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Not actual patients.

features



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The world's No. 1 tennis player, **Rafael “Rafa” Nadal**, serves up his secrets for success on and off the court to WebMD contributing writer **Matt McMillen**. **PLUS:** Is there a champ-in-the-making in your household? Check out our expert tips for training young athletes the right way.

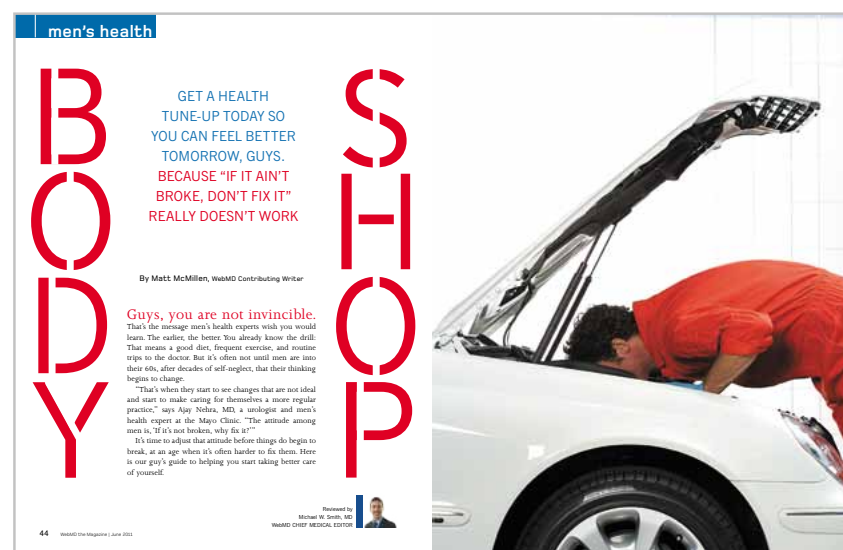


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Guys, when's the last time you got a tune-up? Putting off going to the doctor just because you feel fine isn't doing your health any favors. WebMD contributing writer **Matt McMillen** checks in with top docs to find the best health tools for men. **AND:** How to eat like a guy the healthy way.

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"Rafa!" That's what the crowd roars whenever Rafael Nadal plays tennis on championship courts throughout the world.

I've been fortunate enough to watch our cover star at the U.S. Open over the years and witnessed how this seemingly well-



mannered young athlete wins not only his matches but the affection of the crowd. With his somewhat shy yet sage avoidance of abusing his star-quality and power, Nadal is an international super-athlete who keeps top of mind how important it is to balance his career, personal life, and philanthropy.

At one tennis match I attended, the spectators went wild when he had to pull his shirt up to give his sports medicine trainer access to a pulled abdominal muscle. Clearly, he was in great pain. Yet the crowd hooted and clapped at his toned musculature. He seemed almost shocked that anyone would notice and gave a

little acknowledgment to the crowd to calm down, while letting them know that he heard them, graciously. It was a memorable moment given today's Hollywood-style abundance of narcissism, so I became a big fan. (OK, the impressive abs didn't hurt either, but honestly I was more taken with his poise and lack of pretense.) Turn to our cover story on page 38 to read more about Nadal's inspiring approach to training and how he gives back to kids around the globe.

This summer at WebMD, we want to celebrate natural health and well-being. Whether that includes spending more time in the natural world (hiking, biking, swimming, tennis, badminton, hopscotch, outdoor yoga, or just watching sunsets) or finding ways to achieve a sense of healthy beauty by focusing more on the foods, beverages, cosmetics, and smiles that serve to give a healthier feeling and glow, you will be amazed at how the smallest changes can bring the healthiest results.

Have a happy and healthy summer from all of us at WebMD.

Nan-Kirsten Forte

Nan-Kirsten Forte, MS
Editor in Chief, WebMD the Magazine

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JUNE's Quick Picks



fit tip

DIVE IN

Got joint pain? Make your pool your new gym. "You're being buoyed by the water," says Pamela Peeke, MD, WebMD fitness expert, so **strain on weight-bearing joints is reduced considerably** and the water adds resistance for a full workout. Peeke suggests running in place in a lap pool and adding waterproof ankle or wrist weights as a challenge. "It's a great way to get aerobic exercise and not injure yourself if you're prone to joint issues," she says.

CLOCKWISE FROM TOP RIGHT: BLENDREDFLOW IMAGES; ADRIAN GREEN/GETTY IMAGES; BRIAN HAGIWARA/GETTY IMAGES; SIMONE MUELLER/GETTY IMAGES



skin care

FACE THE DAY

For lasting sun protection, reapplying sunscreen is a must-do, not an option, says WebMD skin care expert Susan Evans, MD. But **what to do if you can't start with a fresh face?** Evans says to make sure SPF is in your makeup and keep it handy to reapply throughout the day. She suggests a powder or tinted moisturizer with SPF 15 or above, like Benefit Cosmetics "Hello Flawless!" SPF 15 (\$34) or Neutrogena Healthy Skin Enhancer (\$10.49).

SPICE ROUTE

Too hot to eat spicy foods? In fact, **foods with plenty of spice help cool you down**, says WebMD nutrition expert Carolyn O'Neil, MS, RD. "When you have something very spicy, it makes you sweat, which is a healthy, natural process our bodies use to cool off," she says. Opt for light, spicy meals—think grilled, lean meats with pineapple salsa—and avoid heavier, fried options, which force your body to concentrate on digestion instead of regulating body temperature.

healthy eats



give back

DAD DAYS

Celebrate the men in your life and burn some calories at the same time during **International Men's Health Week (June 13 through 19)**. Join others at the Stampede for Men's Health (Salt Lake City; stampedeformenshealth.org) or the SET the PACE 5k Race & Family Walk (Denver; prostateconditions.org), both on June 18, to raise awareness of men's health issues. For events in your area, go to menshealthmonth.org.

▶ HOW DO YOU SPICE UP YOUR SUMMER FARE?

There's nothing like fresh salsa to cool off with in the summer—the hotter, the better for me. What's your favorite spicy summer fare? Take our **Healthy Start Challenge**: Post your go-to hot weather recipe in the magazine community at WebMD.com to win a \$25 gift card to Whole Foods.

Andi Gabrick
Senior Editor, WebMD the Magazine



Take this issue's **Healthy Start Challenge** and you could win a prize!



WebMD.com



If your grip is strong and you're able to rise from a chair quickly, walk fast, and balance on one leg, chances are you'll live longer than people who have difficulty doing such things, according to a new study.

Scientists at University College London's Medical Research Council examined data from 33 studies that measured physical capabilities. People in these studies were, on average, older than age 70. Walking had the greatest effect on people's health. In fact, the death rate among people who walked most slowly was nearly three times greater than that of those who walked fastest.

The researchers chose those three tasks to study because they're common in everyday living. The tests might be used to screen for weaker, more vulnerable people, they say.

Source: BMJ

Out of Proportion

You've probably heard nutritionist Adelle Davis' oft-quoted advice that we should "eat breakfast like a king, lunch like a prince, and dinner like a pauper." But new research shows that might not be the best admonition for people trying to lose weight. And

that's because no matter how large the breakfast, people generally eat the same amount for lunch and dinner.

In the study, a researcher in Munich, Germany, reviewed the journals of 380 normal-weight and obese people. On days that those people ate a big breakfast, they consumed just as much at the other two meals as when they ate a small breakfast. On some days, the big breakfast added as much as 400 calories to their daily totals.

So remember, bigger is not always better in the morning. Watch your portions at all meals.

Source: Nutrition Journal



Pain Gain

While a number of studies show that formal training in meditation can reduce chronic pain, a new study suggests even just a small amount of meditation training can reduce acute pain in a big way, too.

At the beginning of the study, conducted at Wake Forest University School of Medicine, researchers took MRIs of people's brains while putting a 120-degree heat device on their calves. (That's hot enough to be painful.) The MRIs showed lots of activity in key pain-processing areas of the brain.

After receiving just four 20-minute sessions in mindfulness meditation, which involves focusing on the breath while also calmly noting (and letting go of) distracting thoughts and sensations, the researchers took MRIs of the participants' brains again. They still had the hot object applied to their calves, but this time the participants were meditating.

These second MRIs showed less activity in the pain-processing areas of the brain. Also, people's rating of the pain dropped 40 percent and their rating of the "pain unpleasantness" dropped 57 percent.

Only 18 people participated in the study, but the researchers noted that mindfulness meditation can have a big impact on how people handle acute pain, probably because meditation helps calm the emotional reaction to unpleasant sensations.

Source: Journal of Neuroscience

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GUY TALK

Long considered female territory, plastic surgeons' offices are making more appointments for men looking to turn back the clock on aging with facelifts, liposuction, and other cosmetic procedures, the American Society of Plastic Surgeons reports.

Ninety-one percent of all cosmetic procedures are still done on women, the report says. But in 2010, the number of men getting facelifts rose 14%, those getting soft tissue filler (which plumps out wrinkles and fine lines) rose 10%, and those getting Botox injections rose 9%. Seven percent more men also went in for liposuction in 2010 than in 2009.

According to the report, breast augmentation remains the most popular plastic surgery procedure for women. And 48% of all cosmetic procedures (for men and women) are done on people between the ages of 40 and 54.

Source: American Society of Plastic Surgeons

See Food

While most people fear that imagining a yummy food will make them crave it more, new research indicates that savoring a certain food in your mind will make you eat less of it. And the more you think about that food, the bigger the effect.

In a series of experiments on volunteers at Carnegie Mellon University, researchers found that people who imagined eating a certain food (like cheese or M&M's) ate less of that same food when it was later offered to them than those who

imagined eating less of that food or performing a different, but still engaging, task (such as putting coins in a laundry machine).

The research shows that the difference between imagining an experience and having it may be smaller than once thought. The results may also show that trying to block thoughts of food isn't a very good dieting technique. The researchers hope their findings will help develop future strategies for reducing cravings for other unhealthy substances, including junk food, drugs, and cigarettes.

Source: Science



Source: American Council on Exercise

HOOP IT UP



Remember the colorful plastic hula hoop you used to twirl around your hips when you were young? As it turns out, hula hoops aren't just for kids. A new study sponsored by the American Council on Exercise shows that hula hooping is a great way for adults to get exercise, too.

In the study, led by a researcher at University of Wisconsin-LaCrosse, 16 women ages 16 to 59 worked out by twirling weighted hula hoops around their waists, arms, and legs for 30 minutes. The researchers found that hula hooping burned about 210 calories per 30-minute workout, or as many calories per minute as step aerobics, boot camp, or brisk walking. They also found that the exercise provides a total-body workout that can improve flexibility and balance and strengthen muscles in the back, abdomen, arms, and legs. That's encouraging news for the thousands of people flocking to hula-hoop classes and studios these days, as well as people just looking for a new way to exercise.

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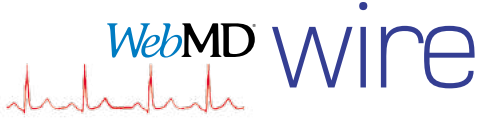
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A-List Cities

Some of the country's largest cities are also the best ones for raising children with autism, a new survey shows.

The survey, conducted by advocacy group Autism Speaks, ranked areas on their local educational, medical, and recreational resources for children with autism spectrum disorders as well as flexible employment policies and respite care for parents. The top areas for autism support are:

1. New York
2. Los Angeles
3. Chicago
4. Cleveland
5. Philadelphia
6. Boston
7. Northern New Jersey
8. Minneapolis/St. Paul
9. Seattle
10. Milwaukee

Source: Autism Speaks




HAPPY CAMPERS

You've given your son mosquito repellent, sunscreen, and books to get through sleepaway camp. But have you prepared him for homesickness?

According to a revised statement by the American Academy of Pediatrics, the best way to inoculate your child against homesickness is to involve him in choosing and preparing for the camp; be upbeat about the camp and openly discuss homesickness (which is very common among campers); and let him practice being away from home by staying with friends or relatives. It also helps to avoid telling your children you'll pick them up if they get homesick, as that can make kids doubt their own readiness for being independent.

The new policy also details steps that camp administrators should take to keep kids healthy during their stay. Best thing for parents to know? Be sure your child's immunizations and health care forms are up to date.

Source: Pediatrics



BOTTOM: YELLOW DOG PRODUCTIONS/GETTY IMAGES; RIGHT: IMAGE SOURCE/GETTY IMAGES; JONATHAN KANTOR/GETTY IMAGES



WALK AS IF YOUR LIFE DEPENDS ON IT. WALK BECAUSE SOMEONE'S LIFE DOES.

Michael C. Hall


Photograph by Jesse Dylan



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37%

The amount the teen birth rate has fallen since 1990

Source: National Center for Health Statistics

The WebMD POLL

The results are in from the May issue poll!

Q: What's the one vegetable you have the hardest time feeding your kids?

- 30% Peas
- 20% Broccoli
- 15% Zucchini
- 13% Eggplant
- 12% Lima beans
- 8% Brussels sprouts
- 2% Kale


Visit WebMD.com/magazine and enter our June 2011 poll!

Source: 2011 WebMD Poll

Hot Stuff

Q: What is your No. 1 summertime health worry?

- ☐ Lyme disease—ticks are everywhere!
- ☐ Poison ivy/poison oak—romps in the woods and shorts don't mix
- ☐ Sunburn—remember to reapply, reapply, reapply
- ☐ Stomach trouble—beware picnics in the hot sun
- ☐ Bugs. Bees, wasps, and mosquitos, buzz off!
- ☐ Nothing—except that summer will be over too soon



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[bad bugs slideshow](#) [WebMD SEARCH](#)

GREEN ENVY



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ONCE BITTEN

Don't know what to make for dinner tonight? Looking for new inspiration in the kitchen? Sign up for **The Daily Bite newsletter** and get a healthy, delicious recipe delivered to your inbox every day.



Narcissistic Personality Disorder **symptomchecker**

TOP SYMPTOMS INCLUDE

- Grandiosity
- Sensitivity to criticism
- Extreme lack of empathy

NPD renders people unable to understand or feel empathy toward other people, as well as unable to gain insight into themselves. Instead, people with this disorder focus almost entirely on an idealized image of themselves, have a need for constant admiration, and may fly into rages when criticized. Traditionally, men were more vulnerable to this than women, but new studies show that more women are developing NPD, as well as more young people. NPD can wreak havoc on careers, families, and other relationships. Researchers believe the character traits of people with NPD may be the result of either neglect or over-the-top doting by parents, but the exact cause remains unknown. It can be very resistant to therapy, and no medication exists to treat it, although therapy sometimes helps people with NPD learn to relate to others in more positive ways.



Key in your symptoms

[FIND THE ANSWER](#)

the Pulse

by Colleen Paretti,
WebMD EXECUTIVE EDITOR



Moms and dads, we've got good news for you. We've overhauled our [Health and Parenting center](#) at [WebMD.com](#), and I promise you are going to love it. It's now super-easy to hone in on what you need for your child's age. When you've got a sulky 16-year-old on your hands you don't need to know about toddler tantrums. Just use the slider on the Parenting center's main page to choose your child's age stage and find targeted articles, tools, videos, and more.



We've also launched a bunch of new tools to help you boost your family's well-being. Start with the “[How Healthy Is Your Family?](#)” evaluator for a targeted “Family Fit” rating, a personalized report, and expert tips for improving your score.

Next, check out the [Mommy \(and Daddy\) Meal Makeovers](#) for tips and easy recipes, because pizza and macaroni and cheese may be your kids' fave foods but there's no reason you can't whip up more nutritious versions. And what about exercise? Are your kids getting enough? [Test Your Exercise IQ](#) to find out, plus we'll give you smart ways to get your kids out from behind that computer screen for a while. And get your children in on the action, too. You'll find a link to our new *fit* websites, created especially for kids.

There's plenty more but so far these are my favorite parent helpers. What are yours? Visit me and let me know in the magazine's community at [WebMD.com](#).

LEFT: BLEND/FLOW IMAGES; ALEXANDRA ROWLEY/GETTY IMAGES

Buy the Book

Alfre Woodard taps into storytelling to help AIDS orphans in Africa

How will you be commemorating National HIV Testing Day, June 27? Alfre Woodard, the Emmy Award-winning actor and star of TNT's hit series *Memphis Beat*, makes it easy for anybody to make a difference: In 2009, she and other actors such as Matt Damon and Helen Mirren lent their voices to *Nelson Mandela's Favorite African Folktales*, (mandelasfavoritefolktales.com), an audiobook whose proceeds go to help orphans of the disease in South Africa.

