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13 mind

OVERCOMING CHILD ABUSE

14 heart

BOOST YOUR HEART HEALTH

17 beauty

FACE UP TO YOUR MASK APPEAL

23 fitness

THE MOM-WEIGHT CONNECTION

24 pets

HOW TO GET SET FOR THE VET

27 sleep

WHY SLEEP POSITIONS MATTER

40 parenting

HEALTHY-EATING TIPS FOR KIDS

42 diet

RATE YOUR HEARTBURN IQ

43 allergies

IS IT A COLD OR ALLERGIES?

FOOD
SMARTS

WHITE HOUSE CHEF'S
5 LUNCHBOX TIPS

34

FRESH
FACE

A STARTER KIT
FOR YOUR
TEEN'S SKIN

21

MOM ON A MISSION

SARAH JESSICA PARKER

ON HOW SHE DOES IT:
BALANCING HOME, CAREER,
AND WORKING FOR KIDS'
HEALTH WORLDWIDE

28



NEW

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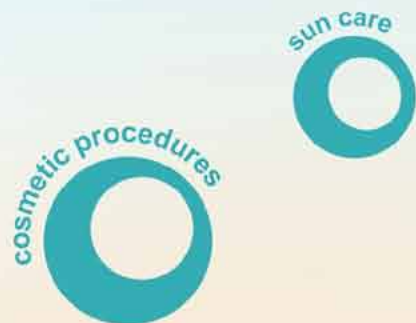
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September 2011

features

contents

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COVER PHOTO BY ONDREA BARBE/CORBIS OUTLINE

28

parenting How She Does It

A pro at life in the fast lane, A-lister and mom-of-three **Sarah Jessica Parker** brings firsthand experience to her new romantic comedy, *I Don't Know How She Does It*. WebMD contributing writer **Gina Shaw** talks to the actor about how she really does do it: balance home, career, and her work as a UNICEF ambassador to improve kids' lives across the globe. **PLUS:** 4 ways you can help SJP help in-need children.



nutrition Food Smarts

34

Back-to-school means it's back to packing lunchboxes, parents! Looking for new sandwich ideas and ways to sneak nutrition into the menu? WebMD contributing writer **Erin O'Donnell** turned to **Sam Kass**, White House assistant chef and senior policy advisor for healthy food initiatives, for kid-friendly healthy eating tips and a week's worth of school lunch ideas. **AND:** Not sure what to offer kids when they get home each afternoon? We asked our nutrition expert for a shopping list of healthy snack ideas.

PLUS!

WebMDCampus

p. 62 **iCarly** Preps for College Actor and musician **Miranda Cosgrove** graduates to the next stage of her life and career.
p. 65 **Take 5** Got 5 minutes? Try these five healthy ways to recharge your batteries.

p. 66 **Freshman 15** How to miss out on this college tradition.



WebMDBaby

p. 49 **News Feed** Decoding your baby's hunger signals.
p. 50 **Role Model** Laila Ali has many titles, but the greatest of these is mom.
p. 52 **Good Night?** Four sleep myths debunked

4 Nan's Note

5 Healthy Start

Fall into good habits with ideas for your body and mind.

6 WebMD Wire

The role of sleep in your preschooler's growth chart, a natural way to help manage hot flashes, and the link between sleep loss and testosterone.

10 Click Here

What's new at WebMD.com right now.

12 Medical File

Founder of Toms shoes **Blake Mycoskie** gives away vision care, and singer/songwriter **Stewart Francke** battles leukemia one song at a time.

13 My WebMD

A WebMD community member writes a book to help others overcome child abuse.

17



16

14 Ask the Experts

Five ways to prevent heart disease, and the scoop on those plastic microwave covers: Are they really safe?

16 Healthy Eats

16 Anatomy of an Avocado

The multiple good-for-you benefits of this fruit that looks like a veggie.

17 Living Well

17 You Asked What's the difference between masks and peels? Our experts explain which have the most benefits and offer top picks.

21 Head Start

Skin care basics your teen needs to know now. Not sure how to get her started? Our expert offers a roundup of product basics.



Correction: In the June 2011 issue ("Body Shop," p. 62), we misstated the effect exercise has on HDL (the so-called "good" cholesterol) levels. In fact, regular exercise raises (not lowers) HDL levels. We apologize for any confusion.

23 Health Matters

23 fitness

Big Problem Why moms really matter in the fight against obesity.

24 pets

Prep School The lowdown on getting your dog and cat ready for the vet.

27 sleep

Strike a Pose How sleep positions affect your shut-eye.



take the test you can take to your doctor

ASSESSMENTS, QUIZZES, AND REFERENCE INFORMATION ON EVERY PAGE

42 diet Rate your heartburn IQ

43 allergies Is it a cold or is it allergies?

44 WebMD Checkup

Actor and producer **Seth Rogen** on his new movie, 50/50, drawn from the real-life story of his good friend, cancer survivor, and co-producer Will Reiser, how he stays fit after ditching 30 pounds, and the important health issue his fiancée inspired him to tackle.



