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The Comeback
A SERIES FROM THE EDITORS OF
WebMD
&
Sports Illustrated

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Role Model

Heidi Klum may have been born with good genes, but the supermodel turned TV personality turned clothing designer is the first to say she's not superhuman. The *Project Runway* host and mom of four kids has a simple secret to staying fresh and energized: sleep. She reveals how she gets a good night's rest and how she manages her family in between.

Code Red

Superbugs are a serious problem in hospitals around the world—and misuse of antibiotics is a main reason why. We take a look at the most serious and urgent threats and what you can do to protect yourself.



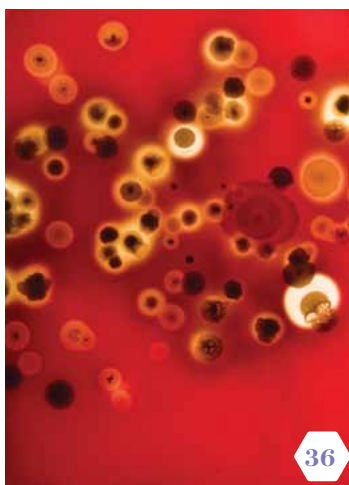
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“
OF COURSE I HAVE DAYS WHERE I THINK I'VE LOOKED BETTER! BUT TIME ISN'T STOPPING FOR ANYONE, AND I'M COMFORTABLE IN MY OWN SKIN.
”

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LL Cool J doesn't pay lip service to his health. The actor and rapper opens up about how he stays fit, what he eats, and how he's helping kids stay healthy, too.



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HOT TOPICS: How much good can a good steam session do for you? Could eating whole grains lead to a longer life? Does drinking coffee protect your heart? Find out and get more news you can use.

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LIVING HEALTHY

WEBMD ON THE STREET: Our experts school a teacher and ocean adventurer who aims to make the grade in health. • **WOMEN'S HEALTH:** Bone up now on what you can do to help prevent osteoporosis down the road. • **THE COMEBACK:** As part of our new series with *Sports Illustrated*, WebMD takes an in-depth look at a pro baseball pitcher's injury, treatment, and recovery. • **MEN'S HEALTH:** What does doing your household chores have to do with your daughter's career path? Find out.

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WEBMD CHECKUP

July is **Juvenile Arthritis Awareness Month**. • **HEALTH HIGHLIGHTS:** Manage your psoriasis with expert tips. • **BY THE NUMBERS:** We take a closer look at immunizations. • **LIVING WELL:** Learn how to protect yourself from a repeat episode of melanoma. • **MY STORY:** A reader comes out of the dark and shares his journey with depression. • **HEALTH CHECK:** Do you have summer survival skills? Take the quiz to find out.



● Summer is here and we've got you covered.

Whether it's protecting your skin or taking advantage of the season's bounty of fresh tomatoes, this issue is packed with tips and tricks for living easy in the hottest months.

We even cover the bases of that quintessential summer sport—baseball. As part of our new series with *Sports Illustrated*, WebMD looks at Los Angeles Angels starting pitcher Garrett Richards and how he recovered from injury. His ruptured patellar tendon kept him off the field for months. Find out how he got back in the game on page 16.

Also in this issue (page 30), get to know the sunny outlook of TV personality **Heidi Klum**. *Project Runway* is just one of her many projects. The star dishes on her eating habits, what she keeps in her fridge, and reveals what she's learned about body image and beauty over the course of her very successful modeling career. She talks to us about her busy life as a working mother of four young children and shares her secret to keeping it all in check.

Here's to keeping it in check and staying cool.

Kristy

Kristy Hammam
Editor in Chief
kristy@webmd.com



GET OUT THE VOTE

Each year, WebMD recognizes Americans who are doing extraordinary things for the health and wellness of the nation—Health Heroes. This year marks the ninth time the awards will be presented in categories such as Advocate, Scientist, and Prodigy. And like last year, you also have the opportunity to pick a winner. The nominees for **People's Choice** will be announced soon, and we'll feature the winner in the **November/December** issue. Cast your vote starting August 10 at webmd.com/healthheroes.

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HEALTHY
START



HOT TOPICS!

FACTS AND NEWS YOU CAN USE



33
MINUTES

Average
amount
of time
preschool kids
play outside

Source: Pediatrics

Nearly 80% of all drowning victims are male. Why? Boys and men often overestimate their swimming ability.

Source: CDC



*Another reason to try breastfeeding:
Nursing for a year or more may lower your risk
for certain types of breast cancer.*

Source: Journal of the National Cancer Institute

A NEW STEP TO IMPROVE YOUR LONGEVITY:

Walk for just two minutes every hour as part of your daily routine (that's in addition to the recommended 150 minutes of exercise weekly).

Source: Clinical Journal of the American Society of Nephrology



**GOT A FIRM
HANDSHAKE?
A NEW STUDY
CORRELATES
A STRONG
GRIP WITH
A REDUCED
RISK OF
HEART
ATTACK AND
STROKE.**

Source: The Lancet



Fittest cities in America:

Washington, D.C.
Minneapolis-St. Paul
San Diego
San Francisco
Sacramento, Calif.

Source: American Fitness Index



Summer is tick season,

but about half of Americans surveyed said they don't check regularly for ticks in warm weather.

Source: Ticks and Tick-borne Diseases



Of Americans who buy organic, 72% say they do so for health or nutrition reasons, while 69% say environmental or ethical concerns influence their choice.

Source: Mintel





PEANUT BETTER?

You've probably heard that almonds and other nuts are great for your health. Peanuts (which are technically legumes, not nuts) may pack a healthy punch, too. Among more than 70,000 white and African-American adults, those who ate about two-thirds of an ounce of nuts per day—including peanuts—were 21% less likely to die for any reason during the five-year study period. Whites who ate nuts were 38% less likely to die of heart-related problems, while African-Americans had a 23% reduced risk. This was regardless of other heart risk factors like smoking and obesity. Nuts may help the heart through their antioxidant and anti-inflammatory nutrients.

Source: AMA Internal Medicine



Heart Smart

That cup of joe might do more than help get you going in the morning. In a study of more than 25,000 healthy young and middle-aged men and women, coffee drinkers were less likely to show early signs of heart disease than their peers. Researchers measured calcium deposits in people's arteries—a precursor to future heart disease. Those who drank a cup or more of coffee a day were less likely to have arterial calcium than those who drank no coffee. While one cup brought benefits, people who drank three to four cups daily were least likely to show early signs of heart disease.

Source: Heart



50% of young people ages 12–35 **turn their headphones up too high.** If you can't hear conversation around you, the music is too loud.

Source: World Health Organization

WebMD.com

Hot Hits

What's trending on WebMD.com right now*

High-fiber foods

How does tretinoin work?

Psychopath vs. sociopath

Garcinia cambogia for weight loss

Symptoms of fibromyalgia

Urinary tract infections

Is chocolate good for you?

Better-butt exercises

Benefits of pu-erh tea

Juicing benefits

Signs of thyroid problems

What is the hemoglobin A1c test?

*as of May 1, 2015

66%

of school kids **CHOOSE A FRUIT** in the cafeteria at lunch. That's up 12% since 2012.

Source: Childhood Obesity





New Hope

Prescription drugs for arthritis and erectile dysfunction could one day lead the way to new treatments for cancer and Alzheimer's disease. Researchers discovered that medication for erectile dysfunction combined with a derivative of an anti-inflammatory prescription pain medication can cause an interaction that weakens a protein common to cancer, Alzheimer's disease, and some viral and bacterial infections. Attacking this protein could potentially slow or stop some of these diseases.

Source: DNA and Cell Biology

DREAM TEAM

Looking to make a healthy change? Do it as a team! A study found that married and cohabitating people were far more likely to make a healthy change when their partner did it, too. When it came to quitting smoking or starting to exercise, people were 40% more likely to make the change when their partner was on the journey with them. They were 15% to 20% more likely to lose weight as part of a team than on their own.

Source: JAMA Internal Medicine





Whole Truths

People who eat whole grains could live longer. Researchers followed more than 100,000 adults for about 25 years, tracking their eating habits, whether they died, and how. For every 28-gram serving of whole grain the participants ate per day, they cut their overall death risk during the study period by 5%. And each daily serving of whole grains cut heart-related death risk by 9%.

Whole grains, such as whole wheat, rye, brown rice, and oats, contain the bran, the endosperm, and the germ. Packaged foods that contain whole grains have a whole grain seal.

Source: JAMA Internal Medicine

56%



**OF MOMS OF BABIES AND
TODDLERS DISCUSS
CHILD HEALTH AND
PARENTING ISSUES ON
SOCIAL MEDIA. (SOME
34% OF DADS DO.)**

Source: University of Michigan

**JUMP
START**



We don't want to scare you, but you might think otherwise when you come upon our "superbugs" story (page 36)—all that red and those swarming petri dishes!

Well, we do want to catch your attention. We want you to understand why the next time you're sick and think you need an antibiotic—or your doctor thinks you need an antibiotic—you should say, "Wait a minute." That's because health experts across the country worry more every day about what they call "multidrug-resistant bacteria"—new strains of germs that defy multiple antibiotics and continue to thrive—sickening and even killing people in some cases.

The problem is most serious in hospitals, where so-called superbugs can transmit from patient to patient. But it starts earlier, when people misuse or overuse antibiotics.

Our story reports on the top five growing superbug threats, how they happen, and why they are so worrisome—but we also tell you what you can do to steer clear of a superbug infection in the first place.

Good advice, once you get past the scary part.

Colleen

Colleen Paretty
Editorial Director
colleen@webmd.com



FULL STEAM AHEAD

Here's a steamy tip for heart health: Hit the sauna. Researchers followed 2,300 middle-aged men for 20 years. Those who went for a steam more than once a week were less likely to die of heart problems than the once-a-weekers. Two to three steam baths per week cut risk of death from heart problems by 25%. Men who hit the sauna four to seven times a week were 50% less likely to die of heart disease and 63% less likely to die of sudden cardiac arrest than the weekly steamers. The greatest benefits came from sessions lasting more than 19 minutes. Researchers aren't sure exactly how saunas benefit the heart, but they may be good for the body's circulation.

Source: JAMA Internal Medicine

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Future Tense

If you had a crystal ball and could see that you and your partner were unhappy or split up in the future, how surprised would you be? Pay attention to how you answer that—your level of surprise (or lack thereof) could be useful information. Empirical studies have found that this kind of “pre-hindsight” can help you reach your goals in life. And, in this situation, help you put your relationship on a path toward a happier future, says Leslie Becker-Phelps, author of WebMD’s Relationships blog. “Pre-hindsight is about applying rational thinking to your emotional awareness. It can help you see when your relationship is already on a path to unhappiness by making you aware that you wouldn’t be surprised by its failure. Use this awareness to your advantage. You can improve your chances of a happier future by listing all the reasons you think the relationship might fail. Then the two of you can work together to address those problems. For instance, if you are basically leading separate lives, you can choose to prioritize your relationship. You might find ways to connect (even briefly) through the week and make plans to spend more time together on the weekends.”

Star of the Sea

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

Photograph by Rob Andrew

SKIN DEEP

"People with diabetes have poor wound healing and cell renewal. That's why sun protection is key to prevent skin cancer. One sign to look for is a growing or changing mole. A third of melanomas develop in moles people have had their entire lives. Also, look for sores that don't heal. Finally, watch out for a 'sunspot' that gets very dark or develops jagged borders."



Mohiba K. Tareen, MD
medical director, Tareen Dermatology,
Roseville, Minn.

GLAND STAND

"An undertreated or underactive thyroid can slow your metabolism and absorption of nutrients, and affect insulin levels. You may not absorb insulin as well, which can lead to higher blood sugar. Or your body might hold onto insulin longer instead of removing it, which can lower blood sugar. Check your blood sugar more often and adjust your insulin or thyroid medication as needed."



Brunilda Nazario, MD
WebMD head medical editor

HAIR GAME

"Sun, chlorine, and saltwater can be very damaging to the hair. You can protect it by applying a primer. I recommend Bumble and Bumble Hairdresser's Invisible Oil Heat/UV Protective Primer. It contains ingredients like coconut, argan, and sweet almond oils, which penetrate the hair follicle and add moisture to help with dry, brittle hair."



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

MEAL PLAN

"Because you have diabetes, it is critical to match your carbohydrate intake with insulin. Physical activity can reduce your insulin needs. Talk to a dietitian to make sure your meal plan includes the right mix of nutrients and that you're eating enough calories, protein, and carbs before and after your workouts. Fuel up with healthy plant foods like beans, nuts, whole grains, soy, fruits, and vegetables."



Kathleen Zelman, MPH, RD, LD
WebMD director of nutrition

WEBMD ON THE STREET

Erin Spineto

Middle School Teacher, 38
Carlsbad, Calif.

Erin Spineto was diagnosed with type 1 diabetes in college, but she's never let it slow her down. The science teacher and mother of two regularly sails, competes in triathlons, and swims long distance. She helms the Sea Peptide Salties, a group of people with type 1 who are "dedicated to sharing the message that adventure helps bring motivation to manage diabetes." Among their recent adventures was a 12.5-mile swim around Key West, Fla. Exercise helps Spineto manage the condition, but intense bouts can make her blood sugar spike high or dip low. "What can I do to prevent these peaks and valleys?" Her asthma also flares up during workouts. "I've tried different asthma medicines, but some, like steroids, dramatically raise my blood sugar levels," Spineto's underactive thyroid complicates matters further, and she wonders how fluctuating thyroid hormone levels might affect her blood sugar. Hours spent outside in the sun raise another health concern: skin cancer. "I'm always checking my skin for signs, but what specific changes should I look for?" The sun and saltwater are also hard on her hair. "How can I still look like a woman, rather than a beat-up surf dude, at the end of the day?" She's adopted a vegan diet, which has helped her trim down and lowered her need for insulin. "I just want to make sure I get enough nutrition for my very active lifestyle." —*Stephanie Watson*

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WOMEN'S HEALTH

Strong Hold

BONE UP ON WHAT YOU CAN DO TO HELP PREVENT OSTEOPOROSIS

By Sonya Collins

● Women are about four times as likely as men to develop osteoporosis. While you may think the risk of developing the condition is years away, your chance to prevent it is now.

Bone loss, or decreasing bone density, is part of aging for both men and women. But because women typically have lower bone mass to begin with, bone loss can have greater consequences. When you lose too much bone, the bones can become weak and break easily. Osteoporosis, meaning porous bones, causes at least one fracture in as many as half of women older than age 50, studies show.

Wanda Filer, MD, a family physician at Family First Health in York, Pa., suggests a few ways you can maintain optimal bone health.

Ask your doctor about a test. Your doctor measures calcium levels in your blood during routine physicals, but this is not an indication of bone health. Short of a fracture, no early symptoms will tell you your bones are low on calcium, but a bone density test will. This test checks for osteoporosis and estimates your risk of breaking a bone.

The National Osteoporosis Foundation recommends that women who have broken a bone after age



50 have a bone density test and that all women 65 and up get the test. The test is no more complicated than an X-ray. You lie on a table, usually fully clothed, while a machine scans your hip bones and lower spine to estimate potential bone loss.

Get enough calcium. “As you get older, your body may leach calcium out of your bones to maintain blood calcium. So you might have no symptoms, while your bones are becoming increasingly brittle,” Filer says.

Women younger than 50 require 1,000 milligrams of calcium per day. After 50, you need 1,200 milligrams a day. Aim to get all your calcium from food. Only use supplements to make up the rest. Too many calcium supplements can cause kidney stones, especially in people who have a personal or family history of them.

Plus, “if you follow a low-fat, high-calcium diet, you get other health benefits, such as blood pressure control, in addition to maintaining bone health,” Filer says.

Get enough vitamin D.

Your body needs it to absorb calcium. Your bare skin without sunscreen produces vitamin D when it absorbs sunlight. “Though it’s not always possible, especially in the North, you should try to get about 10 minutes of sunlight per day without sunscreen,” Filer says.

Few foods, besides fatty fish like salmon and mackerel, contain vitamin D naturally. Many foods with added calcium have added vitamin D, too. Check the labels. If you don’t take in enough vitamin D from sunlight or your diet, you might need a supplement. Ask your doctor.

