features

October 2011

40 wellness Queen Christina

You know her as gorgeously curvy, fiery Joan on Mad Men, and now Christina Hendricks is expanding her repertoire with two new movies: I Don't Know How She Does It, co-starring Sarah Jessica Parker, and the thriller Drive, opposite Ryan Gosling. Hendricks tells WebMD contributing writer Rebecca Ascher-Walsh how she stays fit and grounded on and off the set and why this Idaho-born beauty would rather be home cooking than striking a pose on the red carpet. PLUS: Christina’s tips for learning to love the skin you’re in.

46 cancer 10 Symptoms Women Should Never Ignore

A bit of bloating and feeling fatigued is normal for women, but if both get out of hand, pay attention, health experts say. WebMD contributing writer Christina Bouis reports on the top 10 symptoms women should keep on their radar screen when it comes to cancer awareness and prevention efforts. PLUS: Three simple ways to reduce your risk today.
October 2011

Take the test you can take to your doctor

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I'm taking charge of my fight against RA. I talked to my doctor about something different.

Linda J. Living with RA since 1989

For adults with moderately to severely active RA after at least one anti-TNF treatment has been used and did not work well.

ACTEMRA IS THE FIRST AND ONLY TREATMENT TO BLOCK THE ACTION OF IL-6. This is one of the substances in the body that can contribute to the signs and symptoms of rheumatoid arthritis (RA), including pain, swelling and joint damage.

ACTEMRA HAS BEEN PROVEN TO WORK for some people who had previously used anti-TNF treatments that did not work well such as Enbrel® (etanercept), Humira® (adalimumab) and Remicade® (infliximab).

— In a 6-month study, about half the patients taking ACTEMRA reduced the signs and symptoms of RA (also known as ACR20)

ACTEMRA STOPS JOINT DAMAGE: In a 1-year study, the progression of joint damage stopped for most patients taking ACTEMRA at the 8 mg/kg dose in combination with methotrexate

ACTEMRA CAN CAUSE SIDE EFFECTS

ACTEMRA is the first and only treatment to block the action of IL-6. This is one of the substances in the body that can contribute to the signs and symptoms of rheumatoid arthritis (RA), including pain, swelling and joint damage.

Read Linda’s story at ACTEMRA.com or call (800) ACTEMRA and speak with a nurse, live.

This information does not take the place of talking to your healthcare provider about either your medical condition or your treatment with ACTEMRA. Talk with your healthcare provider if you have any questions about your treatment with ACTEMRA.

INDICATION

ACTEMRA is a prescription medicine called an interleukin-6 (IL-6) receptor inhibitor. ACTEMRA is used to treat adults with moderate to severe active rheumatoid arthritis (RA) after at least one other treatment called a tumor necrosis factor (TNF) antagonist has been used and did not work well.

IMPORTANT SIDE EFFECT INFORMATION

• Some people have serious infections while taking ACTEMRA, including tuberculosis (TB), and infections caused by bacteria, fungi or viruses that can spread throughout the body
• Some people have died from these infections

Other serious side effects of ACTEMRA include tears (perforation) of the stomach and intestines, changes in blood test results (including low neutrophil count, low platelet count, increase in certain liver function tests and increase in blood cholesterol levels), hepatitis B infection, becoming an active infection again and nervous system problems.

Serious allergic reactions, including death, can happen with ACTEMRA. These reactions may happen with any infusion of ACTEMRA, even if they did not occur with an earlier infusion. Patients must tell their doctor if they have had a previous reaction to ACTEMRA. Patients should not take ACTEMRA if they are allergic to it or any of its ingredients.

Common side effects with ACTEMRA in patients with RA include upper respiratory tract infections, common cold, sinus infections, headache and increased blood pressure (hypertension).

Patients must tell their healthcare provider if they plan to become pregnant or are pregnant. It is not known if ACTEMRA will harm an unborn baby. Genentech has a registry for pregnant women who take ACTEMRA. Patients who are pregnant or become pregnant while taking ACTEMRA must contact the registry at 1-877-311-6972 and talk to their healthcare provider.

Patients must call their healthcare provider for medical advice about any side effects. Patients or caregivers may report side effects to the FDA at 1-800-FDA-1088. Patients or caregivers may also report side effects to Genentech at 1-888-835-2555.

Please see the Brief Summary of Prescribing Information on following pages. Please see full Prescribing Information, including Boxed Warning and Medication Guide, for additional important safety information.
For more information about ACTEMRA, visit ACTEMRA.com or call 1-888-ACTEMRA. 

ACTEMRA is a prescription medicine called intravenous (IV) or subcutaneous (SC) infusion. ACTEMRA is used to treat adults with moderately to severely active rheumatoid arthritis who have responded inadequately to one or more DMARDs or TNF inhibitors, and who need additional therapy. 

ACTEMRA is also used in the management of adults with rheumatoid arthritis and severe, active diffuse cutaneous systemic sclerosis, including sclerodactyly.

Before you take any of these medications, please check the chart below:

- Osteoporosis prevention: Yes/No
- Pre-existing kidney disease: Yes/No
- Pre-existing liver disease: Yes/No
- Pre-existing cardiovascular disease: Yes/No
- Pre-existing diabetes: Yes/No
- Pre-existing hematological disorder: Yes/No
- Pre-existing other thoracic or extrathoracic malignancy: Yes/No

Please refer to the patient information leaflet that comes with the medication for detailed information on how to use the medication properly.

Prior to using ACTEMRA, please read the information provided in the package insert for detailed instructions on how to use the medication properly.

Before you start using ACTEMRA, please read the patient information leaflet that comes with the medication for detailed information on how to use the medication properly.

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Before you start using ACTEMRA, please read the patient information leaflet that comes with the medication for detailed information on how to use the medication properly.
Get your FREE:

• Patient stories DVD
• Treatment Tracker
• And more

Fill out the attached card to receive continuing support in your fight against RA

No postage necessary if mailed in the United States.

BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 627, INDIANAPOLIS, IN
POSTAGE WILL BE PAID BY ADDRESSEE

ACTIV
PATIENT SUPPORT PROGRAM

The ACTEMRA Patient Support Program

Getting support could help you with your fight against rheumatoid arthritis (RA). That's why we've created ACTIV, the RA patient support program.

Sign up now for the free DVD. You'll also get access to:

• Stories from other people taking ACTEMRA
• A Treatment Tracker to help you monitor your progress and have helpful discussions with your doctor
• Newsletters about ACTEMRA
• A nurse-staffed hotline that you can call with any questions
• Diet and exercise tips from experts

*See our Brief Summary of Full Prescribing Information, including Warnings and Precautions, for important safety information on following page.
ACTEMRA® (AC-TEM-RA) (tocilizumab)

This information does not take the place of talking to your healthcare provider about either your medical condition or your treatment with ACTEMRA. Talk with your healthcare provider if you have any questions about your treatment with ACTEMRA.

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

ACTEMRA can cause serious side effects including:

1. Serious Infections

ACTEMRA is a medicine that affects your immune system. ACTEMRA can lower the ability of your immune system to fight infections. Some people have serious infections while taking ACTEMRA, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections.

• Your doctor should test you for TB before starting ACTEMRA.

• Your doctor should monitor you closely for signs and symptoms of TB during treatment with ACTEMRA. You should not start taking ACTEMRA if you have any kind of infection unless your healthcare provider says it is okay.

Before starting ACTEMRA, tell your healthcare provider if you:

• think you have an infection or have symptoms of an infection:
  - fever, sweating, or chills
  - muscle aches
  - cough
  - shortness of breath
  - pain or tenderness in your stomach
  - weight loss
  - feel very tired

• are being treated for an infection

• have had bacterial or fungal infections that keep coming back

• have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.

• have TB, or have been in close contact with someone with TB

• have had, or live in areas where malaria is common

ACTEMRA increases your risk of getting certain kinds of viral or fungal infections (such as histoplasmosis, coccidiodomycosis, or blastomycosis). These infections may happen or become more severe if you use ACTEMRA. Ask your healthcare provider, if you do not know if you have lived in an area where these infections are common.

• have or have had hepatitis B.

After starting ACTEMRA, call your healthcare provider right away if you have any symptoms of an infection. ACTEMRA can make you more likely to get infections or make worse any infection that you have.

2. Tears (perforation) of the stomach or intestines.

• Before taking ACTEMRA, tell your healthcare provider if you have had diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines. Some people taking ACTEMRA get tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate.

• Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

3. Changes in certain laboratory test results.

Your healthcare provider should do blood tests before you start receiving ACTEMRA and every 4 to 8 weeks during treatment to check for the following side effects of ACTEMRA:

• low neutrophil count. Neutrophils are white blood cells that help the body fight off bacterial infections.

• low platelet count. Platelets are blood cells that help with blood clotting and stop bleeding.

• increase in certain liver function tests.

You should not receive ACTEMRA if your neutrophil or platelet counts are too low or your liver function tests are too high.

Your healthcare provider may stop your ACTEMRA treatment for a period of time or change your dose of medicine if needed because of changes in these blood test results. You may also have changes in other laboratory tests, such as your blood cholesterol levels. Your healthcare provider should do blood tests to check your cholesterol levels 4 to 8 weeks after you start receiving certain medicines that raise cholesterol levels (such as an HMG-CoA reductase inhibitor). Normal cholesterol levels are important to good heart health.