EDITOR IN CHIEF • Nan-Kirsten Forte, MS

EXECUTIVE EDITOR • Colleen Parety

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SENIOR MEDICAL EDITOR • Brunilda Nazario, MD, Board Certified, Internal Medicine, Endocrinology and Metabolism

MEDICAL EDITORS • Hansa Bhargava, MD, Board Certified, Pediatrics; Louise Chang, MD, Board Certified, Internal Medicine; Laura J. Martin, MD, Board Certified, Internal Medicine

WEBMD.COM EXECUTIVE EDITOR • Sean Swint

BOOKINGS DIRECTOR • Wendy Zipes Hunter wendy@celebrity-concepts.com • 954-344-0912

CONTRIBUTING WRITERS • Christina Boufis, Daniel J. DeNoon, Jennifer Dixon, Heather Hatfield, Katherine Kam, Lauren Paige Kennedy, Susan Kuchinskias, Matt McMillen, Erin O'Donnell, Monica Kass Rogers, Gina Shaw, Stephanie Watson

COMMUNITY EDITORS • Leona Perry, Kathy Williams

ART DIRECTORS • Glenn Pierce, Melissa H. Miller

WEBMD.COM ART DIRECTOR • John P. Kay

PRODUCTION DIRECTOR • Mary Mieszczański

PHOTO EDITOR • Nell Whiting

ADVERTISING TRAFFIC MANAGER • Jennifer Morgan

PRODUCTION ARTIST • Brenda M. Waugh

COPY EDITOR • Sharon Congdon

MANAGEMENT OF EDITORIAL, DESIGN, AND PRODUCTION

tmg custom media 1129 20th Street, N.W., Suite 700 Washington, D.C. 20036 • 202-331-7700

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VICE PRESIDENT, PUBLISHER • Heidi Anderson handerson@webmd.net • 847-998-4773

ASSOCIATE PUBLISHER • Dawn Carey dcarey@webmd.net • 212-624-3901

ADVERTISING SALES

NEW YORK

Patria Rodriguez-Cervantes • pcervantes@webmd.net • 212-417-9542
Alisa Feiner • afeiner@webmd.net • 212-624-3897
Pete Holfelder • pholfelder@webmd.net • 646-674-6825
Patti Mrozowski • pmrozowski@webmd.net • 212-624-3750

CHICAGO

Margaret Posh • mposh@webmd.net • 312-416-9277
Meghan Rice • mrice@webmd.net • 312-416-9276

WEST COAST

Elise Perlmutter • eperlmutter@webmd.net • 424-248-0616

MARKETING

VICE PRESIDENT, MARKETING • Fred Latasa
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111 Eighth Ave., Suite 700, New York, N.Y. 10011

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QUANTUM
HEALTH

nan's note FROM THE EDITOR IN CHIEF



For many reasons, I view September as the month of change. Change that can be situational or simply in one's perspective. True change is marked by both.

How we look and how we feel. What we say and what we do. What we want and what we need.

This September issue of WebMD the Magazine is filled with inspiration for change. Consider:

Actor **Sarah Jessica Parker**'s commitment to improve the health of children across the globe was instilled in her at a very young age. What needs to happen most for kids? Clean water, sanitation, and immunizations are a start to meaningful,

long-lasting change. And in her own home, Parker does her best to explain to her three children how other kids' lives are very different from theirs—and how that can change for the better (see p. 28).

Entrepreneur **Blake Mycoskie**'s Toms initiative has changed the lives of more than a million children—with the simple gift of a pair of shoes. Now he's giving the gift of sight (eyeglasses, cataract surgery, medical treatment) to people in countries like Nepal, Cambodia, and Tibet (see p. 12).

Singer/songwriter and cancer survivor **Stewart Francke** makes a difference in others' lives by encouraging people with leukemia to register with bone marrow registries (see p. 12).

Producer, actor, and funnyman **Seth Rogen** helped turn a real-life story—his friend's fight with a rare spinal cancer—into the film 50/50, in theaters this month. "We had to make something positive out of this," he says, and he did (see p. 44).

In my home, change is a frequent topic of conversation:

"Do we have to keep changing? I like the way I am," asks my 13-year-old daughter.

"Well, when you are a couple years older, you will be a freak if you still act like you are 13!" replies my 17-year-old daughter.

"We don't have to change," I say, "but it is fun to learn and try new things...and some of those things will move us forward and change us in ways we like."

"I don't like to try new things," says the 13-year-old.

"Save that until you are 100 years old, my dear!" I say. (And here's hoping you will not pass away the day after you say it!)

Pensive faces glared at me...then, recognition.

Happy September.

Nan-Kirsten Forte

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

FRANCESCO LAGNESE

healthy start GOOD FOR YOU THIS MONTH

SEPTEMBER

Fall into healthy habits



FACE OFF

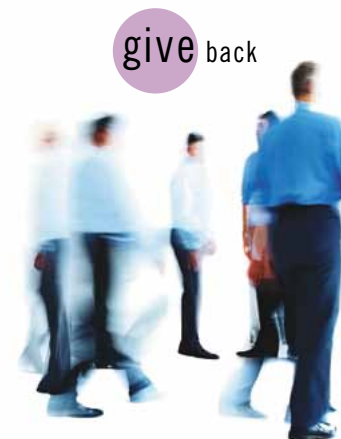
You've been washing your face forever, but are you doing it right? How should you really suds up? "Pick a facial cleanser that's gentle and doesn't strip the skin's barrier," says WebMD skin care expert Karyn Grossman, MD, even if you have oily skin. Her picks include Aveeno Ultra Calming Foaming Cleanser (\$7) and Neutrogena's Oil-Free Acne Wash Redness Soothing Facial Cleanser (\$7.99).

MALE CALL

Did you know that prostate cancer is the most common non-skin cancer in America? It will affect one in six men over the course of his lifetime. September is Prostate Cancer Awareness Month, and there are many ways you can get involved across the country. On the 24th, the Great Prostate Cancer Challenge takes place in Charlotte, N.C. Go to Prostate Cancer Foundation's www.blueallover.org to find more awareness events near you.

IN A ROW

All rowing does is work out your upper body, right? Wrong, says WebMD fitness expert Pamela Peeke, MD. "It turns you on to new parts of your body," she says. "You're exercising all the major muscle groups—abs, back, thighs, glutes, and your legs." Even better? Rowing is one of the few aerobic activities that improves flexibility and strengthens the back. Start slow, with 5-10 minutes of rowing until you build endurance, and as with any new endeavor, seek the help of an expert to learn proper technique.



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HEAVY SLEEPERS

How much sleep your preschooler gets may affect her weight by the time she's 7 years old, new research shows.

