the nutrient watch list. It helps keep your stamina and memory in shape. Since your body loses its ability to process B12 as you get older, it’s important to get the right amount—2.4 micrograms of vitamin B12 a day—and to have your levels tested at yearly checkups to make sure you’re not deficient. You can get B12 from seafood, meats, eggs, and fortified foods.

Calcium is another key nutritional need that women in particular should pay attention to, even before they turn 50. “A woman who goes through

menopause around age 50 will also start losing 1% of her bone mass per year unless she makes changes to her diet and lifestyle to combat it,” Allonen says.

Before age 50, women need 1,000 milligrams of calcium per day. But after 50, that number jumps 20%, to 1,200 mg per day, and stays there way beyond age 70. Dairy foods are rich in calcium, as are kale and broccoli.

Allonen recommends adding lots of color to your plate—five servings of fruits and vegetables a day—and enough protein to maintain energy. For men 19 years to 70 and older, it’s 56 grams a day, and for women, 46 grams.

And while a well-balanced diet is the best way to keep your nutrition on track as you age, a safety net might be worth considering. “For people in their 50s, 60s, and 70s, the right diet is really the answer to good nutrition,” says Allonen. “But it could be worthwhile to talk to a dietitian about whether a multivitamin might help you fill any nutritional gaps as you get older.”



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Joint Effort

Do you have arthritis? Exercise is the key to staying healthy

BY STEPHANIE WATSON

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

When your knees, hips, and shoulders ache and protest with every movement, a 30-minute aerobic workout seems like hard labor. But ignore the inclination to sink into the couch cushions. Even a little movement can do your joints a lot of good.

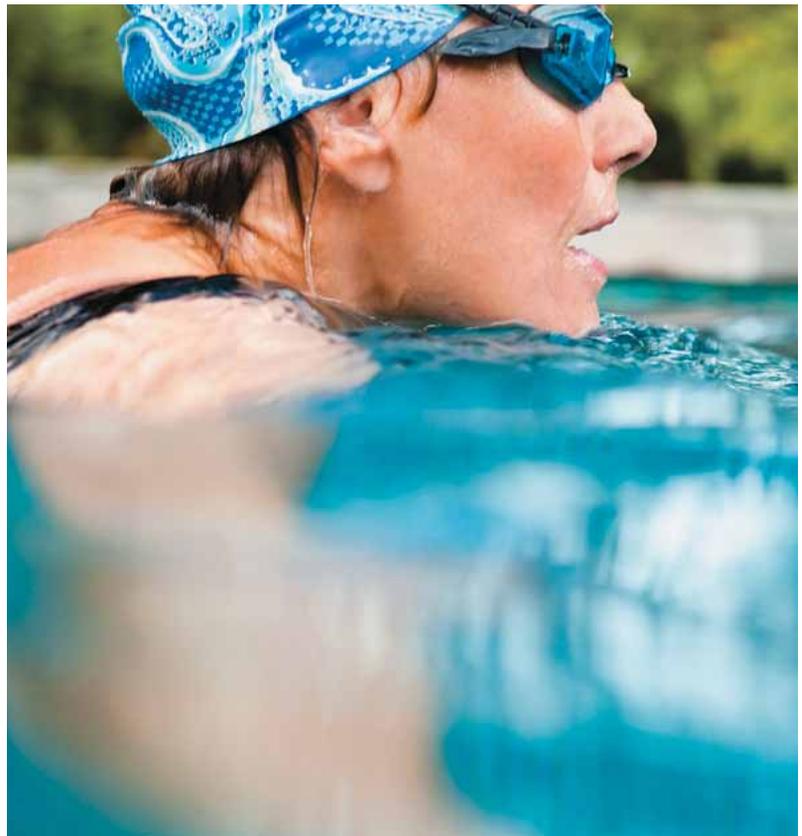
“For people with arthritis, being physically active will help reduce pain and joint stiffness, increase strength, and improve mobility,” says Dorothy D. Dunlop, PhD, professor of medicine and rheumatology at Northwestern University Feinberg School of Medicine in Chicago.

Whether you have rheumatoid arthritis (RA), an autoimmune disease, or the degenerative condition osteoarthritis (OA), exercise can help. For people with RA, studies show that physical activity improves function without making the disease worse. It also reverses muscle loss, a common problem with RA.

If you have OA, exercise helps take excess weight off stressed joints. “For every pound of weight you lose, you reduce the load on the knee joint by 4 pounds,” says Dunlop, who is a leading researcher in the role of physical activity in those who have arthritis. Losing just 10% of your body weight, if you’re overweight, can reduce knee pain, improve mobility, and help you get around more quickly and easily.