Exercise. Do about 30 minutes of weight-bearing exercise each day and work on muscle strength two to three times per week. Weight-bearing exercise simply requires you to bear the weight of your own body. “Walking, stair-climbing, or Pilates will put a little stress on the bones and keep them strong,” says Filer. Muscle-strengthening exercise includes lifting weights, lifting your own body weight (with push-ups, for example), and using resistance bands.

Reviewed by
Arefa Cassoobhoy, MD, MPH
WebMD Medical Editor



Check out **Cleaning and Organizing Tips for Parents**, a slideshow at WebMD.com.

[LEARN HOW ON PAGE 7](#)

MEN'S HEALTH

Gender Bender

CAN DOING HOUSEHOLD CHORES AFFECT YOUR DAUGHTER'S CAREER PATH? THE ANSWER IS YES

By Matt McMillen

● Dads, did you know that doing
● your part with the dishes,
● laundry, and other household tasks might help your daughters see unlimited opportunities for their future? In a recent study published in the journal *Psychological Science*, researchers reported that fathers who did their fair share of domestic chores raised daughters who were more likely to dream of careers not limited by stereotypical gender roles.

"We wondered whether the division of labor at home might have implications for children's developing gender identities because of what they're actually seeing their parents do," says Alyssa Croft, lead author of the study and a PhD candidate in social psychology at the University of British Columbia in Vancouver. Croft and her colleagues interviewed more than 300 children between the ages of 7 and 13 as well as at least one of their parents.

To evaluate parents' attitudes about gender roles in the home, they asked each parent who they felt should be responsible for child care, laundry, vacuuming, and other domestic duties. Then, to determine if their attitudes matched their actions, the researchers asked parents to describe how much they contributed to household tasks. Finally, the researchers turned to the children, asking what they wanted to



be when they grew up.

The researchers found that daughters whose parents both preached and practiced gender equality—meaning they divided chores and child-rearing duties equally—aspired to careers that are nontraditional for women or are more stereotypically gender-neutral, like veterinarian, rock star, or scientist. In households where tradition held sway, girls limited themselves to more stereotypically feminine choices such as stay-at-home mom, teacher, or hair-

dresser. And dads, Croft was surprised to discover, made a bigger difference than moms in the daughters' responses.

"Potentially, the signals dads send to their daughters are being picked up more strongly than those from their mothers," says Croft, who had expected the children would be more likely to base their choices on their same-gender parent's behavior and attitudes.

The career goals of the boys in the study did not reflect their parents' gender role beliefs. The co-authors speculate that boys are rarely encouraged to pursue traditionally female roles in the way that many girls are.



EXPERT TIP

"The words you say about gender equality are super important to your daughter, but you also need to walk the walk to send the strongest signal."—*Alyssa Croft, PhD candidate*

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

Off the Sidelines

In this installment of **The Comeback** series, WebMD takes a look at a professional athlete's injury, treatment, and recovery from a ruptured patellar tendon

BY MATT McMILLEN

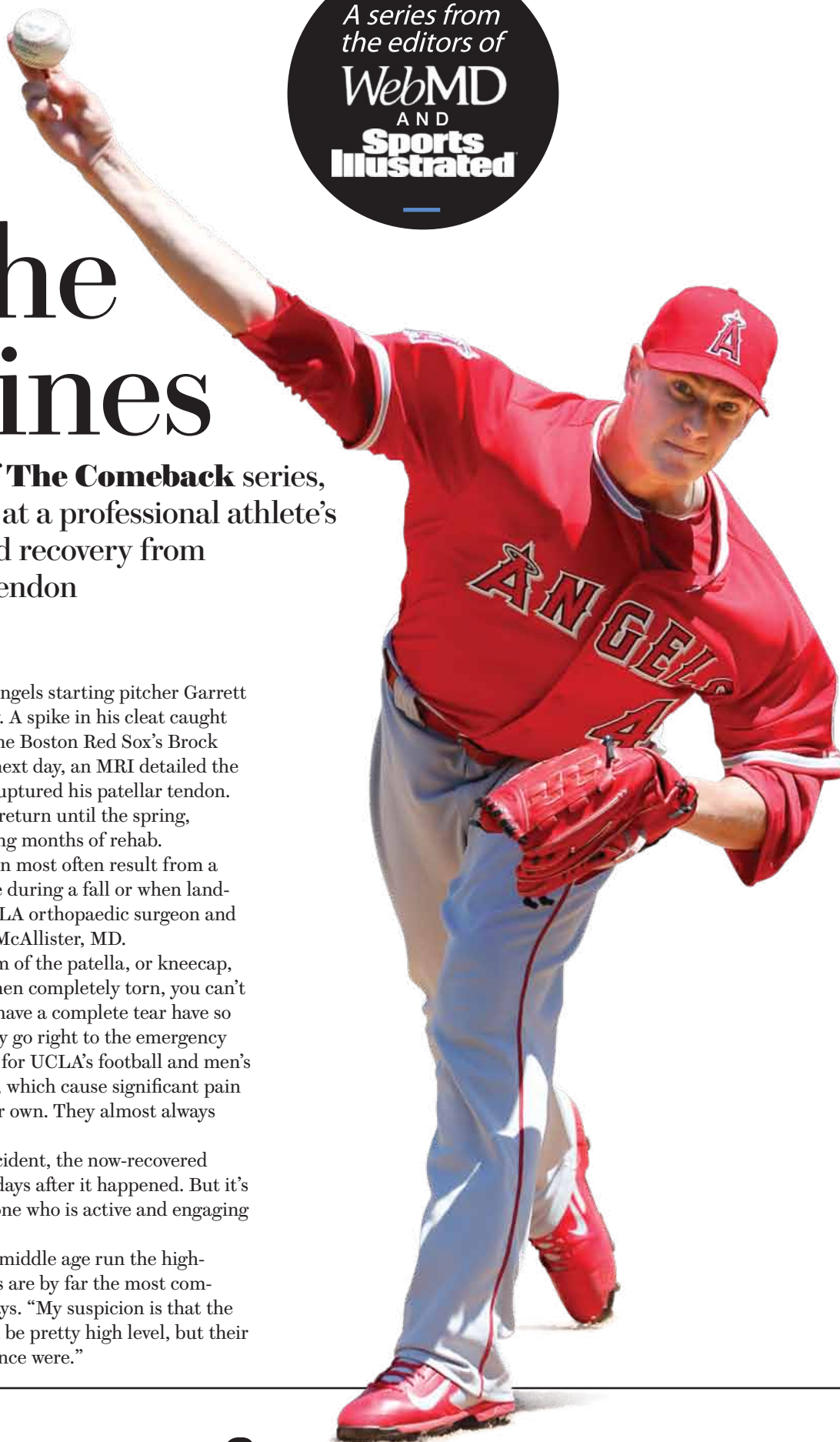
Last August, Los Angeles Angels starting pitcher Garrett Richards collapsed in agony. A spike in his cleat caught near first base as he tried to tag the Boston Red Sox's Brock Holt, and his knee buckled. The next day, an MRI detailed the damage: Richards, then 26, had ruptured his patellar tendon. His season was over. He wouldn't return until the spring, following surgery and nine grueling months of rehab.

"Ruptures of the patellar tendon most often result from a forceful contraction of the muscle during a fall or when landing poorly from a jump," says UCLA orthopaedic surgeon and sports medicine specialist David McAllister, MD.

The tendon connects the bottom of the patella, or kneecap, to the top of the tibia, or shin. When completely torn, you can't straighten your leg. "People who have a complete tear have so much discomfort that they usually go right to the emergency room," says McAllister, physician for UCLA's football and men's basketball teams. "These injuries, which cause significant pain and disability, do not heal on their own. They almost always need surgery."

Richards' injury was a freak accident, the now-recovered player told the *Los Angeles Times* days after it happened. But it's an injury that can happen to anyone who is active and engaging in sports or exercise.

In fact, men in or approaching middle age run the highest risk. "Men in their 30s and 40s are by far the most common demographic," McAllister says. "My suspicion is that the activities of a 30-year-old can still be pretty high level, but their tissues are not as strong as they once were."





Explore this series more with
videos and articles at WebMD.com/getbackinthegame.
[LEARN HOW ON PAGE 7](#)

Lewis G. Maharam, MD, agrees. “In nonprofessional athletes, these injuries happen most often among aging athletes, as their tendons and ligaments become more brittle and they don’t spend the time to keep flexibility as a major part of their program,” says Maharam, former medical director of the New York City Marathon and author of *Running Doc’s Guide to Healthy Running: How to Fix Injuries, Stay Active, and Run Pain-Free*.

In his private practice, Maharam sees more partial tears of the patellar tendon than complete tears—most often from running, tennis, and golf. “Full thickness tears happen in the heat of competition, due to the power or force exerted on the tendon,” Maharam says. “They’re more common among professionals because pro athletes have more power in their legs and they’re more ballistic in their runs.”

But partial tears can seriously trip you up. When they occur, Maharam says, the pain shoots through you like a bullet. Though they don’t always require surgery, recovery can take months, depending on the size of the tear.

Like full tears, partial tears often occur due to a sudden, severe misstep—a stumble as you run down a flight of stairs, an awkward twist as you pivot, a fumbled landing after a jump shot—but chronic overuse can also create small tears. Those who are deskbound during the week but overactive on their days off are particularly prone to such injuries, Maharam says.

Partials require surgery when approximately a third or more of the tendon tears. The procedure, says McAllister, takes about an hour and is not very complicated; a surgeon simply sews the tendon back together.



SCORECARD

PLAY IT SAFE

BAD LUCK, MISSTEPS, AND FREAK ACCIDENTS: THESE CAUSE MOST MAJOR TEARS. YOU CAN PREVENT THEM ONLY BY SIDELINING YOURSELF. HOWEVER, YOU CAN PROTECT YOUR PATELLAR TENDON FROM MORE MINOR INJURIES. HERE’S HOW, ACCORDING TO LEWIS G. MAHARAM, MD.

Stretch. “Make stretching and flexibility part of your exercise program,” Maharam says.

Warm up. At least every other day, do warm-up exercises such as jumping jacks or a light jog. You want to raise the temperature of your muscles, tendons, and ligaments a half a degree. You’ve reached that point when you start to break a sweat. Follow this with several minutes of stretching.

Make it a habit. Do this routine even on days when you don’t plan to run, play tennis, or pick up a basketball. That’s how you achieve flexibility and prevent injury, Maharam says.

“If you haven’t made a regular practice of stretching, it won’t help if you do it right before you play.”

For the first six to eight weeks after the operation, you can expect to use crutches and wear a brace that immobilizes the knee. After that initial period, the physical therapy begins.

“Rehab will focus on slowly getting mobility back and strengthening the muscle,” McAllister says. “The knee’s going to be stiff and weak after the injury and the surgery.” Like Richards, you can expect to be out of the game for nine months to a year following surgery, he says.

Smaller tears heal faster and may only require a combination of rest and physical therapy. Maharam says a relatively new treatment—platelet-rich plasma (PRP) injections—can also help. For PRP, doctors draw some of your blood and modify it to increase the concentration of platelets, a blood component that promotes clotting. Though experts don’t know exactly how it works, PRP seems to accelerate the repair process. However, Maharam says health insurance does not currently cover the procedure.

Whatever the degree of your injury, you will likely make a full recovery—if you stick to your treatment plan. “Success depends greatly upon how serious the patient is in his rehab and how serious he is in following his doctor’s directions,” Maharam says.

Go to your appointments, find the time for physical therapy, stay away from the sport that caused the injury: If you do this for the recommended duration, you’ll likely be as good as new when your doctor clears you to play. Otherwise, you risk re-injury. That could mean more surgery and much more bench time.

“The longer you’re out, the harder it is to get the flexibility back, to get back the ability to perform at the level you were at before the injury,” Maharam says.

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

Dry Spell

Is your hair dry as the Sahara, especially during the summer? Fortunately, there is a quick fix, says David Todd, owner and lead stylist at David Frank Salon in Scottsdale, Ariz. Start with realizing what you don't want to do, he says. "Putting conditioner on wet hair is like putting lotion on wet hands—it doesn't work." Hair strands are like tubes filled with protein. When they get dry, the protein gets stiffer. Hydrating hair is about pumping moisture into that part of the hair. Start with a moisturizing conditioner; contrary to popular belief, one infused with oil won't flatten your strands. Wash your hair as usual, then get out of the shower and towel dry your hair before applying the conditioner. Leave it on for about 10 minutes, then get back in the shower to rinse well. This smooth move makes the conditioner super-concentrated so that it seeps into hair follicles, instead of sitting on the surface, Todd says. Note too that oil and water don't mix, so getting most of the water out of your hair first allows the product's nourishing oils to penetrate the hair.

Leg Work

BANISH STUBBLE, CELLULITE, AND VARICOSE VEINS—JUST IN TIME FOR SHORTS SEASON—WITH EXPERT TIPS AND PRODUCT PICKS

By Ayren Jackson-Cannady



1 Hold Firm
Bliss FatGirlSlim Skin Firming Cream (\$36) “Products infused with caffeine, like this body cream you massage into trouble spots twice a day, can temporarily constrict blood vessels and minimize the appearance of cellulite for a few hours.”

2 Sock It to Me
Celeste Stein Compression Socks (\$19.99) “Gravity, pregnancy, and genetics can all lead to varicose veins. Compression socks or snug-fitting stockings can help prevent them. To reduce their appearance, try to read or watch TV with your legs propped up on a level above your heart, which helps them drain. If they become painful or bothersome, see a vascular surgeon for treatment.”

3 After Glow
Jergens Natural Glow Daily Moisturizer (\$8.19) “For a more natural tan look (without getting a harmful sun-tan), this body lotion is a good one to try. It builds up a subtle glow in a very slow, gradual fashion while moisturizing skin with vitamin E.”

4 Look Sharp
Schick Quattro TrimStyle Razor (\$12.49) “Use a sharp, multi-blade razor like this to shave with the grain. Shaving against the grain may result in a close shave, but you also increase the risk of ingrown hairs. Bonus: This one comes with a waterproof, battery-powered bikini trimmer on one end.”



Whitney Bowe, MD
clinical assistant professor of dermatology, Icahn School of Medicine at Mount Sinai Medical Center

5 Rough Stuff
Lush Rub Rub Rub Shower Scrub (\$21.95) “Exfoliate once or twice a week to remove the dead skin that piles up on the surface of the legs. But don’t get too overzealous with the scrubbing, as that can irritate skin. You can use an over-the-counter scrub like this sea salt-based one. Or, make your own—I love mixing sugar with coconut oil to create a DIY scrub.”

6 Mousse Is Loose
St. Tropez Self Tan Bronzing Mousse (\$42) “Don’t even think about baking in the sun unprotected to get a little color on your legs—always wear an SPF of at least 30 when outdoors. Instead, try this tinted self-tanner that lets you see exactly where you apply so you can avoid surprising streaks. The result: a quick beautiful bronze without any orange hue.”

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.

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



Check out **Tooth Enamel Erosion and Restoration**, an article at WebMD.com.

[LEARN HOW ON PAGE 7](#)

YOUR SMILE

Protect and Serve

WE SCRATCH THE SURFACE ON ENAMEL EROSION AND HOW TO PREVENT IT

By Jodi Helmer

“Enamel is a big buzzword in dentistry right now,” says Mark S. Wolff, DDS, PhD, dentist and associate dean for pre-doctoral clinical education at New York University College of Dentistry. “People realize that enamel erosion is a big problem.”

Enamel keeps teeth from breaking when you chew, protects the sensitive inner layers of your teeth, and acts as a barrier against plaque. While it’s one of the strongest substances in the body, it’s not immune to wear. “Once enamel erodes, you can’t undo the damage,” Wolff says. When the protective coating starts to disappear, problems ranging from an increased risk for cavities and tooth decay to chipped teeth can crop up.

Often, increased sensitivity to hot and cold is one of the first signs of enamel erosion. The reason: The tissue beneath the enamel, called dentin, is sensitive. When enamel wears, dentin is exposed, and hot or cold foods and drinks can cause a painful reaction.