According to a study at the Dunedin School of Medicine at the University of Otago in New Zealand, preschoolers who sleep less are more likely to be overweight or even obese by the time they're 7. The study found that sleep influenced a child's weight more than either diet or physical activity. In fact, only the mother's weight had more influence—that is, having an overweight mother raises the risk that a child will be overweight, too. (See related story on page 31.)

To conduct the study, researchers followed 244 children ages 3 through 7, measuring their sleep time, physical activity, diet, body mass, and fat distribution. The children slept between 9.5 and 12.5 hours a day (including naps). The researchers found that every additional hour of sleep the 3- to 5-year-olds got daily was associated with a half-point drop in the kids' body mass index by age 7 (about 1.5 pounds). They also found that children who got less sleep had more body fat than children who got more shut-eye.

According to the National Sleep Foundation, children ages 3 to 5 need between 11 and 13 hours of sleep a night.

Source: *BMJ*



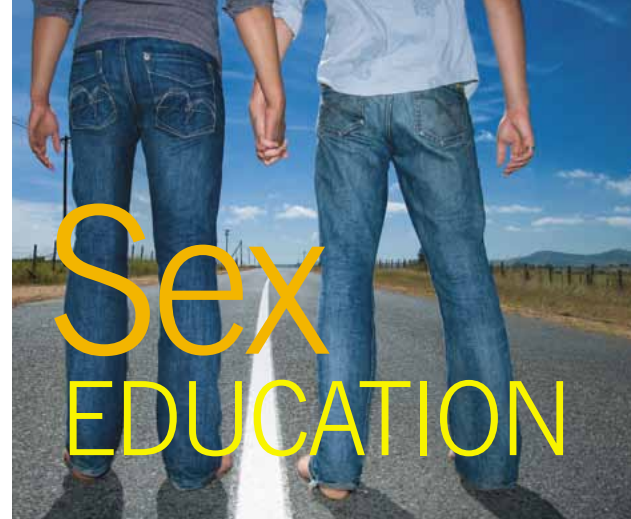
You may have heard the FDA recently warned consumers not to buy hand sanitizers that claim to kill bacteria and viruses—and to follow the CDC's advice to use hand sanitizers if no water is available. Confused? It's all in the label. Here's what you need to know:

Handy Advice

The FDA identified four companies that claim their hand sanitizers will "kill" MRSA, staph, and other bacteria and viruses. But FDA rules say that manufacturers of over-the-counter antiseptic products can only say they "help reduce bacteria that potentially can cause disease," not that they "kill" germs or other microorganisms.

Bottom line? Wash your hands as often as you can with soap and water. Use hand sanitizers when you can't—but don't assume they'll "kill" the germs either. Just know that they'll help reduce their numbers.

Source: FDA



Programs supporting gay and bisexual students in high schools can be controversial. But a new study from the CDC shows such programs may be crucial for helping gay students avoid dangerous—even potentially fatal—health behaviors.

The study, which analyzed survey results from 156,000 gay, bisexual, and straight high school students, found that gay and bisexual students were more likely than straight students to engage in a range of risky behaviors, including smoking cigarettes, drinking alcohol, using drugs, having unsafe sex, carrying guns and getting into fights, and attempting suicide.

Between 90% and 94% of the students in the survey identified themselves as heterosexual, while 1% to 3% identified themselves as gay, and 3% to 5% said they were bisexual.

Researchers said the results point to a need to provide safe environments for students in general and to improve services for gay and bisexual youth in particular, who may be dealing with stressors such as bullying and discrimination that can lead to poor health decisions.

Source: *Morbidity and Mortality Weekly Report Surveillance Summary*

CLOCKWISE FROM TOP: IMAGE SOURCE/GLOW IMAGES; STEPHEN M. GRAY/GETTY IMAGES; FUSE/GETTY IMAGES

News Flash

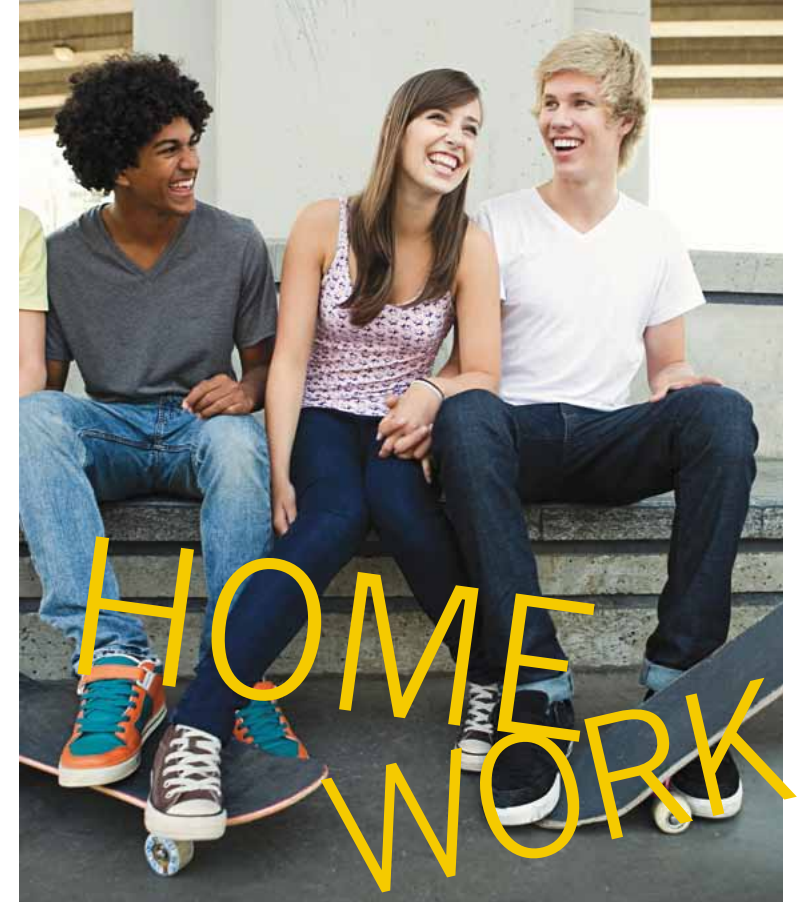
Hot flashes and night sweats are among the most common symptoms of menopause and, for some women, one of the most bothersome. But researchers recently discovered that mindfulness training can help women learn to ride out these hormonally driven heat waves more calmly.