Be mindful of your joints when you’re embarking on a fitness program. First ask your doctor whether it’s safe for you to exercise, and find out which activities fit your health and ability level. Then start slowly. Don’t run a mile your first time out. Walk for 10 minutes. Gradually work up to longer and higher-intensity sessions.

Swimming is an ideal activity because warm water is both buoyant and soothing to joints. “Water supports the joints, so it allows movement that would be difficult outside of the water,” Dunlop says. Tai chi is another good choice. Its gentle movements relieve pain and stiffness without



any impact. Avoid activities that are jarring to the joints, such as jumping and running.

Pick whatever program you like, but try to do at least a half-hour of aerobic exercise on most days, alternated with muscle-strengthening exercises, such as lifting light weights or doing yoga, twice a week. Strength training builds stronger muscles to better support your joints.

Once you get more active, it won’t take long to start reaping the rewards. In addition to easing joint pain, regular exercise can lower your risk for heart disease, make you less likely to fall and get a fracture, help you sleep better, relieve stress, and even improve your mood.



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KICK UP YOUR HEELS

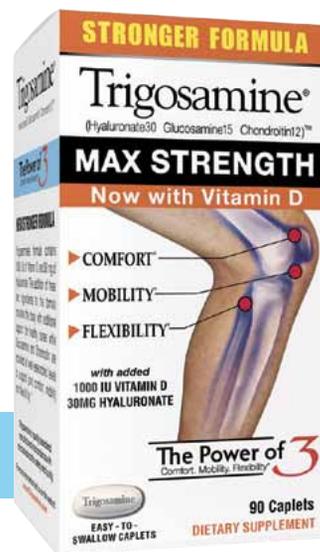
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IN SEASON

Picnic Perfect

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

It's the perfect way to spend a sunny summer day: gathering with friends and family for a picnic under the shade of leafy trees. A few smart safety tips will ensure everyone avoids a stomachache—or worse. Start by keeping your hands very clean, says Angela M. Fraser, PhD, associate professor and food safety education specialist at Clemson University. “Hands can be a source of harmful pathogens,” Fraser says. If you're in the middle of a meadow without warm water and soap, she recommends hand-sanitizing wipes and gel. Complete all food prep—such as shaping hamburger patties and slicing watermelon—at home before you arrive, and pack lots of serving utensils such as spoons and tongs to eliminate bare-hand contact with food and cross-contamination between dishes. Another tip: Keep foods very cold, no warmer than 41°F. Chill perishables in sealed containers in your fridge until just before you leave, then pack them in coolers surrounded by ice cubes. (Ice packs only chill the surfaces they touch, Fraser says.) And she recommends returning leftover food to the cooler within an hour of eating.

Keep picnic foods below 41°F. The temperature danger zone that allows bacteria and other pathogens to flourish is 41°F to 135°F.

Grain Reign

This colorful salad features farro, a chewy ancient grain popular in Italian cooking. If you can't find farro, you can use wheat berries, barley, or quinoa instead.

Summer Confetti Salad

Makes 6 servings

Ingredients

- 1½ cups farro
- 1 cup fresh corn, husked
- 1 cup red and yellow cherry tomatoes, halved
- 1 cup chopped English cucumber
- 1 red bell pepper, chopped
- ½ cup finely chopped parsley
- 1 tbsp lemon zest
- 3 oz crumbled feta cheese
- ¼ tsp sea salt
- freshly ground pepper to taste
- 3 tbsp extra virgin olive oil
- 3 tbsp white balsamic vinegar

Directions

1. Place farro in a medium, heavy-bottom saucepan with enough water to cover 2–3 inches above the grain. Bring to a boil, cover, reduce heat to a simmer, and cook until tender, 15 to 20 minutes. Drain farro and place in a large mixing bowl to cool.
2. Use a sharp knife to cut corn off cob. Combine corn, tomatoes, cucumber, red pepper, parsley, lemon zest, and feta with farro.
3. Whisk together salt, pepper, olive oil, and vinegar. Pour over salad and toss thoroughly to combine. Cover salad and refrigerate at least one hour or overnight before packing it in the cooler.

Per serving

285 calories, 9 g protein, 37 g carbohydrate, 12 g fat (3 g saturated fat), 7 mg cholesterol, 5 g fiber, 4 g sugar, 202 mg sodium. Calories from fat: 36%

Store beverages in a separate cooler from food. Opening and closing the lid causes temperatures inside to rise.

Get the recipe for the Best Broccoli Salad Ever in our free iPad app!