"The sale of just one book can support a child for an entire month," says Woodard, who credits her father with teaching her that doing for others is a privilege, not a burden. "If you're not on the giving end, then you're going to be on the receiving end. And I'm grateful to be on the giving end."

Woodard became passionate about South Africa as a student at Boston University in the 1970s. After graduation, Woodard moved to Los Angeles, where she met fellow actors Danny Glover and Mary Steenburgen. In 1989 they helped found a nonprofit called Artists for a New South Africa (ANSA; ansafrica.org) and used their platform to lobby for sanctions against the South African government and its apartheid system of racial segregation.

When apartheid finally fell in 1994, it soon became clear that a new scourge was threatening the country: HIV/AIDS. According to AVERT, a global AIDS charity, South Africa had one of the fastest-growing rates of infection in the world up to 1998, and by 2001 nearly 25% of pregnant women in the country had the disease. So ANSA altered its mission and in 2005 created "It Takes a Village," a



Actor Alfre Woodard recorded a story for *Nelson Mandela's Favorite African Folktales*. Proceeds go to help care for AIDS orphans in Africa.

program to address the needs of the more than 1 million children orphaned by HIV/AIDS.

To date, ANSA has raised more than \$9 million in donations, has sent 70 tons of books to South Africa, and since 2005 has helped local communities care for more than 3,500 AIDS orphans.

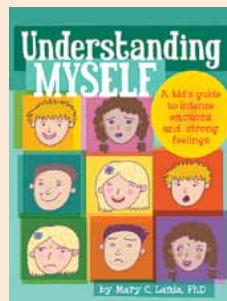
"You learn as a young black person that you're part of a continuum," says Woodard of her passion for the people of South Africa. "People who came before me did things that made it possible for me to have the life I have now. So you do the right thing and you might not see it at the end of the day, but you're paying it forward."—Julia Dahl

EMOTIONAL I.Q.

Have a preteen in the house? For those lazy, hazy, crazy days of summer, slip this catnip of a book onto her nightstand and watch her devour every page.

Understanding Myself: A Kid's Guide to Intense Emotions and Strong Feelings by Mary C. Lamia, PhD, is written for kids (ages 8 to 13 or so) and endorsed by kids—a couple of 12-year-olds give their thumbs-up on the back cover.

They're a tough crowd, but they're also full of questions about things they're too confused or embarrassed to ask about, such as anxiety, guilt, shame,



providing "information about a situation that can help you respond or make decisions," Lamia writes.

Lamia, a clinical psychologist and psychoanalyst in Marin County, Calif., has an

fear, loneliness, envy, joy, and infatuation. Addressed in individual chapters, these emotions are explained and examined, providing

HEALTHY READ

easy, open writing style, like a good friend on the schoolyard bench, and peppers her prose with quizzes ("How much does stuff embarrass you?"), plausible scenarios ("Say you lied to a friend..."), and checklists of to-do's ("Don't be afraid of your weaknesses.")

More than anything, this book helps preteens get a handle on understanding themselves, no small feat at any age. In fact, pick it up yourself. It's never too late to learn about what Lamia calls "the wealth of information" inside of you, "the language of emotions."—Colleen Paretti

Top Dog

By Michele Winter Johnson
WebMD Healthy Pets contest winner



Michele Winter Johnson's rescue dog Max has brought life to her years, and she's brought years to his life.

MY HUSBAND, Bill, and I became friends because our former spouses were brother and sister. We used to spend a lot of time together—going skiing, celebrating holidays, that sort of thing. We were all very close. But then first his wife died (in 1998) and then my husband died (in 2003)—both of cancer. Bill and I supported each other. We gave each other shoulders to lean on. Eventually we fell in love.

After we got married, it took us four years to find a nice home that we could afford (our spouses' medical bills had practically wiped out our savings). But once we found that home, we knew we wanted to adopt a dog, from either a local shelter or a rescue.

Bill served in Vietnam and has post-traumatic stress disorder. He had a much-beloved golden retriever years ago and remembered the positive effects that having a dog had on his PTSD. One of the markers of PTSD is a tendency toward increased irritability, and we thought there was no better remedy than the wagging tail and empathetic gaze of a good dog. Many veterans with PTSD now have trained service dogs to help them with psychological issues.

We adopted Max from our county animal shelter when he was just 12 weeks old. He's a lab mix of some kind and he was adorable, but he had a lot of health problems, including allergies, a chronic urinary tract infection, and demodectic mange. Without knowing how he spent the first 3 months of his life, it was hard for our vet to figure out why he got ill so often. But once he turned a year old, he got better. He is now a very active, very playful 2-year-old.

I think the best way to keep a pet healthy is to set aside time each day to play. One blessing of Max's forced inactivity as a puppy is that we played a lot of brain-challenging games so he didn't have to run around a lot when he wasn't feeling well. I hid lunch meats around the house and told him to "go find it." Or I hid myself and he had to come find me. Eventually we taught him to swim in our pool. I think that aided his mental growth—it also kept him occupied (he wanted a lot of attention). Today he still loves games, and I find that playing with him makes a big difference in his behavior. He's happier and it opens the lines of communication among us.

Every night when we're getting ready for bed, Max curls up on the hall floor, near the front of the house, until Bill finishes what he's doing. Then, as Bill turns out the lights and heads for the bedroom, Max scampers ahead of him, picks up his "good-night bone" and hops up on the bed, where he snuggles up next to Bill and works his bone while Bill reads a book. It's truly a joy having him as part of our family.

Have a pet story? Share it in our [pets community](#).



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Dad Do's

What to get Dad this Father's Day? Opt for a gift that will help him look and feel great. We asked **Michael Gold, MD**, a dermatologist at Gold Skin Care Center in Nashville, Tenn., to share his top picks.

1 ▶ A Close Shave

Gillette Fusion ProGlide Power Razor, \$12.99
No other razor compares, Gold says. Thinner-than-usual blades with a low-drag coating help the razor glide over the skin without pulling.

2 ▶ Aloe Mate

Edge Sensitive Skin Shave Gel, \$2
Dragging a sharp blade across your skin is a recipe for razor burn, but the aloe helps counteract any irritation, Gold says.

3 ▶ Daytime Defense

Neutrogena Men Triple Protect Face Lotion, SPF 20, \$6.99
Guys don't do moisturizers well, says Gold, but they need to. This one moisturizes, protects skin from both UVB and UVA rays, and soothes razor burn with green tea extract.

4 ▶ Lip Service

Blistex Medicated Lip Ointment, \$1.99
Camphor, menthol, and phenol help nix the pain of chapped lips and provide moisture.

5 ▶ Here's the Rub

Sure Original Solid Unscented Deodorant, \$2
There's plenty of aluminum hydroxide, the wetness-fighter, in this unscented rub, which Gold recommends because scented products can cause underarm rashes.

6 ▶ Desert Oasis

Cetaphil RESTORADERM Skin Restoring Moisturizer, \$14.99
This body lotion is ultra-hydrating, with shea butter and sunflower seed oil, and fragrance-free, a major plus for scent-phobic guys.

7 ▶ See Foam

CeraVe Foaming Facial Cleanser, \$4.99
This soap-free wash, with ceramide and hyaluronic acid, gets rid of dirt and oil without leaving skin feeling tight and dry. —Linda Formichelli

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.



TED MORRISON

MAKE THE MOST OF YOUR LIFE

Smooth Operator

Avoid stubble trouble and get sleek, flawless skin with these expert fuzz-fighting product picks and tips

When it comes to achieving stubble-free skin for summer, salon waxing and in-office laser hair removal treatments are the gold standard. But, for a quick (and cheaper) fix at home, women can turn to razors and depilatories. There are some tricks of the trade, though. Jeannette Graf, MD, assistant clinical professor of dermatology at Mount Sinai School of Medicine, says that if you're not careful, nixing stubble can become a skin-compromising situation.

How to avoid razor burn, ingrown hairs, and cuts? The sleek **Gillette Fusion ProGlide Razor** (\$12.99) might be designed for men, but since it has five blades and a heavier handle, it gives a super-close crop in fewer passes, says Graf. "The best time to shave is at the end of a warm shower when blood vessels are dilated, causing skin to plump and expose the entire base of the hair follicle better." Warm water also softens hair so it doesn't snap, helping prevent ingrown hairs (see sidebar). To avoid blade rust—and skin infections—swap out the blade every five to 10 shaves.

It is OK to shave every day as long as you keep the skin soft with a moisturizing shave cream such as **Skin-timate Moisturizing Cream Shave Dry Skin** (\$3.99) with ultra-hydrating olive butter and white tea extract, which researchers at Kingston University in London

found has anti-inflammatory properties.

During the summer you may be hesitant to slather on a heavy body lotion. But applying moisturizer over freshly shaven, still-damp skin will help minimize flakes and razor rash, Graf says. Try **Alba Botanica Very Emollient Body Lotion** (\$17.75), which is spiked with nourishing jojoba, a natural liquid oil rich in vitamin E. It also has a healthy dose of sesame and avocado oils, which are easily absorbed skin softeners.



Using a depilatory, like **Nair Shower Power Sensitive** (\$6.99) isn't as popular as shaving, but it does have its advantages. For starters, you'll get a lower incidence of bumps and ingrown hairs, Graf says.

"Plus, hair is removed at a deeper level, allowing a longer time for regrowth."

While the hair only needs to be stubble-length to work, a depilatory is best when used sparingly—every 10 days to two weeks. That's because the formula's chemicals, which break the bonds that hold hair together, can dry out skin.

—Ayren Jackson-Cannady

BUMP WATCH

Ingrown hairs show up when a hair that is shaved, waxed, or tweezed curls and burrows back into your skin as it grows. This can lead to inflammation, says Jeanette Graf, MD. Try these quick fixes.

Smooth Move Hop in the shower and carefully exfoliate the area with a wash cloth or gentle body scrub. Once you've dried off, dab **Tend Skin Liquid** (\$20) onto the bumps.

The liquid contains acetylsalicylic acid (which is also the main component in aspirin), a gentle exfoliant and anti-inflammatory ingredient that helps slough away dead skin buildup, making it easier for hairs to resurface.

Picky, Picky If stubborn hairs don't want to come back up on their own, try to avoid picking (which can lead to infections) and see your dermatologist. She can help remove the hair and advise you about **laser hair removal**, which can resolve stubborn ingrown problems.

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Got a hairy situation? Get more expert tips.





Tantrum Tactics

Try treating your kid like a caveman and speaking toddlerese to manage meltdowns

Does this scenario sound familiar? I recently took my kids to the science museum. In the cafeteria, my 3-year-old son, Adrian, changed his mind about his lunch order after we'd already gotten our food. When I told him it was too late to get the chicken nuggets instead of the hot dog, he threw himself on the floor, wailing at the top

of his lungs. With what felt like hundreds of eyes on me, I hauled a screaming toddler, a lunch tray, a baby stroller, and a 5-year-old through the checkout line.

I asked parenting guru Harvey Karp, MD, a pediatrician, assistant professor of pediatrics at University of Southern California's Keck School of Medicine, and author of *The Happiest Baby on the Block*/*The Happiest Toddler on the Block* book and DVD series, how I should have managed the meltdown.

Karp reminded me toddlers are like cavepeople. "When they get upset, they go Jurassic on you.

They spit and scream and scratch and throw things." To reach that prehistoric toddler, Karp has two key rules: the Fast Food Rule and the Toddlerese Rule.

"The Fast Food Rule says that whenever you're speaking with someone who is upset, they get to go first, and you acknowledge their feelings

before doing anything else," Karp says.

How do you do that? Use toddlerese, which involves talking to your screaming, sobbing toddler in his own language: lots of repetition of short phrases that mirror his feelings—with body language and facial expressions to match.

Instead of calmly telling Adrian, "I'm sorry, honey, but you told Mommy you wanted the hot dog," I should have said: "You

say no! You say no! You want chicken nuggets! No hot dog! No hot dog! Your face is really sad! You're on the floor!"

After they look at you and calm down (and they will, Karp promises), that's the cue to switch to your own agenda. "But nooo, no chicken now. Hot dog now. Hot dog now."

It's almost never too soon to start with this approach, Karp says. "Even a 1-year-old will respond to it. By acknowledging their feelings and speaking their language, you can help them be more cooperative, respectful, and attentive." —Gina Shaw

CRISIS MANAGEMENT

What's better than defusing tantrums? Stopping them



before they start. Try what Harvey Karp, MD, calls "feeding the meter": taking a few minutes

periodically throughout the day to devote uninterrupted attention to your toddler. Some of Karp's favorite coins for your meter:

Stick to it. No need for anything extravagant. A sticker on her forehead will do (and make her giggle). Or you can put a checkmark on your child's hand with a washable marker every time he does some small, good thing. "Check!" you declare. At bedtime, count your child's checkmarks and talk about what a great day he's had.

Be a gossip. Let your child "catch" you praising him to someone else (in a loud stage whisper). Everyone loves praise, but it's even more gratifying to overhear your achievements being heralded to someone else.

"WHEN TODDLERS GET UPSET, THEY GO JURASSIC ON YOU. THEY SPIT AND SCREAM AND SCRATCH AND THROW THINGS."

DYK? The prefrontal cortex, which helps control emotion, doesn't start to mature until around age 4.

What's your top **meltdown tip**? Trade strategies with other parents.



WebMD.com

DAVID ATKINSON/GETTY IMAGES

SUPPORTING THOSE OF YOU WHO STAY AWAKE FOR THE REST OF US

Working odd hours or shifts and feeling sleepy on the job? Ask your doctor about excessive sleepiness (ES) due to shift work disorder (SWD) and if NUVIGIL could help.

NUVIGIL is a prescription medicine used to improve wakefulness in adults who experience excessive sleepiness due to SWD.¹

Ask your doctor how you can try NUVIGIL FREE* with the voucher in this magazine. For more information, visit www.NUVIGIL.com.

Try NUVIGIL FREE! with the voucher in this magazine*

Important Safety Information

NUVIGIL may cause serious side effects including a serious rash or a serious allergic reaction that may affect parts of your body such as your liver or blood cells, and may result in hospitalization and be life-threatening.

If you develop a skin rash, hives, sores in your mouth, blisters, swelling, peeling, or yellowing of the skin or eyes, trouble swallowing or breathing, dark urine, or fever, stop taking NUVIGIL and call your doctor right away or get emergency help.

NUVIGIL is not approved for children for any condition. It is not known if NUVIGIL is safe or if it works in children under the age of 17.

Stop taking NUVIGIL and call your doctor or get emergency help if you get any of the following serious side effects: depression, feeling anxious, sensing things that are not really there, increase in activity (mania), thoughts of suicide, aggression, or other mental problems; chest pain, abnormal heart beat, or trouble breathing.

*Limitations apply.

Reference: 1. NUVIGIL [prescribing information]. Frazer, PA: Cephalon, Inc; 2010.



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NUV-2855

Apr 2011

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NUVIGIL
(ARMODAFINIL) Tablets ©
Wakefulness when it counts.

14

14 NUVIGIL Tablets FREE Starter Voucher

Bring this
to your doctor
and try NUVIGIL
FREE!

Patient Instructions

If you and your doctor decide **NUVIGIL** is right for you, take a valid, signed 14-tablet prescription for **NUVIGIL** (fourteen tablets, any strength) with this voucher to any participating pharmacy to receive your complimentary 14-tablet supply of **NUVIGIL**. The supply is provided as a service by Cephalon, Inc.

Please see the Limitations section on the back of this voucher.

By redeeming this voucher, you certify that you will not seek: (i) reimbursement from any third-party payer for any part of the 14-tablet supply of **NUVIGIL** dispensed under this voucher; or (ii) to have any portion of this prescription counted toward your out-of-pocket costs under any third-party payer programs. You also certify that you do **not** have any coverage for your prescriptions for **NUVIGIL** under any public healthcare program (e.g., Medicare, Medicaid, TRICARE, or any state program). If you are a resident of Massachusetts, also certify that you do **not** have any coverage for your prescriptions for **NUVIGIL** from any health insurance plan or any other third-party payer.

Present a 14-tablet prescription, with this voucher, to any participating retail pharmacy. If eligible, you'll receive 14 tablets of **NUVIGIL** at no cost.



Do Not Mail Voucher With Reply Card.