In mindfulness training, people learn to become aware of the different aspects of an experience, including the sensations, thoughts, and feelings associated with it. That awareness helps them detach from the experience, which can make it less uncomfortable. Previous studies show mindfulness training can help women cope with sleep problems, stress, and anxiety.

In this study at the University of Massachusetts Medical School, 110 perimenopausal and early postmenopausal women who reported an average of five or more moderate or severe hot flashes or night sweats per day were divided into two groups. One group received mindfulness-based stress reduction training. The other received no training. While the frequency and intensity of their hot flashes and night sweats didn't change, women who learned mindfulness stress reduction techniques were 15% less bothered by their symptoms by the end of the study, compared to a 7% reduction in those who received no training.

Twenty weeks after the study, the women who had been trained were 21% less bothered by the symptoms, while the women who were not were 11% less bothered. The women who had been trained in mindfulness stress reduction also reported more general improvement in their quality of life, stress, and sleep.

Source: *Menopause: The Journal of the North American Menopause Society*



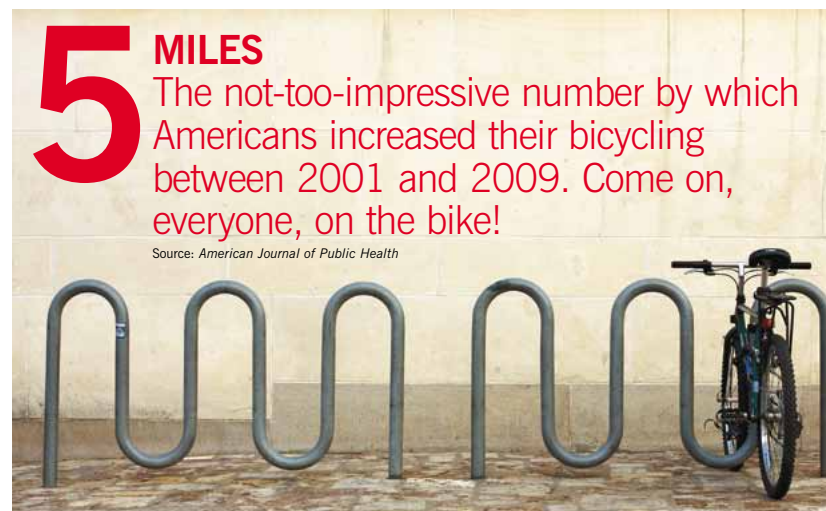
That age-old icon of teen life, the after-school job, may not be so good for teens after all, especially if they work too much, a new study reports.

After looking at data collected from nearly 1,800 10th- and 11th-grade students in Wisconsin and California, researchers at the University of Washington found that students who work more than 20 hours a week during the school year are more likely to smoke cigarettes, drink alcohol, use drugs, be less engaged at school, and have lower academic expectations than students who work fewer hours or not at all.

The study also shows that students who spend more than 20 hours per week on their job report spending less time on homework and more time daydreaming.

Not surprisingly, the researchers recommend parents, educators, and policymakers limit the number of hours high school students work during the school year.

Source: *Child Development*





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*in a nationwide survey; among those with a preference.

Sleep Sense

Young men who pride themselves on being able to skip sleep—whether it's to study, party, or play around on Facebook—might want to change their ways when they hear the new research showing a link between sleep loss and lowered testosterone levels.

Researchers leading the study measured testosterone levels in a group of 10 healthy young men (average age 24) during a week of normal sleep (eight hours a night). Then the researchers measured their testosterone levels during a week in which the men had slept 10 hours a night for three nights and five hours for eight nights. After losing sleep, the men's testosterone levels were 10% to 15% lower than after the normal week of sleep. The men also reported declines in mood and vigor.



In men, testosterone is crucial for sexual behavior, reproduction, and building muscle mass, strength, and bone density. Low testosterone levels are associated with low energy, reduced libido, poor concentration, and fatigue.

Starting around age 40, testosterone levels naturally drop by one to two percentage points a year; a 10% to 15%

drop in one week is the equivalent of aging 10 to 15 years.

Although the study was small, researchers believe it suggests that long-term sleep loss could negatively affect men's testosterone levels and well-being. About 15% of adult workers regularly get five hours of sleep or less each night.

Source: JAMA

BLENDFLOW IMAGES; TOP RIGHT: HOLLY HARRIS/GETTY IMAGES



HARD COPY



Comedians love to joke about how people with Botox can't show their emotions because they can't move their facial muscles. But a new study shows a not-so-funny side: Botox injections can inhibit your ability to read others' emotions, too.

The reason? One way we detect what others are feeling is by mimicking their facial expressions. And if you can't move your own facial muscles, you can't mimic others' expressions enough to empathize with them.

In the study, led by a psychologist at University of Southern California, people injected with Botox were significantly less accurate at reading others' emotions than those who had injections of a soft tissue filler that diminishes wrinkles by pumping up facial folds, rather than paralyzing muscles.

A study published last year showed that Botox injections can make it more difficult for people to feel their own emotions, too.

Source: Social Psychological and Personality Science


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the Pulse

by Colleen Paretti, WebMD EXECUTIVE EDITOR

We've been busy the last several months innovating all kinds of new content and tools for you. Here's a peek at a few (one of which has a sweepstakes with some serious cash prizes).