Big Dipper

This family favorite involves a kicky dipping sauce made with sriracha, a tangy hot sauce often used in Thai and Vietnamese restaurants. Find it in the Asian food section of large grocery stores. If you don't have buttermilk on hand, use the substitute described in the Best Broccoli Salad Ever recipe, available in the app.

Oven-Fried Chicken Strips With Sriracha Dipping Sauce

Makes 6 servings

Ingredients

- Chicken strips*
- ½ cup low-fat buttermilk
 - 1 cup panko bread crumbs
 - ½ tsp sea salt
 - ½ cup finely chopped walnuts
 - 1½ lbs boneless chicken breast, cut into strips

Dipping sauce

- 3 tbsp light mayonnaise
- 1 tsp rice vinegar
- 1 tsp lime juice
- 2 tsp sriracha sauce
- 1 tsp low-sodium soy sauce

Directions

1. Preheat oven to 425°F.
2. Pour buttermilk in a shallow bowl. In a second shallow bowl, combine panko, salt, and walnuts.
3. Place chicken strips in buttermilk and flip to coat both sides, then dredge chicken in panko mixture. Arrange chicken strips on a large baking sheet coated with cooking spray. Bake 6–7 minutes on each side until golden brown. Cool strips and then refrigerate.
4. In a small bowl, combine mayonnaise, rice vinegar, lime juice, sriracha sauce, and soy sauce.
5. Serve chicken strips with dipping sauce.

Per serving

245 calories, 29 g protein, 6 g carbohydrate, 10 g fat (1 g saturated fat), 68 mg cholesterol, 1 g fiber, 2 g sugar, 297 mg sodium. Calories from fat: 37%

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

OFF THE MENU

Victor Scargle

EXECUTIVE CHEF, LUCY RESTAURANT & BAR
YOUNTVILLE, CALIF.

Victor Scargle got his first taste of kitchen life at age 13, and with the exception of a brief break from professional cooking while he gave college a try, the chef, now 42, has been at the stove ever since.

“You go from the adrenaline of working on the line to sitting in a class with 800 to 1,200 people, and I was like, “This is not for me,”” Scargle says of his days as an economics major. “I need to be in the kitchen.”

Over the next two decades, he cooked under top chefs in Miami, New York City, and San Francisco. Now, he has settled into his role as executive chef at Lucy Restaurant & Bar, where he oversees a seasonal menu that draws on the garden just outside the kitchen.

“We kind of create our menu backwards,” says Scargle, who explains that ready-to-pick produce determines what he’ll dish up rather than the always-available beef, pork, chicken, and other proteins.

But it’s not just the garden that brings out his culinary artistry. Scargle says he needs a solid workout in order to really shine. “If you’re not exercising, you’re not getting your blood flowing, and so you’re just not going to be as creative,” he says. “That’s one reason I make it a routine. And I



VICTOR'S PICKS

His go-to comfort food: “Udon or ramen noodles. I like it with different broths, with duck, and I like to spice it up with togarashi, a Japanese seven-spice mix.”

When he wants to lose 5 pounds: “I go out to the garden and start pulling up vegetables, and I get whatever fish is in season. I serve them together with a light vinaigrette rather than a heavy sauce.”

Where he gets his best recipe ideas: “Mostly, it comes from just walking out into the restaurant’s garden, our garden at home, and the farmers market and seeing what’s there. It keeps you true to the seasons.”

The one lesson every home cook should learn: “Season as you go so that by the end you’ve brought out all the flavor and have a nice, well-rounded dish. Add small amounts of salt as you add the onions, the herbs, etc. If you wait until the end, no amount of salt will get you that flavor.”

“If you’re not exercising, you’re just not going to be as creative.”

actually like to go to the gym.”

He tries to make time for a 45-minute workout on the cardio machines. These days he’s concentrating on his abs, though it’s not a six-pack he’s after. “Lately, I’ve learned that strengthening my abs is great for my back,” he says. “When you’re on your feet all the time, your back gets really sore if you don’t have a strong core.” On the weekends, he often joins his 9-year-old son’s tae kwon do class as they do two hours of conditioning exercises.

When Scargle cooks at home, he likes to keep things simple. If he’s not at the grill with a nice piece of fresh tuna, you’ll likely find him sautéing wild-caught king salmon and serving it with tart rhubarb, as in the recipe available in the *WebMD Magazine* app.

“It’s really good for you, it’s meaty, it goes well with a lot of different wines, and it’s got lots of flavor.”