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14 NUVIGIL Tablets FREE Starter Voucher

Bring this
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Reasons to sign up:

- Receive special offers and updates from Cephalon
- Stay informed with health information relevant to you

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Name _____

Address _____

City/State/ZIP code _____

Phone number _____

Email address _____

Date of birth (MM/YYYY) _____

How would you prefer to receive more information?

- ☐ Prefer mail
☐ Prefer email

By mailing in this card, I agree that from time to time, Cephalon may provide me with health-related and product information, as well as market research surveys.



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Instructions for Physicians and Pharmacists

This voucher must be accompanied by a signed, valid prescription for a 14-tablet supply of **NUVIGIL** (fourteen tablets, any strength). No substitutions or refills permitted. A separate prescription is required for any **NUVIGIL** tablets (50 mg, 150 mg or 250 mg) to be used beyond the 14-tablet FREE trial period. Please see the Limitations section below.

Pharmacists: By accepting and redeeming this voucher, the pharmacist certifies that: (i) **NUVIGIL** has been dispensed to an eligible patient pursuant to a valid prescription for **NUVIGIL**; (ii) no claim for the product dispensed pursuant to this voucher has been or will be submitted to the patient or any third-party payer (public or private) for reimbursement or for purposes of counting it toward the patient's out-of-pocket expenses; (iii) the patient does **not** have any coverage for prescriptions for **NUVIGIL** from any public healthcare program (e.g., Medicare, Medicaid, TRICARE, or any state program); (iv) if the patient is a resident of Massachusetts, the patient does **not** have any coverage for prescriptions for **NUVIGIL** from any third-party payer; and (v) redemption of this voucher complies with all applicable laws (federal, state or local) and any contractual or other obligations as a pharmacy provider.

For reimbursement, please submit electronically to AlphaScrip.

BIN #: 610600

PCN: AS

Group #: 712

Cardholder ID: 71200277083

For questions regarding processing, please call the AlphaScrip Pharmacy Help Desk at 1-877-274-3244.

Limitations

Voucher is good through 10/31/2012. Valid only in the United States at participating retail pharmacies and cannot be redeemed at government-subsidized clinics. No purchase required. Void where prohibited by law. Product dispensed pursuant to terms of voucher shall not be submitted to any third-party payer for reimbursement. Further, offer not valid for any individual for whom any part of any prescriptions for **NUVIGIL** is or will be covered by any public healthcare program (e.g., Medicare, Medicaid, TRICARE, or any state program) or, for residents of Massachusetts, by any third-party payer. Offer is valid one time only per patient and must be submitted pursuant to an original voucher. It is illegal for any person to sell, purchase, or trade; or to offer to sell, purchase, or trade or to counterfeit this voucher. Offer cannot be combined with any other voucher, certificate, coupon, rebate, or similar offer. This is not an insurance program. Cephalon reserves the right to rescind, revoke, or amend this program without notice. Participating patients and pharmacists understand and agree to comply with the terms and conditions of this offer.

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Cash value of this paper voucher is 1/100 of a cent.



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Important facts

NUVIGIL® (nu–vij–el) Tablets [C-IV]
Generic name: armodafinil

What is NUVIGIL?

NUVIGIL is a prescription medicine used to improve wakefulness in adults who are very sleepy due to one of the following diagnosed sleep disorders:

- Narcolepsy
- Obstructive sleep apnea (OSA). NUVIGIL is used with other medical treatments for this sleep disorder. NUVIGIL does not take the place of using your CPAP machine or other treatments that your doctor has prescribed for this condition. It is important that you continue to use these treatments as prescribed by your doctor.
- Shift work disorder (SWD)

NUVIGIL will not cure these sleep disorders. NUVIGIL may help the sleepiness caused by these conditions, but it may not stop all your sleepiness. NUVIGIL does not take the place of getting enough sleep. Follow your doctor's advice about good sleep habits and using other treatments.

NUVIGIL is a federally controlled substance (C-IV) because it can be abused or lead to dependence. Keep NUVIGIL in a safe place to prevent misuse and abuse. Selling or giving away NUVIGIL may harm others, and is against the law. Tell your doctor if you have ever abused or been dependent on alcohol, prescription medicines or street drugs.

What should I avoid while taking NUVIGIL?

- Do not drive a car or do other dangerous activities until you know how NUVIGIL affects you. People with sleep disorders should always be careful about doing things that could be dangerous. Do not change your daily habits until your doctor tells you it is okay.
- You should avoid drinking alcohol. It is not known how drinking alcohol will affect you when taking NUVIGIL.

What should I tell my doctor before taking NUVIGIL?

Tell your doctor about all of your medical conditions including, if you:

- Have a history of mental health problems, including psychosis
- Have heart problems or had a heart attack
- Have high blood pressure. Your blood pressure may need to be checked more often while taking NUVIGIL.
- Have liver or kidney problems
- Have a history of drug or alcohol abuse or addiction
- Are pregnant or planning to become pregnant. It is not known if NUVIGIL will harm your unborn baby.
- Are breastfeeding. It is not known if NUVIGIL passes into your milk. Talk to your doctor about the best way to feed your baby if you take NUVIGIL.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, herbal supplements, and hormonal birth control.

- Women who use hormonal birth control may have a higher chance for getting pregnant while taking NUVIGIL, and for one month after stopping NUVIGIL.

What is the most important information I should know about NUVIGIL?

NUVIGIL may cause serious side effects including a serious rash or a serious allergic reaction that may affect parts of your body such as your liver or blood cells. Any of these may need to be treated in a hospital and may be life-threatening. Stop taking NUVIGIL and call your doctor right away or get emergency help if you have any of these symptoms:

- Skin rash, hives, sores in your mouth, or your skin blisters and peels
- Swelling of your face, eyes, lips, tongue, or throat
- Trouble swallowing or breathing
- Fever, shortness of breath, swelling of the legs, yellowing of the skin or whites of the eyes, or dark urine.

If you have a severe rash with NUVIGIL, stopping the medicine may not keep the rash from becoming life-threatening or causing you to be permanently disabled or disfigured.

NUVIGIL is not approved for use in children for any medical condition. It is not known if NUVIGIL is safe or if it works in children under the age of 17.

What are possible side effects of NUVIGIL?

NUVIGIL may cause serious side effects. Stop taking NUVIGIL and call your doctor right away or get emergency help if you get any of the following:

- **A serious rash or serious allergic reaction.** (See “What is the most important information I should know about NUVIGIL?”)
- **Mental (psychiatric) symptoms**, including: depression, feeling anxious, hearing, seeing, feeling, or sensing things that are not really there (hallucinations), an extreme increase in activity and talking (mania), thoughts of suicide, aggressive behavior, or other mental problems
- **Symptoms of a heart problem**, including chest pain, abnormal heart beats, and trouble breathing.

Common side effects that can happen in anyone who takes NUVIGIL include: headache, nausea, dizziness, and trouble sleeping.

Who should not take NUVIGIL?

Do not take NUVIGIL if you:

- Are allergic to any of its ingredients. See the end of the Medication Guide for a complete list of ingredients in NUVIGIL.
- Have had a rash or allergic reaction to either armodafinil (NUVIGIL) or modafinil (PROVIGIL®). These medicines are very similar.

Need more information?

Read the Medication Guide that comes with NUVIGIL before you start taking it and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your condition or treatment.

Talk to your doctor or pharmacist, go to www.NUVIGIL.com, or call 1-800-896-5855.

You are encouraged to report negative side effects of prescription drugs to the FDA. **Visit www.fda.gov/medwatch, call 1-800-FDA-1088, or by fax at 1-800-FDA-0178.**

sleep matters

FOR THE REST OF THE STORY

By Michael Breus, PhD, ABSM
WebMD SLEEP EXPERT



Open Season

What makes us yawn? And is it really contagious?

We all do it. It’s a force of nature that can be embarrassing at times and, if it’s excessive, downright annoying and disrupting. I don’t think anybody can get through life without yawning thousands of times. But why do we yawn at all? Scientists have come up with a few theories to help explain human yawning:

Air supply. Do increased amounts of carbon dioxide in the blood induce yawning to bring in oxygen? This theory has been around since Hippocrates, but

that don’t sweat, such as pigs and dogs. Exposing the mouth and tonsils to the outside air may cool down the head, even if only by a few tenths of a degree.

Alertness factor. Do yawns help you stay alert? Some studies suggest that yawning may have developed as a way of keeping a group of animals alert. Anecdotal evidence suggests that yawning helps increase a person’s alertness.

Power play. Is yawning a sign of dominance?

Observations of dog and primate behavior suggest alpha males and females tend to yawn more frequently than their beta counterparts. Yawning may be considered aggressive in certain species since it’s a way to display lots of pointy teeth.

None of these theories has been proven, and these are just the tip of the theoretical iceberg, though some scientists recently claimed that yawning is a sign of sexual attraction rather

UNSOLVED MYSTERY

Scientists don’t know exactly why we yawn. Just as sleep remains much of a mystery, so does this universal human behavior. What exactly *is* a yawn and why do we do it?

In and out Technically, a yawn is a reflex of simultaneous inhalation of air and stretching of the eardrums, followed by exhalation of breath.

Emotional rescue

Though usually associated with exhaustion, fatigue, or the need for sleep, yawning can be connected to any number of conditions and even emotions, including stress, boredom, lack of stimulation (which can be code for boredom), and being overworked (another code for tiredness).



Monkey see, monkey do

Why yawning can be so “contagious” is more of a puzzle, but watching someone yawn (or, for that matter, just hearing someone yawn or even *thinking* of yawning) can trigger you to yawn as well. A single yawning shark can set off a yawn reaction in the entire school.



studies since then show it to be either incorrect or flawed. Why? Because yawning may, in fact, **reduce** oxygen intake compared to normal breathing.

Temp control. Is yawning the body’s way of controlling brain temperature? This theory suggests that yawning cools off the brain much like a fan cools the inside of a computer. Reptiles, for instance, might yawn to maintain their body temperature. Because most reptiles rely on ambient temperature to maintain body temperature, yawning might be a means for rapidly cooling down. This may also work for animals

than a desire to sleep. That idea emerged after some sex experts said they were consulted by people who yawned during sex. The jury is still out on that one, too.

We may never know exactly why we yawn or why dogs, monkeys, and all other vertebrates—with the inexplicable exception of the giraffe—do it (perhaps giraffes do yawn and we just haven’t observed it). And maybe humans yawn for different reasons at different times, or a combination of events triggers a yawn. So for now, the race to pin down the open and shut of the yawn is still on.



Strange but true: A human yawns about 240,000 times in a lifetime.

Still curious? Learn more about the **science of sleep.**



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pet matters

HEALTHY DOGS AND CATS

Reviewed by
Audrey Cook, BVM&S
WebMD PET HEALTH EXPERT



Paws for Concern

Keep these top 5 poisons out of your pet's reach

In 2010, the American Society for the Prevention of Cruelty to Animals received more than 167,000 calls at its Animal Poison Control Center. Most concerned products in the home, substances that may seem perfectly harmless. But just because something is safe for people doesn't mean it won't hurt beloved pets. Protect your pet by keeping him away from these common poisons.

SHARING HUMAN FOOD WITH A PET CAN LEAD TO ILLNESS.



People medications. Nonsteroidal anti-inflammatory medications (such as ibuprofen and naproxen) can cause stomach ulcers and kidney damage in cats and dogs. Many antidepressants can also be poisonous, causing vomiting and, in serious cases, so-called serotonin syndrome, which can raise body temperature, heart rate, and blood pressure, and bring on seizures.

People food. Sharing human food with a pet can lead to illness. Chocolate, for instance, contains methylxanthines, which in small doses can cause vomiting

and in larger amounts can cause death. Similarly, avocados contain persin, a toxin that can cause vomiting and diarrhea in dogs. Onions, garlic, and chives can cause stomach upset in cats. So can milk and other dairy products.

Anti-pest products. Depending on the poison, a dog or cat that eats rodenticides or insecticides may suffer a variety of symptoms, such as spontaneous bleeding, muscle tremors, and seizures.

Plants. They're pretty, but plants aren't exactly pet-friendly. Some of the more toxic varieties include azaleas and rhododendrons (can cause vomiting, diarrhea, coma, and potentially death), tulip bulbs (can lead to serious stomach problems, convulsions, and heart damage), and sago palms (can cause vomiting, seizures, and liver failure).

Household products. Chemicals in a number of products, including antifreeze, paint thinner, cleansers, pool chemicals, and fertilizers, are toxic to pets. Symptoms depend on the particular poison but may include stomach upset, severe depression, breathing problems, or chemical burns.

If you suspect your pet has been poisoned, gather samples of the poison and/or vomit and call your vet or the Animal Poison Control Center right away.—Hilary Powers



About 20% of calls to the Animal Poison Control Center are about pets who have ingested insecticides.

Keep your four-legged friends out of harm's way with expert tips. > WebMD.com

OK HART/NIKKI HART/GETTY IMAGES

PRINCESS THINKS HER STUFF DOESN'T STINK.



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Farewell to Arms

The secret to toning your “bat wings” the old-fashioned way—and faster than you think

I recently happened on an odd reality TV show. Each episode features a group of brides-to-be battling it out for who gets to undergo plastic surgery so she can look “perfect” on her wedding day.

The winner of the episode I saw hated her floppy upper arms. She’d grab a handful of fat and shake it with disdain, declaring, “This has got to

thought about just getting the fat sucked out. But is it worth it? Probably not. That’s because developing tighter, stronger, more toned arms isn’t as hard as you might think. And in the process of doing so, your overall health will improve.

To start, get your mind set in the right direction. Remember these words: *believe, achieve, and succeed.* That

is, everything starts with a firm belief that you can achieve and succeed at your goal of toned upper arms, because that belief is what will power you through your exercises as well as your nutrition plan.

Speaking of nutrition, to lose that fat you’ll need to eat a balance of lean protein (such as low- or nonfat dairy, poultry, fish, and beans), healthy carbs, and fats. You

need protein to build and maintain new muscle. Get your carbs under control by prioritizing nonstarchy veggies, and don’t forget that healthy fats—including nuts, olive oil, and omega-3 fatty acids from fish—kill carb cravings and keep you satisfied.

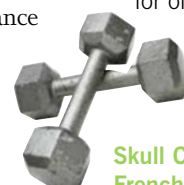
Now for the exercise part. In addition to the cardiovascular exercise required to reduce overall body fat, you’ll need to do some exercises aimed at strengthening the muscles in your upper arms. Push-ups—even bent knee push-ups—are great for your triceps as well as your biceps, chest, abs, shoulders, and glutes. And my other two favorites are at right. Bat wings, be gone!

WINNING WORKOUTS

For these exercises, you’ll need dumbbells that weigh 2 to 5 pounds (heavier if you’re more trained). Aim for three sets of 10 repetitions each—but if you have any kind of hand, elbow, or shoulder problems, don’t start until you talk to your doctor.

Scratch Your Back (aka Dumbbell Tricep Extension) From a sitting or standing position, hold a dumbbell over your head with both hands under one end of the weight. Lower the weight down behind your head as far as you can go on a count of 1-2-3-4. Hold for one second and then reverse, extending your arms to the start position.

Skull Crusher (aka Lying French Press) Using a weight bench or your bed, lie on your back with your feet flat, knees bent, and head at the edge. With one dumbbell in each hand, extend your arms over your head. Then, bending your arms at the elbow, carefully lower the weights behind your head (easiest), to your hairline, or to your nose level (hardest). Return to the starting position and repeat.



DEVELOPING
TIGHTER,
STRONGER,
MORE TONED
ARMS ISN’T AS
HARD AS YOU
MIGHT THINK.

go!” For her prize, she was “treated” to upper arm liposuction—with a “bonus” chin liposuction. Postoperatively, she looked swollen and mummified in tape. Her Facebook comment was, “So, I have to say liposuction looks pretty GROSS. I believe I may have nightmares for a while after seeing that.”

I would have had nightmares, too.

But here’s the thing: Many women have sagging, fatty upper arms, what I like to call “bat wings.” And they’re not just common in overweight women. Skinny women with little muscle can sag right along with the best of them. If your own bat wings are driving you crazy, you too may have

DYK? 15,183 upper arm lift procedures (brachioplasties) were done in 2009—up from 338 in 2000.

Are you armed for summer? **Make over your workout.** **WebMD.com**



ANATOMY OF HONEYDEW

World Traveler

Honeydew is the American name for the White Antibes, a variety of melon that was cultivated in southern France and Algeria centuries ago.