The [vaccine tracker tool](#) in our new [Vaccines Center](#) (featured in the big box at left) arrives just in time for back-to-school. It's your go-to one-stop destination for personalized vaccine information for everyone in your family. No more Post-its on the refrigerator that fall off and get lost!

Need a skin care routine that delivers? Is every day a bad hair day? We gave our



[Healthy Beauty Center](#) a complete top-to-toe re-do so you can do the same. It's beautiful! Start with the Personal Skin Evaluator, then zero in on Healthy Skin TV segments and Ask the Dermatologist videos targeted just for you. You'll find slideshows, how-to articles, and the [Beauty Community](#) to share with others, too.

And if you haven't discovered our [Raising Fit Kids](#) site for parents, the chance to win \$4,000 and other cash prizes should get you there. All you have to do is sign up for our Parenting and Children's Health newsletter and you're entered. Then stick around—Raising Fit Kids is your roadmap for making healthy food, fitness, and ways to de-stress and feel good achievable goals for everyone in your family—especially your kids.

Like what you see? Have suggestions? Share with me at Colleen@WebMD.net or in the Magazine Community online at WebMD.com.

Tell-Tail Signs

Is your pet really sick? Or not eating because he's being stubborn? Learn how to tell the difference with tips from our vet experts in our [Healthy Pets Community TV](#) videos.



[pet sickness video](#) [WebMD SEARCH](#)

Sinus Infection

TOP SYMPTOMS INCLUDE

- Pain or pressure around the eyes, forehead, and upper cheeks
- Thick nasal discharge that is green, yellowish, or blood tinged
- Fatigue

A sinus infection—also called “sinusitis”—is an inflammation of the sinuses and nasal passages often on the heels of a cold or allergies. Some people get sinus infections only occasionally; others get them chronically, often due to allergies. Other symptoms include bad breath, fever, cough, tooth pain, and a very stuffed-up feeling. You can find relief by drinking plenty of fluids (to thin the mucus), inhaling hot steam (over a sink or in the shower), and rinsing the sinuses (drugstores carry kits for this). Anti-inflammatory medications, decongestants, and pain relievers can also help. But a sinus infection that doesn't go away with home remedies may need antibiotics. Rarely, sinus infections that aren't treated can result in a brain infection and other serious complications.

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Yes Eye Can

Toms founder steps from shoes to vision care

Blake Mycoskie first glimpsed global poverty while a contestant on CBS's *The Amazing Race*, zooming around the world in 2002 with his sister Paige (they finished third on the reality game show). But it wasn't until a vacation to Argentina in 2006 that the Texan was hit with the need to do something about it.

A brief volunteer venture, traveling from village to village to dole out donated shoes to barefoot children, lit a fire in Mycoskie's heart. As he explains in his new book, *Start Something That Matters*, out this month, he didn't want to just ask friends and family for donations to buy shoes for a few kids until the well of goodwill ran dry. Mycoskie, 35, wanted to create a model that would keep putting shoes on kids in need, as long as they needed them.

That's the idea behind Toms (www.toms.com) and its simple "One for One" model. When you buy a pair of Toms lightweight, casual shoes, the company gives a pair of shoes to a child. In October 2010, Toms donated its millionth pair of shoes—and now, the company has moved on to giving away vision care as well, launching an eyewear line this past June. Within two weeks, the first run of glasses had sold out of stores. (Stock has since been replenished.)

The latest venture started on one of Mycoskie's many "shoe drops"—he logs more than 240 days on the road each year—when he realized that many of the children who could finally walk to school in their Toms-supplied shoes couldn't

see the chalkboard. "I saw people begging on the street and the social workers told me they were once employed, but then they developed a cataract and couldn't work so had to start begging," he says. "I saw the real effects of vision impairment in the Third World."

"When you buy a pair of glasses, you help one person get sight: medical treatment, prescription glasses, cataract surgery, whatever they need," he explains. Mycoskie was soon traveling again, delivering glasses and watching surgeries in pilot countries Nepal, Cambodia, and Tibet. "I tell people: Just find a way to serve in your local community and you'll experience the joy. Once you get that bug, if it moves you, you'll know it and you'll start creating more opportunities in your life to do it."—Gina Shaw



In Tune

Musician Stewart Francke fights leukemia one song at a time

Singer/songwriter Stewart Francke is no stranger to receiving awards for the soulful hard rock he's been playing since he was 19, but this month he's being honored for his musical efforts to aid people with leukemia. A survivor of the disease, Francke is receiving the Civic Leadership Award from the Michigan-based Twilight Benefit Foundation.

"This is a large world of caring people," Francke says, "and I'm really honored to be part of this group."

Not that it's been an easy role. "I went through profound suffering and long trials," he says. "It changed my music, it changed my world, it changed everything about me." In fact, two of the songs on his latest album, *Heartless World*, are reflections on his disease. The album, which features a guest appearance by rock icon Bruce Springsteen, was released in May.

Leukemia is a cancer of the bone marrow that targets white blood cells essential for fighting infections. An estimated 43,000 people in the United States were diagnosed with the disease last year.