4. Coughing and breathing problems

ACTEMRA may decrease the activity of your immune system. Medicines that affect the immune system may increase the risk of certain cancers. Tell your healthcare provider if you have any of these symptoms, it is not known if ACTEMRA can worsen them and you should be monitored for their signs and symptoms.

- New or worsening cough

• You should not start taking ACTEMRA if you have an infection. See “What is the most important information I should know about ACTEMRA?” for more information about side effects.

What are the possible side effects of ACTEMRA?

ACTEMRA can cause serious side effects, including:

• See “What is the most important information I should know about ACTEMRA?”

• Hepatitis B infection in people who carry the virus in their blood.

If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus may become active while you use ACTEMRA. This happens when the other biologic medicines used to treat RA. Your doctor may do blood tests before you start treatment with ACTEMRA and while you are using ACTEMRA. Tell your healthcare provider if you have any of the following symptoms of a possible hepatitis B infection:

  - feel very tired
  - skin or eyes look yellow
  - stomach area pain
  - loss or no appetite
  - vomiting
  - clay-colored bowel movements

• Serious Allergic Reactions.

Serious allergic reactions, including death, can happen with ACTEMRA. These reactions can happen with any infusion of ACTEMRA, even if they did not occur with an earlier infusion. Tell your healthcare provider right away if you have any of the following signs of a serious allergic reaction:

  - shortness of breath or trouble breathing
  - skin rash
  - swelling of the lips, tongue, or face
  - chest pain
  - feeling dizzy or faint

• Nervous system problems.

Multiple Sclerosis has been diagnosed in some people who take ACTEMRA. It is not known what effect ACTEMRA may have on some nervous system disorders.
IN THE PAINT
With football season in full swing and Halloween on the horizon, it’s prime face-painting time. But choose your paints carefully, says Mary Ruth Buchness, MD, WebMD skin care expert. “Avoid paints not specifically made for the face,” she cautions, adding, “Water-based (face) paints are much easier to remove than oil-based.” Buchness also recommends searching for fragrance-free paints, and to start with a completely bare face. To remove, she says, don’t scrub, use a non-exfoliant such as Cerapha Gentle Skin Cleanser ($9.49) or Dove’s White Beauty Bar (8-pack for $9.84).
Think the germiest thing in your house is the toilet bowl? Think again—it might be the sponge you’re using on your cereal bowls.

The nonprofit NSF International interviewed 22 families about where they think the most germs reside in their homes and tested 30 everyday items for bacteria, yeast, and mold. The findings? People don’t understand where the real germ hot spots are.

For instance, most thought their toothbrush holder was the germiest item in the house. But the germiest room is the kitchen, the germiest item is the kitchen sponge, and the germs are, well, really germy. In fact, 77% of the kitchens, sponges, and dishrags tested positive for coliform, bacteria that can be a sign of fecal contamination.

Kitchen sinks (the second-germiest item in the house), countertops, and cutting boards also harbor nasty bacteria. Still, toothbrush holders do collect their share of germs—often from bacteria that swirl through the air after the toilet is flushed. Bathrooms are the second-germiest room in the house, and toothbrush holders are the third-germiest item.

How to keep things cleaner? Microwave sponges for two minutes every night or use dishcloths, which can be washed in hot water and bleach every couple of days. Wipe down sinks daily with a disinfectant cleaner, and wash sink strainers once a week in the dishwasher. Clean toothbrush holders in the dishwasher or in hot soapy water one to two times a week, and close the toilet lid before flushing.

Source: NSF International

Drinking by Example?

Getting teens “used to” alcohol by allowing them to drink in the home may lead to higher—not lower—drinking rates and alcohol-related problems, a recent study suggests.

The researchers surveyed 1,945 seventh-grade students and their parents over a three-year period. Slightly less than half of the group came from the United States, where many parents take a zero-tolerance approach to teen drinking. The rest were from Australia, where parents tend to introduce teens to alcohol gradually, in hopes it will help teach responsible drinking.

The results were striking. In seventh grade, 59% of the Australian students had used alcohol vs. 39% of the American students. In eighth grade, two-thirds of the Australian students were drinking vs. one-third of the American students. By ninth grade, the ratio was 71% to 45%, and more than a third of the Australian students reporting having a drinking-related problem (such as getting sick or passing out) vs. one-fifth of the U.S. students.

In both countries, the younger the students were when they started drinking, the more likely they were to have problems with alcohol, but those who drank under the watchful eye of parents had higher rates. In other words, a more permissive approach to alcohol appeared to encourage drinking but didn’t necessarily teach safe, responsible drinking.

Source: Journal of Studies on Alcohol and Drugs

9 billion

The number of pieces of candy corn that will be produced this year—enough to circle the moon nearly 21 times

Limited access to healthy foods in most U.S. states may be fueling the childhood obesity epidemic, according to a new CDC report.

The report shows that 32 states and the District of Columbia scored at or below the national average for the Modified Retail Food Environment Index, which rates community access to retailers, such as supermarkets, that sell healthy foods like fresh fruits and vegetables. Previous studies have linked poor access to healthy foods—or easy access to convenience stores and fast-food restaurants with few healthy options—to childhood obesity.

Based on a range from zero (no food retailers that sell healthy food) to 100 (only food retailers that sell healthy food), the national average score was 10.

The five highest scores were:

1. Montana
2. Maine
3. Hawaii
4. Idaho, Oregon, Utah, Vermont, West Virginia
5. Arizona, Delaware, New Mexico, Washington

The five lowest scores were:

1. Georgia, Illinois, Mississippi, New Jersey, New York, North Dakota, South Dakota
2. Massachusetts, Texas
3. Alaska, Connecticut
4. Rhode Island
5. District of Columbia

Source: CDC
Scanning the news headlines, you might think this country’s overall health is going to pot. But not all health news is bad. The CDC reports the country made some serious strides toward improving public health in the first 10 years of this century. The top achievements include:

- Making advances in the prevention of infectious diseases, like AIDS and tuberculosis
- Improving motor vehicle safety (by creating safer roads and requiring seat belts and child safety harnesses)
- Fighting tobacco use
- Reducing the incidence of heart disease and stroke
- Preventing lead poisoning
- Reducing the number of cancer deaths
- Preventing birth defects
- Improving public preparedness for bioterrorism, flu epidemics

As a result of these improvements, CDC researchers say, Americans are living longer. In fact, from 1999 to 2009, the death rate in the United States declined from 881.9 per 100,000 population to 741 deaths per 100,000, a record low.

Source: CDC

It’s almost a cliché to think that playground bullies learn their craft in the home. But now new research shows that both bullies and victims of bullying are more likely to be exposed to violence at home.

In a study of more than 5,500 Massachusetts youths, 44% of middle school students and 31% of high school students said they had been involved in or affected by bullying in 2009. The study also found that bullies, victims of bullying, and bullies/victims (students who had been in both roles) were more likely to be exposed to violence at home—including being hurt by another family member or witnessing violence—than kids not involved with bullying.

The study found that kids who had been in both the bully and victim role were the most likely to have been exposed to family violence, followed by kids who had been bullies only and then kids who had been victims only. As a result, the researchers say, school-based anti-bullying programs need to include both families and other community members.

The study also showed that bullies/victims are more likely to abuse drugs or alcohol and are at higher risk for depression and/or suicide. Girls are more likely to be victims than boys; boys are more likely to do the actual bullying.

On a more positive note, other researchers have found that students who receive social support from adults are more resilient in the face of bullying, so it’s important that parents listen, empathize, and get involved.

Source: CDC

If willpower is your chosen weight-loss method, you might want to think really hard about just how strong yours is. According to recent research, we put food in our mouths whether we’re hungry or not. A researcher and food psychologist at Cornell University, who used some rather novel study techniques, believes that “mindless eating” is one of the top sources of weight gain in the United States.

For instance, when offered fresh and stale popcorn in extra large and large containers, the researcher found, people ate 45% more fresh popcorn and 34% more stale popcorn from the larger container—even when they had already eaten dinner.

In another experiment, 30 people were served soup out of a “bottomless” bowl that was pressure-fed under the table and slowly refilled from the bottom without their knowing. Another 30 people ate soup in regular bowls. The people with bottomless bowls ate 73% more than those with regular bowls but they didn’t report feeling any more full.

With these study results in mind, the researcher provided tips for more mindful eating, including:

- Serve meals on salad plates rather than large dinner plates.
- Keep healthier foods at eye level in the cupboard and refrigerator.
- Avoid eating in front of the television, where you’re likely to lose track of how much you’ve consumed.

Source: American Psychological Association meeting

DISCOVER WHY PEOPLE WITH SENSITIVE SKIN ARE SWITCHING TO ARM & HAMMER.

Our Free Detergents are specially formulated to be good to your sensitive skin. Plus, you get the freshness and cleaning boost of Baking Soda in your choice of scented or unscented. All for up to 50% less.*

The clean you need at a fraction of the cost.

*vs. the leading regular brand.
breathing already exists. The research, conducted in Australia, found that watching six hours or more of TV per day can shorten life expectancy by nearly five years. Put another way, every hour of TV watching as an adult may take 22 minutes off your life. And that means TV watching is as bad for you as not getting exercise, being obese, and smoking cigarettes.

While the study involved Australian data, the findings should hold true for the United States, too, the researchers say, where Americans watch an average of four hours of TV per day.

Elderly women who have sleep-disordered breathing, a condition that causes disruptions in both sleep and oxygen levels, are more likely to develop memory problems or dementia, a new study shows.