Other signs of enamel wear include white spots or translucent areas on the teeth and uneven edges that are more prone to cracking or chipping. Your teeth might also start to look yellow.



“We brush our teeth to make them whiter, but brushing too hard has the opposite effect,” Wolff says. “A hard-bristled toothbrush wears down the enamel and the yellow layer of dentin starts showing through.”

To protect enamel, Wolff suggests a soft-bristled toothbrush and drinking lots of water, especially after meals, to rinse enamel-eroding bacteria from your mouth.

Cutting back on sugary or acidic foods and beverages such as soda, fortified water, sports drinks, and fruit juices can also preserve

enamel. A 2014 study found that permanent damage to the tooth enamel occurs within the first 30 seconds after high-acidity foods and drinks come into contact with the teeth.

Several toothpastes and mouthwashes promise to repair and protect enamel. Wolff says these products encourage remineralization of teeth, which can reduce further degradation of the enamel. “You’ll get some of the calcium back into the tooth structure,” he says. But you probably won’t notice a difference.

MOUTH MATTERS

DOROTHY J. STEWART, DDS, SUGGESTS ASKING YOUR DENTIST THESE THREE QUESTIONS AT YOUR NEXT APPOINTMENT:

What is my dental health status?

Ask about areas of concern and tips for improving your home oral care routine. “If you ask this straightforward question, you’ll get a straightforward answer,” Stewart says.

Is this treatment optional or essential?

Some treatments will improve your smile while others are essential for good oral health. Knowing which procedures your dentist considers crucial (and why) can help you make good decisions about your dental care.

Who should I call if I have a dental emergency?

“Dental emergencies don’t always happen during office hours,” Stewart says. Knowing who to call if you have a toothache on the weekend or dental trauma in the middle of the night ensures you’ll always have access to quality care.

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



What's the Best Way to Brighten Your Skin? Take the quiz at WebMD.com.
[LEARN HOW ON PAGE 7](#)

BEAUTY SMARTS

Clean Sweep

CLEANSING BRUSHES: HOW DO THEY WORK AND DO YOU NEED ONE?

By Liesa Goins



● Power tools make home improvement projects easier, but can the same be said of your skin care routine? In recent years several motorized cleansing brushes have appeared on the market with promises of a deeper cleaning and more radiant skin.

“For many of my patients, the cleansing brushes are great,” says Papri Sarkar, MD, a dermatologist in Brookline, Mass., and secretary of the New England Dermatological Society. “Cleansing is one of the most crucial steps in a skin care regimen,” she says, so a device that can make cleansing more effective can be a powerful tool for healthy skin.

The brushes typically use a battery-operated motor that moves the brush head in a repetitive motion. “Some use

circular motion and others move back and forth, but it’s the repetitive motion of the bristles combined with cleanser that makes them work,” says New York City dermatologist Neal B. Schultz, MD, founder of DermTV.com.

The motor and bristles enable these tools to clean dirt and makeup from skin and more effectively exfoliate than washing by hand, but Sarkar says the tools have more compelling benefits. “Since they deliver constant pressure and many have timers, these brushes are a more standardized way to clean than just using your hands,” she says. Not only does she appreciate the thoroughness, but Sarkar likes that people seem to be more excited to use the brushes because they are novel. Another perk: The brushes exfoliate so

BRUSH HOUR

DERMATOLOGIST PAPRI SARKAR, MD, SHARES HER TIPS FOR USING A CLEANSING BRUSH.

Remove makeup first. If you wear a heavy layer of foundation, the brush can’t clean as well. In some cases, washing with makeup on can cause irritation and breakouts. Use makeup remover or a cleansing towelette first.

Use a gentle cleanser. Look for something that is right for your skin type and lathers for the best clean. Avoid scrubs with abrasive particles.

Do maintenance. Change the brush heads according to the brush’s instructions. Accumulated dirt and bacteria could cause breakouts.

Limit yourself. Since the brush exfoliates, using it more than daily might be too harsh for your skin. Save it for evening cleansing so you can rinse the day’s dirt, sweat, oil, and makeup down the drain.

Know when to stop. At the first sign of redness or irritation, turn the device off. Give your skin a few days to recover before testing to see if you can tolerate the brush once or twice a week.

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

effectively that any skin care products you apply after washing are absorbed more easily.

The amped-up cleansing is especially effective for those with acne, Sarkar says. But sensitive or aging skin may need a more gentle approach: “If your skin is red or irritated, a brush may not work for you.”

Schultz warns that overuse is a common problem. “It’s even possible to have first-degree burns from too aggressive cleansing,” he says.

The brushes range in price from about \$20 to \$200, so what’s the difference? They may use different bristles or have a more powerful motor, but the \$200 brushes are not necessarily 10 times as effective as the \$20 options, Schultz says.

Sarkar says to look for a cleansing brush with bristles rather than an oscillating head because the brushes tend to be less abrasive than those models with flat pads. “I like the Clarisonic,” she says. “The sonic technology is great for cleansing and the brush is the most effective and gentle I’ve tried so far.”



BEAUTY 411

Do “anti-aging” hair products work?

That depends on how you define anti-aging for hair. Once a hair exits your scalp, it is no longer a living thing. So, while any product applied to the hair itself may improve its appearance, it won’t reverse or stop the aging process because the hair is not alive. If you do come across a hair product that claims anti-aging benefits, make sure the instructions say to apply near the scalp—it may be able to penetrate into the root (that is, the living part of hair), where the hair stem cells are. Look for protein-based products that speed up the growth of new hair by softening and strengthening it.

—**Rebecca Kazin, MD**
dermatologist at Washington Institute of Dermatologic Laser Surgery, Washington, D.C.



AISLE DO

PRODUCT PICK

CeraVe Facial Moisturizing Lotion PM (\$12.99)

EXPERT

Jeremy Green, MD

board-certified dermatologist and clinical assistant professor at the University of Miami department of dermatology

“I like a light moisturizer—with the warm weather in Miami, I don’t want anything that feels heavy or greasy. This CeraVe lotion has hyaluronic acid for moisture and contains ceramides and niacinamide that

strengthen the skin and help fight irritation and redness in conditions like rosacea. Niacinamide is also a great antioxidant and anti-inflammatory that helps treat the signs of aging such as pigmentation and fine lines. This is a product I recommend to my acne patients. The lightweight feel and noncomedogenic formula make this lotion an appealing option for those with oily skin or who worry about breakouts. I use this on top of a retinoid at night, and after I shave in the morning, I apply it to hydrate and soothe. I like that it’s really doing something healthy for my skin.”



PREGNANCY

Royal Family

By Kara Mayer Robinson

Hart of Dixie star Jaime King is no stranger to the spotlight. A model before her acting career took off, King's image graced the pages of A-list fashion magazines from *Vogue* to *Harper's Bazaar*. Now that her TV series has ended and she's become a mom—she and husband Kyle Newman, a film director, have a 1-year-old son, James Knight, and a baby due this summer—she takes a stab at a dream that's closer to home: designing a collection of baby clothes for Sapling Child, an organic clothing line. King reveals how pregnancy taught her to celebrate life, family, and her body and to let perfection go.





King's new clothing line, Sapling Child, launches in August.

Read the full Q&A with Jaime King in our free tablet app!

● **How do you feel about being pregnant?**

It's such a sacred thing. For those nine months, it's just you and your baby. It's so wonderful to have that connection. It's really profound and fun. Even when you're vomiting and you feel exhausted or irritable, it's always a joyful day.

Did you feel the same way during your first pregnancy?

Yes. I have severe endometriosis and PCOS [polycystic ovary syndrome], so getting pregnant was a challenge. There are certain things about endometriosis that are challenging, like bad cramps, heavy bleeding, and all these things that aren't sexy to talk about. I feel it's very important that it's not taboo for other women who have these diseases. That's why I'm open about it and also why I love pregnancy so much.

You have a husband, toddler, baby on the way, acting gigs, a new fashion collection. How do you stay balanced?

My No. 1 thing is meditation. There was a book I read when I was 19 years old that totally changed my life. It's called *Spiritual Warrior*. It teaches you about meditation in an active way. No matter what, you can find 10 minutes. And walking—I love walking. That's a great activity if you're a busy parent. Being active doesn't have to mean schlepping to the gym and judging yourself because you don't want to go. You can get out and go for a 15-minute walk and enjoy the fresh air.

What's your favorite family activity?

The simple moments. I love it when we go to our favorite coffee shop. We get our coffees and get James a snack or treat, then walk out and right there is the library. Next to the library is an incredible park. It's the best of every world. It's time for the three of us, as a unit, to be together and bond.

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor



Read **Getting Pregnant After 35: What Are Your Chances?** at WebMD.com.

[LEARN HOW ON PAGE 7](#)

PREGNANCY

Family Time?

AGE DOES MATTER WHEN IT COMES TO TRYING FOR A BABY.
HERE'S WHAT YOU NEED TO KNOW

By Stephanie Watson

● Are you 35 or older and
● thinking about having
your first child? Join the 20%
of new mothers who have
done the same. Although you
can give birth to a healthy
baby well into your 30s, and
even into your 40s, these
pregnancies do come with a
few extra risks.

“Women are born with all the eggs they’ll ever have. So the egg you ovulate [release] when you’re 40 has been around twice as long as the egg you ovulate when you’re 20,” says Leonardo Pereira, MD, associate professor and division chief of maternal-fetal medicine at Oregon Health & Science University.

Older eggs are more prone to genetic “mistakes” that lead to chromosome problems such as Down syndrome. At 25, your chance of having a baby with Down syndrome is about 1 in 1,250. At age 35, that increases to 1 in 400. By age 45, your odds are 1 in 30.

As you get older, you’re also more likely to have pregnancy complications like gestational diabetes and high blood pressure, simply because diabetes and high blood pressure become more common with age. Older



mothers also face twice the risk for stillbirth, although the odds are still very slim: 11 to 21 in every 1,000 births to women 40 and older.

Waiting can also make it harder to get pregnant in the first place. About a third of couples in which the woman is 35 or older have fertility problems. Your partner’s age can make a difference, too. Although men produce new sperm throughout their lives, research shows older dads may be more likely to have children with autism and other mental health conditions.

These stats shouldn’t change your decision to get pregnant after 35, but they should factor into your

ASK YOUR OB/GYN

What extra pregnancy risks might I face because of my age?

What can I do prior to pregnancy to ensure my baby is healthy?

What can I do during pregnancy to ensure my baby is healthy?

What risks are associated with labor and delivery in older women?

Which screening tests should I have during my pregnancy?

Should I see a genetic counselor?

plans. “I recommend that older moms have a preconception consult,” Pereira says. During this visit, your OB/GYN will look at factors that could affect your pregnancy, such as your weight, blood sugar, and blood pressure, and thyroid and kidney function. Also consider visiting a genetic counselor to go over your family history.

Waiting to get pregnant can also have benefits. Older moms are more likely to breastfeed than their younger counterparts. They also tend to be more financially and mentally stable. “You have much more of an appreciation of how hard it’s going to be to raise a child,” Pereira says.

Reviewed by
Nivin Todd, MD
WebMD Pregnancy Expert

BABY TALK

Word Play

TALK IS NOT CHEAP WHEN IT COMES TO LANGUAGE DEVELOPMENT. QUANTITY AND QUALITY COUNT

By Heather Hatfield



● Babies and toddlers need lots of sleep, playtime, and love. They also need a parent who can carry on a conversation, and that doesn't mean baby talk. Vocabulary and communication skills should start early in life, with a steady stream of meaningful dialogue.

Denise Fournier Eng, MA, a speech-language pathologist at Boston Children's Hospital, explains that moms and dads need to make talking and building an ever-expanding vocabulary an important part of parenting. "The brain looks for and expects language," Eng says. "It needs language to develop higher-level learning, problem-solving, and social skills."

The benefits of regular dialogue with your child are clear: Research shows that by age 4, kids exposed to a high volume of language could have heard up to 45 million words. And the breadth of a child's vocabulary at pre-school age predicts reading comprehension and language skill and development at ages 9 and 10. So how can a parent graduate from baby talk to conversation that can teach?

"Parents do a lot of 'What's that?' 'Say cup.' Or yes or no questions," Eng says. "These don't get you to conversation. You need give-and-take to keep conversation alive."

Skip the monologue, and allow your child time to respond with his own sounds and expressions. At the same time, build on your word base. Rather than repeating the same boring words, get descriptive. "If your child loves flowers, talk about flowers," Eng says. "But then explain one is a gladiolus and another is an amaryllis."

Props can help start a conversation with your child, but avoid the plugged-in variety: TV and technology are poor substitutes for conversation, Eng explains. By age 3, 86% to 98% of the words a child uses are words learned from his or her parents.

Without the benefit of a strong word base, kids may not be able to make up the difference. "We don't know yet if kids who start school far behind their peers in terms of vocabulary can bridge the gap," Eng says.

TALKING POINTS

DENISE FOURNIER ENG, MA, SHARES TIPS FOR TALKING TO YOUR BABY.

Use big words.

Children don't perceive language as easy or hard—only meaningful or not meaningful. If they're interested, the word has meaning.

Use your voice to your advantage.

Make your conversations lively and engaging, and vary your pitch and noise level when speaking.

Be descriptive.

Colors, shapes, and sizes bring your conversation to life.

Use your daily routines.

Diaper changes, baths, driving in the car, getting dressed—all are great times to talk.

Read books. This is different than talking to your child, but the brain takes it all in, and reading complements your conversations.

Take a break. You don't need to talk every waking moment you are with your child. Make conversations meaningful and valuable for you both.

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor



Read **Teens, Cutting, and Self-Injury**, an article at WebMD.com.

[LEARN HOW ON PAGE 7](#)

KIDS' HEALTH

In Harm's Way

IS YOUR KID AT RISK FOR CUTTING? LEARN ABOUT SELF-INJURY AND HOW YOU CAN HELP

By Lauren Paige Kennedy



for the past five years, the media landscape has shifted dramatically. Today's teens interact with their peers online through smartphones and other devices, and swap images on photo-sharing sites. It can be an opportunity to display cuts and burns like badges.

"Healthy kids who are not prone to self-harm don't self-harm. But kids who feel alienated search out others who are alienated." Social networks, Lader says, "may normalize this behavior. Kids think: Everyone's doing it. What's the big deal?"

Lader urges parents to stay vigilant for signs of self-injury: bloody towels or stashes of razors, unexplained cuts and burns, and attire far too warm for the season (such as long sleeves and pants in July to hide cuts on arms and legs).

The right response is key. "The best reaction is empathy," Lader says. "Don't force-check your kid's body for injuries. It creates a power struggle. Don't take away sharp objects. A kid has to learn how to live with these objects." Instead, ask your teen why he or she feels the need to self-harm. Don't judge. And don't wait to seek professional help.

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor

● You've likely heard about "cutting," the disorder where people cut, burn, or otherwise mutilate their bodies—without the intent to kill themselves—when they feel emotionally overwhelmed.

Once a hidden psychiatric disorder, self-injury is no longer in the shadows. According to several recent independent studies on the subject, an estimated 2 million Americans, the majority of them teens, self-harm. This includes a reported 8% of U.S. children ages 8 to 12 and about one-fifth of the country's adolescents and young adults.

But where do kids get the idea? "The contagion effect is clear," says Wendy Lader, PhD, president and clinical

HELPING HAND

SELF-INJURY EXPERT
WENDY LADER, PHD,
SHARES TIPS FOR
PARENTS.

Do take the disorder seriously. While self-injury is not in itself suicidal, "it's a significant risk factor" and "may be a gateway for suicide," Lader says.

Don't focus on the quantity of injuries or how a child has done it. Instead, "find out why your child is struggling emotionally."

Don't make threats such as limiting time with a boyfriend or removing a laptop. Instead, reinforce love, concern, and confidentiality.

director of the treatment program SAFE (Self-Abuse Finally Ends) Alternatives, who has spent three decades studying self-injury.

Lader and her colleagues first documented this effect when media stories about their research emerged in the 1990s. "We knew there was this hidden population who thought they were crazy," Lader says. "They sent letters thanking us" for bringing the problem to light. "By then, the genie was out of the bottle," she adds, explaining that while some kids discover the behavior on their own, "there is evidence that popular media makes self-harm more available."