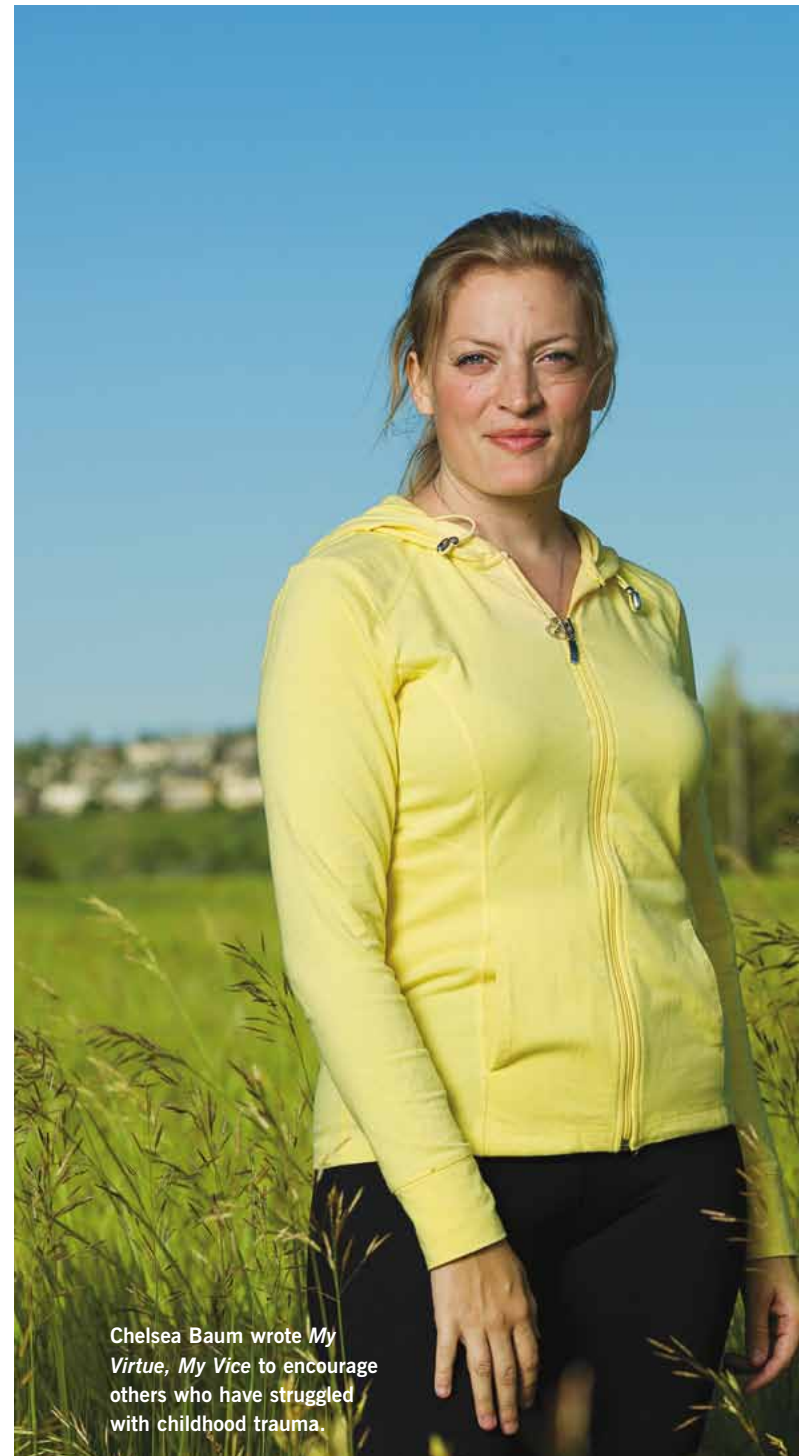
One of the first things Francke, 53, did when he was diagnosed with leukemia in 1998 was to create the Stewart Francke Leukemia Foundation (www.stewartfrancke.com). It has raised nearly \$200,000 for organizations such as the National Marrow Donor Program, which named him volunteer of the year in 2002.

Now in remission, Stewart's trips to the hospital are less for himself than for others battling leukemia. "Just being there tells others 'You can do it. I was where you are, and I made it through. And I'm not just alive. I'm truly living.'"—Matt McMillen

FROM LEFT: JOHN DUNN; KSENIA SAVIC

Starting Over

By Chelsea Baum
WebMD.com community member



Chelsea Baum wrote *My Virtue, My Vice* to encourage others who have struggled with childhood trauma.

UNTIL I WAS 9, it was just my mom and me. We were really poor and lived in a million different places, but I was happy. When my mother started dating, I didn't mind. I wanted a father figure.

Everything seemed mostly fine until after the wedding. Overnight, it seemed, my stepfather became physically and emotionally abusive. We weren't allowed to go anywhere, see anyone, or do anything without his permission. The more I challenged him, the worse the abuse became. He would shove me and twist and sprain my wrists. He played mind games with my mother, too. She ended up in a psychiatric hospital. While she was there, he sexually abused me. My mother and I went to the police, but there was no proof; it was his word against mine. I was devastated.

I ran away at 15 and ended up in a foster home for six months. Two years later, I left home to become an exotic dancer with the help of a fake ID. I was so horrified that I danced with my eyes closed, trying to avoid the leering eyes of men who were older than my father.

A turning point came for me one night when a young woman walked into the club in tears. She was asking if anyone had seen her boyfriend. Suddenly I realized that this place was hurting relationships. Was I breaking up marriages? It broke my heart. Soon after, I tried dancing without the help of alcohol or drugs. For the first time in three years, I felt truly naked, ashamed, and in shock. I left early, went home, and said a simple prayer: "Help." A feeling of peace came over me. Somehow I knew I'd get the help I needed.

I began to turn my life around. I stopped dancing, took a job at Walmart, and finished my last year of high school. I surrounded myself with positive people. A couple from the church let me stay with them while I got my act together. They didn't make a lot of money, but they were happy with their lives and they treated each other kindly. I observed people like this—people I admired—then worked to adopt their habits until they became a part of me. For example, I had always been shy, so I watched outgoing people and learned how they smiled and greeted each other.

I've had an extraordinarily happy life since then—mostly because of the choices I've made. Now, at 29, I'm working toward my bachelor's degree in psychology and have two young children. I was married for five years, but I'm about to be remarried. I've learned to let go of the past—to look back only long enough to help me make better decisions for my future.

If you're scared or abused, talk with someone you trust, think twice before making decisions, and learn to forgive and respect yourself. With help, you can overcome obstacles—no matter how difficult.