Previous studies had already linked sleep-disordered breathing, which affects up to 60% of the elderly, to increased risk of high blood pressure, heart disease, and diabetes. And some researchers had found an association between the disorder and cognitive impairment. But this was the first one to link lower oxygen levels during sleep as a contributing factor.

In the study, researchers evaluated 298 women, average age 82, for sleep-disordered breathing. Then, five years later, the researchers tested the women’s memory. By the end of the study, 45% of women with sleep-disordered breathing had developed memory problems or dementia, compared with 31% of those without the sleep disorder.

The researchers believe that decreased oxygen levels (vs. frequent wakeings) are associated with a higher risk of mild memory problems or dementia. Fortunately, therapy, such as continuous positive airway pressure, for sleep-disordered breathing already exists.
COTTON BALLS

Ancient History
Cotton has been grown and made into fabric for at least 7,000 years.

Word Up
The English word “cotton” comes from the Arabic word “qutn.”

Work a Round
Cotton balls are another version of cotton pads, which are typically square in shape, while balls are wads of cotton.

Soft Sell
Cotton pads were first invented in the early 1970s as a substitute for cotton swabs, marketed as a good tool for applying and removing makeup.

Au Naturel
An “organic” label on cotton ball packages means the cotton plant was not treated with harmful pesticides or synthetic fertilizers.

Bottle Stop
The material inside medicine bottles looks like cotton, but it is likely made of rayon or polyester.

Makes Scents
Adding a few drops of fragrance to a cotton ball or two and placing inside the vacuum bag can freshen a room while you vacuum.

Diet Don’t
A dangerous fad diet, once popular with models, reportedly involved eating only gelatin-soaked cotton balls—based on the theory that the fiber in the balls would suppress the appetite. (Eating only cotton balls leads to severe digestive problems.)

Eye Prop
Experts recommend using a cotton swab to apply eye makeup, especially if you wear contact lenses, to avoid dirt or bacteria from your fingers getting into the eyes.—Chloe Thompson
A-listers to spotlight breast cancer

Top director Patty Jenkins joins Take Five star, Charlize Theron.

Academy Award-winning director Patty Jenkins directs a short film about breast cancer in the Lifetime Original Movies anthology, Five. Each 20-minute film follows its title character—Charlotte, Chey, Annie, Lili, Mia, and Pearl—from diagnosis through various stages of treatment and coping. Pearl, played by actor Jeanne Tripplehorn, is the chronological link. She loses her mother to breast cancer in the first film, then grows up to become an oncologist who treats the other four lead characters, then faces breast cancer herself.

Jenkins’ rich cast also includes Rosario Dawson, Bob Newhart, and real survivors. Jenkins wants the film to inspire through its characters, to entertain without forcing the educational component. “It’s almost hard to find somebody who hasn’t had a family member or friend with breast cancer.”

Jenkins, 49, has had both. Her grandmother, Patsy Roth, now in her 80s, was initially diagnosed at age 42 and underwent a double mastectomy. “Today, Roth’s cancer is slow-growing and she is otherwise healthy.” And in mid-June, Jenkins’ close friend, trailblazing film producer and Stand Up To Cancer co-founder Laura Ziskin, died from breast cancer at age 61. The Five film project allowed Jenkins to positively channel emotions about losing Ziskin, she says.

Jenkins joins the project’s other directors (and Hollywood A-listers), Jennifer Aniston, Alicia Keys, Demi Moore, and Penelope Spheeris, who each made a film based on a story arc developed A-listers), Jennifer Aniston, Alicia Keys, Demi Moore, and Penelope Spheeris, who each made a film based on a story arc developed by Sydney Pollack, who died in 2008. Each film project allowed Jenkins to positively channel emotions about losing Ziskin, she says.

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An important correction from BONIVA for women with postmenopausal osteoporosis

You may have seen an ad about BONIVA for the treatment and prevention of postmenopausal osteoporosis that may have given you the wrong impression. Our ads stated that “After one year on BONIVA, 9 out of 10 women stopped and reversed their bone loss.” The FDA has found that there is not enough evidence to support this claim and wants us to clear up any misunderstanding you may have had about these ads and make sure you have the correct information about BONIVA.

BONIVA has not been proven to stop and reverse bone loss in 9 out of 10 women and is not a cure for postmenopausal osteoporosis. BONIVA has been shown to help increase bone mass and help reduce the chance of having a spinal fracture (break). We encourage all patients to discuss their treatment with their healthcare provider. Only your doctor can determine if BONIVA is right for you.

What is BONIVA?

BONIVA is a prescription medicine used to treat or prevent osteoporosis in women after menopause. BONIVA helps increase bone mass and helps reduce the chance of having a spinal fracture (break).

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

Important Risk Information for BONIVA

You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, or are allergic to BONIVA or any of its ingredients. BONIVA can cause serious side effects including problems with the esophagus; low blood calcium; bone, joint, or muscle pain; severe jaw bone problems; and unusual thigh bone fractures.

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

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

Follow the dosing instructions for once-monthly BONIVA carefully.

The most common side effects are back pain, heartburn, stomach area pain, pain in your arms and legs, diarrhea, headache, muscle pain, and flu-like symptoms. You are encouraged to report negative side effects of prescription drugs to the FDA at www.fda.gov/medwatch or by calling 1-800-FDA-1088.

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

Please read additional important risk information for BONIVA on the next page.

If you have any questions about the effectiveness or safety of BONIVA, please call Genentech at 1-800-4BONIVA or visit boniva.com.
BONIVA®
[bon-EE-va]

Medication Guide
for Boniva

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

Who should not take BONIVA?
Do not take BONIVA if:
• Have certain problems with your esophagus, the tube that connects your mouth with your stomach
• Have any history of heartburn
• Have had low levels of calcium in your blood
• Are allergic to BONIVA or any of its ingredients. A list of ingredients is at the end of this leaflet.

What should I tell my doctor before taking BONIVA?
Before you start BONIVA, be sure to talk to your doctor if you:
• Have problems with swallowing
• Have a history of bone or joint diseases
• Have low blood calcium
• Plan to have dental surgery or teeth removed
• Have had kidney problems
• Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
• Are pregnant, or plan to become pregnant. It is not known if BONIVA can harm your unborn baby.
• Are breastfeeding or plan to breast feed. It is not known if BONIVA passes into your milk and may harm your baby.

Tell your doctor and dentist about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Certain medicines may affect how BONIVA works. Especially tell your doctor if you take:
• Antibiotics
• Aspirin
• Non-steroid Anti-inflammatory (NSAID) medicines

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

How should I take BONIVA?
• Take BONIVA exactly as your doctor tells you to.
• Take BONIVA only as long as it is prescribed by your doctor. This Medication Guide summarizes the most important information about BONIVA. You should read this Medication Guide with your doctor. Call your doctor or pharmacist for medical advice about side effects. Call your doctor for medical advice about side effects of BONIVA for PDA at 1-800-FDA-1088.

• Store BONIVA at room temperature.
• Protect from light.
• Keep BONIVA in a tightly closed container.

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

General information about the safe and effective use of BONIVA
Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. BONIVA is prescribed for a condition for which it was not prescribed. Do not use BONIVA for any condition for which it was not prescribed, even if you think that the condition may be the same as the one BONIVA was prescribed for, or if you have any symptoms you think it may treat.

This Medication Guide summarizes the most important information about BONIVA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about BONIVA that is written for health professionals. For more Information, go to www.myboniva.com or call 1-888-695-6648.

What are the ingredients in BONIVA? BONIVA contains:
• Active ingredient:ibandronate sodium
• inactive ingredients: lactose monohydrate, povidone, microcrystalline cellulose, croscarmellose sodium, colloidal silicon dioxide, and purified water.

Tell your doctor if you have any symptoms that may be a sign of a complication, such as:
• Flu-like symptoms
• New or unusual pain in your face, lips, tongue or throat. Tell your doctor if you have any side effect that bothers you or that you do not get used to. These are not all the possible side effects of BONIVA. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. Some side effects of BONIVA may include:
• Nausea
• Stomach pain or, in rare cases, swelling of your face, lips, tongue or throat. Tell your doctor if you have any side effect that bothers you or that you do not get used to. These are not all the possible side effects of BONIVA. If you have any symptoms you think it may treat, or if you have any symptoms you think it may treat, or if you suspect that you may be allergic to BONIVA, call your doctor or pharmacist for medical advice about side effects of BONIVA for PDA at 1-800-FDA-1088.

Talking about side effects. Call your doctor for medical advice about side effects. Call your doctor for medical advice about side effects of BONIVA for PDA at 1-800-FDA-1088.

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I THINK MY mother was more worried about my going to college two years ago than I was. I have had asthma since I was very young. It was worse when I was younger. I used to have to use an inhaler before I ran the mile in PE class. And one time I had a big role in a play, and I developed pneumonia. My asthma got really bad. I remember using my nebulizer—a machine that creates a medicated inhalable mist—backstage before I went on. And I had cough drops on the backs of set pieces to help me get through.

Now I'm 20. I'm a third-year student at the University of Virginia, majoring in drama. I've gotten good at keeping my asthma under control. It mostly only acts up when I'm sick, especially when I have a cold or a cough.

The biggest thing I've had to learn is to carry an inhaler with me wherever I go. That can be hard to remember. My solution is to have a bunch of inhalers and leave them in my bags. That way, no matter which bag I pick up—my backpack, my purse, whatever—I know I have an inhaler. Every time I go back to my home in Northern Virginia, I get my prescription refilled from my family doctor. I also have my own nebulizer, which I keep in my dorm room and use occasionally.