—**Matt McMillen**

Bigeye Tuna, Avocado, Lettuce, and Tomato Sandwich

Makes 6 servings

Ingredients

- 6 4-oz bigeye tuna pieces, center cut
- kosher salt
- black pepper
- 1 tbsp grapeseed oil
- 6 whole wheat pitas
- ½ cup rice vinegar
- 1 tbsp mirin
- 1 tsp ginger, grated
- 2 tbsp orange juice
- 1 cup sesame oil
- ¼ lb spicy mixed lettuces (mustard greens, mizuna, or arugula)
- 2 avocados, sliced thin
- 3 tomatoes, core removed and sliced thin

Directions

1. Season both sides of tuna with salt and one side with pepper. Place grapeseed oil in a sauté pan on high heat. Once the pan is hot,



add tuna and turn the heat down slightly, searing both sides. Remove from pan and set aside.

2. Slice pitas in half lengthwise and toast.
3. To make vinaigrette, mix vinegar, mirin, ginger, and orange juice together. Whisk in the sesame oil.
4. Toss greens with a little of the sesame vinaigrette and place on bottom of each pita. Toss avocados

and tomatoes with dressing and place on top of greens. Slice tuna on an extreme bias and place on top of tomatoes and avocados. Season tuna with kosher salt.

Per serving

441 calories, 33 g protein, 25 g carbohydrate, 29 g fat (5 g saturated fat), 44 mg cholesterol, 8 g fiber, 3 g sugar, 607 mg sodium. Calories from fat: 58%

APP
BONUS!
Recipe: Salmon
With Rhubarb
Relish

WebMD.com

What's Cooking!

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WORK IT OUT

Walk Talk

YOU DON'T HAVE TO BE A RUNNER TO GET FIT. CHECK OUT THESE POWER-WALKING TIPS

By Kara Mayer Robinson



● Every hour you spend walking may add ● two hours to your life, according to research. That's encouraging news for those who might have imagined they'd need to aspire to running a marathon to get fit. Brisk walking can help trim your risk of heart disease, stroke, type 2 diabetes, cancer, and depression. To reap the benefits of walking and stay injury-free, try these strategies.

Wear comfy, well-fitting shoes. They should be lightweight and breathable. Look for thick cushioning in the heel, good support, and flexibility. Replace them after three to six months.

Start with a warm-up. Stroll at a comfortable pace for five to 10 minutes. Then pick it up for the rest of your walk.

Set goals. Aim for four to six walks every week. "If you're a beginner, shoot for 20 to 30 minutes. If you're more advanced, take it up to 45- or 60-minute sessions," says Juliet Kaska, a certified personal trainer in Los Angeles. Bump it up an extra 10% each week.

Stand tall. Pay attention to your posture. Keep your head up, stomach in, and shoulders relaxed. Lift your chest and engage your abs.

Stride naturally. Point your toes and knees forward. Straighten your front leg but don't lock your knee. Try to land on your heel instead of the middle or front of your foot, then roll your weight forward. Use a natural step length and avoid overstriding.

Squeeze and tighten. Squeeze your glutes and engage your core to strengthen your muscles and reduce your risk of injury. "Try not to just walk forward from the thighs or hip flexors," Kaska says. "Squeeze and step."

Swing your arms. Keep your shoulders relaxed so your arms swing freely and your back and neck don't tense up. Keep your arms bent. Swinging them will propel you forward and help you move faster. Don't use hand weights. They put stress on your elbows and shoulders.

Try intervals. Intervals are great for endurance and weight loss. Speed up for a minute or two every five minutes, Kaska says. Or alternate one fast block with one or two slower blocks.

Cool down. Walk at a slower pace for five to 10 minutes. Then stretch your hamstrings, calves, chest, shoulders, and back.

POWER UP

INTENSIFY YOUR WALK WITH THESE TIPS FROM CERTIFIED PERSONAL TRAINER JULIET KASKA.

Sneak in other exercises. Midway through your walk, "stop to do some jumping jacks, a few push-ups, or dips off a park bench," Kaska says.

Switch up the terrain.

Walking on grass, gravel, or sand is a bit tougher to pull off, so you'll burn more calories.

Wear a weighted vest.

But not too heavy—Kaska says it should be no more than 5% to 10% of your body weight. If you're a beginner, try a 1- to 2-pound ankle weight on each leg.

Pump your arms. By swinging them faster, you'll bump up your speed and amp up your workout.

Choose hills. Walking uphill—or dialing up your treadmill's incline—strengthens your legs. Be careful going downhill: To ease pressure on your knees, use a slower pace, take shorter steps, and keep your knees slightly bent, Kaska says.

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



Bottoms up! Check out **Build a Better Butt**, a top slideshow in the Health & Fitness center.