While the latest research shows self-injury rates have held steady in the U.S.



Read **How to Prepare for a New Dog**, an article at WebMD.com.

LEARN HOW ON PAGE 7



PET HEALTH

Gimme Shelter

ARE YOU READY TO RESCUE? FIND OUT WHAT MAKES A GOOD MATCH AND OTHER QUESTIONS TO ASK

By Lauren Paige Kennedy

Is adopting a rescue animal really as simple as driving to your local shelter, perusing a parade of cute pups and kittens, and bringing one home?

According to Joanne Yohannan, senior vice president of operations at North Shore Animal League America, much more thought and research should go into such an important commitment.

First, don't be discouraged if it's not love at first sight. "Many people expect to find the perfect match in a single visit to a shelter," says Yohannan, whose organization places roughly 18,000 animals each year. "Expect to make multiple visits, and at more than one animal shelter. The right match is key." So what makes for a good match?

No matter where you find your rescue pet, Yohannan advises you give serious thought to the type of animal you want to adopt.

Ask yourself about your commitment level, she says. "Are you looking for a family companion? A dog to run with? Are you older or a couch potato who might not be able to handle a dog that needs a lot of exercise or has issues? It's important to be honest with yourself."

While many rescue animals take to their new homes and owners immediately, others initially struggle and display a range of behavioral problems, from wetting carpets to anxiously hiding beneath beds. Or they may not be fully socialized with other pets or kids. Adopters need to be prepared for this

tricky acclimation period, which Yohannan warns can take days, weeks or, in some cases, months or years.

"Have patience," she says. "Your animal might be overwhelmed by the changes and the shelter experience. If after time you find the animal is simply not coming out of its shell, contact your shelter and ask to work with their counselors and trainers, who will have tips to help you help your dog or cat. Almost all animals will eventually relax and bond with their new families."

Should you feel at all hesitant, Yohannan urges you to "consider fostering a shelter animal in your home first." This allows for a test run and to figure out whether a new animal will click with your kids or another pet.

ADOPT OR NOT?

PET EXPERT JOANNE YOHANNAN SUGGESTS ASKING THESE QUESTIONS BEFORE SEALING THE ADOPTION DEAL.

Where did the animal come from? "Dogs from puppy mills often live in bad conditions and have a lot of medical issues, so they wind up in shelters," Yohannan says. "Also, it's often not the fault of the animal [that it needs a new home]."

Did the previous owners move away? Divorce? Was there a death in the family? Could the animal not be housebroken? Asking why the animal was relinquished provides you with important clues."

What have you noticed about this animal?

"Ask: Is the dog easy to walk on a leash?" Yohannan suggests.

"Does the cat get along with dogs? Is this animal good with kids? Is it shy or outgoing?"

What is the animal's schedule? Adopters

"should try to keep a new dog or cat on its regular feeding and walking routine as much as possible" to help the transition go smoothly, she advises.

Reviewed by
Will Draper, DVM
WebMD Pet Health Expert

HEALTH HEROES

WHO WILL BE THE 2015 PEOPLE'S CHOICE?

Cast your vote starting August 10th at webmd.com/healthheroes

Martha Stewart
WebMD Health Hero
2014 People's Choice Award Winner

As Seen in
WebMD Magazine

Healthy
Years

Martha Stewart



Martha Stewart transformed domestic duties into an art form. Today, she presides over a multimillion-dollar empire that encompasses magazines, TV shows, and home goods. Given her successes, Stewart considers philanthropy a personal responsibility. "Giving back is just part of a good life, and it makes me feel good," she says.

In 2007, with a \$5 million donation, she opened the Martha Stewart Center for Living at Mount Sinai Hospital in New York City. The center fills a need for quality senior health care at a time when 10,000 baby boomers turn 65 each day—a phenomenon Stewart calls "the silver tsunami."

She dedicated the facility to her mother, Martha Kostyra, who died in 2007 at age 93. "She was a good example of growing old and being well," she says. To promote graceful aging, the center offers a holistic approach, pairing traditional medical care with alternative therapies like yoga and tai chi.

Today, the center gets more than 10,000 annual patient visits, making it one of the largest outpatient facilities in the country for older adults. Stewart credits the top-notch care to Mount Sinai's staff. "The doctors are so superior and are such wonderful people and work so hard at their practice to make this an ongoing and growing success."

What would her mother think of the center? "She'd be thrilled."

Reviewed by Michael W. Smith
WebMD Chief Medical Editor





ROLE

MODEL

Supermodel, super mom, super mogul—that about sums up **Heidi Klum**. The world-famous beauty has long since left the runway, but with her many projects—TV shows, a clothing line—and raising her four kids, she’s still always on the run. Her secret to getting it all done and looking good? Sleep. She shares her snooze secrets and more

BY REBECCA ASCHER-WALSH

PHOTOGRAPHY BY ROBERT ERDMANN/AUGUST IMAGES

Heidi Klum RULES.

She dominates the airwaves, celebrating her 14th season in August hosting *Project Runway*, for which she has won an Emmy, her 10th season hosting *Germany's Next Topmodel*, and her third season as a judge for *America's Got Talent*. And she reigns over her domestic front as a single mom to four children.

But Klum, 42, is quick to say she is not superhuman, though she's clearly a human with a blessed gene pool (she was a top model before she got in the business of judging them) and inimitable energy level. She happily posts makeup-free pictures on social media as well as hashtag reports of her occasional jogs, #IknowI'mslow! and #tryit!

"It doesn't hurt for people to see how I wake up in the morning and that the world of modeling is one of illusion," she says of her selfies. "And when I post photos of my running it's because I'm not afraid to show what a snail I am. But I'm doing this for myself, and maybe other people will say, 'Hey, I run slow, too, so maybe I can get on a treadmill.'"

Klum's encouragement of her fans is a reaction to the criticism she heard at the beginning of her career. Raised in Germany by her mother, a hairdresser, and father, a cosmetics company executive, Klum won a modeling competition at 18. "As a model you're always being judged, with people saying things like, 'You should lose weight,'" she says, "and when I started in 1992, the look was 'heroin chic.' I was too healthy and happy for everyone. You get a thick skin pretty fast. I realized that at the end of the day I have to be happy with myself, and people are going to like me or not like me."

She may have felt unwelcome in the world of high fashion, but Victoria's Secret embraced her lush look (she was an "Angel" for more than a decade) and she became a regular *Sports Illustrated* swimsuit model before deftly sliding into TV. "We all have to find our space and what we're good at," she says. "For instance, I tried acting, and I'm *not* good at it. But I've always tried to be creative about what my next step should be, and while I never knew where I would be today, I did work for it, and I always give 100%."

All in the Family

Klum is equally passionate—and disciplined—about being a hands-on mother to her children Leni, 11, Henry, 9, Johan, 8, and daughter Lou, 5. Divorced in 2012 from their father, the musician Seal, Klum says family remains her priority regardless of career and social demands. "It always comes first," she says. "I have four kids, and I'm a working mom, so a lot of the times my friends get the short end of the stick. And you do need an adult life. But we're all juggling more than ever, so my friends understand."

For Klum, that means when she walks in the door at the end of the day, she leaves her phone and bag on the table. Family dinners are a nightly affair. "They're important," she says. "It's about sitting around casually and just talking, whether it's about school or using it as time to teach children about social media or about the world we're living in. I try to do my best," she says, "But then, every mom does."

Still, Klum is aware that her family is not typical. "My kids already know that all parents are different," she says, and that includes her parenting style. "I'm a little more relaxed about certain things. My kids will say, 'Why are you lying

The POWER of a Good Night's Sleep

Getting enough sleep makes us better workers, parents, and friends, but here are even more reasons to take to our beds.

INCREASED LIBIDO

According to a recent study, longer sleep duration is related to greater sexual desire the following day, and the likelihood of sexual activity with a partner improves by 14% when women sleep an hour longer than average. "Levels of testosterone and estrogen are lower with sleep deprivation," explains sleep expert Michael Breus, PhD.

IMPROVED ATHLETIC PERFORMANCE

A Stanford University study showed that varsity basketball players improved sprint times and shooting accuracy and reported better physical and mental well-being during practices and games when they got extra sleep.

HIGHER MARKS

A Belgian study demonstrated that students who logged at least seven hours of sleep a night earned grades that were 10% higher than those of their cramming peers.

FEWER SICK DAYS

In a Carnegie Mellon University study, people who slept less than seven hours at night were almost three times as likely to get a cold. Other studies have linked sleep deprivation to an increased risk for certain cancers and faster tumor growth.

A MORE EFFICIENT METABOLISM

"Higher cortisol levels due to sleep deprivation mean a bigger appetite," Breus says, "and the metabolism slows down because the body is trying to preserve energy." Factor in the additional effect on the hormones that signal when it is time to eat and time to stop, "and you've got a recipe for disaster."



by the pool without a top on?’ and I don’t do that when their friends are around, but when it’s just us, sure. I say, ‘What’s important is you’re a good person and a nice person. But we do have rules.’”

Edicts include eating only at the table, using good table manners, and focusing on nutrition. “For the first two years when I was making fruit and vegetable smoothies for them, I would line their piggy banks up on the table and pay them each a quarter for finishing,” she says with a laugh. “But I haven’t bribed them in years, and now it’s just a part of their lifestyle.” And while

“PEOPLE ARE SURPRISED I EAT AS MUCH AS I DO.”

the children are expected to eat the same food as the adults—“it’s good to help them develop their palates”—Klum is willing to cater occasionally to their individual tastes. “Sometimes we do eggs, but Henry wants hard boiled, Johan wants fried, Leni wants egg whites, and Lou wants soft boiled. It can feel like a restaurant, but they are all different people and it’s not a big deal.”

The refrigerator is always stocked with cut-up vegetables—“everyone can pick their favorite dressing to put on them”—and Klum emphasizes the importance of cooking as a family. “Monday is chicken soup day, which is beautiful because it’s about a ritual,” she explains. “We have a fresh chicken, and we cut up the vegetables, and when we’re traveling the kids are jonesing for that chicken soup. And Leni now makes pancakes better than I do because we’ve always made them together.”

As for Klum’s eating habits, “People are surprised that I eat as much as I do, but it’s because what I eat is healthy,” she says. “Breakfast is a big bowl of yogurt with fruit or oatmeal and a smoothie; snacks are hard boiled eggs and whatever healthy food is in the house.” When she’s not at home, “I can get jittery and need to eat quickly, so my bag always has protein bars or almonds in it.”

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



Sleeping Beauty

Klum says she exercises, but without much scheduled time for fitness. “I’ll run occasionally to raise my heart rate, and I bought this circle on TV that you squeeze between your thighs to keep the muscles from getting loose and then squeeze in front of your chest, which is good for your arms and boobs. But I feel like my whole life is exercise. I’m never just sitting around on the couch.”

Klum is vigilant about getting enough sleep, which she says is the secret to her sanity. She’s in bed by 9 p.m., whenever possible, a lesson she learned the hard way. “I would put my kids to bed and fall asleep next to them and then wake up at 11 p.m. and have to get to sleep again. You can’t do that every day—getting up at 6 a.m. and making breakfast and dropping kids at school and then going to the studio. If I don’t get sleep, I can’t function,” she continues, “let alone be sparkly. People don’t hire me to be grungy; they want me to be happy and energized, and I can’t be perky on five hours of sleep.”

Sleep expert Michael Breus, PhD, author of *Good Night: The Sleep Doctor’s 4-Week Program to Better Sleep and Better Health*, praises Klum for her routine and for knowing the amount of sleep that’s right for her. “The body craves consistency and if you vary what time you go to bed by even 30 to 45 minutes, your body will try to shift your whole clock,” he says. “Everyone has a different and specific amount of sleep that they need.”

The best way to determine that amount, Breus says, is to start with your necessary wake time and then count back. “The average sleep cycle is 90 minutes long, and a night’s sleep consists of five of them,” he explains, “So if you need to get up at 6 a.m., try going to sleep at 10:30 p.m. Do that for a week, and if you can wake up without an alarm, within five to 10 minutes of when you need to get up, that’s the right bedtime for you.” If you’re still hitting the snooze button, “start moving bedtime back by 30 minutes.”

As part of Klum’s nighttime routine, she keeps “a book next to my bed where I can write down what I want to do the next day, because my head is full of too many things, and now that I’m getting older I am getting forgetful,” she says with a laugh. “And sometimes when I lie in bed writing things down I do fall asleep. But I think we are given as much as we can handle, and if I couldn’t handle it all, I would stop juggling all these things.”

Heidi’s Hit List

HEIDI KLUM HAS SPENT HER ADULT LIFE BEING PAID TO LOOK GOOD, AND SHE’S PICKED UP PLENTY OF TIPS SHE’S HAPPY TO SHARE.

Come clean. “To have beautiful skin you must cleanse properly,” Klum says. “Take off your makeup at the end of the day.”

Get moving. “Raise your heart rate occasionally,” she says. “It takes me an hour to jog four miles, but I’m not in competition with anyone.”

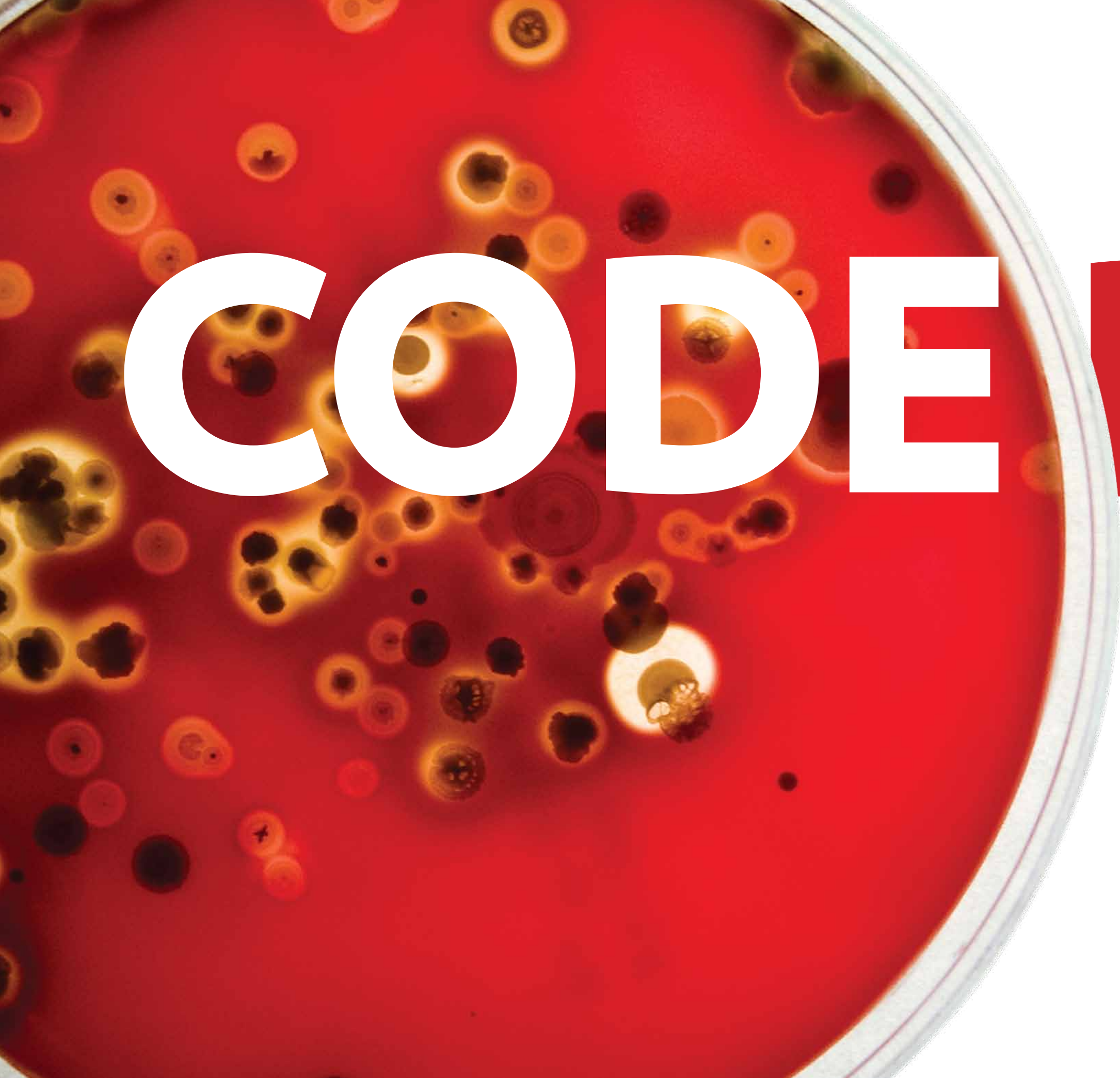
Glow from within. “Your skin is a mirror of what’s going on in your body,” she says. “If I break out, it has a lot to do with something I ate.”