My advice for teenagers with asthma who are at college is to take it seriously. Keep an inhaler with you all the time. That includes when you go out at night. You might think you don't have to pay attention because your parents aren't around, but you have to pay attention more because they're not there to remind you. If you start drinking and dancing and having fun, you might not notice your asthma is acting up. And there are lots of cigarettes at college parties, which can trigger some people’s asthma, too.

Also, try your best to keep your allergies under control because that keeps your system calmer, making it less likely to erupt into asthma. Know what you're allergic to. Take preventive steps, whether it's wrapping your bedding in allergy-protective covering or avoiding dust and mold. For me it has meant doing daily nasal irrigation and starting up immunotherapy shots again. I think I've learned to take a little better care of myself than other people my age do.

I would also say to stay positive and don’t hold back. I'm very active. I take lots of dance classes, and I’ve even started studying aerial acrobatics. Last summer I helped out at Theatre for a New Audience in New York City, and this fall I’m interning at [NBC’s] Saturday Night Live.

Being fit is a key part of prevention, and that’s not a bad thing at all.

By Gracie Terzian
WebMD.com community member
This time of year, head lice (Pediculus humanus capitis) epidemics often sweep through schools and day care centers. The tell-tale itching is the result of the scalp reacting to the saliva of the lice, who feed on the blood of their hosts. While highly contagious, lice don’t jump or fly from head to head. Instead they spread by crawling during head-to-head contact or through sharing of personal items, such as hats, hairbrushes, and combs. They can also cling to bedding. (The tiny, whitish nits aren’t mobile at all, by the way, as they are stuck to hair shafts.) Treatments include nonprescription lice-killing shampoo, picking the nits and lice off by hand (or with a special comb), and laundering bedding, pillows, and clothes in hot water. If the nonprescription shampoos don’t help, you might have missed some nits or your child might still be exposed to someone with lice. Sometimes multiple treatments, or prescription lice treatments, are required to kill all the nits, larvae, and adult lice.
**Straight Talk**

Give flyaways and split ends the brush-off with these expert tips and product picks for straight hair.

**Q.** Flat iron my straight hair regularly. What can I do to minimize dryness and split ends?  

Jessica Deke, 25, real estate agent, Florham Park, N.J.

**A.** The long-term effect of unprotected, excessive flat ironing is split ends and color fading, but with products and a few key techniques, you can stop damage before it starts. For starters, avoid shampoos with sodium lauryl sulfate, which can strip and dry out your hair. Instead, use a super-conditioning cleanser like Burt’s Bees Super Shiny Grapefruit & Sugar Beet Shampoo ($8), which is sulfate-free and contains soy protein to repair damaged strands. In addition to your daily conditioner, you should also use a conditioning mask once or twice a week if your hair is very dry or damaged. Infused with blue agave and shea butter, Ojon Dry Recovery Intensive Hydrating 2-Minute Hair Mask ($12.95) will boost moisture levels to repair the cuticle layer of your hair. One of the biggest mistakes people make is not using products to seal and protect their hair. Spray each section with a thermal protector like John Frieda Frizz-Ease Hair Serum Thermal Protection ($9.99) before flat ironing. Afterward, apply a little John Frieda Full Repair Perfect Ends Deep Infusion ($9.99) to the tips to help block humidity-induced frizz and prevent split ends and flyaways. Finally, use a light hairspray like Garnier Fructis Style Sleek & Shine Anti-Humidity Hairspray ($4.29) to keep straight strands smooth all day long.

**George Gonzalez says:**

Because straight strands can be fragile, it’s important to use a pre-heat spray to protect your locks from wear and tear. Particularly before flat ironing, prep hair with Rusk Design Thermal Flat Iron Spray with Argan Oil ($16). Infused with UVB sunscreens and silicones, the spritz protects and conditions while adding texture, sheen, and soft hold to straight, fine strands.—Ayten Jackson-Cassidy

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**Place Holder**

**End Game**

**Washed Up**

**Damage Control**

**Protect & Serve**

**Press Club**

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**Home Blown**

Do you leave the salon thinking your hair will never look this good again (until your next appointment)? You can get salon-worthy blowout results at home. Zahir Ziani, Red Door Spas’ national creative director, shares his steps for success.

1. Pre-dry your hair with a blow-dryer set to low heat to remove excess moisture, or let your locks air dry for a few minutes.
2. Apply an anti-frizz/smoothing product to soften hair and make it more manageable.
3. Divide your hair into four to six sections, securing each with a clip. Using a round brush, hold your hair taut to avoid any frizzing and begin blow-drying in the back, and finish in the front. Before you’re done with each section, blast it with a shot of cool air to close the hair cuticle (it opens when heated) and boost shine.
4. Apply a non-greasy shine serum, such as Citré Shine Anti-Frizz Serum, to the ends.
What’s Up, Doc?
The top 5 signs that it’s time to call the vet

**What our sick pets can’t say in words, they show through physical symptoms.** And pet owners often are the first ones to notice, simply because “they see their pets every day and realize when they’re not their regular selves,” says Mark Stickney, DVM, director of general surgery services at Texas A&M University College of Veterinary Medicine and Biomedical Sciences.

What should you look for? WebMD asked several experts to identify five red flags that should prompt a call or visit to the veterinarian.

**Digestive Dilemmas** Cats and dogs can vomit without being ill. “A puppy who’s playful and has been outside eating leaves and junk and vomits and then goes back about his life” doesn’t much worry Julie Meadows, DVM, assistant professor for clinical medicine in community practice at the University of California, Davis Veterinary Medical Teaching Hospital. But a pet that vomits or has diarrhea several times a day, is lethargic, or has blood in its vomit or stool needs a veterinarian’s attention.

Likewise, pets that stop eating for more than 24 hours need vet care. Cats who won’t eat need immediate vet attention because without nutrition they can develop fatty liver disease.

**Pee Problems** Increased urination may signal diabetes, or liver, kidney, or adrenal gland disease. Too little urination, or straining to urinate, often signals a urinary tract problem or bladder stones.

Cat owners take note: In male cats, crystals or inflammatory debris can plug up the urethra so that the cat can’t urinate, which can become life-threatening within 24 hours.

“It’s a hard thing to pick up because the only thing you might see is the cat making multiple trips to the litter box and just sitting there,” Meadows says.

Or cats that strain to urinate might change their habits and start urinating outside of their litter box, such as into the sink or on bedding and furniture.

**Constant Coughing** Chronic coughing may be related to heart disease, heartworms, or various lung diseases. Or a dog may have kennel cough, an infectious tracheobronchitis that causes a harsh, hacking cough. For most dogs, kennel cough is mild—a nuisance that goes away within two weeks. But for puppies, kennel cough can progress to fatal pneumonia.

**Itchy Incidents** Fleas, ticks, mange mites, and ear mites are common reasons for dog or cat hair loss and itching on the skin or around the ears, as are endocrine problems, staph infections, fungal or yeast infections, and a host of other causes.

**Mobility Maladies** Stiff dogs may have hip or spine arthritis, disc disease, ruptured ligaments, or hip dysplasia. Many of these conditions—and those detailed above—can be treated so that pets can maintain their mobility and quality of life.

**Learn more signs that your pet might be ill.** WebMD.com
ANATOMY OF A CARROT

Orange Rx
Carrots were first grown as medicine, not food, for a variety of ailments.

Long Story
Carrots can be traced back about 5,000 years through historical documents and paintings.

Beta Best
Carrots are loaded with beta-carotene, a compound that is naturally converted to vitamin A when consumed. The deeper orange the carrot, the more beta-carotene you’re getting.

Taste the Rainbow
We think of carrots as orange, but they can also be white, yellow, red, and purple.

Crunch With Punch
A medium-size carrot has 25 calories, 6 grams of carbs, and 2 grams of fiber. The veggie is also an excellent source of vitamin A, providing more than 200% of your daily requirement in just one carrot.

Lost Cause
No one knows when the first carrots appeared because many people mistook them for parsley, a close relative of the carrot.

What’s Up, Doc?
Mel Blanc, the voice of the iconic cartoon character Bugs Bunny, reportedly did not like carrots—Chloe Thompson

How I Learned to Love Mushrooms

Mushrooms.

Cooking With ‘Shrooms

WebMD.com

Mushrooms. Candice Opper grew up thinking of them as slippery little stealth bombs with a funky taste and flabby texture, hidden in everything from her mom’s canned spaghetti sauce to her mom’s tuna noodle casserole. Even worse were “mushrooms fried in a ton of butter until nearly black and served with overcooked steak,” says Opper, who attempted to feed them to her dog.

“Your dog, it turns out, ‘only liked broccoli,’” says Opper, who resorted to picking the fungi out of any dish she found them in: “A lot of my early mushroom memories involved canned mushrooms, which already had an unpleasant, overprocessed texture, or fresh mushrooms that had been cooked to death,” she says.

Still, because her vegetarian inclinations led her to forgo meat for eight years, she was destined for dozens of mushroom meet-ups, prompting her to try—and try again. Opper’s conversion moment came during a restaurant meal when she discovered that “mushrooms tasted pretty good if they were properly prepared.” First, she tried a vegetarian portobella-patty burger and thought it tasty. Next, she encountered stuffed mushroom caps, “and I was in love!”