WebMD.com

FOOD & FITNESS

FITNESS CHALLENGE

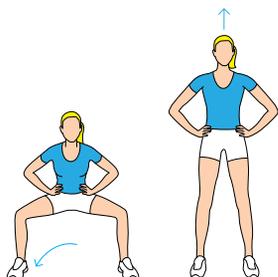
Rear View

HOW DO YOU LOOK FROM BEHIND? TIGHTEN AND TONE YOUR TUSH WITH THESE MOVES

By Jodi Helmer

- A tush-toning workout will help you look your best in short shorts and boost your confidence when you're walking down the beach in a bathing suit.

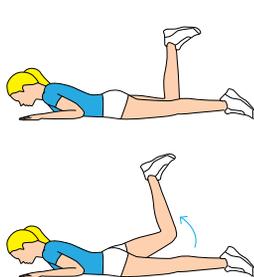
"It's really sexy to have a great butt," says Kit Rich, a Los Angeles-based certified personal trainer and Pilates instructor who helps celebrity clients such as Ke\$ha get in shape. "A strong backside helps protect your back and knees from pain and injuries too," Rich says. She suggests adding these three moves to your cardio workout three times a week.



Squat Side Step

"The lower you go [in the squat], the higher and tighter your butt will be," Rich says. To make it more difficult, add a resistance band around your ankles.

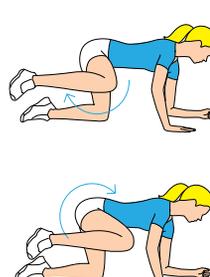
1. Start in a squat position (feet hip-width apart, knees bent, thighs parallel to the floor with knees over ankles).
2. Staying in this position, take a large step to the right. Be sure to engage your abdominal muscles and keep your weight in your heels.
3. Rise to a standing position.
4. Lower back into a squat and take a large step to the left, then move back to a standing position.
5. Repeat 15 times on each side.



Leg Lifts

This might not seem like a difficult move but, according to Rich, "it only takes a few reps to feel the burn." You're working the small muscles where your tush meets your thighs, helping to heighten and tighten the butt.

1. Lie on your stomach with your legs extended straight out on the floor.
2. Bend your right knee at a 90-degree angle with your ankle flexed so the sole of your foot is facing the ceiling.
3. Lift your right knee as high as possible off the floor, keeping your abs and glutes engaged and hips pressed to the floor.
4. Pulse your right leg up toward the ceiling for a count of five.
5. Repeat 20 times.
6. Repeat with the left leg.



Knee Circles

"It gives you a great hip stretch while it tones," Rich says. Too easy? Hold a full water bottle in the crease behind your knee.

1. Get down on all fours, placing your left elbow and right palm on the ground, shoulder-width apart.
2. Keeping your back straight, raise your right leg out to the side, knee bent.
3. Rotate your knee in small circles in a clockwise direction for a total of 25 revolutions.
4. Change directions, rotating your knee in a counterclockwise direction for 25 revolutions.
5. Repeat on the left side.

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

Q

"I'm signing up for a gym membership. What are some common mistakes new members make, and how can I avoid them?"

Vicky Acerni, 28, interior designer, Pittsburgh

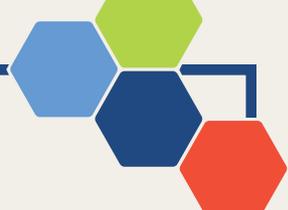


A

"Tour a few fitness clubs and ask about hours, peak times, child care, group exercise classes, and personal training to make sure the offerings meet your needs. Also, don't feel intimidated. Too many members only use equipment they are familiar with, limiting their ability to get the best workout. New exercisers are sometimes uncomfortable because they might not be as fit or lean or strong as others. Focus on yourself instead. And don't expect immediate results. You may notice a difference in how you feel and the way your clothes fit before you see the number change on the scale."



Meredith Poppler, vice president of industry growth for the International Health, Racquet & Sportsclub Association



WebMD[®] Checkup

TAKING CARE, LIVING WELL



ADHD is more prevalent than ever. Here's what you need to know

Attention deficit hyperactivity disorder (ADHD) is one of the most common childhood disorders. Kids with ADHD can have difficulty paying attention and controlling impulses. They might also be overly active, which can result in excessive squirming or talking. Symptoms, which often continue in adulthood, can lead to struggles at school and work and in relationships.

Because some people with ADHD are more hyperactive and others are more inattentive, doctors diagnose the condition as inattentive, hyperactive, or combined.

Every year, doctors diagnose more people with ADHD than the year before. Currently about one in 10 children has the condition, and almost half that many adults have it.