Family Matters

Honeydew and other melons are part of the cucurbitaceae (gourd) family, which is divided into fruits (melons) and veggies (squashes, pumpkins, and cucumbers).

Head to Head

Cantaloupe and honeydew are related fruits. A wedge of honeydew provides more than half the RDA for vitamin C and has about 64 calories and 14 grams of natural fruit sugar.

War and Peace

A similar serving of cantaloupe has about the same number of calories and amount of sugar, plus 120% of the RDA for vitamin A and 108% of the RDA for vitamin C.

Wax On

When selecting a honeydew, look for one with a waxy, not fuzzy, rind. The melon should feel heavy for its size, and the surface should bounce back when pressed.

Raw Truth

Melons are typically used in their raw form, usually diced up in salads or cut in wedges. They are also popular ingredients for chilled soups.

Novel Idea

Cavaillon, a town in Provence, France, considers itself the world capital of melons. Novelist Alexandre Dumas reportedly asked for a dozen melons per year until his death in exchange for donating his works to the town’s public library.

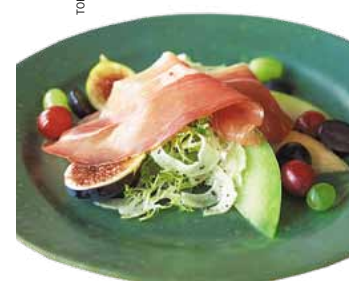
Tempting Fruit

Though typically the flesh of a honeydew melon is green, it can sometimes be orange. This specific type of honeydew is often referred to as the “temptation melon.”—Chloe Thompson



healthy recipe

Melon Prosciutto Salad



Makes 6 servings Ingredients

Salad

12 peeled wedges of melon—honeydew and/or cantaloupe (about 1 melon)
1 oz prosciutto, cut into thin strips
6 cups arugula
6 fresh figs, trimmed, sliced in half
½ cup thinly sliced red onion
3 tbsp chopped, toasted walnuts

Vinaigrette

3 tbsp white balsamic vinegar
2 tbsp extra virgin olive oil
1 tbsp honey
1 tsp Dijon mustard
1 tbsp fresh mint, chopped
pinch salt
¼ tsp freshly ground pepper

Directions

1. Arrange arugula on plates.
2. Top each serving with melon, fig halves, onion, and prosciutto, and garnish with walnuts.
3. Whisk vinaigrette ingredients to combine.
4. Drizzle dressing over salad.

Per serving:
206 calories,
4 g protein,
30 g
carbohydrate,
9 g fat (1 g
saturated
fat), 3 mg
cholesterol,
4 g fiber,
25 g sugar,
189 mg
sodium.
Calories from
fat: 39%.

TOP: BRAUNER/STOCKFOD; PENINA MEISEL/GETTY IMAGES

MEDIMAGES/GETTY IMAGES

Chill out this summer with more **melon recipes.** **WebMD.com**



Grill Talk

Culinarily speaking, there is nothing that says “summer” to me like firing up the barbecue and grilling food. If you live any place where the thermometer rises above 80 degrees, cooking over a grill—wood, gas, or charcoal—is a godsend. With a few easy tips, anybody can grill a delicious, healthy meal.

Use a gas grill if you’re grilling-phobic. It’s as easy to light as a gas stove. Most new grills have their own starter, so you just have to turn a knob. Charcoal can be more temperamental and definitely messier.

Fire starters are your friend. No, not the liquid lighter fluid our dads used to douse the charcoal briquettes. Instead, use the new nontoxic fire starter squares now available online and at hardware stores. They’re easier, quicker, and less scary to work with than a giant bottle of lighter fluid.

Cook over wood—mesquite, oak, hardwood, or a mix. The flavor is so distinct and makes the simplest of meals special. Also, something about the smell of wood draws in the crowd. Everyone gets excited about the meal before it even hits the table.

Think less time, not more. You can get an entire meal on and off the grill in less than 20 minutes. Start with the heat on high to seal the juices in and cut down overall cooking time. But then turn it down to medium so the meat doesn’t get charred. (Animal studies have linked eating meat cooked at high temperatures to cancer, and humans may face the same risk, so lower the heat, cover your grill with foil pierced with a knife or fork to reduce the amount of smoke you inhale as you’re cooking, and trim any charred bits before eating.)



healthy recipe

Lemony Yogurt Grilled Chicken

Makes 4 servings

Ingredients

3 cups plain, low-fat organic yogurt
2 lemons, juiced
2 tsp granulated garlic
1 tsp kosher salt
4 4-oz boneless, skinless chicken breasts (can substitute 1 lb lamb or shrimp)

chopped fresh herbs, such as basil, mint, and Italian parsley (optional)
fresh lemon wedges for garnish

Directions

1. Place yogurt, lemon juice, garlic, and salt in a medium glass bowl and mix. (You can also use a large, resealable plastic bag.) Reserve ½ cup of mixture.
2. Add chicken, shrimp, or lamb.
3. Marinate for 30 minutes to 6 hours (longer marinating time means more flavor and less cooking time).
4. Heat the grill to high, then reduce to medium before cooking meat.
5. Discard marinade and add meat to grill.
6. Cook shrimp approximately 2 minutes per side and lamb and boneless, skinless chicken breasts 4 to 7 minutes per side depending on thickness. Finish with a sprinkle of fresh herbs and serve with reserved yogurt sauce and fresh lemon wedges.

Per serving: 239 calories, 36 g protein, 13 g carbohydrate, 4 g fat (2 g saturated fat), 76 mg cholesterol, 13 g sugar, 492 mg sodium. Calories from fat: 16%.

Find more **grilling tips and recipes.**



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WebMD Smile

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June 2011

ALSO INSIDE!

Root Cause

What’s the oral care-wellness connection?

Bright Idea

Which foods help keep teeth white?

No Joke

Is laughing good for your health?

Personal best

Life is a balancing act
for *Private Practice*’s
Amy Brenneman

LEIGH BEESCH PHOTOGRAPHY/STOCKFOOD

personal best

Actor Amy Brenneman's healthy balancing act

Actor Amy Brenneman of ABC's *Private Practice* fame is in fine form these days. The Emmy- and Golden Globe-nominated star has finally learned "how to be nicer to myself" and put herself first more often.

Juggling a hit TV show while raising two kids (daughter Charlotte is 10 and son Bodhi is 6) with husband of 16 years, film writer/director Brad Silberling, Brenneman struggles to fit everything into 24 hours a day. And to stay sane—and physically sound—while doing it.

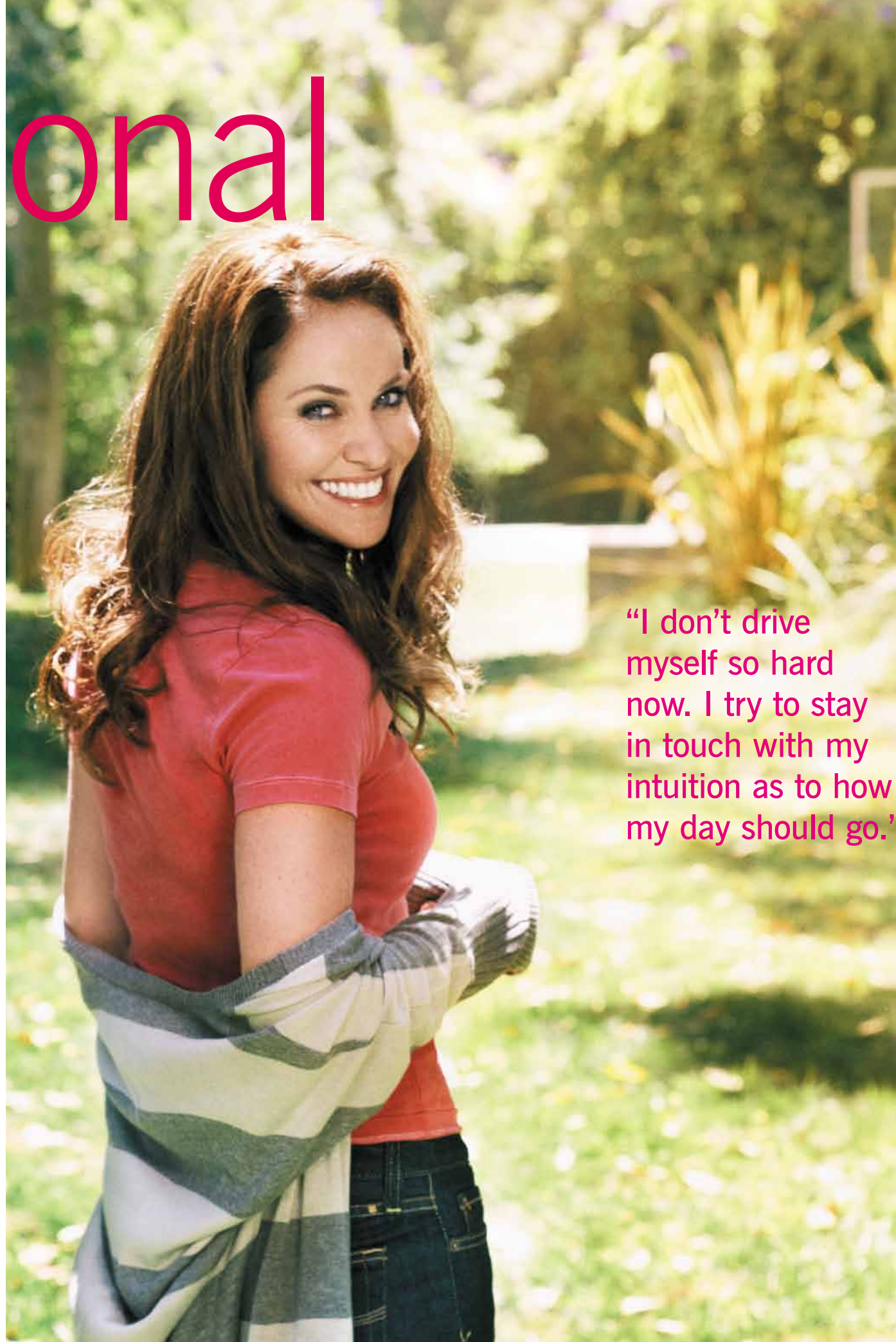
"I'm lucky because I have help," Brenneman, 47, admits. "I think that for working parents, a big dirty secret that no one wants to talk about is finding child care that you trust. But unless you can hand off your precious children in a safe way, you can't find time [for work and other pursuits] or have a clear conscience."

Taking Good Care

In an effort to better care for herself, Brenneman works with a nutritionist, Los Angeles-based Ashley Koff, RD, who made small but important changes to the star's diet. She avoids raw foods, seeds, and nuts, and tries to stay well-hydrated.

Brenneman also makes exercise a priority but not an obsession. "I've always been fit. I'm lucky...I have an internal clock, and I know when to move my body. And I have a wonderful trainer. I wandered into this hardcore Pilates place [last year], and she worked me out. Also, one of the great releases for me is to go running."

By Lauren Paige Kennedy
WebMD Contributing Writer



"I don't drive myself so hard now. I try to stay in touch with my intuition as to how my day should go."

Healthy Living

Being pulled in so many directions—production schedules, kid commitments, red carpets—does take its toll. For years Brenneman suffered flare-ups of ulcerative colitis, a condition of the colon where inflammation and ulcers develop in the intestinal lining. Her health forced the *Judging Amy* and *NYPD Blue* alum to reevaluate how thin she could be stretched—metaphorically and literally.

"I lost a scary amount of weight while I was doing everything I could to avoid getting the surgery," Brenneman says, referring to the course of treatment recommended by her doctors.

"I'm normally 130 pounds, but I got down to 105. Not good." She underwent two operations in 2010. The result? I'm doing really, really well. I feel great. And I'm so grateful," she says.

The unexpected bonus: "I don't drive myself so hard now," she explains, even if "I do drive people around me crazy at times. I schedule things a week or two out front. Then, as I get closer to the day—and if it's not putting people out—if I don't feel like it, I won't go.

"I try to stay in touch with my intuition as to how my day should go...there are lots of things we don't have control over. But I don't shame myself over it...I try to have compassion for myself."

No Tiger Mom

She applies this newfound philosophy to parenting, too. If her son isn't up for T-ball practice, for instance, Brenneman won't force him to go.

"I was talking with other moms," she says of his practices, "who were saying, 'It's important for him to follow through on a commitment.' And I'm thinking, 'Gosh, he's 5.' So I told him: 'I don't really care if you do T-ball. It doesn't matter at all.'"

When it comes to the "tiger mom" approach of pushing and over-scheduling children, Brenneman says, "I'm just not into it. I told Bodhi, 'There are certain things we have to do. We have to go to school. We have to be kind to one another. What we're not going to do is make you

go [to practice]. So, you take a minute to decide.' And he did. Then he went and really enjoyed it. I took the heat off around it—and decided to do that in my own life."

As a career actress now closer to 50 than 40 who didn't land in Hollywood until her mid-20s, Brenneman takes a remarkably measured approach to aging.

"I have the greatest husband in the world. I'm not out there dating. And my husband takes a really dim view of men and women...who've had too much work done. He makes me feel beautiful."

Brenneman laughs again, something she does easily and often. With her life in balance, her health better than it's been in years, and yet another hit series on her hands, what doesn't she have to smile about? ■

3 things that make Amy smile

1 "Sergio, my makeup artist!" (Sergio is making up Brenneman's face during her WebMD interview before she hits the *Private Practice* set to do a scene.) "He makes me so happy!"

2 "My children's belly laughs—priceless!"

3 "Bloopers," the actor adds, rather unexpectedly. "I was watching the *Private Practice* bloopers the other day, and they cracked me up. I love when people who are supposed to have it all together mess up."

Find more expert tips on healthy living and **balancing it all.**



WebMD.com

Reviewed by
Louise Chang, MD
WebMD MEDICAL EDITOR



Say Cheese

Which foods keep your smile bright?



Q ▶ I know coffee stains my teeth, but are there any foods that will help keep them looking white and healthy?

A ▶ Regular brushing and flossing are your best bets for keeping your teeth healthy. But yes, certain foods can keep your smile looking bright by contributing to your overall oral health.

For instance, foods that increase saliva production help wash food off your teeth, as well as neutralize the acids produced by foods as you chew them—acids that can erode tooth enamel and contribute to tooth decay. Those foods include sugar-free gum and drinks, cheese, and milk.

Preventing gum disease is also crucial for keeping your teeth healthy and your smile beautiful. Fish and flaxseed are both rich sources of omega-3 fatty acids, which prevent inflammation and may help protect against gum disease.

Foods to avoid, by the way, include sugary drinks and snacks (the sugar creates bacteria that increase acids that can erode tooth enamel and lead to cavities); some starchy foods such as rice, potatoes, and pasta (which also raise acid levels in the mouth); and, yes, coffee, tea, and red wine, which can stain teeth. Choose water and sugar-free drinks as often as you can—they help wash acid-producing food from your mouth.



Eric Yabu, DDS
WebMD DENTAL EXPERT

Is laughing really good for my health?



Studies have indeed found an association between laughter and positive health effects, including an increased heart rate, improved blood flow, dulled pain, and lowered blood sugar levels in people with diabetes.

But the idea that laughter has long-lasting effects is probably FALSE—or at least has not been proven to be true, says Robert Provine, PhD, professor of psychology at the University of Maryland, Baltimore County, and author of *Laughter: A Scientific Investigation*.

“It’s unclear if laughter has more of a medicinal effect than saying ‘ha-ha,’ singing, yelling, or jumping up and down,” he says. Moreover, Provine adds, the health benefits connected to laughing may really be due to other factors. “The essential ingredient for laughter is another person, not a joke,” he says.