Now, she can’t get enough. “I eat mushrooms whenever they appear,” sliced raw in salads, simmered in stews, tossed in stir-fries, or mixed, shaped, and cooked like burgers. The bad memories of flabby fungi are just that: memories—Mimi Bar Ross

Won’t-Miss-the-Meat Enchiladas

Need to convince a meat-loving family that a mushroom entree can satisfy? Try these enchiladas. For the filling, chop one large onion and 6 cloves garlic and sauté in 1 tbsp olive oil and 2 tbsp water until transparent. Finely chop 8 oz each crimini, portabella, and oyster mushrooms. Add to onions along with 2 tbsp chopped parsley and cook until mushrooms have released all liquid and are almost dry. Lightly salt and pepper to taste. Grade 2 cups low-fat mozzarella or Jack cheese. Spray a small skillet with olive oil, and heat—on one at a time—a package of corn tortillas. Fill each with a few spoons of mushroom filling and a sprinkling of cheese. Roll and place in baking dish, seam-side down. Top with remaining cheese and heat at 400°F until bubbly. Serve with salsa, pico de gallo, and fresh chopped cilantro.

Leaune more ways to cook with mushrooms.

healthy recipe

Carrot Quinoa Grain Medley

Makes 8 servings

Ingredients

1 tbsp olive oil
2 cups dry quinoa, rinsed and drained
1½ cup carrots, diced (about 3 medium)
1 large onion, diced
1 large red bell pepper, diced
1 tbsp garlic, minced
½ cup chopped fresh parsley, divided
½ cups unsalted, nonfat chicken stock
pinch salt and pepper
2 oz dry roasted salted pistachio kernels, chopped

Directions

Per serving: 266 calories, 10 g protein, 38 g carbohydrates, 9 g total fat (1 g saturated fat, 2 mg cholesterol), 5 g fiber, 5 g sugar, 71 mg sodium. Calories from fat: 28%.

1. Heat medium saucepan over medium heat. Add olive oil and quinoa and stir 3 to 4 minutes to toast quinoa.
2. Add carrots, onion, red pepper, garlic, and 1 tbsp parsley. Stir 3 to 4 minutes.
3. Add chicken stock and bring medley to a simmer. Reduce heat to low, cover, and cook for 15 minutes or until quinoa is tender and liquid is absorbed.
4. Remove saucepan from heat, let sit 5 minutes, then fluff with fork.
5. Add chicken stock and bring medley to a simmer. Reduce heat to low, cover, and cook for 15 minutes or until quinoa is tender and liquid is absorbed.
6. Add carrots, onion, red pepper, garlic, and 1 tbsp parsley. Stir 3 to 4 minutes.
7. Add chicken stock and bring medley to a simmer. Reduce heat to low, cover, and cook for 15 minutes or until quinoa is tender and liquid is absorbed.
8. Remove saucepan from heat, let sit 5 minutes, then fluff with fork.
9. Garnish with pistachios and parsley.

5 g sugar,
5 g fiber,
0 g cholesterol,
0 g (1 g saturated
fat), 2 mg
sodium.

WebMD: The Magazine | October 2011

Reviewed and recipes by Kathleen Zielman, MPH, RD, LD
WebMD DIRECTOR OF NUTRITION

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Three Ways to Cook Salmon

Think pink for dinner more often—your body will thank you

Celtic myth tells the tale of Fionn MacCumhaill, a poet’s apprentice who absorbed all the wisdom of the world by eating just a drop of oil from a special salmon. Turns out Fionn was on to something. We’re all wise to eat salmon—especially that marvelous fish oil. Vibrantly colored, tenderly textured, and richly flavored, salmon is loaded with the omega-3 fatty acids EPA and DHA. Multiple studies suggest that these polyunsaturated fats help boost the immune system, help reduce the risk of heart disease, and are especially beneficial for a developing fetus, nursing infants, and young children.

The American Heart Association recommends at least two servings a week of fish, preferably oily fish such as salmon. Salmon is one of a few fish rich in omega-3s (1.2 to 1.9 grams per serving, compared with almost none for chicken, pork, and beef). Salmon is also an excellent source of protein, vitamin B12, and selenium, with good amounts of vitamin B6, thiamin, and niacin.

Salmon’s characteristic rosy color, which ranges in hue from pale pink to orangey-red, comes largely from astaxanthin, a naturally occurring pigment salmon ingest from microalgae in their diet. Research on astaxanthin suggests that it, too, points to potent protection for the immune system.

Because salmon is a rich fish, the best preparation methods are those that add little or no fat, such as the following three recipes. Cook up your own poetic homage to one of the healthiest fish in the sea.—Monica Kass Rogers

Vibrantly colored and richly flavored, salmon is loaded with omega-3 fatty acids.
Salmon Pantry Picks

No matter how you prepare it, versatile salmon cooks up quickly and plays well with a variety of ingredients you’ll want to have on hand for the recipes on page 52. WebMD’s director of nutrition, Kathleen Zelman, MPH, RD, LD, suggests these staples for healthy, tasty results.

GREEK GIFT
Higher in protein, more firmly textured, and more tart than regular yogurt, Greek yogurt is great for cooking. Try Fage Total Plain, Total 2%, Plain, or Total 0%. Other options? Voskos Greek Plain Non-Fat and Plain Low-fat (25%) Greek, and Stonyfield’s Oikos Plain Organic Greek yogurt.

MAYO LEAGUE
The reason there’s little flavor difference between regular and light mayonnaise is that mayo makers achieve lightness by whipping mayonnaise with air and water. Light mayos made with canola or olive oil are best, but all vegetable oil-based mayonnaises are fine. Zelman’s go-to brand? Hellmann’s Mayonnaise Dressing With Extra Virgin Olive Oil. She also recommends Hellmann’s Canola Cholesterol Free Mayonnaise, Duke’s Light Mayonnaise, Kraft Mayonnaise with Olive Oil, and Miracle Whip Light Mayonnaise.

PANKO PICKS
Uniquely light, crisp, and perfect for baking or breading salmon, Japanese-style panko breadcrumbs are finely ground without seasonings or flavor. Less dense than regular breadcrumbs, panko crumbs have only 100 calories per half cup. They also let the foods they’re served with stand out without masking flavor. Try Asian Gourmet Panko Crispy Coating or Kikkoman Japanese-style Panko Breadcrumbs or Kokkan Panko-Crusted Salmon. For a little boost of fiber and whole grains, Zelman likes Ian’s Whole Wheat Panko Breadcrumbs.

SWEET SUCCESS
Brown sugar—unrefined or partially refined sugar crystals from which all of the molasses has not been spun off—is a cooking essential, favored for its rich, caramel taste. There are a lot of “unrefined” sugars out there that are technically brown sugars: turbinado, demerara, and muscovado, to name a few. But they are all pretty much the same, says Zelman. All sugars, except maple, go through the same kind of processing. So choose what you like, just use a little. Some options? C&H Golden Brown Sugar, Inglehoffer Stone Ground is handy when you’ve had only “plain” yellow, it’s time to branch out. Here is what you’d find in Zelman’s refrigerator: Maille Dijon mustard—that magical yellow mix of seed, vinegar, sugar, India Tree Demerara, Billington’s Natural Demerara, and Florida Crystals Demerara.

COOL CONDITION
Mustard—that magical yellow mix of seed, vinegar, and spice—works wonders in recipes by adding flavor without fat and with very few calories. If you’ve had only “plain” yellow, it’s time to branch out. Here is what you might find in Zelman’s refrigerator: Maille Dijon is a delicious classic, French’s Sweet & Zesty adds a touch of sweet to spicy mustard, Lehighnoff Stone Ground is handy when you want added texture, and Gudlen’s Spicy Brown adds a real kick of great spicy flavor.

Spicy Citrus Grilled Salmon and Asparagus Salad

Makes 4 servings
Ingredients
4 4-oz salmon fillets
1 tbsp salt and pepper to taste
1 tbsp Dijon mustard
1 tbsp honey
2 tbsp panko breadcrumbs
2 tbsp chopped pecans
1 tbsp chopped parsley
1 cup cherry tomatoes, sliced in half
1 orange, peeled, sliced into wedges
4 cups mixed salad greens (arugula, spinach, baby lettuce)

Directions
1. Combine mustard and honey, and brush on salmon.
2. Mix topping of breadcrumbs, pecans, and parsley and sprinkle over salmon, pressing down into heme mustard coating.
3. Bake salmon at 400°F 10–15 minutes or until flaky.
4. Serve with lemon wedges.

Per serving: 265 calories, 29 g protein, 9 g carbohydrate, 25 g fat (11 g saturated fat), 28 mg cholesterol, 54 mg sodium.

Pecan-Crusted Salmon

Makes 4 servings
Ingredients
4 4-oz salmon filets
1 tbsp brown sugar
1 tsp cumin
½ tsp chilli powder
1 tbsp flat leaf parsley
⅛ tsp chili powder
1 tbsp brown sugar
4 4-oz salmon filets
4 tbsp olive oil
1 tbsp honey
1 tbsp Dijon mustard
1 tbsp honey
2 tbsp chopped bread
2 tbsp chopped pecans
1 tbsp chopped parsley
1 cup fresh lemon juice

Directions
1. In a large bowl, combine all salmon cake ingredients and mix well. Form into four patties.
2. Spray a large skillet and heat over medium heat. Sauté patties 3–4 minutes on each side until golden brown.
3. Serve with lemon wedges.