Most likely, a combination of genes and environmental factors causes ADHD. Research shows that mothers who smoke cigarettes or drink alcohol during pregnancy might

be more likely to have babies who develop the disorder. Other research explores genes that may play a part. Identifying these genes could help doctors prevent the condition or could lead to better treatments. The most common current medical treatment is prescription stimulants, which can increase attention and focus while reducing hyperactivity.

ADHD presents challenges but doesn't prevent a person from being successful. In fact, people with ADHD are



300% more likely to become entrepreneurs. Virgin Airlines founder Richard Branson has ADHD. So does Kinko's founder Paul Orfalea. Celebrity chef Jamie Oliver lives with the condition, along with pop star Justin Timberlake and Olympic gold medalist Michael Phelps.—*Sonya Collins*

Reviewed by **Melinda Ratini, DO, MS**, WebMD Family Health Expert

HEALTH 101

FAMILY TIES

LIKE MOTHER, LIKE CHILD? LEARN HOW GENES AND LIFESTYLE BOTH PLAY A ROLE IN YOUR HEALTH

By Stephanie Watson

● Have you ever been told you've got your father's eye color or your mother's curly hair? These physical traits are a product of genes you inherited from your parents. If your mom has heart disease and your dad has colon cancer, you might also have inherited a greater chance of getting these diseases.

However, it's not a sure thing. With conditions like cancer, Alzheimer's, diabetes, and heart disease, your genes aren't always destiny. You may be able to overcome your heredity by making smart health decisions.

Genes lead to disease in different ways. "With some, it's almost certain that if you inherit that gene you'll inherit the disease. But for others it's a matter of increased risk," says Soren Snitker, MD, PhD, associate professor of medicine at University of Maryland School of Medicine.

Some conditions, such as Huntington's disease, are caused by a change to a single gene. If you have a parent with this disease, then you've got a 50-50 chance of getting it yourself.

Many other diseases, such as type 2 diabetes or cancer, are caused by



You may be able to overcome your heredity by making smarter health decisions.

a combination of gene changes and lifestyle habits.

"A person can trump a lot of the inherited risk with very healthy behaviors," says Donald Lloyd-Jones, MD, ScM, chair of the department of preventive medicine at Northwestern University Feinberg School of Medicine in Chicago.

A good example of lifestyle trumping genes comes from a study of Amish people done by Snitker and other researchers. They looked at a gene called FTO, which contributes to obesity. Amish people with the gene who exercised didn't put on weight. They were able to overcome their gene by staying active.

Is it worth having a genetic test to learn your disease risk? In some cases, seeing a genetic counselor and getting tested can be helpful. Ask your doctor what makes sense for you.

GAME CHANGER

Not only is it sometimes possible to override your genes by taking good care of yourself, but you could even change how they function. A growing field of research looks at how lifestyle choices affect genetic makeup. Behaviors don't change the genes themselves. They change the way the genetic information is used to make the proteins that control different body functions.

"The idea is that there are different ways you can activate or inactivate genes based on what you do in your lifestyle," says Adam Rindfleisch, MD, an integrative medicine doctor and associate professor in family medicine at the University of Wisconsin School of Medicine and Public Health.

You can increase your odds of avoiding diseases like diabetes, cancer, and heart disease by adopting a few good habits: Eat a healthy diet, exercise often, control your weight, don't smoke, and reduce your stress.



HDL, LDL, and triglycerides, oh my!
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WebMD.com

MY STORY

HEART STRINGS

A READER SHEDS LIGHT ON A GENETIC CONDITION THAT AFFECTS HER AND HER FAMILY

By Wenter Blair

WebMD.com community member



As it turns out, I have familial hypercholesterolemia (FH), a genetic disorder that results in a dangerous buildup of LDL, the so-called “bad” cholesterol. The disorder often isn’t diagnosed until a person has an early heart attack or stroke. I learned that my son Christian, now 14 and a super-fit kid, also has FH and could have a stroke or heart attack as early as his late teens. Fortunately, he takes a low-dose statin, which lowers cholesterol levels and helps protect against heart disease. My body reacts badly to statins, so I am enrolled in a clinical trial of a drug that helps the body remove LDL cholesterol from the bloodstream.

Today I am convinced I was allowed to live because I may be a little person but I have a great big voice. I write and do public speaking about FH all over the country. I use FH to be bigger and happier, so my children see and hear the joy that comes with giving.

WENTER'S WISDOM

Ask for a cholesterol test for your child.

The American Pediatric Association recommends testing all children between the ages of 9 and 11. A baby is born with FH every five minutes.

Ask for a genetic test or a cholesterol test for yourself if members of your family have had heart attacks when they seemed healthy. A very high LDL level, plus a family history of early heart disease, means you may have FH.