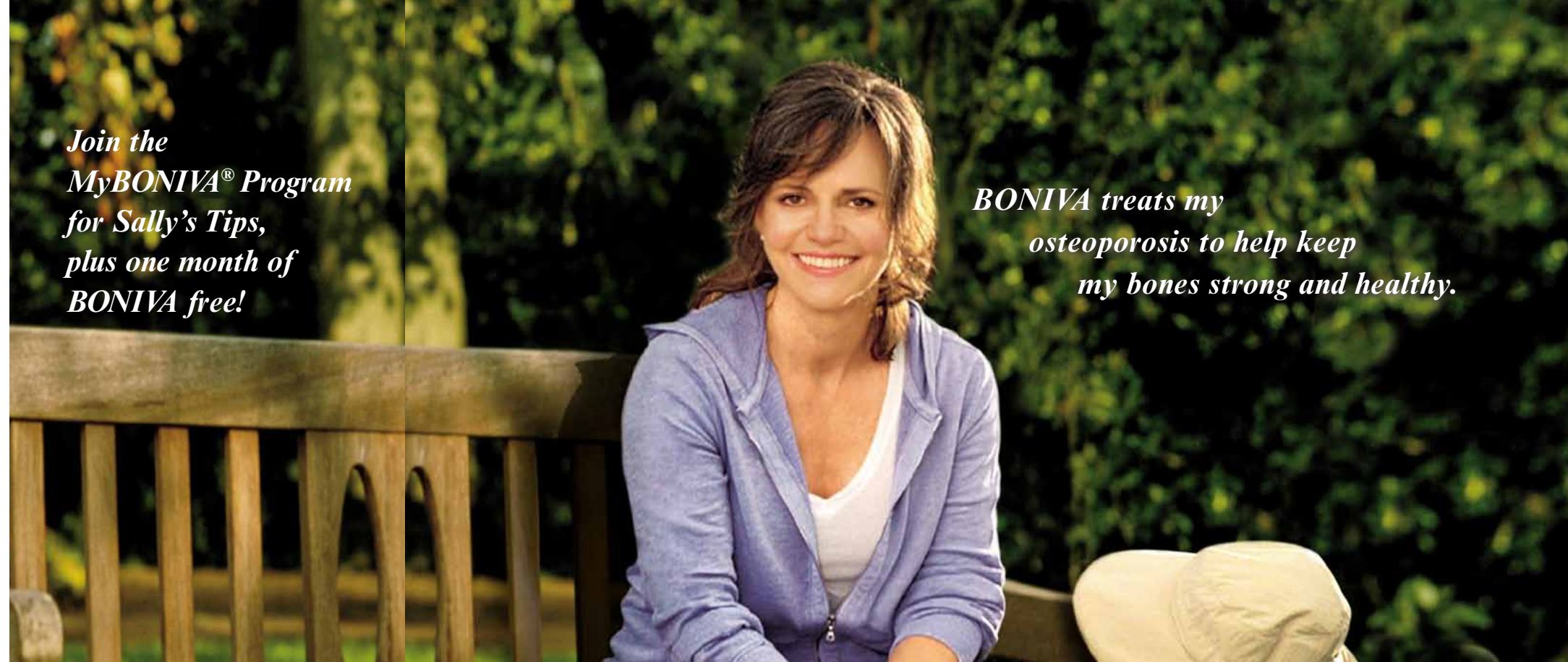
It then follows, he explains, that any medicinal benefits assumed for laughter might be the result of its social context, “not of barking ha-ha...laughter is literally the sound of play.”

DIGITAL VISION/GETTY IMAGES



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- Helpful monthly reminders to take your BONIVA, delivered by phone, e-mail, or mail.
- Quarterly newsletters filled with bone-strengthening exercises and simple, delicious recipes.

You want to do all you can to fight postmenopausal osteoporosis, and vitamin D, exercise, and calcium-rich foods can help. But they may not be enough to keep your bones strong. Ask your doctor if once-monthly BONIVA can help you do more. BONIVA may increase bone mass to help women have stronger, healthier bones.

Ask your doctor if BONIVA is right for you.

BONIVA is a prescription medicine used to treat or prevent osteoporosis in women after menopause. BONIVA helps increase bone mass and helps reduce the chance of having a spinal fracture (break). It is not known how long BONIVA works for the treatment and prevention of osteoporosis. You should see your doctor regularly to determine if BONIVA is still right for you.

Important Safety Information: You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, or are allergic to BONIVA or any of its ingredients.

BONIVA can cause serious side effects including problems with the esophagus; low blood calcium; bone, joint, or muscle pain; severe jaw bone problems; and unusual thigh bone fractures.

Before starting BONIVA, tell your doctor if you have problems with swallowing, stomach or digestive problems, have low blood calcium, plan to have dental surgery or teeth removed, or have kidney problems.

Stop taking BONIVA and tell your doctor right away if you have pain or trouble swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Call your doctor immediately if jaw problems or hip, groin, or thigh pain develops; or if you have symptoms of low blood calcium such as spasms, twitching, cramps in your muscles, or numbness or tingling in your fingers, toes, or around your mouth.

Follow the dosing instructions for once-monthly BONIVA carefully.

The most common side effects are back pain, heartburn, stomach area pain, pain in your arms and legs, diarrhea, headache, muscle pain, and flu-like symptoms.

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

Talk to your doctor for more information or if you have questions about your treatment.

Please see Medication Guide for additional important safety information.

Enroll today. Call 1-888-434-6193 or visit BONIVAFreetrial.com and try BONIVA free.

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Medication Guide

BONIVA® [bon-EE-va] (ibandronate sodium) TABLETS

Read the Medication Guide that comes with BONIVA before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or your treatment. Talk to your doctor if you have any questions about BONIVA.

What is the most important information I should know about BONIVA?
BONIVA can cause serious side effects including:

1. Esophagus problems
2. Low calcium levels in your blood (hypocalcemia)
3. Bone, joint or muscle pain
4. Severe jaw bone problems (osteonecrosis)
5. Unusual thigh bone fractures

1. Esophagus problems. Some people who take BONIVA may develop problems in the esophagus (the tube that connects the mouth and the stomach). These problems include irritation, inflammation, or ulcers of the esophagus, which may sometimes bleed.
• It is important that you take BONIVA exactly as prescribed to help lower your chance of getting esophagus problems. (See the section “How should I take BONIVA?”)

• Stop taking BONIVA and call your doctor right away if you get chest pain, new or worsening heartburn, or have trouble or pain when you swallow.

2. Low calcium levels in your blood (hypocalcemia). BONIVA may lower the calcium levels in your blood. If you have low blood calcium before you start taking BONIVA, it may get worse during treatment. Your low blood calcium must be treated before you take BONIVA. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:

- Spasms, twitches, or cramps in your muscles
- Numbness or tingling in your fingers, toes, or around your mouth

Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take BONIVA. Take calcium and vitamin D as your doctor tells you to.

3. Bone, joint, or muscle pain. Some people who take BONIVA develop severe bone, joint, or muscle pain.

4. Severe jaw bone problems (osteonecrosis). Severe jaw bone problems may happen when you take BONIVA. Your doctor may examine your mouth before you start BONIVA. Your doctor may tell you to see your dentist before you start BONIVA. It is important for you to practice good mouth care during treatment with BONIVA.

5. Unusual thigh bone fractures. Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture may include new or unusual pain in your hip, groin, or thigh. **Call your doctor right away if you have any of these side effects.**
What is BONIVA?

BONIVA is a prescription medicine used to treat or prevent osteoporosis in women after menopause. BONIVA helps increase bone mass and helps reduce the chance of having a spinal fracture (break). It is not

known how long BONIVA works for the treatment and prevention of osteoporosis. You should see your doctor regularly to determine if BONIVA is still right for you. It is not known if BONIVA is safe and effective in children.

Who should not take BONIVA?

Do not take BONIVA if you:

- Have certain problems with your esophagus, the tube that connects your mouth with your stomach
- Cannot stand or sit upright for at least 60 minutes
- Have low levels of calcium in your blood
- Are allergic to BONIVA or any of its ingredients. A list of ingredients is at the end of this leaflet.

What should I tell my doctor before taking BONIVA?

Before you start BONIVA, be sure to talk to your doctor if you:

- Have problems with swallowing
- Have stomach or digestive problems
- Have low blood calcium
- Plan to have dental surgery or teeth removed
- Have kidney problems
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
- Are pregnant, or plan to become pregnant. It is not known if BONIVA can harm your unborn baby.
- Are breast-feeding or plan to breast-feed. It is not known if BONIVA passes into your milk and may harm your baby.

Tell your doctor and dentist about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Certain medicines may affect how BONIVA works. Especially tell your doctor if you take:

- antacids
- aspirin
- Nonsteroidal Anti-Inflammatory (NSAID) medicines

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

How should I take BONIVA?

- Take BONIVA exactly as your doctor tells you.
- **BONIVA works only if taken on an empty stomach.**
- Take 1 BONIVA tablet **after** you get up for the day and **before** taking your first food, drink, or other medicine.
- Take BONIVA while you are sitting or standing.
- **Do not chew or suck on a tablet of BONIVA.**
- Swallow BONIVA tablet with a full glass (6-8 oz) of plain water only.
- Do **not** take BONIVA with mineral water, coffee, tea, soda, or juice.

After swallowing BONIVA tablet, wait at least 60 minutes:

- Before you lie down. You may sit, stand or walk, and do normal activities like reading.
- Before you take your first food or drink except for plain water.
- Before you take other medicines, including antacids, calcium, and other supplements and vitamins.

Do not lie down for at least 60 minutes after you take BONIVA and do not eat your first food of the day for at least 60 minutes after you take BONIVA.

- If you miss a dose of BONIVA, do not take it later in the day. Call your doctor for instructions.

- If you take too much BONIVA, call your doctor. Do not try to vomit. Do not lie down.

What are the possible side effects of BONIVA?

BONIVA may cause serious side effects.

- See “What is the most important information I should know about BONIVA?”

The most common side effects of BONIVA are:

- Back pain
- Heartburn
- Stomach area (abdominal) pain
- Pain in your arms and legs
- Diarrhea
- Headache
- Muscle pain
- Flu-like symptoms

You may get allergic reactions, such as hives or, in rare cases, swelling of your face, lips, tongue or throat. Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of BONIVA. For more information, ask your doctor or pharmacist.

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

How do I store BONIVA?

- Store BONIVA at room temperature, 59°F to 86°F (15°C to 30°C).
- Keep BONIVA in a tightly closed container.

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

General information about the safe and effective use of BONIVA.

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

This Medication Guide summarizes the most important information about BONIVA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about BONIVA that is written for health professionals.

For more information, go to: www.myboniva.com or call 1-888-692-6648

What are the ingredients in BONIVA?

Active ingredient: ibandronate sodium
Inactive ingredients: lactose monohydrate, povidone, microcrystalline cellulose, crospovidone, purified stearic acid, colloidal silicon dioxide, and purified water. Tablet film coating contains: hypromellose, titanium dioxide, talc, polyethylene glycol 6000 and purified water.

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oral care

Root Cause

The mouth-body connection explained

When Joanne Maglares, now 50, visited her dentist for a broken tooth from chewing on ice, she had no inkling that her overall health was in jeopardy. A scholarship coordinator at a New York City high school and mother of four, she was so consumed with work and family that she often ignored her own well-being.

But her dentist took one look at her mouth, noticed multiple tooth fractures and rapidly advancing gum (periodontal) disease, and surmised that she had an underlying health problem. “Those were red flags that something was not right,” says her dentist Maria Emanuel Ryan, DDS, PhD, professor of oral biology and pathology at Stony Brook University School of Dental Medicine.

Ryan urged Maglares to see her primary care doctor to get to the root of the problem. She was diagnosed and treated for high blood pressure and anemia. Five months later, she suffered a massive heart attack.

Researchers know there’s a synergic relationship between oral health and overall wellness. Gum disease is linked to a host of illnesses including heart disease, diabetes, respiratory disease, osteoporosis, and rheumatoid arthritis. By combing through 1,000-plus medical histories, researchers

at the University of North Carolina School of Dentistry found that people with gum disease were twice as likely as others to die from a heart attack and three times as likely to have a stroke.

Gum disease is the most common chronic inflammatory condition in the world, yet it’s often a silent disease, Ryan says. Why? The mouth can act as a portal of entry for an infection, says Salomon Amar, DMD, PhD, professor and director at the Center for Anti-inflammatory Therapeutics at Boston University School of Dental Medicine. Ongoing inflammation in your mouth can allow bacteria to enter the bloodstream, which may lead to more inflammation in other parts of your body, such as the heart.

Some studies point to a reciprocal relationship between gum disease and diabetes. “When you treat and control diabetes, immediately the condition in the mouth improves. And when you treat periodontal disease, the need for insulin is reduced,” Amar says.

Maglares is on the road to recovery and indebted to her dentist. “If I hadn’t gone to the dentist, I don’t know if I’d be alive today. I pay a lot more attention to my teeth and gums. I believe it’s all connected.”—Jennifer Soong

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No. 1 world
tennis champ
Rafael Nadal's
secrets for
success
on and off
the court



Hit

Wonder

Rafael Nadal does not remember the first time he held a tennis racquet. He was too young—3 years old, maybe 4. But that racquet must have felt just right in his small hands. By age 5, he was a regular at the local tennis club in his hometown of Manacor on the Spanish island of Mallorca. Winning titles came almost as early. When he was 8 years old, he won a regional championship for players under 12, defeating boys who were three years older. By the time he turned 12, he had won both Spanish and European titles in his age group. Four years later, he was listed among the world's top 50 tennis players. In August 2008, at age 22, he was No. 1.

By Matt McMillen, WebMD Contributing Writer

Reviewed by
Louise Chang, MD
WebMD MEDICAL EDITOR





Now 25, Nadal is No. 1—again—having defeated his longtime rival Roger Federer last June to retake the top rank. Later that summer, he won the U.S. Open, earning himself a Career Grand Slam, meaning he's won each of tennis's four Grand Slam titles. He's the first player to do so since Federer achieved the distinction in 2009. (Grand Slams are the most important competitions in pro tennis. They are the Australian Open, the French Open, Wimbledon, and the U.S. Open.)

All told, Nadal has won nine Grand Slam titles. The number may be 10 by the time you read this. He was expected to win the French Open last month, after our press date.

"His greatest achievements are those Grand Slams, winning the Davis Cup with the Spanish team, and winning the gold medal in the 2008 Olympics," says former tennis world champion Mats Wilander.

"Overall, he's the best right now, and if he keeps playing as well as he does now, in four or five years he's going to be considered the greatest player of all time."

What makes him such an unstoppable opponent, says Wilander, is his ability to

know his opponent's game as well as he knows his own, and to use that knowledge against him.

"If his opponent can't run, Nadal makes him run. He picks his game apart, he picks him apart," Wilander says. "And he has learned to hit balls where you least want him to. That might be behind you, to your left, your right, short, long—always, he's catching you off guard."

Wilander cites Nadal's eagerness to keep learning the game as another factor in his phenomenal success. "He keeps changing his game even though he's No. 1 in the world." And then, of course, there's the way that he hits the ball. "He puts twice the amount of spin on the ball than any other player," says Wilander. "That's why he is so dominant."

And, as if playing tennis were not enough, Nadal has a book coming out in late August, an autobiography titled *Rafa: My Story*.

While his memories of his earliest tennis days are hazy, he does recall the excitement and nervousness he felt at his first competition. In all the years since, Nadal says, that is one thing that hasn't changed.

"It is still exciting and I still get nervous these days!" Nadal says.

A Childhood on the Court

It's not surprising that Nadal took to sports at such a young age. From the day he was born, he was surrounded by professional athletes, including two uncles: Miguel Ángel Nadal, a former footballer, and Toni Nadal, a retired tennis pro.

"I was very much in the world of sports through my family," Nadal says. "I loved soccer and tennis and knew a

[[I was always playing sports, always running around with a football to play soccer or with a tennis racquet. Sports has always been everything for me.]]

lot from both sports, thanks to my father and uncles."

It was Toni who introduced his nephew to tennis, and he has been Nadal's coach

and mentor ever since the young prodigy took his first steps onto the court.

"My Uncle Toni loved the sport of tennis, and he is the one who showed me about the sport and transmitted to me that passion for the game and the respect," Nadal says. "My uncle was always with me, and he supported me and motivated me. My father came to a lot of my matches as well."

But most of his motivation came from within. Nadal says that he frequently—and willingly—sacrificed time with friends, missing parties and giving up his week-ends in favor of tennis.

"Yes, sure, I did make some sacrifices that we all know you have to make, but still I love to play tennis, I love the competition, I have passion for the sport, and that compensates," Nadal says. "I did what I liked, so no real sacrifices."

One sacrifice tennis did require Nadal to make was giving up football (or soccer, as we call it in the States). As a kid, he was a very promising player, but for him to excel at one sport and to leave time for school, his father told him he had to choose.

"I was always playing sports, always running around with a football to play soccer or with a tennis racquet. Sports has always been everything for me. I love it and always did," says Nadal.

"At some point I had to choose between soccer or tennis since I was also at school and there are not enough hours during the day to do everything I wanted to do. So, at the age of 11, I had to focus on my school and my tennis career and leave soccer aside."