Per serving: 325 calories, 23 g protein, 2.5 g carbohydrate, 32 g fat (10 g saturated fat), 78 mg cholesterol, 104 mg sodium.

Salmon Cakes With Lemon Dill Yogurt Sauce

Makes 4 servings
Ingredients
Salmon cake:
1 lb cooked, flaked salmon
¼ cup panko breadcrumbs
1 egg, slightly beaten
¼ cup light mayonnaise
Juice of 1 lemon
2 tsp Dijon mustard
1 small red onion, finely minced
2 tbsp chopped flat leaf parsley
Dash hot sauce

Lemon dill yogurt sauce:
1 tbsp chopped parsley
1 tsp lemon zest
1 tbsp lemon juice
½ cup nonfat plain Greek yogurt

Directions
1. In a large bowl, combine all salmon cake ingredients and mix well. Form into four patties.
2. Spray a large skillet and heat over medium heat. Sauté patties 3–4 minutes on each side until golden brown.
3. Serve each salmon patty with the lemon dill yogurt sauce.

Per serving: 307 calories, 30 g protein, 13 g carbohydrate, 25 g fat (5 g saturated fat), 134 mg cholesterol, 1 g fiber, 5 g sugar, 377 mg sodium.

WebMD The Magazine | October 2011
Find more omega-3-rich salmon recipes. WebMD.com

Let's get the facts.

 JTextField: Kathleen Zelman, MPh, RD, LD, WebMD’s director of nutrition, suggests these staples for healthy, tasty results.

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

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As Joan Harris (née Holloway), the corseted, curvy, take-no-prisoners secretary-in-chief in AMC’s hit series Mad Men, Christina Hendricks has crashed a vase over someone’s head to get attention. In real life, the star has wowed audiences and critics simply by being herself, a talent whose range is matched only by her extraordinary energy and beauty.

This fall she has two new movies—the comedy I Don’t Know How She Does It, co-starring Sarah Jessica Parker, and the thriller Drive, opposite Ryan Gosling and Carey Mulligan. And she’s recently resumed filming the fifth season of Mad Men, which has earned her an Emmy nomination for Outstanding Actress in a Drama Series, a Critics’ Choice Television Award, and legions of fans who either want to be Joan or date her. At press time, she was up for her second Emmy nomination.

Hendricks, 36, has made Hollywood’s coveted “A list,” and she’s done it on her own exacting terms, heralded equally for the mastery of her craft and her looks. Esquire voted her America’s Most Beautiful Woman last year, but she’s a self-professed homebody who’d rather be knitting than posing on every red carpet in town. She’s idealized enough physically to have earned her own Barbie doll, but she makes women feel good about themselves.
Hendricks’ power doesn’t just come from her skill or because she thumbs a perfectly manicured finger at the idea of size beauty. It’s also due to her stalwart belief that a life well lived—professionally and personally—reinforces confidently embracing oneself and the world. Says I Don’t Know How She Does It director Douglas McGrath, “You expect to meet a heart-staggering, man-killing wonder woman, but she’s so friendly and sweet, with a wonderful, droll intelligence and sense of humor.”

“My mother always made me feel like we could accomplish anything,” says Hendricks of the now-retired therapist. (Her father worked for the U.S. Forest Service; her brother, Aaron, is a graphic designer in Los Angeles and the producer and host of the Web podcast Gdok, on which Christina has appeared.) “If we wanted to try something new or had an interest in something, she was always incredibly excited for us and had positive feedback. And I think that affected every part of my life and career and how I’ve carried myself. I always felt like I could do anything.”

And everything. In addition to her nonstop career, she’s also found time to give back, signing on as spokesperson for Latisse (Latisse is an FDA-approved medication to promote eyelash growth in a condition called eyelash hypotrichosis.). In just two years, the campaign has raised $1.5 million to help grant wishes to critically ill children.

Hendricks first became familiar with the organization when she was 7 years old and a sick classmate was granted her wish to meet Erik Estrada, star of the then-popular TV series CHiPs. “I’ve admired Make-A-Wish ever since, so I’m honored to be involved with them,” she says. As with other commitments in her life, her involvement is passionate. In Los Angeles, “Christina came and spent an afternoon with seven of the kids, and she had the best connection with them,” says foundation spokesperson Brent Goodrich. “The kids were hopping on her lap, and she was so interested in them.”

Solid Beginnings

Hendricks attributes her down-to-earth values to her parents and the nurturing environment of her childhood home in Twin Falls, Idaho. “It was just a nice place,” she says. It was there she developed her ease with the people around her. “I never even heard people talk about body types,” says the actor. “When I was in high school, I would read magazines, but I was just looking at the clothes and the hair,” she insists.

“Even now, it’s never been a focus in my life. I’ve always been fit, I’ve always been active, and I’ve always been healthy, but I’ve just tried to live my life the way I live it. It’s nice that I’ve gotten a lot of positive feedback about it lately,” she says with a smile, her voice both higher in pitch and quieter than Joan’s, “but I’m just doing what I normally do.”

Hendricks with Jon Hamm, aka Don Draper, on Mad Men.

Hendricks on the set of Mad Men, left, and with Ryan Gosling in Drive.

Her role on Mad Men has only helped her get her message across. Far from eschewing the figure-flaunting costumes (corsets and garter belts required), Hendricks praises their sexiness and how they make her feel. “Indeed, Hendricks seems to avoid the trap so many people find themselves in when it comes to judging themselves by their body and all the healthy things it can do,” says Pizer. By shifting the thinking from “Everyday’s sagging” to “This body carried a baby,” or “This body is strong,” you’re practicing a cognitive technique called “reframing.”

“I used to talk harshly to a friend as we do to ourselves.” Hearing a friend’s voice in your head instead of your own can stop self-scrutiny and even make you smile.

Redirect. When you’re stuck in a negative thought, “ask yourself, ‘Why am I looking at this body part so much when I have so many other things to do?’” Instead, make a list of what you value about yourself.

Take a Step Back. “Do things that remind you that appearance is the least important part of being a good or valued person,” says Pizer. “Nurture your friendships, do community service—anything that makes you feel good about yourself.” —RAW
Skip the Shower  Beginning each day with a bath is a soothing way to awaken and doesn’t need to take any more time than a shower. When it comes to de-stressing, “A hot bath helps for sure,” says Hendricks.

Unplug  Just because the world seems wired for Wi-Fi doesn’t mean you have to use it. Hendricks spends her time on airplanes lost in books. “Reading a novel is such a treat for me,” she says.

Find a Hobby You Can Enjoy at Home  Hendricks catches up on sleep. “If you let yourself drift to sleep, you’re going to get a little drowsy like Christina? de-stress for success WebMD.com

Hendricks with her husband, Geoffrey Arend.

bath.” And she indulges in one comforting cup of coffee. “I don’t really like the taste of it, but I love the smell. It’s about having something aromatic and warm in my hand first thing in the morning.”

Hendricks is especially conscientious about getting enough sleep and drinking water. “Those two things really affect me daily. I like a lot of sleep, but when I travel, I can’t do that, so I know I will have to make up for it later. I just try to stay balanced.”

Hendricks’ most potent weapon is simple in theory. Everything in moderation. To maintain her famous figure, she does sit-ups and push-ups in her trailer if she has a down moment on the set.

And on a regular basis, she and her husband of two years, actor Geoffrey Arend, schedule workouts together with a trainer, turning what might otherwise be a “have to” into a “love to.” Hendricks says during those sessions she does weight training and uses a BOSU ball.

“It makes it so much more fun and makes the time go by so much faster because we’re encouraging each other. And my husband is ridiculously funny, so he’s making jokes the whole time we’re working out, and we’re getting time together.”

Before turning to acting in her mid-20s, Hendricks modeled in New York and Europe and says that after happily gaining 15 pounds in Italy thanks to indulging in local fare, she has embraced her natural body weight ever since.

That means that rather than follow a strict diet, she eats foods that please her, although with a healthy bent. For example, the couple make soups to keep in the fridge for snacking. At the same time, she allows room for trying new foods and cooking techniques.

“When I’m not working or having to go to events, I’m at home,” she says with a laugh. There, she curls up with a book or a ball of yarn. “For me, knitting is meditative.”

Until recently, when her schedule became too unpredictable, Hendricks also treasured weekly accordion lessons, which she began in her early 30s. “I do have to say that I have ignored it over the last year and a half, and I’m ashamed of that,” she says. “It’s hard to find time to take a lesson every week. But it’s something I love, and music is incredibly important to me. If you practice an instrument, suddenly it’s four hours later and you are completely de-stressed. I want to get back to that.”

The effects of learning music may have greater health benefits than simply easing tension. A recent study conducted at the University of Kansas Medical Center showed that adults ages 60 to 83 who had played a musical instrument for at least 10 years performed better on memory and brain function tests than those who had not. Brenda Hanna-Pladdy, PhD, author of the study and now assistant professor of neurology at Emory University, suggests that studying music creates alternate connections in the brain that help compensate for diminishing functions as we age.

The importance of additional neural pathways can be likened to having alternative routes when driving on a traffic-jammed highway. “If you don’t have another way to get where you need to go,” says Hanna-Pladdy, “you just sit in the traffic jam.”

For those like Hendricks who come to music later, says Hanna-Pladdy, “our study shows the most important element is the length of time the person studied music, rather than the age they started. So if one began in one’s mid-30s and studied until age 65, that’s a significant amount of time.”