DAN BANISTER

Read more stories and share your own in our [community](#).



WebMD.com

Take Heart Help prevent cardiac disease

Q ▶ Heart disease runs in my family. What can I really do now to help prevent it?

A ▶ Cut out these five things to greatly reduce your risk: **Smoking (or hanging around with smokers).** Smoking is the most dangerous—yet most reversible—risk factor for heart disease. Quitting smoking and avoiding secondhand smoke today will lower your heart disease risk to that of a nonsmoker over time.

Eating trans fats. Synthetically created to extend the shelf life of baked goods and snack foods, trans fats can raise your level of LDL (“bad”) cholesterol, too. Best bet? Check the label for trans fats (also called partially hydrogenated oils) and avoid them entirely.

Adding salt. Eating a lower-salt diet can lower your blood pressure by five points, which for many people can mean one less prescription to buy.

Gaining weight. Processed food, oversized portions, and increased screen time have added inches to our waistlines and layers of risk to our hearts. Losing weight can help.

Giving up on medications.

No one likes to take pills. But blood pressure, cholesterol, and diabetes medications will also reduce your likelihood of a heart attack. Talk to your doctor about a medication regimen that will work for you, then stick with it.

My friend says I’m getting urinary tract infections because I use a diaphragm. Is she right?

It’s TRUE. Diaphragm use can contribute to urinary tract infections. The reason is that urinary tract infections (common symptoms include burning pain and a constant need to pee), get triggered by bacteria, most often *E. coli*, which lives in the colon and rectum. And diaphragms are used with spermicides, “which can kill off the protective bacteria in the vagina, as well as change the pH balance of the vagina,” says Jane Miller, MD, an associate professor of urology at Washington University’s School of Medicine. “This can increase growth of the kinds of bacteria that cause UTIs and bring it closer to the urethra and ultimately the bladder.”

If you have recurring infections, you may be better off using alternative birth control methods, such as an IUD or the Pill. General tips for avoiding bladder infections include: Drinking plenty of water, peeing when you need to (instead of “holding” it), and wiping from front to back after urinating and bowel movements.

true or false?



Q ▶ At work, we’re supposed to use plastic covers to keep the microwave clean. Are they safe?

A ▶ Microwave covers are inexpensive, and they’re dishwasher-safe and reusable, which makes them even cheaper (and green). Some are just a flat sheet of plastic, while others are dome-shaped. Most brands come in several sizes to fit different sizes of plates and dishes. Many are made of plastic that the FDA has approved for microwave use.

Plastic microwave covers are meant to replace the plastic wrap that many people use to cover their food in the microwave to keep it from splattering. The FDA says that plastic wrap labeled “microwave safe” is indeed safe. But if plastic wrap—even microwave-safe plastic wrap—touches food, especially food with high fat content, it can melt as well as cause steam burns when unwrapped. Chemicals can also leach into the food if plastic wrap or plastic covers make contact with the food being heated. The FDA says those chemicals aren’t dangerous, but your safest bet is to check labels carefully and only use plastic wrap and covers specifically approved for microwaves.

Want an easier solution? Cover your food with a ceramic plate or with a piece of biodegradable wax paper or paper towel.



James Beckerman, MD, FACC
WebMD HEART HEALTH EXPERT



Kathleen Zelman, MPH, RD, LD
WebMD NUTRITION EXPERT

TOP: GK HARTVICKY; HART/GETTY IMAGES; PAUL TAYLOR/GETTY IMAGES

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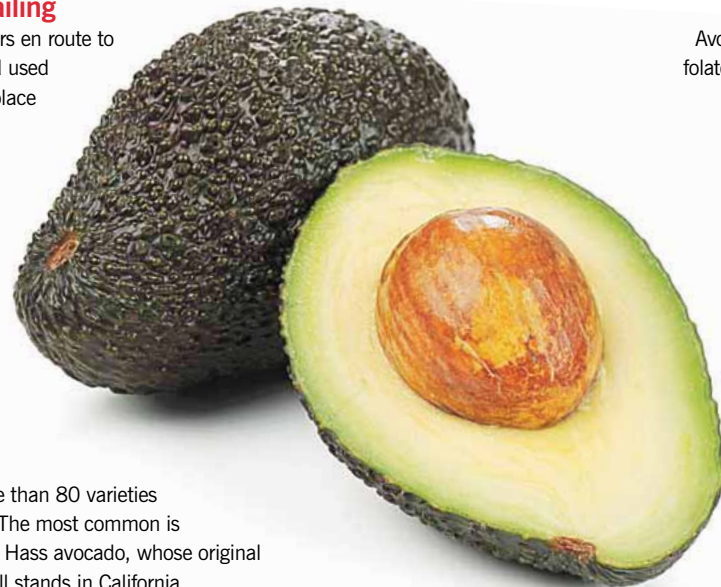
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ANATOMY OF AN AVOCADO

Smooth Sailing

European sailors en route to the New World used avocados in place of butter.



Top Dog

There are more than 80 varieties of avocados. The most common is the year-round Hass avocado, whose original mother tree still stands in California.

Fit Fruit

Avocados are a good source of fiber; potassium; and vitamins C, K, folate, and B6. Half an avocado has 160 calories, 15 grams of heart-healthy monounsaturated fat, and 2 grams of saturated fat.

Rough Roots

The avocado is also known as an alligator pear because of its shape, green skin, and rough texture of the Hass variety. (The Florida avocado has a shiny, smooth surface.)

Feeding Frenzy

On Super Bowl Sunday, Americans eat about 8 million pounds of guacamole. For Cinco de Mayo, the tally is closer to 14 million.