Be consistent. “Nothing is a quick fix,” Klum says. “The best thing is to have a healthy lifestyle. See what you can cut out or replace with other things. Maybe you don’t need three venti lattes a day.”

Mix it up. “I never like the word ‘diet’ because I don’t think it’s good to eat the same things,” she says. “It’s all about variety. Eat your greens and then a mixture of things.”

When all else fails, cover up. “We all have nights where we stay out too late. The next day, just think about how much fun you had having an adult night and get through it. Sunglasses help.”





● BY KELLI MILLER

CODE RED

Superbugs are a serious problem and misuse of antibiotics is the biggest reason why. We take a look at **the most common superbug threats—and how you can protect yourself**

IMAGINE

being ill in the hospital with a spreading bacterial infection and your doctors can't stop it.

This so-called “superbug” scenario is not science fiction. In fact, it’s now an urgent, worldwide problem that calls for—and is prompting—swift action.

Every year, about 2 million Americans get sick from a superbug, according to the CDC, and about 23,000 die. Earlier this year, an outbreak of *carbapenem-resistant enterobacteriaceae* (CRE) linked to contaminated medical tools sickened 11 people at two Los Angeles-area hospitals. Two died, and more than 200 others may have been exposed.

The White House recently released a comprehensive plan outlining steps to combat these drug-resistant bacteria. The plan identifies three “urgent” and several “serious” threats. Our infectious disease experts explain what some of these superbugs are, and when you need to worry.

But first, a question: What is a superbug? The media coined the term to describe bacteria that cannot be killed with multiple antibiotics. “It resonates because it’s scary, but in fairness, there is no real definition” of a superbug, says Stephen B. Calderwood, MD, president of the Infectious Diseases Society of America.

Instead, doctors often use phrases like “multidrug-resistant bacteria.” That’s because a superbug isn’t necessarily resistant to all antibiotics. It refers to

bacteria that can’t be treated using two or more, says Brian K. Coombes, PhD, associate chair in the biochemistry and biomedical sciences department of McMaster University in Hamilton, Ontario. Any species of bacteria can turn into a superbug.

Misusing antibiotics (such as taking them when you don’t need them or not finishing all of your medicine) is the “single leading factor” contributing to this problem, the CDC says. The concern is that eventually doctors will run out of antibiotics to treat these bacteria.

“What the public should know is that the more antibiotics you’ve taken, the higher your superbug risk,” says Eric Biondi, MD, a pediatric hospitalist at University of Rochester Medical Center in New York, who runs a program to decrease unnecessary antibiotic use. Also, “the more encounters you have with the hospital setting, the higher your superbug risk.”

“Superbugs should be a concern to everyone,” Coombes adds. “Antibiotics are the foundation on which all modern medicine rests. Cancer chemotherapy, organ transplants, surgeries, and childbirth all rely on antibiotics to prevent infections. If you can’t treat those, then we lose the medical advances we have made in the last 50 years.”

Which superbugs are the most worrisome? According to the 2015 White House report, these are among the growing superbug threats.

URGENT THREAT: *Carbapenem-Resistant Enterobacteriaceae (CRE)*

What is it? The CRE family of bacteria are found normally in your gut. But many types are resistant to all antibiotics, including *carbapenem*, which is usually the last resort. *E. coli* is an example.

How do you get it? Healthy people usually don’t get this type of infection. Most cases are in people who are in the hospital or a medical care facility, such as a nursing home. The bacteria can be hard to remove from medical tools that doctors, surgeons, and nurses place into the body, such as catheters, breathing tubes, or viewing scopes, even after cleaning. That’s what happened in California, after doctors unknowingly used contaminated endoscopes on patients.

Why is it a concern? These bacteria can cause life-threatening blood infections. “There are no effective treatments,” Coombes says. Some research shows that up to 50% of patients who are sick from CRE die because of it, according to the CDC.

URGENT THREAT: *Neisseria Gonorrhoeae*

What is it? This strain of bacteria causes gonorrhea, a sexually transmitted disease (STD).

How do you get it? Anyone who has sex can get this infection. It commonly spreads during oral, anal, or vaginal contact. If you are pregnant, you can pass this infection to your baby during childbirth.

Why is it a concern? Every year, hundreds of thousands of people get gonorrhea. Some people do not have symptoms, which means they can spread it without knowing. Gonorrhea used to be treatable with antibiotics, but the bacteria are becoming

Be Your Own ADVOCATE

Superbugs sound scary, but a bit of caution and a dose of common sense can help lower your risk of infections. Eric Biondi, MD, suggests asking your doctor these questions.

1. When do I really need an antibiotic? Antibiotics kill bacteria, such as the kind that cause strep throat. So you might need one if you have a bacterial infection. But that’s not always the case. Sometimes, a doctor may suggest “watchful waiting” for a few days first. Remember, antibiotics do not kill viruses. They won’t work for colds or the flu.

2. Why are you prescribing an antibiotic? Some doctors feel pressured to prescribe antibiotics “just in case.” But taking too many antibiotics increases the chances that they won’t work when you really need them. That’s because bacteria are everywhere, and each time these germs come in contact with an antibiotic, they learn better defenses against the drugs. Always ask your doctor what the medicine is supposed to do for you right now and how likely it is to improve your symptoms.

3. When did you last wash your hands? Handwashing is the best way to keep germs from spreading. If you don’t see your doctor or nurse wash her hands or use sanitizer before touching you, ask if she did. You want to make sure she doesn’t carry or transmit germs from a previous patient.

4. Does your hospital track superbug infections? This is a good question to ask when comparing hospitals, but it may not be easy to get an answer. Many hospitals do keep tabs on superbug infections that develop in patients who are already sick in the hospital. These are called nosocomial infections. Outpatient clinics are less likely to track any superbug infections since confirming one can take time.

Reviewed by Hansa Bhargava, MD
WebMD Medical Editor

more resistant to current drugs, Biondi says. Untreated, gonorrhea can lead to infertility in men and women. It also increases the risk for HIV and other STDs. Rarely, gonorrhea can cause life-threatening blood infections.

URGENT THREAT: *Clostridium difficile (C. diff)*

What is it? *C. diff* is a type of bacteria that can live in your intestines. Usually, it does no harm. But some things can cause it to overgrow, triggering serious problems.

How do you get it? Most people who get a *C. diff* infection are receiving medical care for an illness. The biggest risk factor is taking antibiotics. While antibiotics may cure the bacteria that cause an illness, the drugs can also knock out the healthy bacteria in the digestive tract. Then *C. diff* takes over.

Why is it a concern? A *C. diff* infection can cause life-threatening diarrhea. About 14,000 people a year die from it, mostly older adults. In severe cases, a patient may need surgery to remove part of the infected intestine.

Particles of the bacteria, called spores, can be left behind in bathrooms, on linens, or on clothing. They can be passed from person to person. In the past, doctors used antibiotics called fluoroquinolones to treat *C. diff*. But these drugs don’t always work. From 2000 to 2007, deaths spiked 400% when a new drug-resistant strain of *C. diff* appeared.

SERIOUS THREAT: *Multidrug-Resistant Acinetobacter*

What is it? This bacteria thrives in soil and water, and can also live on the skin for days. It doesn’t always make a person ill. But a superbug strain doctors now worry about is *Acinetobacter baumannii*.

How do you get it? People outside the hospital usually don’t get sick from this germ. Patients who are already ill and in the hospital for another reason can pick up the superbug. Those who

have a breathing tube are at a higher risk.

Why is it a concern?

Doctors call it a “significant” hospital germ; every year about 12,000 people get the infection in hospitals. Multidrug-resistant *acinetobacter* is considered a “survivor” because it forms a protective shield against antibiotics, and is tough to treat because it can easily spread between people.

Specifically, the bacteria “can develop antibiotic resistance more rapidly than many other bacteria...and cause serious illness and infect the sickest patients,” Coombes says. These illnesses include dangerous lung, brain, and urinary tract infections. Most are resistant to multiple antibiotics.

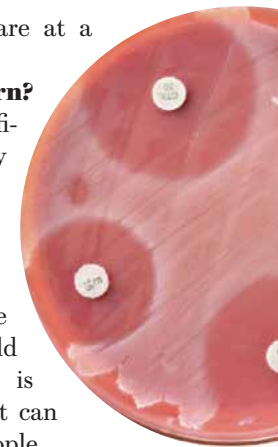
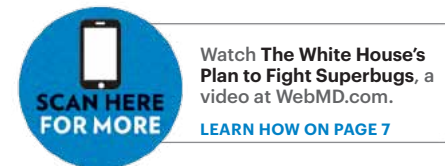
SERIOUS THREAT: *Methicillin-Resistant Staphylococcus aureus (MRSA)*

What is it? This is a type of bacteria that can’t be treated with penicillin. Many healthy people have staph on their skin and in their nose and it doesn’t make them sick. But they can spread it to others.

How do you get it? This infection usually affects people who are in the hospital, often after surgery. But new strains have emerged outside medical settings, for example among athletes, including in schools.

The infection can spread easily with skin-to-skin contact, and the risk is higher if a person has a cut. It can infect a wound and spread to surrounding tissues and the blood.

Why is it a concern? Although MRSA can cause life-threatening lung and blood infections, encouraging signs point to an improved outlook. “MRSA is a major problem, although there are pretty good drugs to treat it now,” Calderwood says. Thanks to better medical procedures, rates of life-threatening MRSA are declining.



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Walmart  Pharmacy

JULY/AUGUST 2015

INSIDE

expert tips & smarts from

WebMD

OUTDOOR
FUN

BACK-TO-SCHOOL
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RECIPES

Actor
Judith Light
spreads the
word about
the flu

See the Light

Ask the
Pharmacist!

Start the school
year off right.

TURN TO PAGE W6

Walmart  Pharmacy



Take the lead in your health

Walmart  Pharmacy

Dear Walmart Customer,
This issue will give you everything you need to enjoy the rest of your summer and to be prepared for back to school.

Enjoying every day of summer is important. We encourage you and your kids to get outside for some fun family activities. Check out page W5 for some cool outdoor ideas the whole family will love.



I welcome you to try the delicious outdoor grilling recipes on page W11 that will have everyone referring to you as top chef.

Plus, our comprehensive back-to-school checklist on page W9 will help parents make sure they have everything their children need to be prepared and excited to kick off the new school year.

I hope you enjoy the rest of your summer and find this issue helpful!

Sincerely,

Labeed Diab
President, Walmart Health & Wellness

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See the Light P. W8

Judith Light, who stars in this summer's comedy-drama *Transparent*, spreads the word about flu prevention before the season even starts



P. W5
OUTSIDE THE BOX
Get your kids into the great outdoors with these fun activities



P. W9
PREP SCHOOL
Stress less this back-to-school season with tips to ease the transition



P. W11
THE FLIP SIDE
Fire up the grill every night with recipes made for summer

COVER PHOTOGRAPH BY LINDSEY BYRNES

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Outside the Box

Get your kids away from the TV and into the great outdoors this summer

BY GINA SHAW

REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR

Summertime! You'd think your kids would be more than ready to get outside and play. But let's face it—even on a beautiful summer day, kids are sometimes more tempted by TV, video games, and tablet screens than the great outdoors. Try these expert tips for inventive summer fun that will lure them outside (be sure to apply sunscreen first).

Skip the playground. “You can get into a rut, going to the same parks and playgrounds pretty close to home,” says Liza Sullivan, executive director of the Chicago-based Alliance for Early

Kids can be excellent weeders and dandelion diggers. Make it a game—the biggest pile wins.

Childhood. So she explored nature centers and forest preserves with her twins, now 7. “It was magical to see how their play changed. It became much more rich and open-ended.” On one trip to the forest, her kids started acting out *Sleeping Beauty* along the trail.

Do a photo scavenger hunt. Carrie Brainerd, an Ohio mom of two daughters, sends them out with a list of things to find and photograph in their neighborhood. “They come back with some really fun videos and slideshows,” she says.

Put them to work. If you're gardening, give children a small trowel, hoe, or rake of their own. Kids can be excellent weeders and dandelion diggers. Make it a game—the biggest pile of weeds wins.

Build a mud pie kitchen. Using old benches, crates, and other backyard leftovers, set up a countertop where your kids can assemble mud pies. Outfit it with your banged-up kitchen utensils. (Dollar stores and thrift stores are other good sources for mud kitchen equipment.) You'll



want to locate your play kitchen reasonably close to the hose—because the two indispensable ingredients for a mud pie kitchen are dirt and water. Also, make sure your kids are old enough for this one (younger ones might be tempted to taste their creations).

Take the indoors out. Take your favorite indoor activities—books, paints, Play-Doh—and plop them down on a blanket in the backyard. Or even better, says Sullivan, the front yard. “It's a good way to draw other kids in the neighborhood to join you.”

Go retro. Teach your children a game from your own childhood, like Red Rover, Simon Says, or Duck, Duck, Goose. They'll enjoy spending time with you—and you'll have fun sharing your growing-up memories with them.



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5 BACK-TO-SCHOOL QUESTIONS

With a Walmart Pharmacist



Corey Dunn
PharmD
Store 486, Bonner Springs, KS

Q. When I am shopping for my back-to-school needs, what are some must-have products to pick up from the pharmacy?

A. Back-to-school is the perfect time to stock up the home medicine cabinet. These are the essentials: ibuprofen and acetaminophen for fever and pain; an antihistamine for allergic reactions; an antibiotic ointment and bandages for minor cuts and scrapes. Also, I suggest head lice shampoo for grade school-age children; and an antifungal cream for kids in athletics.

I always recommend generics because they have the same active ingredients as brand-name products. Also, now is a good time to get rid of any expired products, too.

Q. When do I need to schedule my kids' back-to-school physicals/immunizations?

A. Scheduling immunizations around your kids' birthdays is a great way to remember and keep records organized. For junior high and high school kids in athletics, schedule physicals between May 1 and August 15.

Q. How can I tell if my kid has allergies, a cold, or the flu?

A. Allergies seasons usually occur in the fall or spring. The most common symptoms are sneezing, runny nose, and itchy eyes with no fever present. You can treat allergies with a non-sedating antihistamine. For a cold, the most common symptoms are sore throat, congestion, and sometimes a low-grade fever. It's important to note that antibiotics do not help colds—colds are a viral infection, and they typically will last 7 to 10 days. For flu, the trademark sign is the sudden onset of a 101°F to 105°F fever and body aches.

Q. When is the best time of year to get a flu vaccine?

A. October. Peak flu season is October through March. If you've missed October, it's still important to get a flu vaccine before March. People with certain conditions should get their flu vaccine earlier than October. Most retail pharmacies offer low-cost flu vaccines with or without insurance, which is much faster than scheduling a doctor's appointment. The best time to get a walk-in flu vaccine at your pharmacy is in the middle of the afternoon.

Q. How much sleep is recommended for my kids and myself to ensure we are well rested and at our best for the school year?

A. Elementary school-age children need 10 to 12 hours. Studies have shown that teens greatly benefit from 10 hours of sleep per night, too. Adults need 7 to 9 hours. Adequate sleep helps the body fight off infections, recover from injury, and makes us more emotionally stable. In the evening, set a wind-down time an hour before sleep with no television or phone. The light stimulation from those can make it hard to fall asleep.

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SEE THE Actor **Judith Light**'s latest role helps spread the word about the flu **LIGHT**

If you're 65 or older, Judith Light has a message for you: Get a flu shot. Since last September, the actor, who divides her career between stage and screen, has played the role of spokeswoman for the National Council on Aging's Flu + You campaign, and she wants everyone to pay attention.