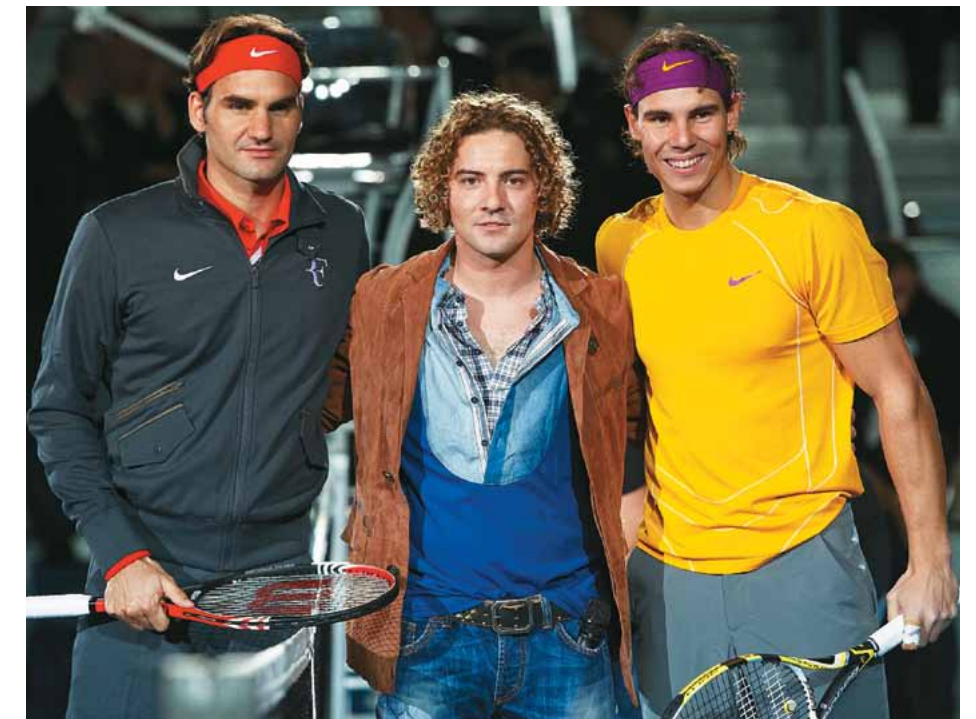
"I think I made the right decision looking at how things went for me with tennis," he says. It's hard to argue with that.

He still loves football, and he roots for his two favorite teams, Real Madrid and Real Mallorca, but he is cautious about the time he spends on the field. And he sometimes passes on occasions such as playing in charity events to reduce the chances he might be injured.



Nadal winning the U.S. Open in 2010, and, top left, the 2011 Barcelona Open in April.

At a Madrid charity match with tennis champ Roger Federer, left, and Spanish singer David Bisbal.





Nadal at the opening of a school the Rafa Nadal Foundation helped open in India last October, and, right, at a Special Olympics event last July.



Physical Training

He's far from immune to injury. In fact, anyone familiar with his aggressive playing style might wonder whether he courts it.

To say that professional tennis is a rigorous, physically demanding sport is an understatement. And it has taken its toll on Nadal. He's suffered from tendinitis in both knees. A stress fracture in his left foot kept him out of competition for months in 2004. For two years, injuries have upset his chances at the Australian Open: In 2010, he was sidelined by a knee injury, while this past January, the blame fell on an injured hamstring, which required 10 days of physical therapy and anti-inflammatory treatments before he was ready to play again.

"His heart is too hungry to let his body get in the way," Wilander says. "Sometimes he oversteps his boundaries. Will he last 10 more years? I have no idea."

But what hurts him more than his injuries, Nadal says, is being forced to sit on the sidelines.

"I had a foot injury when I was supposed to play Roland Garros," Nadal recalls of the 2004 Grand Slam tournament

[[I did make some sacrifices that we all know you have to make, but still I love to play tennis, I love the competition, I have passion for the sport, and that compensates.]]

commonly known as the French Open. "At some point a doctor told me I was maybe not going to be able to play tennis again on a professional level. I was watching tennis on TV at home and started to cry thinking about the words of the doctor. This is the worst, not to be able to compete."

Needless to say, Nadal made a full recovery. "Everything went well, and here I am playing tennis," he says.

That, too, is an understatement. He won the next four French Opens.

Life Off the Court

Nadal's body has certainly felt the hardships of the game. Mentally, though, he

says he is totally at ease with its demands. "I don't think it is stressful. We have tension at some point, but in the end it is only a game," he insists.

He takes an equally laid-back approach to his downtime. For him, a satisfying night off involves staying in his room and watching movies or playing video games. Otherwise, he's out with friends at one of his favorite Japanese or Italian restaurants, wherever he can get good seafood. "But, of course, Spanish food I think is the best."

He says he makes sure to eat the right things before a match or in the days leading up to a match. Simple foods are

what he prefers, such as grilled fish served with pasta and vegetables. But he's not without his guilty pleasures.

"Chocolate! Nutella! French fries..." Nadal says, listing some of his favorites before adding, "But I eat them when I am not close to a match and never abuse any of those."

Giving Back to Kids

Not all of his free time is spent on fun. In 2008, he officially launched the Rafa Nadal Foundation (www.fundacionrafanadal.com), a nonprofit dedicated to creating opportunities for disabled children, as

well as those who are underprivileged. In October 2010, the foundation celebrated the opening of a school in the Anantapur district in southeast India, in collaboration with the Vicente Ferrer Foundation, an India-based nonprofit focused on improving living conditions among the poorest and most marginalized people in the region.

The aim of the school is to provide its 150 students—from some of the most impoverished parts of India—with an education, health care, nutrition, and, of course, sports, with a focus on one sport in particular. At the opening ceremony, Nadal

spent time on the school's courts, giving the new students their first tennis lesson.

"I always wanted to do things for others, and I wanted to start already something that I could also be doing in the future," says Nadal. "Right now I don't have much time, but I have also my mother and some people working with me. I give some time now but will dedicate more in the future."

For now, though, tennis is the thing. "I love to be in a match and see that I can play at my best," Nadal says. "I love to compete, to win, to be there, to feel the support from the crowds." ■

GOOD SPORTS The right way to train young athletes

There may be only one Rafael Nadal, but there's no shortage of intensely driven young athletes eager to enter the ranks of the elite. But no matter the sport—tennis, swimming, football, gymnastics—it will take a toll on a child's body and mind. Laurel Blakemore, MD, chief of orthopaedic surgery and sports medicine at Children's National Medical Center in Washington, D.C., offers a few tips to keep kids off the injured list and at the top of their game.

Play the field. Even if your child is focused on being the best at one sport, his body will benefit from branching out from time to time and giving other muscle groups a workout. "It's physically difficult to always play a single sport," says Blakemore. "Cross-training doesn't put the same amount of stress on the body. And mentally, it's good to mix things up. There's less burnout that way." If your kid is into soccer, suggest a season of track or basketball.

Keep it light. Muscles don't really start building until well into puberty. Until then, no amount of heavy lifting will help them grow any faster. Instead, it may cause injuries, particularly to growth plates, sensitive areas of tissue that determine the final length and shape of growing bones. Best to start with low weights and increase gradually, lifting on two or three nonconsecutive days during the week, says Blakemore, who also advises focusing on form and technique and not lifting to exhaustion. Use "low weights and frequent repetitions," Blakemore advises.

Take a break. This is easier said than done. "If a child is really talented and driven, he or she will be really motivated to keep going." But all too often, a young athlete who doesn't choose to take time off ends up forced to take time off by injury. "When



The young champ, Nadal, in 2004.

kids come in, it's often from overuse injuries like stress fractures, aches and pains, and repetitive motion injuries," says Blakemore. "Tennis elbow is a perfect example." She also cites distance running and gymnastics as sports that often cause overuse injuries.

Check your head. According to Blakemore, sports psychologists are playing a bigger role with young elite athletes. That's a good thing. Not only can they help athletes improve their performance, but they can also help athletes cope with performance anxiety and aid injured athletes returning to the game. "Psychologically, young athletes can have real trouble getting back to their previous level of performance after an injury," says Blakemore. "It's often hard to go out and believe they can do it."—M.M.

NIGEL MARPLE/GETTY IMAGES

What's the healthiest way to **train for your sport?**



WebMD.com

BODY

GET A HEALTH
TUNE-UP TODAY SO
YOU CAN FEEL BETTER
TOMORROW, GUYS.
BECAUSE "IF IT AIN'T
BROKE, DON'T FIX IT"
REALLY DOESN'T WORK

By Matt McMillen, WebMD Contributing Writer

Guys, you are not invincible.

That's the message men's health experts wish you would learn. The earlier, the better. You already know the drill: That means a good diet, frequent exercise, and routine trips to the doctor. But it's often not until men are into their 60s, after decades of self-neglect, that their thinking begins to change.

"That's when they start to see changes that are not ideal and start to make caring for themselves a more regular practice," says Ajay Nehra, MD, a urologist and men's health expert at the Mayo Clinic. "The attitude among men is, 'If it's not broken, why fix it?'"

It's time to adjust that attitude before things do begin to break, at an age when it's often harder to fix them. Here is our guy's guide to helping you start taking better care of yourself.

SHOP

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



Get a checkup

Routine checkups are the backbone of preventive health care, yet a large government survey found that few men regularly see a doctor. And when a man does finally get to the doctor? It's only after his significant other has put her foot down. "Spouses and partners are the drivers that force men to get evaluated," says Nehra.

Scott Fields, MD, a family medicine specialist at Oregon Health & Science University, sees that same reluctance to focus on long-term health and its maintenance among his male patients. "Men in their 20s and 30s are still in the mode that they are pretty invincible," says Fields. "For that age, I focus on lifestyle issues such as alcohol and recreational drug use, smoking, and unsafe sex. If you can get all that behind them, you can help them with their long-term health."

But too often, says Fields, men favor "denial and avoidance" when it comes to their health care, at least until they can no longer ignore whatever's ailing them. Fields says it's often fear of cancer or heart problems that finally gets them into his office.



Too often, **men favor "denial and avoidance" when it comes to their health care, at least until they can no longer ignore whatever's ailing them.**

"Most of the time, the fear is just that—fear," Fields says. "It's something we can reassure them about." But Fields has a bigger goal, "getting men acculturated to the concept that having ongoing health care and health maintenance is an important part of staying healthy."

Step it up

The latest guidelines say you need at least 30 minutes of moderate aerobic exercise five days a week. That means cardio training, whether it's walking fast, running, rowing, or biking—anything that will make you sweat and get your heart really pumping. Strength training is important as well, so at least twice a week, add some weights, resistance bands, or body weight exercises such as push-ups and pull-ups to your routine.

But among guys who already exercise, says Fields, too many focus their efforts on lifting weights to the exclusion of

everything else. "You see more guys in the weight room and more women doing cardio," says Fields. "The numbers should be equal."

Don't forget to do a few minutes of warm-ups prior to your workout. Walk, jog, or bike lightly to prep your muscles for more intense exercise. You should also add some stretching to your routine to improve your flexibility and athletic performance and lower your risk of injury.

Regular exercise lowers LDL (the "bad") cholesterol, protects against high blood pressure, wards off depression and stress, and helps you live longer. And by fending off those common problems, you won't have to crowd your medicine cabinet with prescription drugs. That, says Fields, has been a strong incentive for his male patients to start working out.

"If you can have a conversation about how they'll need fewer medications if they exercise, they will listen."

Back off the burgers

Maintaining your proper weight is an essential part of staying healthy, and exercise alone won't do it, especially for men in their 40s and beyond.

"A lot of men only know how to control their weight by exercise, but as they are getting older, their metabolism is slowing down," says nutritionist Manuel Villacorta, RD, MS, CSSD, owner and founder of MV Nutrition in San Francisco as well as the website eatingfree.com. "They may be eating the same amount of calories, but they are not burning it off as readily."

You can cut down on calories and still feel full by making sure you have plenty of whole grain foods in your diet. The body takes longer to digest them, and that means more time between hunger pangs. Just don't put too much time between meals, says Villacorta, whose clients are mostly men. "Eating something healthy every three to four hours helps to keep up metabolism," he says.

Along with paying attention to

what—and how much—you eat, Fields says it is essential to rethink what you drink. "Juices, for example, are really high in calories, as are sodas and alcohol. So I start with figuring out what [men] drink."

With alcohol, of course, you're watching more than just calories. Too much alcohol is bad for your liver as well as your waist. Villacorta says that for health reasons, men should not drink more than two servings a day. A serving means one beer, one 4-ounce glass of wine, or a 1.5-ounce shot of liquor. When it comes to weight loss, even less is ideal.

"My recommendation for men trying to lose weight is to keep it to seven servings per week," he says. Keep in mind that restaurants pour about six ounces of wine per glass, and cocktails usually consist of two or more shots, so you're looking at about four drinks per week if you are going out.

Open up

There are at least 6 million depressed men in the United States, according to the National Institute of Mental Health. The real number is a lot higher. Why? A lot of diagnoses are likely missed because men don't want to discuss their feelings or they are afraid that being diagnosed with depression will mean they're less manly.

Nothing could be farther from the truth. Depression is as much about brain chemistry and genetics as it is about how you respond to, say, the death of a loved one or financial disaster.

Whatever the cause, the cost of not talking about what you're going through is high: Men often choose alcohol and drugs over asking for help, and men account for 80% of suicides in the United States each year.

As devastating as depression can be to your mental well-being, it can take a huge toll on your body as well. "Depression has been associated with cardiovascular disease, stroke, and erectile dysfunction," says Nehra. Don't try to tough it out. If you've been feeling down for more than a couple of weeks, see a doctor.

Take it easy

"Stress and depression are kissing cousins," says Fields. But, he continues, stress is often very difficult to get men to discuss because

they think they need to be stoic in handling problems. "It's easier for men to talk about erectile dysfunction than it is for them to talk about depression or stress," says Fields.

Stress often shows up as physical complaints, like headaches or stomach pains. "It's very common to tease it out from such symptoms," he says.

Stress is best caught early and quickly, because it can cause trouble in all areas of life: It shoots up blood pressure, upsets digestion, and weakens your immune system. It can also wreak havoc in the bedroom. Nehra's had plenty of patients who complain they can't get even a partial erection. His diagnosis? Stress.

"Stress is associated with low libido," he says. "It affects you psychologically as well as physically."

Exercise can help reduce stress, says Nehra. So can getting enough sleep.

Talk about sex

Stress, alcohol, drugs (prescription and otherwise), low testosterone, performance anxiety: The list of what can sap your appetite for sex goes on and on. But getting help can often get your sex drive back on track. And men, says Fields, are more open to talking about sex problems than ever before.

"We have [former Senator] Bob Dole to thank for that," he says. "Discussions

about erectile dysfunction are increasingly common. I have two to three conversations about it each week."

If other men are talking about it, so can you. Schedule an appointment with your doctor to determine what's causing the problem. Just don't be surprised if you end up on the couch. Nehra sees many patients with low libido in his urology practice, but he doesn't hesitate to refer them to a psychologist when the problems don't originate below the belt. ■

EAT LIKE A MAN

Breakfast It's still the most important meal of the day to jump-start your metabolism, says nutritionist Manuel Villacorta, RD, MS, CSSD. Try reaching for 1½ cups of cooked steel-cut oatmeal (whole grains, high in fiber). Add a cup or so of blueberries (loaded with antioxidants), 2 tablespoons of flaxseeds (a good source of fiber and omega-3 fatty acids), and nonfat plain Greek yogurt (a great source of protein and calcium). Stir together. Enjoy.

Lunch Keep it fairly light; a big meal will leave you sleepy. Villacorta recommends a healthy burrito. Start with a whole wheat tortilla (whole grains) and add 4 to 5 ounces of lean meat, such as grilled chicken (protein), beans (complex carbs and protein), plus tons of salsa (fat-free) and some sliced avocado (healthy fat). Hold the sour cream and cheese.

Dinner It's best to eat your evening meal at least 90 minutes before bedtime, says Villacorta. He suggests keeping it simple. Try 4 to 5 ounces of grilled salmon (omega-3 fatty acids and protein), a cup of quinoa (complex carbs and whole grains), and cooked vegetables, such as spinach or broccoli.—*M.M.*



STEVE MCALISTER/GETTY IMAGES

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HEART

QUIZ

WOMEN'S HEART ATTACK SMARTS

While shopping at a fabric store one day, WebMD community member **Anneymay** noticed “**what felt like a cramp under my left breast. I couldn't move and I couldn't breathe for about a minute.**” The next day the pain came back and her caregiver called an ambulance. She was fine, but did you know women often delay seeking help for cardiac symptoms? Take the quiz and learn more about women's heart attacks.