Live a heart-healthy life. Diet and exercise aren't enough to lower cholesterol if you have FH. But eating healthy foods and exercising have other heart health benefits, help control weight, build strength and endurance, and prevent other diseases.

In October 2009, no one would have thought I had heart disease. Then, as now, I was 5 feet 4 inches, 120 pounds, and eating really well. I was only 40 years old. I was at a restaurant and had the worst hot flash ever, plus terrible chest pressure. My doctor insisted I come in. After taking an EKG, she said, “You just had a heart attack.” I was shocked and panicked. I didn’t want to leave my two children without a mother.

Even then, my doctors couldn’t believe I had heart disease. But a heart catheterization, a kind of imaging procedure, revealed that four of my arteries were 90% blocked. Over the next two weeks I had five stents (or tubes) put in my arteries.



ASK YOUR DOCTOR

1

What cholesterol tests should I have?

2

How often should I have them?

3

How can diet and exercise help my cholesterol levels?

4

What is my risk for heart disease?

5

What symptoms should I watch for?

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

BY THE NUMBERS EYE HEALTH

FACTS AND STATS ON TOP HEALTH CONDITIONS

By Heather Hatfield

246 million

People worldwide with moderate to severe visual impairment



one in seven

U.S. preschoolers who have had an eye exam, as recommended for all kids ages 3 to 5 by the U.S. Preventive Services Task Force

74%

Percent of people in the U.S. who say they have eye exams every two years

39 million

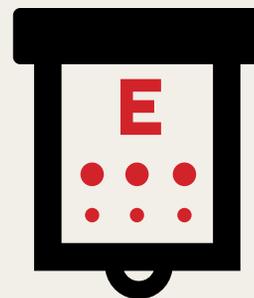
People who are blind

2%–3%

Percent of children in the U.S. with lazy eye, the most common cause of impaired vision in kids

59,193

Children in the U.S. who are blind as of 2012



Ranking of cataracts and glaucoma as causes of blindness and vision loss worldwide



People in the U.S. who could have improved vision if they wore glasses, contacts, or in some cases, had surgery: **11 million**

21.2 million

People in the U.S. who have vision loss, meaning they have trouble seeing even with glasses or contacts

12.5 million **8.7 million**



90%

Percent of accidental eye injuries from sports or work that could be prevented by wearing safety eyewear

2.7 million

People in the U.S. who have glaucoma

50% know they have glaucoma

Adults ages 40 and older in the U.S.



3.3 MILLION are blind or have low vision

20.5 MILLION have cataracts in one or both eyes

1.8 MILLION have macular degeneration (an eye disorder associated with aging)

Sources: World Health Organization, CDC, American Foundation for the Blind, National Foundation of the Blind, National Eye Institute, Glaucoma Research Foundation, American Academy of Ophthalmology, Prevent Blindness

Checkup

Reviewed by **Stephanie Gardner, MD**, WebMD Skin Cancer Expert

HEALTH CHECK

RATE YOUR SKIN CANCER RISK



On WebMD's skin cancer community board, **Avah-annsmommy**, 28, describes herself as a "blue-eyed, fair-skinned female who was never, never taught the importance of SPF as a child." She says she burned often when she was young and also owned her own tanning bed, which she used to achieve "a golden glow." Now she's been diagnosed with melanoma. Childhood sunburns are one risk factor for skin cancer. How much do you know about the others?

QUIZ

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

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

SOURCES:

NIH, American Cancer Society, CDC, WebMD Cancer Health Center



ASK YOUR DOCTOR

1
What are my risk factors for skin cancer?

2
How can I protect myself against skin cancer?

3
How do I know if changes on my skin could be cancerous?

4
Do any of the moles on my body look suspicious for skin cancer?

WebMD Pain Coach

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Gordon Ramsay

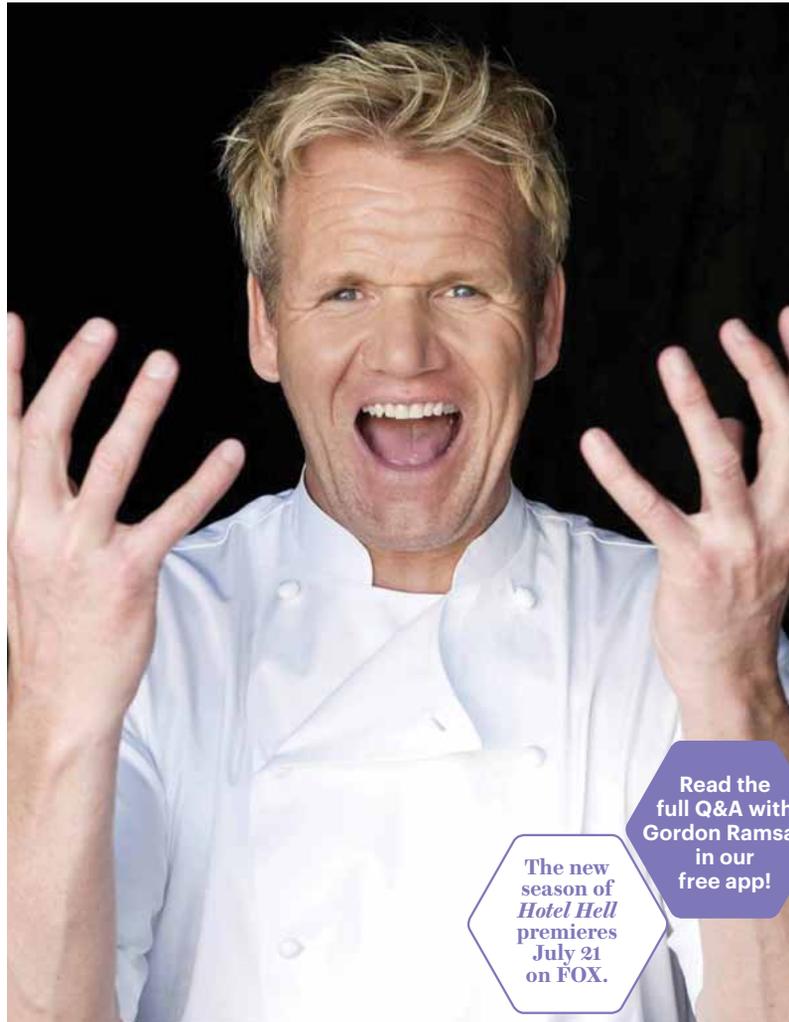
Chef

1 **If you were a contestant on *MasterChef*, your show currently airing on FOX, what challenge would you be most excited to get and which would you like least?** I'd say the mystery box—it reminds me of when I was training and the excitement of just putting ingredients together and seeing what happened. I'm not sure there is one I'd least like; I'm always looking for the next challenge, so I'd happily get involved in anything that was thrown at me.

2 **In your show *Hotel Hell*, you help troubled inns and resorts get back on track. What's the first thing you notice when you stay in a hotel?** Cleanliness.

3 **What one piece of kitchen equipment should people invest in?** A pasta machine. You don't need to spend a lot of money on one, \$45 to \$50, but the diversity [of what you can do with it] is extraordinary.

4 **If you had to choose one, what is your favorite meal course?** I love dessert. I have a terrible sweet tooth. I could have it for breakfast, lunch, and dinner! My last meal on earth,



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The new season of *Hotel Hell* premieres July 21 on FOX.

however, would have to be my mum's shepherd's pie—the ultimate comfort food—and a hot chocolate fondant with milk ice cream.

5 **What is the most overrated ingredient?**

Truffles. We have an obsession with these rare fungi that only grow in very short periods of time during the year. Oh, and the smell!

6 **When you get a chance to relax, what do you like to eat?** I don't have a specific meal that I like to cook. I love cooking all sorts of dishes—that to me is relaxing. On weekends I like to go to the local market with the kids, pick up fresh produce, and make a big dinner for the family.

7 **You've been at this a long time. How do**

you stay inspired in the kitchen? By experimenting with new ingredients. The smallest tweak can change the entire taste of a dish. Every chef, no matter how good or how experienced, will make a mistake—you never stop learning.

8 **What advice do you have for people who aren't confident in the kitchen?** Keep it simple! People make

the mistake of trying to do too much, too soon, or they use too many ingredients. Sometimes the best dishes are ones with only a small number of great-quality ingredients. And always cook with family. Make it a social thing to do.

9 **Staying fit and trim can be hard when you spend all your time in the kitchen around food. Any advice?** Believe it or not, I was once a fat chef—it happens when you spend all day in a kitchen tasting. These days I eat small amounts and train often. I've done my first Ironman and some of my trainers were amazing. It's absolutely OK to enjoy yourself when it comes to food, but find that balance.

10 **You seem to be pretty tough physically. You ran 10 marathons in 10 years, ending in 2009. What's the attraction?** Everybody has different ways of decompressing. I enjoy going for long bike rides or going for a run. Eventually I got into marathons, then triathlons, and now Ironmans! I wake up at 4:30 in the morning to get in a good training before everyone gets up and the workday begins. I'm currently training for my second Kona Ironman in October. —*Liz Krieger*