"I'd had the flu and I saw that other people around me were getting the flu, and I thought, why are we not more educated about our health?" Light says.

Light, 66, also had something to learn. A co-star on the Golden Globe-winning Amazon Prime TV series *Transparent*, Light did not know that a stronger flu vaccine for seniors existed. Available for five years now, the higher-dose vaccine may provide extra protection for older people. That's important, because people older than 65 often have more severe symptoms and a much higher risk of dying from flu complications, according to the CDC.

"If you've gotten the flu, you know what it feels like," says Light, who came down with it twice in 2013, the year before she joined the campaign. "It's just dreadful."

And in her line of work, the flu can have dreadful consequences: "If you're doing a show and there's no understudy, you either go on or the show closes."

Light says she gets the vaccine as part of her larger efforts to embrace preventive medicine. "My doctor in Los Angeles emphasizes preventive care," she says. "He's trained me for years to appreciate that it's better to take care of something before it happens."

Light, who won a Tony Award for best actress in a play in both 2012 and 2013, made her Broadway debut in 1975, in a revival of Ibsen's *A Doll's House* starring

Liv Ullmann. Between 1977 and 1983, she won two Emmy awards for her role on the daytime soap *One Life to Live*. For the next eight years, she starred as Angela Bower on the ABC sitcom *Who's the Boss?* Light has co-starred in numerous other TV programs, including NBC's *Ugly Betty* and *Law & Order: Special Victims Unit*.

This summer, she will rejoin the cast of *Transparent*, a comedy-drama about an L.A. family whose patriarch starts the gender transition from male to female, from Mort to Maura, to film its second season. Light, who plays Mort/Maura's ex-wife, couldn't be happier to be a part of it. "When this came my way, I just thought this is incredibly perfect," says Light, a longtime advocate for gay, lesbian, and transgender causes.

When Light's not working, she's walking. "New York City really is my gym," she says. "I say that all the time, but it's true. I walk everywhere." Walking, which she supplements with yoga, qigong, and weights, does more than boost her fitness. It aids her acting.

She follows a mostly vegan, gluten-free diet, but admits to being a grazer, eating sporadically and on the run rather than relaxing at the table. It's a habit that she's working to change.

Light, who earlier this year celebrated 30 years of marriage to writer/actor Robert Desiderio, says she's busier than ever, and she's also at her happiest.

"I love where I am right now. I love my life. I love my career. I wouldn't go back to my 20s for anything."

BY MATT McMILLEN

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR

PHOTOGRAPH BY LINDSEY BYRNES

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Prep School

Stress less this back-to-school season
with tips to ease the transition

BY STEPHANIE WATSON

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

When summer begins to wind down, you realize the sounds of swimming pool splashes will soon give way to the hum of school bus motors. But no matter how much you look forward to sending your budding scholars back to class, the weeks of prep it takes to get them there can be stressful for them—and you. Here's how to ease the summer-to-school transition and wave off the first school bus with your sanity still intact.

Get into a new routine. “Kids like consistency and routines, and going back to school represents a break in routine,” says Rebecca Branstetter, PhD, a child and adolescent psychologist in the San Francisco Bay Area and author of the blog Notes From the School Psychologist. Her advice? “Start mimicking the school routine a couple of weeks before school starts.”

Shift bedtimes and wake times back 15 minutes each day to avoid a grumpy first school morning. Go over expectations for the school year. If your children are just starting elementary school, Branstetter suggests doing age-appropriate worksheets together at a set time each afternoon to get them ready for daily homework assignments.

Make a list. Long lines and incessant begging (“Can I get this, please?”) during back-to-school shopping excursions can wear down even the most patient parent. To avoid both stressors, head to the stores early in the day and firm up your shopping list with the kids ahead of time. “Tell them in advance that you won’t be deviating from that list,” Branstetter advises. If one big shopping trip seems too overwhelming, break it up into several excursions or make some of your purchases online.

Have a back-to-school checkup. The start of the school year is the perfect time for an annual physical exam, where your pediatrician can make sure your child is healthy and developmentally up to speed. The visit may include a sports physical, which can pinpoint any limitations or health issues that might get in the way of after-school athletics. Your doctor should also check that your child’s vaccinations are up-to-date.



Do a run-through. A new school can be scary for kids, so a practice run-through can make the unknown familiar. Before the first class bell rings, walk or drive the route with your children. Get familiar with the school building and play on the playground, Branstetter says. You might even ask to meet with teachers ahead of time.

A few social introductions is another way to ease pre-school jitters if your child is starting a new school. “Look for opportunities to have play dates or interactions in the month before school with kids who will be in the same grade level. They can start to build some friendships,” Branstetter says.

Listen closely. “If there’s any inkling of school phobia or your child says, ‘I’m not going back to school, I don’t want to go back to school, you can’t make me,’ listen,” Branstetter says. Work with teachers and staff in advance to help ease any strong negative feelings about returning to school.



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The Flip Side

Fire up the grill every night with easy recipes made for summer

BY KERRI-ANN JENNINGS

REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR



Grilled Corn Salad

MAKES 6 SERVINGS

Grilling gives corn a smoky sweet flavor that pairs perfectly with fragrant tarragon and tangy balsamic reduction. You can find balsamic reduction already prepared, or simply simmer balsamic vinegar until reduced by half.

INGREDIENTS

6 ears of corn
2 tsp olive oil
1 pint grape tomatoes, sliced
1 ripe avocado, diced
1 tbsp chopped fresh tarragon
salt to taste
pepper to taste
2 tbsp balsamic reduction (or to taste)

DIRECTIONS

1. Prepare grill for medium-hot heat. Brush a little olive oil on each ear of corn. Grill corn, turning often, until lightly charred, about 10 minutes.
2. Prop each ear of corn on a cutting board and with a sharp knife cut down along the cob to strip the kernels.
3. Transfer grilled corn kernels to a serving bowl. Add tomatoes, avocado, tarragon, salt, pepper, and balsamic reduction and lightly toss.

PER SERVING

159 calories,
3 g protein, 21 g carbohydrate,
9 g fat (2 g saturated fat),
5 g fiber, 5 g sugar,
103 mg sodium.
Calories from fat: 49%

Lighting up the grill brings the campfire to your weeknights, giving your family a chance to come together and turning even the simplest meals into a special occasion. Grilling is also a healthy way to cook. Vegetables and lean proteins (such as salmon, shrimp, chicken, tofu, and lean beef) take on a smoky flavor, and the high heat brings out the natural sweetness of corn on the cob and summer fruit. It's time to get grilling with these recipes.

Jerk Salmon and Mango Kebabs

MAKES 6 SERVINGS

Sweet and savory jerk seasoning gives salmon a Caribbean flair. Grilling mango brings out the natural sweetness of the fruit. Serve with rice or Grilled Corn Salad.

INGREDIENTS

Jerk seasoning
1 tsp ground allspice
1 tsp ground cumin
¼ tsp dried thyme
½ tsp garlic powder
¼ tsp cayenne pepper
⅛ tsp cinnamon
¼ tsp salt

Kebabs

1½ lbs salmon,
cut into chunks
3 cups mango chunks
2 tsp canola oil

DIRECTIONS

1. Prepare grill for medium heat. In a small bowl combine jerk spice mixture.
2. Beginning and ending with salmon, thread salmon and mango chunks onto 6 skewers. Brush with oil and season with spice mixture. Grill, turning occasionally, until fish is opaque throughout, 5–8 minutes.

PER SERVING

212 calories, 23 g protein, 11 g carbohydrate, 9 g fat (1 g saturated fat),
50 mg cholesterol,
1 g fiber, 7 g sugar,
148 mg sodium.
Calories from fat: 37%



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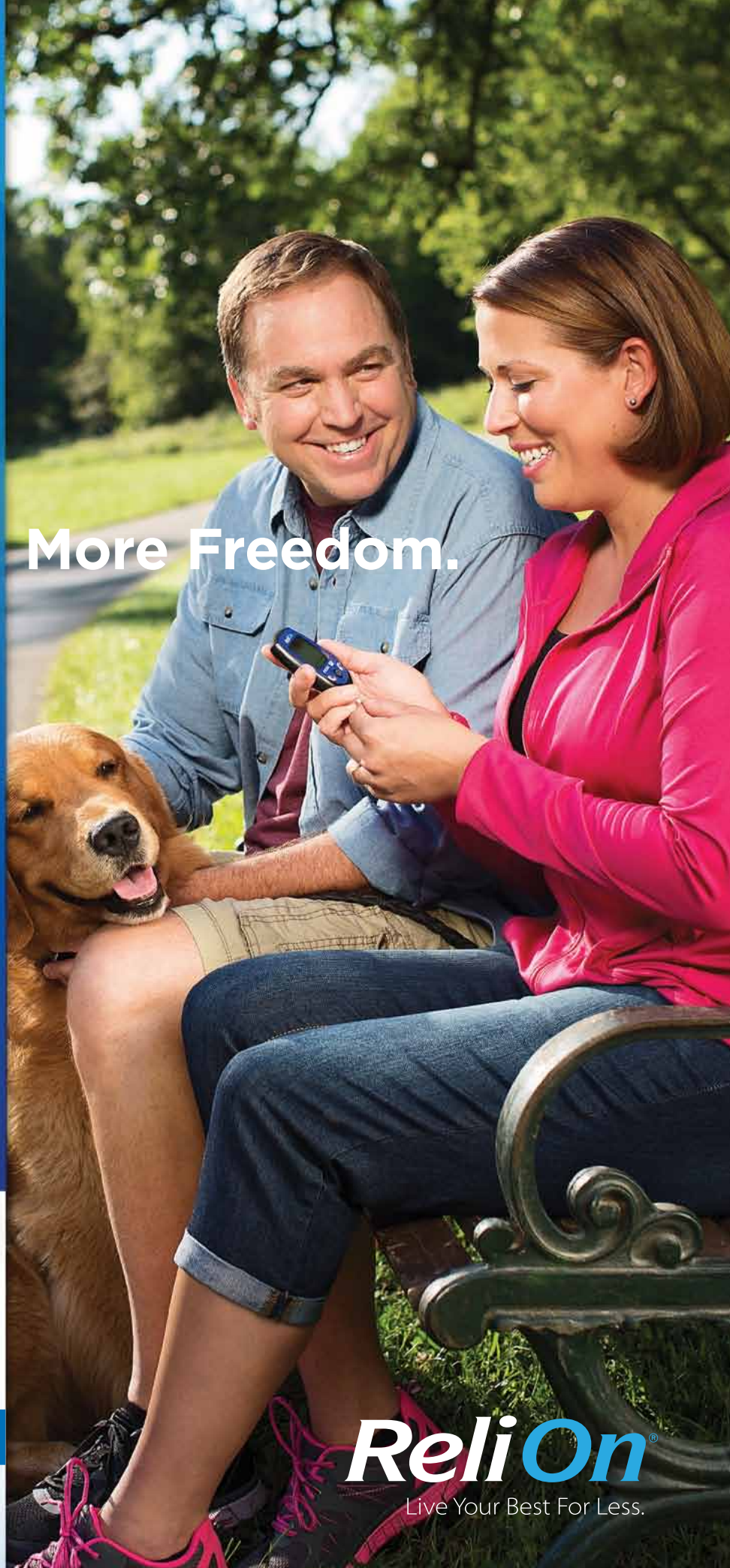
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IN SEASON

Big Red

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

For tomato lovers, this is the best season of the year: when warm, sunny days make fresh tomatoes ripe and plentiful. Tomatoes offer a bonanza of nutrients along with their glorious flavor. One medium tomato contains just 27 calories but 30% of an adult's daily value for vitamin C and more than 25% for vitamin A (both disease-fighting antioxidants), along with vitamin K, magnesium, and folate. "It's really a great mixture of nutrients we could use a bit more of," says Alice Bender, RDN, associate director of nutrition programs at the American Institute for Cancer Research. Tomatoes are also a top source of the antioxidant lycopene, which research suggests helps protect against multiple cancers. As a bonus, a fresh tomato is a satisfying choice for weight loss. "It's packaged with a lot of water and some fiber, takes up room on your plate, and helps fill you up," Bender says. Turn the page to enjoy the season's harvest with our tomato recipes.

Short Stack

These layered creations highlight the best of summer's bounty. Two stacks make a terrific veggie entrée. For the prettiest stacks, select an eggplant roughly the same diameter as the tomatoes. The recipe calls for balsamic syrup, a tangy-sweet condiment you can find in large grocery stores and gourmet shops.

Tomato Veggie Stacks

Makes 8 servings

Ingredients

- 1 medium eggplant, peeled and cut into 8 slices
- 2 large yellow peppers, each seeded and cut into 4 pieces
- 1 large ear of corn, husked
- 2 tbsp extra virgin olive oil, divided in half
- 2 large beefsteak or heirloom tomatoes, each cut into 4 slices
- ¼ tsp sea salt
- freshly ground pepper to taste
- ½ lb part-skim mozzarella cheese, cut into 8 slices
- 16 fresh basil leaves, plus more for garnish
- 1 ripe, peeled avocado, cut into 16 thin slices
- 1 tbsp balsamic syrup

Directions

1. Preheat grill to medium high. Brush eggplant, peppers, and corn with olive oil. Grill vegetables 5–8 minutes, turning occasionally, until they are tender and grill marks appear. Remove veggies from grill, and cut corn kernels from cob.
2. Sprinkle tomato slices evenly with salt and pepper.
3. Arrange stacks: Layer eggplant, peppers, tomatoes, mozzarella cheese, basil leaves, and avocado, and sprinkle with corn kernels.
4. Drizzle stacks with balsamic syrup and remaining olive oil, and garnish with remaining basil leaves. Serve at room temperature or chill in the fridge until ready to serve.

Per serving

186 calories, 9 g protein, 15 g carbohydrate, 11 g fat (4 g saturated fat), 18 mg cholesterol, 5 g fiber, 5 g sugar, 254 mg sodium. Calories from fat: 51%



Serve tomatoes with a little fat (say, a drizzle of olive oil) to help your body absorb and use the antioxidant lycopene.

The name of this fruit comes from the Aztec word "tomatl."

The tomato is native to South America and was domesticated in Mexico.

Souper Star

This zesty chilled soup is the ultimate summer lunch or supper (served with a crusty roll). It's a delicious way to eat lots of fresh produce in one meal.

Gazpacho With Shrimp and Avocado

Makes 6 servings

Ingredients

- 3 stalks celery
- 2 scallions (reserve green tops for garnish)
- 1 English cucumber, peeled and seeded
- 1 large red bell pepper
- 3 cloves garlic
- 4 cups low-sodium tomato juice
- 1 lb ripe tomatoes, diced
- 1 tbsp olive oil
- 2 tbsp balsamic, red wine, or sherry vinegar
- 1 tbsp fresh lemon juice
- 3 tbsp chopped fresh cilantro
- 2 tsp Worcestershire sauce
- ½ tsp hot sauce (optional)
- 1 lb steamed or grilled shrimp, peeled
- 3 tbsp nonfat Greek yogurt
- 1 medium avocado, peeled and diced

Directions

1. In a food processor, pulse first five ingredients to chop coarsely. Add tomato juice and pulse until mixture is finely chopped.
2. Transfer mixture to a large bowl. Stir in tomatoes, olive oil, vinegar, lemon juice, cilantro, Worcestershire, and hot sauce.
3. Ladle soup into six bowls. Garnish with shrimp, yogurt, avocado, and green onion tops, and serve.

Per serving

203 calories, 20 g protein, 17 g carbohydrate, 7 g fat (1 g saturated fat), 146 mg cholesterol, 5 g fiber, 9 g sugar, 238 mg sodium. Calories from fat: 38%

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

Toast With the Most

This addictive appetizer is a time-honored way to enjoy ripe tomatoes. The bread is lightly toasted in a grill pan (or on the grill), and then rubbed vigorously with whole garlic cloves for a Mediterranean-style flavor boost.