- 1 A woman in the midst of a heart attack will always have severe, unmistakable symptoms.

☐ True
 ☐ False
- 2 Women are less likely than men to have obvious heart attack symptoms, such as chest pain.

☐ True
 ☐ False
- 3 Women can start having symptoms a month or more prior to having a heart attack.

☐ True
 ☐ False
- 4 Men and women are about the same age when they start having heart attacks.

☐ True
 ☐ False

Answers: 1. False. Thanks to the movies, we expect a heart attack complete with crushing chest pain. But many heart attacks, including those in women, start slowly with mild pain or discomfort. These sensations can occur in the chest, as well as in one or both arms and in the back, neck, jaw, or stomach. 2. True—but not by much. Women are *somewhat* more likely than men to have other symptoms of a heart attack: shortness of breath, back or jaw pain, and nausea and vomiting. 3. True. A month or more before a heart attack, many women notice new or different symptoms, most often unusual fatigue, sleep disturbance, shortness of breath, or indigestion. 4. False. Women are on average a decade older when they have a heart attack.

Source: National Institutes of Health, the U.S. Department of Health and Human Services, the American Heart Association, *Circulation*, and the [WebMD Heart Disease Health Center](#)

DID YOU KNOW?

Women have **more unrecognized heart attacks** than men do.



QUESTIONS FOR YOUR DOCTOR

- 1 What are my risk factors for heart disease and heart attack?
- 2 Are there steps I can take to reduce my risk? What are they?
- 3 What should I do if I have possible early warning symptoms, such as shortness of breath?
- 4 What steps should I take if I think I'm having a heart attack?

GET THE 411: HEART

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ALLERGIES

QUIZ

ALLERGY TREATMENTS 101

When allergies kick in for some people, they kick in hard. “**I must be allergic to every tree and flower there is—every time I am outside I become a wheezing, itchy, stuffy, sneezing, red-eyed mess,**” **GUSneezeAlot** wrote recently in WebMD's allergy community. “**I hope someone out there can share some information about effective allergy treatments.**” A lot of treatments are out there. Here's what you need to know.

Antihistamines relieve sneezing, itching, and runny nose, as well as hives. They come in prescription form or over the counter, and some cause less drowsiness. Antihistamines can be taken as pills, liquids, nasal sprays, or eye drops.

Decongestants relieve congestion and reduce nasal stuffiness by shrinking swollen membranes. Using decongestant nasal sprays for more than a few days can worsen symptoms through a “rebound” reaction, but it's OK to take decongestant pills longer. However, these pills can raise blood pressure, so people with hypertension should be careful when taking them.

Nasal corticosteroid sprays reduce inflammation that causes nasal congestion and other nasal allergy symptoms.

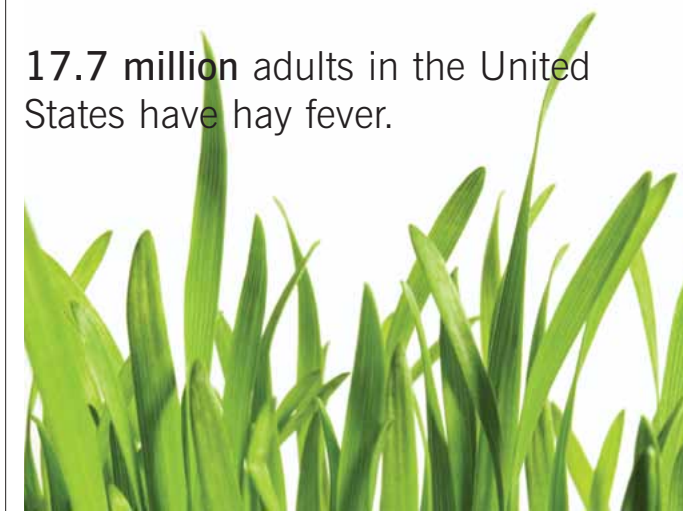
Leukotriene inhibitors are prescription medicines to relieve the symptoms of seasonal allergies, as well as control asthma.

Allergy shots, also called “immunotherapy,” work by increasing your tolerance to the substance to which you're allergic.

Source: National Institutes of Health, the Asthma and Allergy Foundation of America, and [WebMD Allergies Health Center](#)

DID YOU KNOW?

17.7 million adults in the United States have hay fever.



QUESTIONS FOR YOUR DOCTOR

- 1 What is causing my allergies? How did you determine the cause?
- 2 What is the best type of allergy treatment for me? How long will I need to maintain treatment?
- 3 What are some drug side effects I should watch out for?
- 4 How can I limit my exposure to substances that trigger my allergies?

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PAIN

QUIZ

PAINFUL TRUTHS

Millions of people suffer from chronic pain in this country, and it's not just the pain that hurts them. **"Living with chronic pain can be so lonely at times," Anon_153921** told the WebMD back pain community recently, **"because if you have not suffered pain you really don't understand."** How much do you know about chronic pain? Take our quiz to find out.

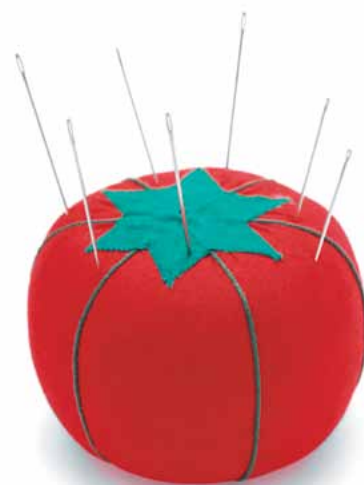
- 1 Migraines and severe headaches are most common among postmenopausal women.
☐ True ☐ False
- 2 The shoulder is the most common site of joint pain.
☐ True ☐ False
- 3 People with recent lower back pain are twice as likely to be psychologically distressed as those without back pain.
☐ True ☐ False
- 4 Diabetes can cause chronic pain.
☐ True ☐ False

Answers: 1. False. These headaches are most common during women's childbearing years. Migraines and severe headaches affect twice as many women as men—21% compared to 10%. 2. False. Knees top the joint pain list, followed by the shoulder, fingers, and hips. 3. False. The true number is higher. People with recent back pain are more than four times as likely to report serious psychological distress as those without back pain, according to a 2006 U.S. government survey on the nation's health. Back pain also disrupts daily life. In the same survey, 28% of adults who reported low back pain said a chronic condition limited their activity, compared with only 10% of adults who did not report low back pain. 4. True. Diabetes can cause nerve damage that leads to chronic pain in hands, arms, feet, legs, and other areas.

Source: Centers for Disease Control, the National Institutes of Health, and the WebMD Pain Management Health Center

DID YOU KNOW?

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



QUESTIONS FOR YOUR DOCTOR

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

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DIABETES

QUIZ

IS TYPE 2 IN STORE FOR YOU?

People often worry that they might develop type 2 diabetes. As **shank_us**, a member of our diabetes community, writes: **"My daughter is 4 years old and now we are looking forward to another child. I wonder: What are the chances that one or both of my children would have diabetes? From my family history, I think at least one of them will."** Do you know what contributes to developing type 2 diabetes?

Answer these questions:

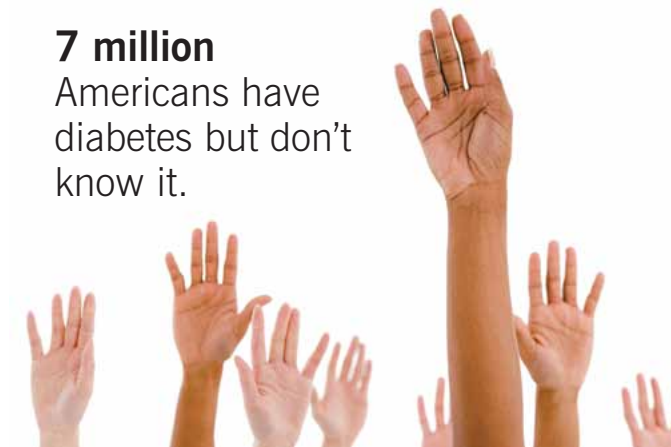
- 1 How old are you?
- 2 Are you overweight?
☐ Yes ☐ No
- 3 Do you have a family member with diabetes?
☐ Yes ☐ No
- 4 What is your ethnic background?
- 5 Do you exercise at least three times a week?
☐ Yes ☐ No

Answers: 1. Risk goes up with age; type 2 diabetes is more likely for people age 45 and older who are overweight. However, greater numbers of people younger than 40—including teens and people in their 20s—are getting the disease because of rising U.S. obesity rates. 2. Being overweight can hamper your body's ability to use insulin properly, which can lead to type 2 diabetes. 3. Having a parent, brother, or sister with type 2 diabetes raises your risk. 4. Certain ethnic groups have a higher risk. Native Americans, Alaska Natives, African-Americans, Latinos, Asian-Americans, and Pacific Islanders are more prone to getting type 2 diabetes. 5. Being inactive—for example, exercising fewer than three times a week—can increase your chances of developing type 2. Talk to your doctor about starting or increasing a fitness plan to get more exercise into your life.

Source: American Heart Association, the American Diabetes Association, and the WebMD Diabetes Health Center

DID YOU KNOW?

7 million Americans have diabetes but don't know it.



QUESTIONS FOR YOUR DOCTOR

- 1 Why is it so important for me to control my blood sugar levels?
- 2 What's the best way for me to control my blood sugar levels?
- 3 Will I need to inject insulin? What other medications can help me?
- 4 If I have prediabetes, will I definitely develop diabetes? Can I avoid it?

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STEPHEN MOYER ACTOR

You play a vampire in your hit HBO series, *True Blood*, kicking off its fourth season this month. So, are you squeamish at the sight of real blood?

Not. At. All. But I used to be. This show has erased any fears. Now I kind of relish the sight of blood after four years on the show. You learn to enjoy it after awhile. Especially when it's the sort of syrupy, strawberry, sugary stuff we have to eat!

You married *True Blood* co-star Anna Paquin last August. Is it tough working with a spouse?

We've only ever known each other in this scenario. When we're not on set together, that's the thing we've had to get used to. We're a team and we support each other...but sometimes it's like: "You're doing a scene with one of my best friends in bed today!" And you just have to deal with it—I was going to say like everybody else does. But the situation doesn't come up with most people, does it?

You're also a father, with two children from previous relationships. How have you integrated both families?

My kids are incredibly outstanding. The key with this stuff is you let the kids come through it at the pace they'll come through it. My daughter lives here, and my son lives in London. We get together every holiday we have.

Do you have a parenting philosophy?

For kids, the default setting seems to be to hide the truth. My job is: "Tell the truth." Because someday, something really big is going to happen, and you're going to hope they tell you the truth and don't try to cover it up.

You and your fellow vampires are forever taking off your shirts. How does a bloodsucker stay in such fine form? You've got impressive abs.

I actually don't, but it's sweet of you to say! I go to the gym. I've got a trainer. I train three times a week.

Have you had to give up those amazing English ales in the name of good nutrition and a flat stomach?

Yep. When I've got a big scene coming up, the bread and potatoes go out the window.

You're also on the big screen opposite Paul Bettany in the thriller *Priest*. Is it nice to bite into a new character?

It's a small part but a lot of fun. I'm not a vampire but someone who's affected by vampires. It seems I can't attach myself to anything that doesn't have sharp teeth at the moment. It's going to be really good.

Of the five senses, which do you value most, and why?

You know in the morning when you wake up and you smell your kids' hair? That sweet, sticky, baby aroma? It's just extraordinary. My boy is starting to develop that pre-teen, post-soccer smell we all know so well, and yet, you know what? If you told me I was never gonna smell it again—that's a horrible thought.

When and where were you happiest?

Last summer, the week before we got married, Anna and I went to a dude ranch and we went on a ride where you go out over these mountains to an amazing cooked breakfast in an adobe, where cowboys are singing around a campfire. On the way back we stopped at the top of this beautiful lake. I'd be hard pressed to imagine being happier than I was in that moment.

You're 41 now. How do you feel about aging in Hollywood?

I'm very happy with where I'm at now. I spent my 30s getting over the massive destruction of my 20s. By the time I got to 40, I felt like I had finally got rid of a ton of stuff I'd been carrying for a long time, on a personal level. It's cost me a fortune to get to the point where I am now, and I'm very happy to be here.—Lauren Paige Kennedy