She adds even more important: “Music engages both hemispheres of the brain, it’s not a drug, it has no side effects, and it’s enjoyable.” If Hendricks wishes she had more time to play music, she is a woman who otherwise has few regrets, thanks to discovering the secret to her own happiness. “I want to be a great actor and a great wife and a great friend, and that’s what I focus on,” she says.

“I don’t sit around and think about myself too much.”

“I’ve just tried to live my life the way I live it. It’s nice that I’ve gotten a lot of positive feedback about it lately.”

“...”
When Caryl Engstrom, 49, found a lump in her right breast, she knew immediately something was wrong. Despite a normal mammogram two months earlier and recent breast exams by her internist and gynecologist, who found nothing amiss, Engstrom knew she needed to call her doctor immediately. “I just had a gut feeling. It was a sizable lump and just didn’t feel right to me.”

Engstrom’s suspicions turned out to be correct when a biopsy revealed she had stage 2 breast cancer, a finding that surprised everyone, she says.
Persistent and progressive symptoms— you wake up every morning and feel something worrisome—are worth calling your physician about.

Discharge

Once you hit menopause (defined as 12 months without a period), any postmenopausal bleeding is a warning sign, says Runowicz. Any bleeding, staining, little drops on your underwear, or big clots are abnormal and should be immediately investigated,” she says. Such bleeding could indicate something as benign as an endometrial polyp, or something more serious like endometrial or cervical cancer.

Bloating

“Ovarian cancer is the No. 1 killer of all the reproductive cancers,” says Karlan. “For years it’s been known by the misnomer of the bloating killer of all the reproductive cancers—and, more important, of ovarian cancer—and, more important, of breast cancer.” Bloating feeling that you’re getting full before you’re normally full or feeling that your clothes are tighter can be a sign of ovarian cancer. “Bloating is a warning sign, says Runowicz.

Rectal Bleeding

Colon cancer is the third most common cancer in women. One of the hallmarks is rectal bleeding, which many people attribute to hemorrhoids, the most common cause of rectal bleeding, which many people attribute to hemorrhoids, the most common cause of rectal bleeding, which is often caused by an infection or something more serious.

Dimpling of the skin over the breast, particularly if it looks like the skin on an orange, “is something to be worried about,” says Karlan. Such dimpling is most often associated with inflammatory breast cancer, a rare, usually aggressive cancer characterized also by swollen, hot, red breasts. Expect your doctor to do a breast exam and medical history, followed by a mammogram or sonogram and perhaps a biopsy, depending on the results of both tests.

Irregular Bleeding

Regular checkups and screenings such as Pap smears and mammograms, as well as knowing your own body, are all crucial for good health, Karlan adds.

Breast Changes

“If you feel a lump, you should ignore it, even if your mammogram is normal,” says Carolyn Runowicz, MD, herself a breast cancer survivor and professor of obstetrics and gynecology at Florida International University’s Herbert Wertheim College of Medicine and past president of the American Cancer Society. If your nipple develops discharge should also be checked out.

If your nipple develops associated with an underlying cancer in about 10 percent of cases. Discharge shouldn’t ignore it, even if your mammogram is normal,” says Carolyn Runowicz, MD, herself a breast cancer survivor and professor of obstetrics and gynecology at Florida International University’s Herbert Wertheim College of Medicine and past president of the American Cancer Society. If your nipple develops discharge should also be checked out.

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Vaindioux, a member of WebMD’s colon and rectal cancer community, has questions about screenings for the disease. “I was wondering if 44 (for me) and 46 (for my wife) is too early to start having a colonoscopy performed as simple colon cancer prevention,” he writes. “I read about other less invasive tests, which are not as accurate, and I don’t know which way to go.” Are you up to speed on screening tests for colon cancer?

Flexible Sigmoidoscopy: A doctor inserts a thin, flexible, lighted tube called a sigmoidoscope into your rectum and lower part of your colon to examine the lining for abnormalities. This test is done at least every 10 years, starting at age 50.

Colonoscopy: A doctor inserts a thin, flexible, lighted tube called a colonoscope into your rectum and colon. The colonoscope is attached to a video camera and monitor. During the procedure, the doctor can remove polyps and biopsy suspicious lesions. This test is done at least every 10 years, starting at age 50.

CT Colonography: Also called a “virtual colonoscopy,” the CT colonography is a less invasive procedure that allows technologists to take multiple X-ray pictures to create a very detailed image of the inside of your colon. This test should be done every 5 years, starting when you are 50.

Double Contrast Barium Enema: An X-ray image of the rectum and entire colon. This test is done every five years, starting at age 50.

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Do you have good sleep habits?

schneiderj4, a member of the WebMD sleep disorders community, doesn’t have a problem falling asleep. Her problem, she posted recently, “is STAYING asleep! I sleep for about an hour at a time, sometimes a little more or less. It affects everything in my life now as I am always tired, can’t remember things I’ve known for years, can’t concentrate on simple tasks.” schneiderj4 may have a problem with her sleep habits, also called “sleep hygiene.” Do you know how the following factors can affect your sleep?

1. Do you watch TV, eat, or discuss emotional issues in bed?
   - Yes
   - No

2. Do you drink fluids after 8 p.m.?
   - Yes
   - No

3. Do you smoke or drink alcohol before sleeping?
   - Yes
   - No

4. Do you exercise before bedtime?
   - Yes
   - No

5. Does your pet sleep with you?
   - Yes
   - No

Answers: If you answered “yes” to any question, you may need to improve your sleep hygiene. 1. Use your bed only for sleeping or sex; associating it with other activities can make it harder for you to fall asleep. 2. Stop drinking fluids after 8 p.m. so that you don’t wake up to urinate. Don’t consume caffeine in coffee, tea, sodas, or medications for six to eight hours before bedtime. 3. Nicotine is actually a stimulant. Alcohol may help you fall asleep, but it can disrupt your sleep. 4. Exercising regularly makes it easier to fall asleep and contributes to sounder sleep, but do it at least five hours before bedtime. 5. Keep pets out of your bed so they don’t wake you or trigger allergic reactions. If you improve your sleep habits and still don’t sleep well, talk with your doctor.

DiD you know?

During middle age, sleep patterns alter: We wake up more than in our younger years.

Questions for your doctor

1. What are some things I can do to improve my sleep?
2. Do I have health or psychological problems that might be affecting my sleep?
3. What are the common types of sleep disorders?
4. Could I have one?
5. Do I need to see a sleep specialist? What can I expect at that appointment?

Sleep well newsletter

Sign up for the latest news and lifestyle management tips—delivered directly to your email inbox! Go to WebMD.com and search for “newsletters.”

What’s your drive-through IQ?

Now that it’s fall, kids’ activities are in full swing. And some nights, dinner may have to come from a drive-through. How to make it healthy? In WebMD’s diet community, Trepilicious recently suggested that people eat more slowly: “It takes 20 minutes for your body to realize that it’s full. You could’ve gobbled down 2 Big Macs in [that] time. Those burgers alone are a full day’s worth of calories!” How healthy are your fast food choices?

1. Do you choose chicken over beef?
   - Yes
   - No

2. Do you substitute mustard for mayonnaise on your sandwich?
   - Yes
   - No

3. Do you order a small serving of fries instead of medium?
   - Yes
   - No

4. Do you skip the soda in favor of water or low-fat milk?
   - Yes
   - No

Answers: If you answered “yes” to these questions, you’re on your way to healthier fast food. 1. Grilled chicken sandwiches—not fried or breaded—are a better choice than beef patties, which contain lots of saturated fat. 2. Mustard has almost no calories or fat, compared with 100 calories per tablespoon of mayo. Even better, hold the sauces and ask for extra lettuce and tomato. See if you can get a whole-grain bun, too. 3. With small fries instead of medium, you save 130 calories and 10 grams of fat. An even healthier choice is to order a small salad. 4. A soda adds 10 calories per ounce, so do the math: A 32-ounce soft drink packs 320 empty calories.

Weight control newsletter

Sign up for the latest news and lifestyle management tips—delivered directly to your email inbox! Go to WebMD.com and search for “newsletters.”

Questions for your doctor

1. Is my weight unhealthy? What are the guidelines for a healthy weight level?
2. Should I have my cholesterol levels checked? How frequently?
3. Do I need to limit sodium to control high blood pressure?
4. What other steps should I take to eat more nutritious foods?
Symptoms don’t always correlate with how weak the heart is. You may have many symptoms with a mildly weakened heart—or none with a severely damaged heart.

DID YOU KNOW?

HEART HEALTH NEWSLETTER

Sign up for the latest news and lifestyle management tips—delivered directly to your email inbox! Go to WebMD.com and search for “newsletters.”

Source: National Heart, Lung, and Blood Institute; the Centers for Disease Control and Prevention; and the WebMD Heart and Vascular Health Center

QUESTIONS FOR YOUR DOCTOR

1. What was the cause of my heart failure? Is there a treatable, underlying illness?
   - True
   - False

2. How severe is my heart failure? What can I do to manage it properly?
   - True
   - False

3. What should I do if my symptoms suddenly start to worsen?
   - True
   - False

4. What is a cardiac rehabilitation program? Should I enroll in one?
   - True
   - False

HEART QUIZ

TEST YOUR SMARTS ABOUT HEART FAILURE

The words “heart failure” are scary—and not many people understand them. Take the case of msheri, whose husband died at the age of 71. The day before he died, she told WebMD’s heart disease community, he “complained of feeling like he had the flu...in his words, ‘Felt like he had been hit by a truck.’ Is this a common feeling with CHF?” Fatigue is one symptom of CHF (congestive heart failure), but others need to be present as well. How much do you know about heart failure?