Tuscan Bruschetta

Makes 8 servings

Ingredients

- 1 pint mixed yellow and red cherry tomatoes, cut in half
- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- ¼ tsp sea salt
- freshly ground pepper to taste
- 1 cup part-skim ricotta cheese
- 1 tsp lemon zest
- 1 tbsp finely chopped chives
- 8 slices whole grain ciabatta, baguette, or country bread, cut 1-inch thick
- 2 cloves garlic, peeled
- 2 tbsp chopped fresh basil leaves

Directions

1. In a small bowl, combine cherry tomatoes, olive oil, balsamic vinegar, salt, and pepper. Toss to combine, and set aside to marinate at room temperature.
2. In another small bowl, combine ricotta cheese, lemon zest, and chives, and whisk to a creamy consistency. Set aside.
3. Heat a griddle pan to medium high. Place bread slices in the pan and toast two minutes per side or until lightly browned. Remove toasted bread from the heat, and rub whole garlic cloves on one side of each slice.
4. Assemble the bruschetta: Top each piece of toast with a layer of ricotta cheese, followed by cherry tomatoes and a sprinkle of chopped basil. Serve immediately.

Per serving

181 calories, 10 g protein, 22 g carbohydrate, 6 g fat (2 g saturated fat), 10 mg cholesterol, 4 g fiber, 4 g sugar, 288 mg sodium. Calories from fat: 23%

Botanically speaking, the tomato is a fruit. But in Arkansas it's the state fruit and vegetable.

Tomatoes gain weight as they ripen, even after they've been plucked from the vine.

WebMD.com

What's Cooking!

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

Lemon Dill Chicken

Garden-Stuffed Potatoes

White Chili

Sesame Chicken
Cucumber Noodle

Creamy Chopped
Cauliflower Salad

*May 1, 2015



The average American eats about 22 pounds of tomatoes a year, mostly in the form of ketchup and tomato sauce.

OFF THE MENU

Zoi Antonitsas

EXECUTIVE CHEF, WESTWARD
SEATTLE

By Matt McMillen

Zoi Antonitsas worked her first restaurant job at age 16, and she cut and burned herself nearly every day in the kitchen. “It was ridiculous, but I loved cooking,” says Antonitsas, “even when all my friends were out having fun and I was there at the restaurant at 10 p.m. scrubbing away.”

The energy, creativity, and challenge of cooking professionally pulled her in, and she’s come a long way from her days as fledgling prep cook. Twenty-two years after that first summer job, Antonitsas, 38, was named a *Food & Wine* Best New Chef of 2015 for the Mediterranean-inspired food she cooks at Westward. She also competed in the fourth season of Bravo’s *Top Chef*.

Open seven days a week, Westward demands most of Antonitsas’ physical and mental bandwidth, but she says she has recently learned to give herself some time off. “I like to get in the car and go on a ferry ride to one of the San Juan Islands with my dogs, to be out in nature and disconnect a bit,” she says.

Her primary exercise is her daily walk with her dogs. She also credits her job with keeping her fit: “The reason I’m



not out of shape is the nature of the business. I’m constantly on my feet and moving for eight to 12 hours.”

Antonitsas’ father is Greek, and as she grew up, she learned to love the flavors of the foods he often cooked: lamb, lemons, seafood, olive oil rather than butter.

“My food’s a contemporary interpretation of traditional Greek dishes,” Antonitsas says. “I like to take those dishes and elevate them.” That’s just what she’s done with the minted pea soup recipe she shares here. Served chilled, it’s the perfect dish on a hot summer evening.

The signature dish at Westward is braised lamb shoulder with herb and onion salad, tzatziki, and flatbread, which Antonitsas describes as an upscale take on the gyro sandwich. It never leaves the menu, which otherwise shifts frequently as it follows the seasons.

“We’re constantly inspired by what’s available,” Antonitsas says. “The minute local asparagus is available, it’s on the menu. Same with rhubarb and tomatoes.”

But it’s the bounty of the sea that really drives the restaurant. “We have incredible seafood here. Oysters, clams, mussels, fresh sardines, crab, black cod—the list goes on and on and on. I feel very lucky, because seafood is my favorite thing to eat and cook.”

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

**Minted Pea Soup**

Makes 4 servings

Ingredients

- 2 cloves garlic, sliced
- 2 spring onions or shallots, thinly sliced
- 3 tbsp extra virgin olive oil
- ¼ cup white wine
- 6 cups low-sodium vegetable stock
- 2 cups frozen or fresh blanched English peas
- ¼ cup mint leaves
- salt
- pepper
- 1 lemon

Garnish

- ras el hanout (or substitute curry powder)
- yogurt
- extra virgin olive oil
- mint leaves

Directions

1. In a large stainless pot, toast garlic and onions in olive oil. Deglaze with white wine and reduce by about half.
2. Add vegetable stock and bring all to a simmer. Add peas and mint. Remove from heat.

3. Blend until very smooth and pass through a sieve.

4. Season with salt and pepper and a drop of lemon juice to taste. Garnish with a pinch of ras el hanout, a drizzle of yogurt, olive oil, and a few small mint leaves. Serve hot or cold.

Per serving

(not including garnishes)
198 calories, 6 g protein,
18 g carbohydrate, 11 g fat (2 g saturated fat), 6 g fiber, 9 g sugar,
218 mg sodium. Calories from fat: 49%



Read **Can't Do Yoga?**
Think Again, an article at
WebMD.com.

[LEARN HOW ON PAGE 7](#)

WORK IT OUT

Strike a Pose

WANT TO IMPROVE YOUR BALANCE, FLEXIBILITY, MUSCLE TONE,
AND MORE? LOCATE YOUR INNER YOGI

By Kara Mayer Robinson

● Yoga is more than a powerful way
● to relax—it can transform your
body, says Travis Eliot, a registered
yoga teacher in Santa Monica, Calif.
“Yoga has the potential to increase fat
loss, develop muscle tone, and build
flexibility, leading to a more lean-
looking physique.”

If flexibility and balance are what
you're after, even the gentlest forms of
yoga will do the trick. Many types also
help you build muscle strength and
endurance. If you want to work on your
cardio fitness, yoga can do that, too, as
long as you opt for a more rigorous form.

**Hatha, Integral, and Iyengar
yoga** Choose one of these gentle forms
of yoga if you want to target flexibility,
balance, strength, and relaxation. In
a recent study, people who did Hatha
yoga for eight weeks had better balance,
improved flexibility, a boost in endur-
ance, and an upsurge in strength.

Hatha yoga is filled with poses that
strengthen your chest, abs, and core.
“Many poses, like the Forearm Plank
and the Boat Pose, build tremendous
core strength,” Eliot says. “Others,
like the Plank and Chaturanga, build
strength throughout your upper body.”
And the Warrior III and Half Moon
poses are great for improving your flexi-
bility and balance. For even bigger gains,
hold your poses for 30 seconds.

**Power, Ashtanga, Vinyasa,
Bikram, and Hot yoga** Try a more
intense form of yoga for a more dramatic
transformation, Eliot says. “If you're
looking for muscle tone and fat loss,
Power yoga is best,” he adds.

Expect to do longer strings of poses
with fewer breaks. You'll move more
and do more challenging poses. If you
choose Bikram or Hot yoga, you'll sweat



GO TO THE MAT

TO MAXIMIZE YOUR RESULTS,
TRY THESE TIPS FROM YOGA
INSTRUCTOR TRAVIS ELIOT.

Max out. The more you
practice yoga, the more changes
you'll see in your body. Start with
three sessions per week. After
about a month, bump it up to
five or more.

Mix it up. Each style of yoga
has unique benefits. Try to vary
your yoga practice to target
different areas of your body and
fend off boredom.

Be mindful. Use your yoga
sessions to let go of tension and
stress. As a part of your fitness
routine, yoga can be a powerful
way to manage stress, think
more positively, and feel good.

more because the room is kept at a
higher temperature.

You'll reap the benefits of the gen-
tler types of yoga—flexibility, balance,
strength, and relaxation—plus you'll get
a cardio workout. Moves like Sun Salu-
tation A and Sun Salutation B increase
your heart rate and build stamina.

One caveat: If your goal is to build
muscles, weightlifting will give you bet-
ter results. If you want to lose weight,
good nutrition and a healthy lifestyle
are also key. “Often someone who prac-
tices yoga regularly starts to make more
optimal choices when it comes to being
healthy,” Eliot says.

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

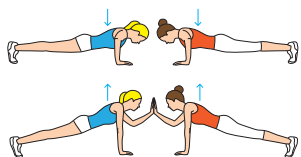
FITNESS CHALLENGE

Power Couple

WORKING OUT WITH A PARTNER DOUBLES THE BENEFITS.
TRY THESE MOVES WITH A FRIEND OR SPOUSE

By Jodi Helmer

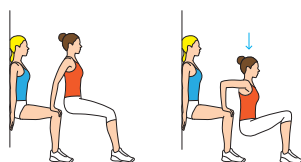
If you've never thought about including a partner in your workout, Jennifer Cohen, a Los Angeles-based certified personal trainer and author of *Strong Is the New Skinny: How to Eat, Live, and Move to Maximize Your Power*, wants to change your mind. "When you move together and support each other during a workout, it adds an element of closeness" if you're a couple, she explains. "It's also a great activity to keep you both motivated to stay healthy and fit."



High Five

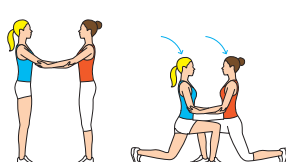
Cohen likes adding a high five to a traditional push-up because it engages the core, builds balance, and adds intensity to the move.

1. Facing each other on the floor, get into the standard push-up position (hands squared under your shoulders with your body in a straight line from shoulders to toes). To make the move easier, bend your knees and place them on the floor, cross your ankles, and raise your feet off the floor.
2. Keeping your back straight and abs engaged, bend your elbows and lower your chest toward the floor.
3. Push back up to the starting position and, at the top of the push-up, use your right hand to high-five your partner's left hand.
4. Do up to 20 reps, alternating hands for high fives.



Triceps Dip With Squat

1. One partner gets into a wall squat (feet hip-width apart, knees bent and over the ankles—being careful not to extend knees over toes—and back straight, using the wall for balance). Aim to get the thighs and torso as close to 90 degrees as possible.
2. With his or her back to the partner in the wall squat, the other partner bends down, reaches back, and places his or her palms on the partner's knees.
3. While your partner holds the wall squat, bend your elbows and lower your bottom toward the floor.
4. Engage your triceps and push back up to the starting position.
5. Do 15 reps.
6. Swap positions with your partner and repeat steps 1 to 5.
7. Aim to do three sets in each position.



Buddy Lunges

"This move is harder than it looks," Cohen says. "You have to rely on your partner to support you and help keep your balance."

1. Start by facing each other, feet hip-width apart, toes almost touching. Keeping elbows bent at 90 degrees, hold on to each other's elbows.
2. One partner steps forward with the right foot, bending the right knee to 90 degrees (the left knee will move toward the ground but shouldn't touch), while the other partner steps back with the left foot, bending the right knee to 90 degrees.
3. Return to the standing position, pushing through the heel of the knee bent at 90 degrees as you rise.
4. Repeat with the opposite leg.
5. Do 15 reps.

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

Q

"I'd love to exercise at home. What equipment will give me a great workout without taking up much space?"

Kario Brooks, 33, health care analytics consultant, Atlanta



A

"You don't need a lot of space or equipment to do strength training at home. Outfit your home with these three small pieces.

1. **Suspension trainer.** The ropes hang over a door and use body weight to build core strength, balance, and flexibility. Use it to do push-ups, bicep curls, and squats.
2. **Resistance bands.** Look for bands in several different weights for multiple levels of resistance. Use heavier bands for leg/core moves and lighter bands for arm workouts.
3. **Gliding disks.** These look like mini Frisbees that are small enough to stand on. Adding a gliding movement to strength-training moves to boost intensity and resistance."



Ryan Halvorson, personal trainer; director of team training at Bird Rock Fit, La Jolla, Calif.; and contributing editor at IDEA Health & Fitness Association

WebMD[®] Checkup

TAKING CARE, LIVING WELL

July is **Juvenile Arthritis** Awareness Month

Nearly 300,000 children in the U.S. have arthritis or a related condition. When children younger than 16 have arthritis, doctors call it juvenile arthritis (JA).

Arthritis comprises more than 100 types of diseases, including several variations of JA, that damage joints, bones, muscles, and cartilage. Researchers don't know what causes most JA; some studies point to genetics.

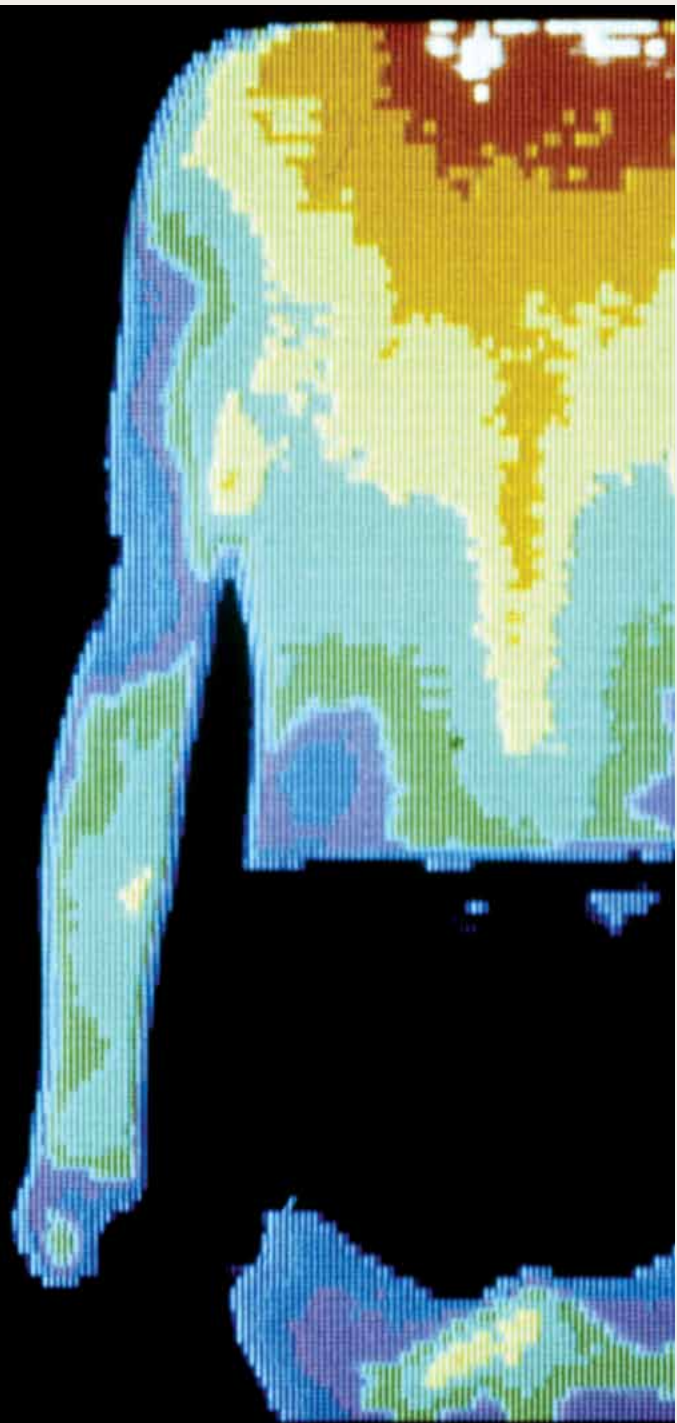
Most types of arthritis are autoimmune diseases, in which the body's immune system, designed to attack harmful cells in the body, destroys healthy cells instead. With JA, a child's joints are affected, causing inflammation, pain, and limited mobility.

But JA isn't simply a "children's version" of adult arthritis. It's unique in some ways. Children with arthritis, unlike adults with the disease, are at risk of growth problems that affect height.

Doctors might try several medications before they find one or a combination that stops or reduces inflammation. With medication, most children go through periods without pain or symptom flare-ups. Remission, defined as six months or more without symptoms, is the goal of treatment. Many children go into remission on medications, while others can stop them entirely. Some doctors believe that prescribing the most aggressive drugs as early as possible increases the chance of remission and decreases the risk of irreversible damage.