DOUG INGLIS/TRUNK ARCHIVE

WebMDBaby
webmd.com June 2011

Seeing red

How to treat diaper rash

55

Newborn care 101

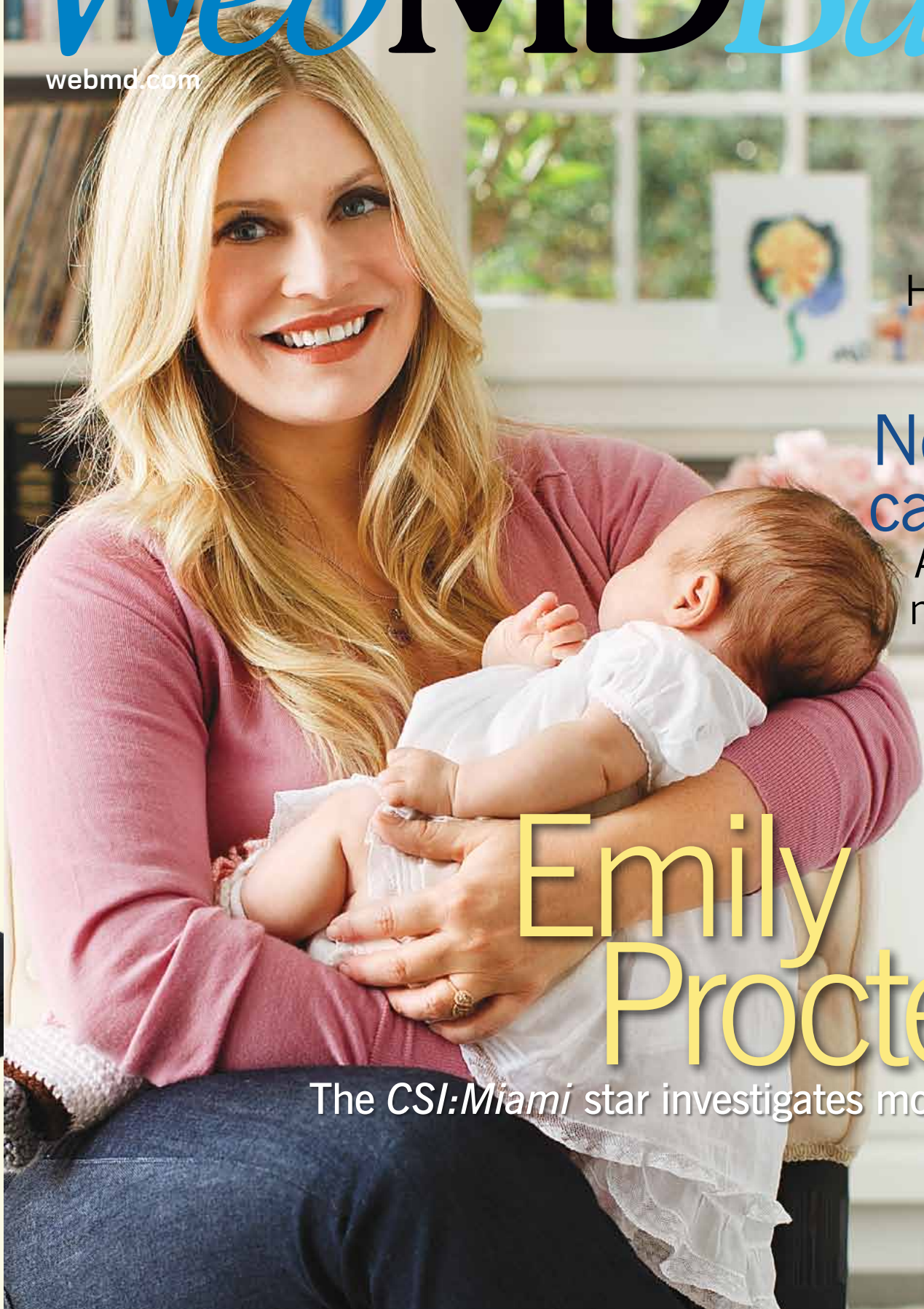
A primer for new parents

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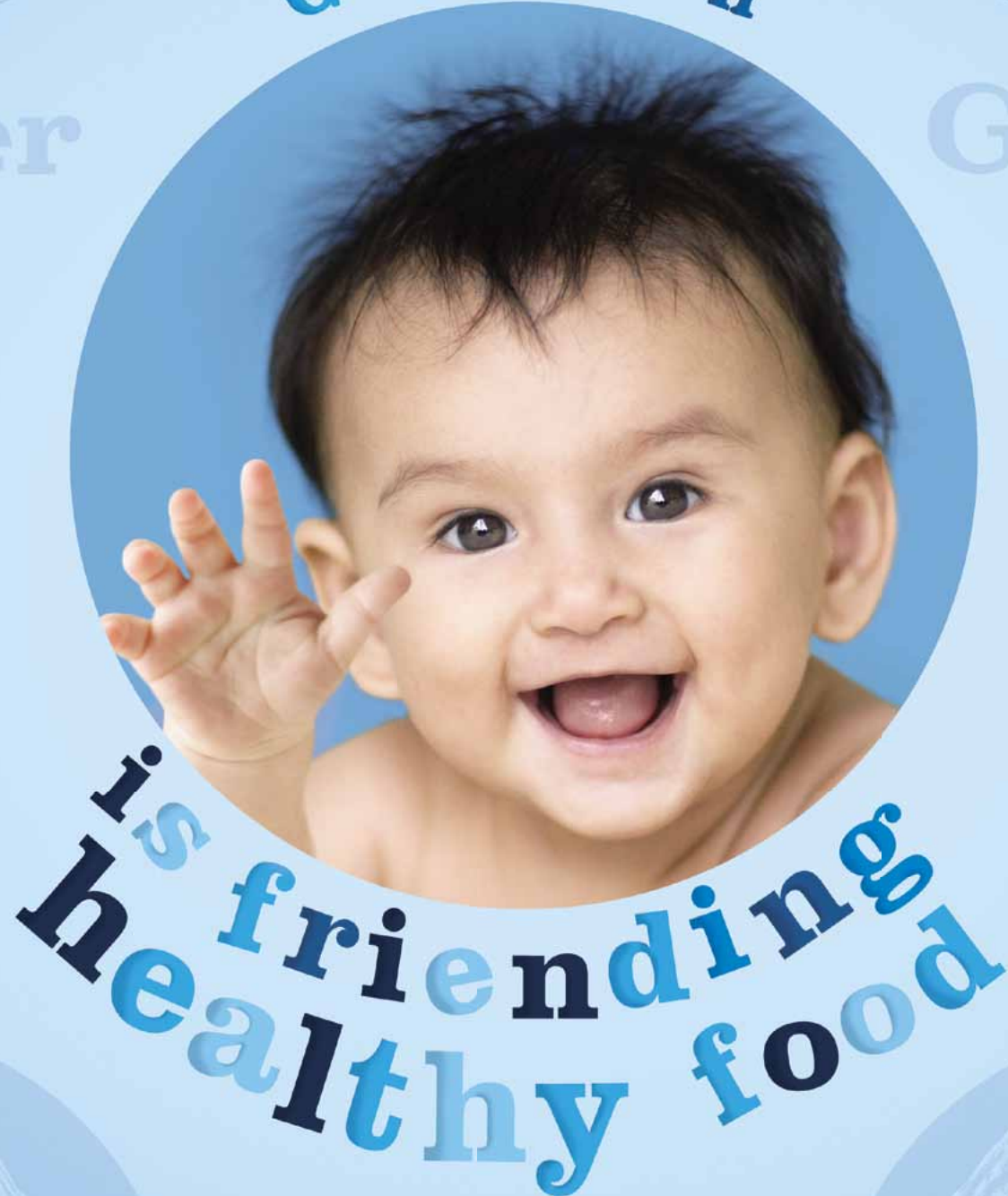
Emily Procter

The *CSI: Miami* star investigates motherhood

56



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Solid Start Is your baby ready for more?



Q ▶ My baby is 3 months old. How will I know when he is ready for solid food?

A ▶ The general rule of thumb is that babies can start eating solid food between 4 and 6 months of age. But every baby is different. Determining just when yours is ready has more to do with his physical development than his exact age because it's dangerous to give solid food to a baby who can't yet swallow it.

For your baby to eat solid food, he'll need to be able to sit up, with his head and neck unsupported. He'll also need to be able to keep food in his mouth instead of pushing it out with his tongue (a reflex that disappears between 4 and 6 months of age).

He should seem to want to eat solids, too. One of the surest signs will be his interest in your food. He may bounce up and down when you're eating, try to grab food off your plate, and watch you with avid interest during your meals. Still another sign is that he has trouble getting full from breast milk or formula alone.

That your baby is ready to eat doesn't mean he'll be a natural at it. Some babies get frustrated with the process or are picky about what foods they'll eat. If that's the case, take a break for a week or two, and then try introducing solids again.



Jennifer Shu, MD
WebMD BABY CARE EXPERT

True or False?

Allowing your baby to skip an afternoon nap will help her sleep better at night. **FALSE.** The opposite is usually true. Skipping naps will not only make her (and you) miserable during the day, it will worsen her sleep at night.

Q ▶ My son keeps getting diaper rash. What can I do?

A ▶ Diaper rash—red, bumpy, or raw skin in the diaper area—is a very common condition for babies. It's also preventable.

First, be sure to change your baby's diaper soon after she pees or poops. Consider disposable diapers with a wet-diaper indicator that turns colors when moist, or simply change the diaper every two hours or so. Also change the diaper if your baby has gotten sweaty or been in water.

Leave your baby's bottom bare for a few minutes before putting on a new diaper. That gives the area a chance to thoroughly dry. You may want to consider using a soft washcloth with a mild soap and warm water instead of commercial baby wipes, which can contain alcohol and other substances that cause rashes and irritation. Then consider applying an over-the-counter diaper rash cream (skip the powder—you don't want baby to inhale it) to keep moisture off your baby's skin.

If the rash persists, see your doctor. It may be a yeast or bacterial infection that requires special care.



Daniel Brennan, MD
WebMD BABY CARE EXPERT



CSI: Miami star
Emily Procter investigates
new motherhood

By Stephanie Watson, WebMD Contributing Writer

On the Case

Don't expect Emily Procter to be the sort of celebrity mom who slips straight from the delivery room into her size 0 jeans. Since daughter Pippa (short for Philippa) was born in early December, the CSI: Miami star has had far bigger priorities to focus on than her pants size.

Right now the 42-year-old actor sees no reason to get super skinny. "I think, 'For who?' Not for your child. Your child's not looking at you and going, 'Mmmm, I love a clavicle. Let me nestle into that,'" she giggles, the hint of a North Carolina twang floating through her laughter.

"If at six months I'm carrying a lot of extra weight, then I'm going to get drastic about it," says Procter, who put on about 45 pounds during her pregnancy. "But I'm going to let myself off the hook, because if there's one thing that is not my focus at the moment, it's how much I weigh. My focus is on being a mom, and that's hard enough."

Fair enough. She also takes an unusually refreshing perspective on those late-night feedings that leave so many new parents in a bleary-eyed stupor. When Pippa first slept through the night at 10 weeks old, Procter wasn't relieved—she was dismayed. "When she started sleeping through the night—and I know there are people out there who are going to want to throttle me—I missed the quality time that the two of us had in the middle of the night," she sighs. "I just felt like it was the two of us, alone in the world."

Going Back to Work

Every time she has to leave Pippa, Procter feels a keen sense of separation anxiety. Since she went back to work as detective Calleigh Duquesne in CBS's CSI series just four weeks after giving birth, Pippa has been right with her on the set. She wouldn't have it any other way, but the arrangement has taken a bit of adjustment.

Although she says the producers have been "great" about accommodating her new role, the show runs on a tight schedule.



“If there's one thing that is not my focus at the moment, it's how much I weigh. My focus is on being a mom, and that's hard enough.”

That means Procter has to squeeze feedings and naps into the 10-minute breaks between scenes. "My first or second week back, I had to shoot a compound bow," she recalls. With its intricate system of cables and pulleys, the weapon requires a lot more training than the average bow, and Pippa's feeding time was getting precariously close. Procter quickly fired off several shots in a row. "I was like, 'People, I've got a baby to feed!'"

Juggling nap times, feedings, and diaper changes has been a lot easier at home, where Procter's boyfriend, Paul Bryan, has chipped right in. The music producer didn't skip a beat transitioning into fatherhood. "The minute she was born, it was just that fast for him. He was like, 'I love her,'" Procter says, emulating Bryan's deeper voice. "We actually argue over who is going to hold the baby."

Partners and Parents

With the addition of Pippa, the couple seems to have found the right family balance. During bath time, Procter gets in the tub with Pippa and washes her. "Then I hand her over to Paul, and he dries her off and puts her in her night clothes." On Saturday mornings, Bryan takes Pippa when he goes for coffee to give Procter some much appreciated me-time after mom and daughter spend the morning together, and Procter returns the favor by taking Pippa out for walks. "I think it's nice because we both get to have one-on-one time with her, and we spend a lot of time together as a family," she says.

One thing the couple definitely doesn't agree on is lullaby selection. When Procter sings to Pippa—which she does often—it's not the dulcet tones of "Rock-a-Bye Baby" or "Twinkle, Twinkle Little Star."

"I couldn't remember any songs when she was first born, so I started singing the 'Oscar Mayer Bologna Song,'" Procter says. When Paul complained about her song choice, "I told him, 'Look, there's spelling in the song. I think that's wonderful.' And bologna is a difficult word to spell!"

"Paul is a musician, so this isn't a quiet household. During the day it's like, 'Your nap is going to be when your nap is going to be.' It's going to be loud. There are going to be people around," she says. "But for her bedtime we're very specific about keeping it the exact time and making sure the lights are low and having it just be very peaceful and quiet."

It's the little moments—no matter how insignificant they may seem—that Procter treasures these days because she knows how fleeting they are. "I've spent a lot of time just staring at her and saying, 'Don't miss this moment,'" she says.

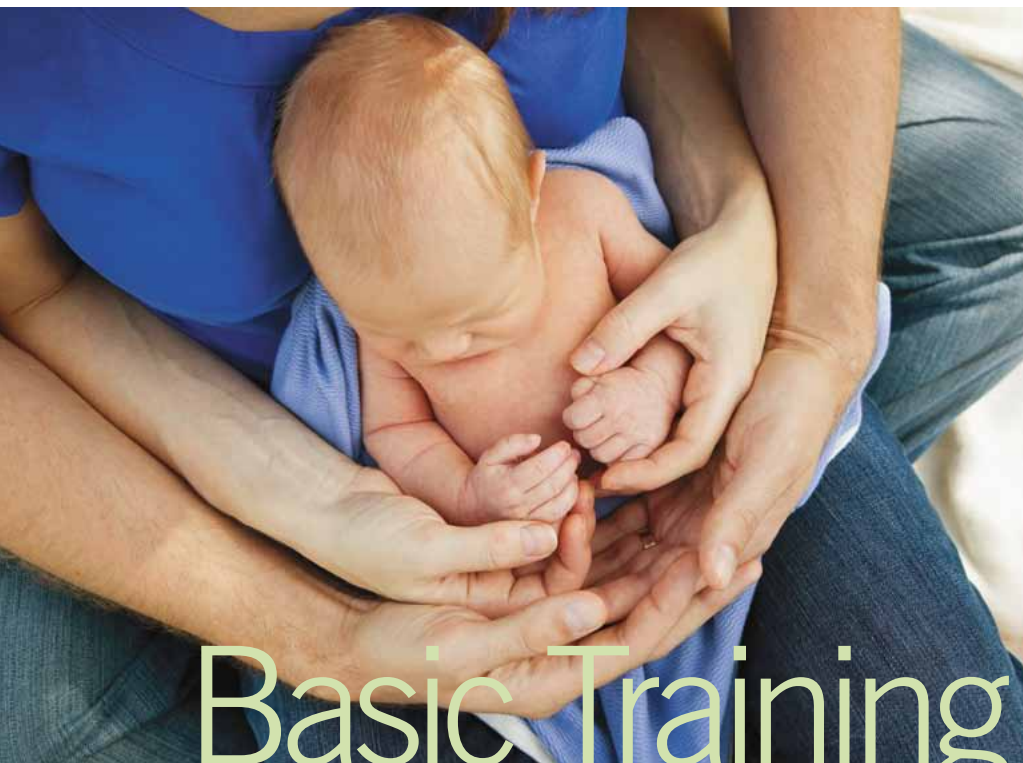
Now that she realizes how wonderful motherhood is, Procter wishes she'd done it sooner—and more often. "If I had known, I would have had 20. I would be a Duggar for sure," she laughs, referring to the reality-show mother of 19.

"It's one of those things where all the clichés come true. It's the best thing I've ever done." ■

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Basic Training

Oh, baby! Here's your newborn 101 guide

By Katherine Kam, WebMD Contributing Writer

Bringing home a newborn is one of life's grand adventures. But adventures—no matter how exhilarating—often entail the unknown, and yes, we're talking about your baby. "There's so much going on in those first three months that is so dynamic," says Benjamin S. Danielson, MD, a pediatrician and clinical director of the Odessa Brown Children's Clinic at Seattle Children's Hospital. During the first six weeks, unpredictability reigns as your baby turns night and day around, he says. But after that period, you'll both start settling into a routine. Here's a look at what you can expect during the first three months.

Feeding Basics

A newborn is her own best expert on when it's time to eat. Pediatricians will tell you to feed your newborn on demand during the first six weeks. If your newborn cries, mouths her fingers, or makes sucking noises, offer a breast or bottle. Not only will you satisfy your baby's hunger right away, but you'll also provide that all-important sense of comfort and security.

You can expect your newborn to breast-feed eight to 12 times a day, according to the Cleveland Clinic. That translates into eating every one to three hours, day and night. In the first three months, if you're breastfeed-

ing, breast milk provides almost all of the nutrition, food, and fluids your baby needs. Only vitamin D supplementation is required for exclusively breastfed infants—you can get these oral drops in most pharmacies. If you're using formula, feed your newborn on demand, about 1.5 to 3 ounces per feeding, Danielson says. By three months, your baby can handle 3 to 4 ounces per feeding.

Once your baby hits the two-month mark, on-demand feeding isn't as important, Danielson adds. "It's better to nudge your baby toward a schedule. Every two to three hours is a pretty reasonable time frame."

Sleeping Basics

Newborns may sleep roughly 10 to 18 hours per day, according to the National Sleep Foundation. But "the variability is huge," Danielson says, and parents shouldn't fret over the number of sleep hours. A newborn's sleep is erratic because his or her circadian rhythm isn't developed, according to Danielson. "For those first six weeks, a baby's own normal fluctuations in sleep-wake cycles—their own internal clock—is just not really running yet," he says.

Newborns sleep only a few hours at a stretch, in part because they need to wake often to feed. "After six weeks, and certainly after two months of age, that circadian rhythm has really kicked into gear," Danielson says. Then your baby will have more of a sense of day and night and eventually learn to sleep through the night.

Crying Basics

Amid all those cute gurgles and hiccups, your infant will cry to let you know that he or she is hungry, needs a diaper change, is too hot or cold, or needs comforting. Sometimes, babies cry for no discernible reason at all.


All that crying might be distressing, especially because babies can't always be soothed. But don't blame yourself, Danielson says. "Some babies cry way more than others."

Try feeding your baby and check her diaper. You can also swaddle her in a soft blanket and rock her as you talk quietly or sing a lullaby. "Distraction really works," Danielson adds, especially sound and vibration. "If you're up for it, put your baby down and vacuum the floor, and you'll find that your baby gets quiet. Turn on your clothes dryer and have the baby next to it. Or switch on a hair dryer."

Of course, call your pediatrician if your baby seems to be crying in pain, for example, when a certain body part is touched.

But Danielson cautions parents not to be alarmed if from six to eight weeks their babies go through a phase of sustained crying. "It's almost predictably worse in the late afternoon and early evening," he says. He adds the crying jags might stem from a newborn's confusion as she goes from an irregular schedule to a more settled routine. ■

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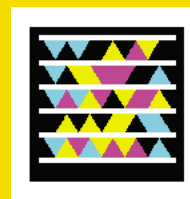
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