1. Heart failure means that your heart has stopped working.
   - True
   - False

2. There is only one type of heart failure.
   - True
   - False

3. Swollen ankles are a common symptom.
   - True
   - False

4. Heart attack can lead to heart failure.
   - True
   - False

Answers: 1. False. Heart failure means that your heart can’t pump enough blood to meet your body’s demands for oxygen and nutrients. It’s a serious problem that requires medical care, but some people can live with the condition for several years. 2. False. Two major types exist. Systolic heart failure develops when the heart muscle can’t contract forcefully enough to pump adequate amounts of blood. In diastolic heart failure, the heart’s walls thicken so that the heart can’t relax and fill normally with blood. 3. True. Common symptoms include swelling of ankles, feet, legs, and sometimes the lungs and abdomen; shortness of breath or trouble breathing; coughing; and fatigue. 4. True. Heart failure stems from many conditions that damage the heart, including heart attack, coronary artery disease, high blood pressure, diabetes, and heart valve disease.

SEX QUIZ

COULD YOU HAVE HERPES?

Genital herpes is one of the most common STDs in America. But few people understand what it is or how to protect themselves (or others). “I’ve only had three sexual partners,” Brits2891, an 18-year-old who was recently diagnosed, writes in the WebMD sexual conditions and STDs community. “I know you don’t have to sleep around to get it.” How much do you know about herpes?

1. The symptoms of genital herpes are easy to spot.
   - True
   - False

2. Women are more likely to become infected than men.
   - True
   - False

3. You can only get genital herpes if your partner has genital herpes.
   - True
   - False

4. Once you have genital herpes, you have it forever.
   - True
   - False

5. As long as you don’t have any sores, you can’t spread a herpes infection.
   - True
   - False

Answers: 1. False. Many people don’t realize they have genital herpes because they develop no symptoms. Those who do typically have blister-like sores around the genitals or rectum that can take several weeks to heal. Most genital herpes is caused by herpes simplex virus type 2 (HSV-2), but it can also be caused by type 1 (HSV-1). 2. True. About 1 in 5 women ages 14–49 has HSV-2, compared with one in nine men. Researchers think this may be because the infection passes more easily from men to women than vice versa. 3. False. Cold sores, which usually develop on the mouth and lips, are usually caused by HSV-1. But the rate of genital herpes infections caused by HSV-1 has nearly tripled since 1988, because more and more teens are having oral sex. 4. True. No treatment can cure genital herpes. But antiviral medications can reduce your outbreaks and shorten the length of your outbreak. 5. False. You can spread genital herpes even if you don’t have any sores. But you can reduce the chances by not having sex when you have sores, using latex condoms correctly and consistently, and getting tested.

Source: WebMD Guide to Herpes

QUESTIONS FOR YOUR DOCTOR

1. How do I know if I have genital herpes? What are the signs to watch for?
2. What medications can help suppress my symptoms? Do I need to take medication regularly?
3. What are some of the possible complications of genital herpes?
4. How can I avoid getting genital herpes? Can I prevent herpes breakthroughs?

Did you know?

One out of six Americans ages 14 to 49 has a genital HSV-2 infection.

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Source: WebMD the Magazine
**PAIN QUIZ**

**ARE YOUR KNEES AT EASE?**

SpartanX35 tweaked a knee about a year ago and it’s still causing trouble. Her doctor recommended icing it down and getting a knee brace. She also wrote to WebMD’s fitness & exercise community for some tips: “I don’t want to start back up working out only to make my knee worse by doing something I shouldn’t be doing.”

In addition to seeing a doctor, do you know how to treat knee pain?

**Change of activities:** Hurting knees need time off. Stop running or doing anything that worsens the pain. Instead, stay fit with water workouts, swimming, walking, biking, and other activities that don’t put pounding pressure on knee joints. Also, weight training builds muscle strength, which helps support the knee.

**Pain relievers:** Over-the-counter drugs such as acetaminophen can ease pain, while ibuprofen and naproxen reduce pain and swelling. (Take only the recommended dose and for no longer than 10 days in a row without checking with your doctor.) Pain-relieving gels, salves, or creams that contain capsaicin may also relieve discomfort.

**Ice packs:** Apply ice packs for 15 to 20 minutes at a time, four times a day, to keep swelling and pain down.

**Compression:** To reduce swelling and provide extra support, compress your knee gently by wrapping it with an elastic bandage.

**Elevation:** Limit swelling by elevating your knee above your heart level.

If knee pain persists after three days, call your doctor.

Source: Arthritis Foundation, the Centers for Disease Control and Prevention, and the WebMD Arthritis Health Center

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**ALLERGIES QUIZ**

**WHAT IS ALLERGIC ASTHMA?**

For 50% of adults with asthma, allergens are a trigger. “This allergy season is different—everyone says so,” matchchickie wrote recently to another member of the WebMD asthma community, who was commenting about an increase in allergy and asthma symptoms. “Pollen counts are much worse, and peak pollen is lasting longer.”

Do you know the kinds of allergens that can trigger asthma?

1. Cockroaches and dust mites
   - Yes
   - No

2. Stress and anxiety
   - Yes
   - No

3. Cold air and dry air
   - Yes
   - No

4. Mold spores and pollen
   - Yes
   - No

5. Pet dander
   - Yes
   - No

6. Smoke
   - Yes
   - No

Answers: Cockroach droppings, mold spores, pollen, and pet dander are all common triggers for allergic asthma. Although smoke, stress, and cold air can trigger an asthma attack, this is not an allergic reaction. Specifically, smoke and cold air can trigger an asthma attack by irritating the lining of the airways. Doctors are unsure how stress causes asthma attacks.

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**CHRONIC PAIN NEWSLETTER**

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**ALLERGIES NEWSLETTER**

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WebMD the Magazine | October 2011
WebMD checkup | 10 QUESTIONS ABOUT YOUR LIFE AND WELL-BEING

Kathy Bates

**ACTOR**

How is your health now? My health is very good. I’ve got a lot of energy; I feel really positive and happy to be at work.

You’re an Oscar and Golden Globe winner, you’re in three movies this year, and you’re in two TV series—The Office and Harry’s Law, both on NBC—plus you do work for the Ovarian Cancer National Alliance. How do you manage to do all that and still find time to exercise?

Thankfully, Harry’s Law has a huge set, and I’m on my feet walking all day. Of course, in the courtroom we’re always on our feet making closing arguments and cross-examinations. I find it to be a really good workout.

This year, you also shot a movie, A Little Bit of Heaven, about a woman who discovers she has cancer. How did this storyline resonate with you since you’ve had the disease yourself?

Kate [Hudson] lost quite a bit of weight for the movie, and her makeup was certainly reminiscent to me of my own face. My own complexion got very white and I lost all my hair. It was sometimes hard to look at.

What’s your favorite healthy food? One of the things I eat on set for a quick protein snack is beef jerky. I’m trying to balance my carbs and proteins.

What do you do for relaxation? I love to read and play with my three dogs. I also love my iPad and being online and seeing what’s going on in the world. I don’t tweet and I don’t do Facebook, but I like surfing the Web.

Do you find yourself recommending a healthy personal practice to your friends? I don’t really proselytize—it’s more the other way. Everybody at work has their own idea of what keeps them going, and most of it involves something that tastes really terrible. So I’m afraid I’m on the receiving end of those kinds of tips and not the one who hands them out.

What is the one piece of health advice you would give to other women?

Don’t let your weight get out of control. Once that happens, you go on diets and you get a yo-yo effect with your weight. That’s the one health problem that I have fought all my life, and that I wish I had been able to get a handle on when I was younger. —Linda Formichelli

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**DIABETES QUIZ**

**DO YOU KNOW YOUR A1C?**

If you have diabetes, you’ve probably heard about the HbA1c test—or A1c. But you may not know what it is. Here’s a good definition from DavidHueben, who posts regularly in WebMD’s diabetes community: “The A1c can be used to approximate an average glucose level for the previous 90 days (heavily weighted to the end of the testing period).” The higher your glucose levels, the higher the number, as this chart shows.

### A1c Test Results Guide

<table>
<thead>
<tr>
<th>HbA1c test results (%)</th>
<th>Target</th>
<th>Suboptimal</th>
<th>Poor</th>
</tr>
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<tr>
<td></td>
<td>5</td>
<td>6 7 8 9</td>
<td>10 11 12</td>
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For people without diabetes the normal range of A1c values is less than 6.5%. If you have diabetes, you should aim for an A1c result of less than 7%. The difference seems small, we know, but it’s important: Even a 1% rise in A1c values is less than 6.5%. If you have diabetes, you should aim for an A1c result of less than 7%. The difference seems small, we know, but it’s important: Even a 1% rise in A1c values is less than 6.5%

### Average Plasma Glucose (mg/dL)

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### Do you have to have my A1c level tested regularly? If so, how often?

**Do I need to make a change in my medications to achieve better control?**

**Are there ways that I can improve my blood glucose readings?**

1. Do I have to have my A1c level tested regularly? If so, how often?

2. What do my results mean? What do I need to keep an eye on?

3. Do I need to make a change in my medications to achieve better control?

4. Are there ways that I can improve my blood glucose readings?

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