Race car driver Todd Peck, who had JA, displays the Arthritis Foundation's "Kids Get Arthritis, Too" logo on his car. Actor Jennie Garth's daughter has JA.—*Sonya Collins*



HEALTH HIGHLIGHTS

PSORIASIS

TIPS FOR MANAGING AND LIVING WITH YOUR CONDITION

By **Matt McMillen**

1 Consult an expert
Psoriasis can be misidentified. See a dermatologist to confirm the diagnosis and the proper treatment.

2 Pay attention to joint pain
Swollen and painful joints may signal psoriatic arthritis. See your dermatologist right away to prevent joint damage.

3 Be patient with medication
Prescription creams may take weeks to make a difference, so keep using them as directed.

4 Try new treatments
If your medicine no longer helps, ask your doctor to prescribe something different.

5 Keep cool
Chill your moisturizers in the fridge for extra itch relief.



6 Know your mood
Depression often affects people with psoriasis. Talk to your doctor if you've been down, can't sleep, or lack energy.

7 Turn to meditation
Stress often triggers psoriasis flares. Practice mindfulness for a few minutes each day to help yourself relax.

8 Follow your heart
Psoriasis boosts the risk of heart disease, so eat well, exercise, and see your doctor.

9 Stay hydrated
Drink plenty of water throughout the day to help ease psoriasis symptoms.

10 Get together
Talk with friends and family, or join a support group like National Psoriasis Foundation's TalkPsoriasis.org.

EXPERT TIPS



Abby S. Van Voorhees, MD
chair of medical board,
National Psoriasis Foundation

"Psoriasis can be associated with obesity, so exercise and other strategies to maintain your best weight should be a lifelong effort."

"Having trouble getting moisturizer on your back? Put your moisturizer on a large strip of saran wrap and rub it on like you were drying your back with a towel."



Doris Day, MD
dermatologist, Lenox Hill Hospital,
New York City

"Moisturizing is so critical. Use a good, rich cream to get results. The best time to apply: right after your shower to lock in moisture."

"Manage your stress by thinking good thoughts. It may sound silly, but giving yourself a reason to laugh every day really helps."



Colby C. Evans, MD
dermatologist, Evans Dermatology,
Austin, Texas

"Excessive alcohol consumption, especially of beer, tends to worsen psoriasis. Limit or eliminate drinking for several weeks to see if it helps."

"Take care in the sun. Small amounts of sun (10 to 30 minutes depending on your complexion) can improve psoriasis, but sunburns can make it worse."

Reviewed by Hansa Bhargava, MD, WebMD Medical Editor

BY THE NUMBERS

IMMUNIZATIONS

FACTS AND FIGURES ABOUT TOP HEALTH ISSUES

By Heather Hatfield



16

Number of diseases children can be vaccinated against

2 million-3 million

Deaths prevented every year as a result of immunizations

732,000

Deaths prevented by vaccines

1 in 5

Number of children worldwide still unprotected against vaccine-preventable diseases



90%-99%

Effectiveness of vaccines in preventing diseases



21 MILLION

Hospitalizations prevented by vaccines

29%

Deaths in children under age 5 that are vaccine-preventable

1955

Year polio vaccination started in the U.S.

1979

Year polio was eradicated in the U.S.

25,000



Estimated polio cases in the U.S. each year before vaccination started

3 million-4 million

Measles cases in the U.S. each year before vaccination started

322 million

Among children born 1994-2013 in the U.S., number of illnesses prevented by vaccines over a lifetime

\$1.38 TRILLION

Societal cost savings as a result of preventing 322 million illnesses



Sources: American Academy of Pediatrics, CDC, College of Physicians of Philadelphia, UNICEF, World Health Organization



Watch **How to Do a Melanoma Check**, a video at WebMD.com.
LEARN HOW ON PAGE 7

Checkup

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

LIVING WELL MELANOMA

HOW TO PROTECT YOURSELF FROM A REPEAT EPISODE OF SKIN CANCER

By Christina Boufis

Tina Miller, 46, always worshipped the sun. “I used to go to tanning salons, and planned my vacations where I could lie out on the beach,” she says. But three years ago, she was diagnosed with melanoma, the deadliest form of skin cancer. “I never thought it would happen to me.” But it did—and will to nearly 74,000 Americans this year, according to the American Cancer Society. And “once you’ve had one skin cancer, you’re at risk for developing more,” says Janet C. Lin, MD, a dermatologist at Mercy Medical Center in Baltimore. How can you protect yourself if you’ve already had skin cancer?

Examine your skin monthly. Do it on the first day of every month, so you’ll remember, Lin advises. “After your shower, stand in front of the bathroom mirror. Get a small handheld mirror to look at those difficult-to-find areas like your back,” she says. Examine yourself head to toe. What to look for? Any changes in moles, such as bleeding, crusting, or itching, or any new growths, Lin says.

Know your ABCDEs, so you can recognize the warning signs of melanoma.

“A stands for asymmetry,” Lin says. “If you mentally



draw a line down the middle of the mole, the two halves should look the same” in a healthy mole.

B is for border. Borders in normal moles should be smooth, not uneven, ragged, or scalloped.

C stands for color. “You want to make sure your moles are one uniform color and similar in color to each other,” Lin says.

D is for diameter, which in healthy moles should be the size of a pencil eraser or smaller.

E is for evolving. “Watch for any changes in the appearance, shape, size, and color of your moles over time,” Lin explains.

Read sunscreen labels. “You need to put on at least an SPF 30,” Lin says. “The second thing to look for is broad spectrum. That

means it has UVA protection as well,” which shields you from the ultraviolet rays that penetrate deeper layers of the skin. “The last thing to check is that it has some water resistance, especially if you plan to spend a long time outside.”

Dress sun-smart.

“Wear a hat and sunglasses, especially if you’re going to be around sand or water, because they’ll reflect ultraviolet light from the ground,” Lin says. Consider wearing sun-protective clothing, in which sunscreen materials are built into the fabric, she says. One or two pieces should be enough to get you through the season.

As for Miller, she had two lymph nodes removed, but luckily the melanoma hadn’t spread. During one of her recent twice-yearly skin exams, her dermatologist found and removed another precancerous mole.

“I feel very fortunate that [the cancer] was found early. I wear a hat all the time and slather myself with sunscreen. I don’t make it a priority to be tan.”



ASK YOUR DOCTOR

1. How often should I have my skin checked?
2. Do I need to tell other family members to have skin exams?
3. Do I need to wear sunscreen every day?
4. How should I apply sunscreen? How much should I apply?
5. How can I make sure I get enough vitamin D if I avoid the sun?

MY STORY

OUT OF THE DARK

A READER SHARES HIS JOURNEY WITH DEPRESSION

By Daniel Collins
WebMD.com community member

At 28, I was diagnosed with major depression with OCD, obsessive-compulsive disorder. Looking at my family history, I discovered depression runs in my family.

To me, depression is like a volcano: It's always been there, but then there are eruptions. I remember one episode when I was in my 20s. I had no friends, no social life, certainly no relationships. I was living with my parents.

One day I called a 900 number for phone sex but hung up immediately. I felt I had done something that violated my personal nature. That act served as a trigger, releasing the volcanic eruption that seemed to consume me. My mind started to spiral. I thought I'd become addicted to these numbers and have to move to a place where there was no phone access. Looking back, all that sounds ridiculous. But imagine a song you can't get out of your head. Now imagine that it's a horrible song, something too painful to hear and it will not stop. Not even a moment. That can make you feel pretty depressed.

I started scouring books on depression and mental illness. My father said, "You're not going to read your way out of this," and I realized he was right because what was happening wasn't an



intellectual issue but an emotional one.

I couldn't stand the pain a minute longer, so I went to see a psychiatrist. I started taking medication and going to therapy, and realized I needed to make lifestyle changes.

I had a weight problem—the only thing that felt comforting was to eat. Very slowly, I changed the way I approached food. I cut out salt, avoided late-night eating, and stayed away from junk food and candy bars.

I also took up fencing. It was therapeutic—both because I felt better after exercise and because it forces

DANIEL'S WORDS OF WISDOM

"We need mental checkups just as much as we need physical checkups. See your primary care doctor. That's a good place to start."

"Get outdoors. I found it was very good for me physically and mentally to get out into nature."

"Tap into your support system. If you don't have one, start creating one. The worst thing you can do is hole up at home."

you to focus on your opponent in front of you. And I began community theater, which I still do today. All these factors started to come together to unlock the door to a more normal life.

I have much more confidence and a stronger inner sense of self. I think marriage helps with that, too. Last year, at 52, I got married. I'm very lucky to have married somebody who has a similar history and has walked the same path I have.

You don't see too many men talking about depression. But for me, it's not so different from a broken leg. You need help fixing it.

HEALTH CHECK

DO YOU HAVE SUMMER SURVIVAL SKILLS?



One reader's family lake trip ended with red skin all around. "We are all in a lot of pain," **BabyShaie** lamented to WebMD's parenting community. "Does anyone know how to get the heat out of a sunburn, maybe a home remedy?" A moisturizing lotion or hydrocortisone cream can soothe the burn. Next time, you're better off preventing singed skin in the first place, because it can lead to premature aging and skin cancer. Do you know how to protect your skin from the sun and avoid other outdoor summer hazards, like heatstroke?

QUIZ

1. Tanning gradually is the best way to prevent sunburn and protect your skin.
☐ Yes ☐ No
2. Dark-colored clothes are better than light-colored ones if you're headed outside in the sun.
☐ Yes ☐ No
3. Cool, clammy skin could be a sign that you're overheated.
☐ Yes ☐ No
4. Drinking a big glass of iced tea while you work outdoors on hot days can help prevent dehydration.
☐ Yes ☐ No

Answers: **1. No.** The longer you're exposed to the sun, the more your skin can be damaged. The smarter move is to apply an SPF 30 or higher sunscreen to all exposed skin about 30 minutes before you go outside, and reapply it at least every two hours. **2. Yes.** Dark, tightly woven fabrics protect your skin from the sun better than light-colored clothes. You can also buy UV-protectant clothing, or products that add UV protection to your clothing in the washing machine. **3. Yes.** It might seem counterintuitive, but cool, clammy skin is a symptom of heat exhaustion—a condition caused by your body overheating. Other signs are weakness, increased thirst, and nausea. Get inside where it's cool and drink some water. Without treatment, heat exhaustion can lead to more serious heatstroke. **4. No.** Although you want to drink often when outside, the fluid to choose is plain water. Caffeinated tea, as well as coffee and soda, can cause more fluid loss and dehydrate you faster.

SOURCES:

Johns Hopkins Medicine, Nemours Foundation, Skin Cancer Foundation, WebMD Skin Problems & Treatments Health Center

ASK YOUR DOCTOR

1. What's the best way to apply sunscreen?
2. Will a higher SPF protect me more?
3. What can I do, besides using sunscreen, to shield my skin from UV rays?
4. What should I do if I think I have heatstroke?

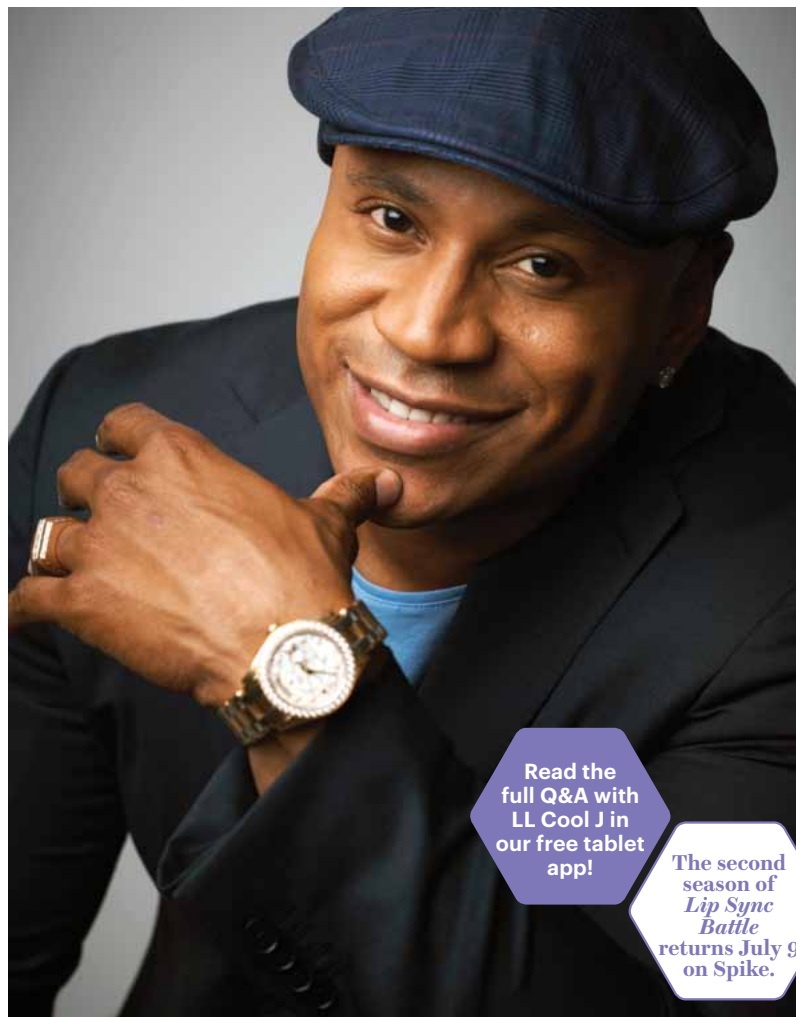
LL Cool J

Rapper, Actor

1 **Lip Sync Battle, which you host, has been a huge hit. What do you think draws people to fake singing?** It's a silly thing we all do, whether we're singing in the shower or lip syncing in our cars or getting dressed in the morning. It's part of who we are as human beings, the love of music. When the celebrities come on, they choose whatever song from whatever genre they like, and their passion translates. It resonates.

2 **If you could challenge anyone to a lip sync battle, who would you choose?** I try not to give it too much thought. I try to stay in host mode. But it could be anybody. It wouldn't matter who it was. That's the fun of it.

3 **You've played an ex-Navy SEAL Sam Hanna on *NCIS: Los Angeles* for 6 seasons now. How do you stay in shape for it?** It's a very physical show, with a lot of fight scenes. With my character, I don't try to lose weight. I work to put on muscle. I run outside and on the treadmill. I use the elliptical machine; I jump rope, and I do a lot of sprints to elevate my heart rate. I also do weights.



4 **Has fitness always been important to you?** I've always loved exercise. It was a part of growing up in Queens [New York] and seeing guys running around with tank tops on. I was always inspired to be in shape and be the best I could be. I wanted to be bigger, stronger, faster. It's about making choices, about choosing what's right even when you don't want to.

5 **Do you have a favorite workout routine?** You've got to mix it up or your body gets used to it, so I try not to fall in love with any workout routine. But I like to do sprints combined with weights.

6 **What's your diet like?** I do chicken breasts, fish, vegetables. In the morning, I have oatmeal. If I want to

treat myself and have something more fun, more pleasurable, I'll do cream of wheat. I have my cheat days on the weekend every now and again, but I only go crazy once or twice a year.

7 **What's your best health habit?** Being happy for other people, being grateful, having faith in God and being joyful inside. Your spirit carries a lot of weight

when it comes to your overall health. I should sleep a few more hours a night than I usually do.

8 **Is there anything about health you wish you had known 20 years ago?** No. I treated myself well, and I'm OK where I'm at. I wasn't living hard, I wasn't a party animal, and I think that really helped my career longevity. I was up till 5 a.m. yesterday, but I wasn't partying. I was watching *The Tudors*.

9 **What do you like to do during your downtime?** I read my scripts, I watch documentaries, I read something to keep my mind sharp on some level. I rarely do anything that's a complete and total waste of time.

10 **Your Jump and Ball summer program for kids in Queens just had its 11th anniversary. Why is it so important to you?** I know what it's like to be there and have absolutely nothing to do in the summer, and when you have nothing to do, it can lead to mischief. So we give these kids an opportunity to do something. This is a hugely important thing to me, and I'm very passionate about it.
—Matt McMillen