Sour Solution

To reduce oxidation (browning) of an already-sliced avocado, sprinkle lemon juice on the exposed flesh and refrigerate in a plastic bag.—Chloe Thompson

JOFF LEE STUDIOS/STOCKFOOD

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

Michael C. Hall

Photograph by Jesse Dylan

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Mass A-Peel

Our experts unmask the facts about at-home facial treatments and offer product picks



Go Green 1

Get soft, envy-worthy skin with **Peter Thomas Roth Cucumber Gel Masque**.

4

Peel Good

Get your skin to look on the bright side with **philosophy the microdelivery peel**.

Hit the Spot 3

Murad Acne Clarifying Mask zaps zits with clay and sulfur.

2

Smooth Moves

The mildly abrasive **Olay Regenerist Microdermabrasion & Peel System** uses lactic acid to exfoliate skin.

Q. Are at-home masks and peels really effective? What can they do for my skin?



Lisa Basalla Mwaikambo, 30, international public health professional, Durham, N.C.

Dr. Herschenfeld says:

A. These at-home treatments can be a great addition to any skin care regimen. Peels, which contain the same ingredients as dermatologists' peels but in lower concentrations, gently remove the outermost layer of your skin, producing a smoother texture and sometimes helping even out pigmentation, fade fine lines, or clean out pores. Masks can provide intensive moisture, absorb excess oil, or deliver antioxidant, anti-inflammatory, or acne-fighting treatments to the skin.

Acne-prone skin can benefit from peels containing salicylic acid; sensitive skin may do better with less irritating lactic acid peels or mild physical peels. Many products contain combinations of these active ingredients. A good, at-home peel for

sensitive skin is **Olay Regenerist Microdermabrasion & Peel System** (\$24.99), made with lactic acid. Another winner: **philosophy the microdelivery peel** (\$65) provides a gentle physical exfoliation combined with lactic acid and is great for sensitive or dry skin.

A good hydrating mask is the **Peter Thomas Roth Cucumber Gel Masque** (\$45), which is infused with cucumber, papaya, and pineapple enzymes to calm and soften skin. For acne-prone skin, **Murad Acne Clarifying Mask** (\$37) contains sulfur to treat acne and clay to absorb excess oil.

Rachel Herschenfeld, MD, Dermatology Partners, Inc., Wellesley, Mass.



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.

Dr. Alexiades-Armenakas says:

A. The biggest difference between masks and peels and products such as cleansers is the duration of application. Cleansers are quick-on/quick-off, while masks and peels are left on for a specific length of time, increasing the amount of active ingredients that penetrates the skin.

With peels, the degree to which the bonds between dead skin cells break apart and disappear is determined in part by how long you allow the acids to work. Due to the way peels work, it's best to use them sparingly. I find the biggest mistake women make is applying peels daily, which makes the skin become over-stressed. Peels can contribute to sun sensitivity, too.

The FDA has standards for the percentages of active ingredients in peels and masks allowed in over-the-counter products. For example, glycolic acid and salicylic acid (often found in peels) are limited to 10% and 2%, respectively. Be wary of masks or peels with higher percentages, as these should not be dispensed without a doctor's supervision.

The **Neutrogena Clear Pore Cleanser/Mask** (\$6.49), containing acne-clearing benzoyl peroxide and clay to decrease oiliness, can be used as a face wash or a mask. For acne-prone skin, I recommend **DDF Sulfur Therapeutic Mask** (\$38), which is infused with sulfur and purified clay to absorb oil and clear pores.

As for at-home peels, **Avon Anew Clinical Advanced Retexturizing Peel** (\$25) blends glycolic acid with soothing plant extracts such as algae, pineapple, and cucumber to gently exfoliate dull surface skin.

Boots No7 Advanced Renewal Anti-Aging Glycolic Peel Kit (\$24.99), a glycolic acid-based treatment, smoothes, tones, and brightens skin after a few uses. —Ayren Jackson-Cannady

Macrene Alexiades-Armenakas, MD, PhD, assistant clinical professor, Yale University



1 Bright Side

Gently exfoliate dead skin with **Avon Anew Clinical Advanced Retexturizing Peel**.

2 Glow Getter

Step up your routine with **Boots No7 Advanced Renewal Anti-Aging Glycolic Peel Kit** and feel the glow.

3

Sheer Porefection **Neutrogena Clear Pore Cleanser/Mask** does double duty.

4 Fair Clay

Give acne-prone skin the star treatment with **DDF Sulfur Therapeutic Mask**.

Meet Your Mask

With so many different kinds of masks hitting store shelves, dermatologist Macrene Alexiades-Armenakas, MD, PhD, reveals the most effective ingredients.

- **Emollient ingredients**, such as hyaluronic acids, ammonium lactate, squalane, ceramides, glycerin, and dimethicone, help build barriers that keep moisture in the skin.
- **Salicylic acid** decreases oil production and helps prevent acne.
- **Clay** is infused with silicates that leave a slick residue on the skin's surface, making it temporarily feel smooth.

Unmask more **skin-brightening** tips.



WebMD.com

Do any of these overactive bladder symptoms sound familiar?



Once I get the sudden urge to go to the bathroom, I can't wait.

YES ☐ NO ☐



Sometimes my bladder symptoms get in the way of things I like to do.

YES ☐ NO ☐

I worry I might accidentally leak and sometimes wear pads.

YES ☐ NO ☐



I've had enough, and I'm ready to do something about my urges and leaks.

YES ☐ NO ☐



If you answered "YES" to any of these, talk to your doctor about your symptoms and whether or not VESicare may be right for you.

Only your doctor can determine if you have overactive bladder. Once-daily VESicare is proven to treat overactive bladder with symptoms of frequent urges and leaks.* That's because it can help control your bladder muscle, day and night. So ask your doctor about taking care with VESicare.

*Results may vary.

USE AND DOSE

VESicare is for overactive bladder with symptoms of urgency, frequency, and leakage. The recommended dose of VESicare is 5 mg once daily. If the 5-mg dose is well tolerated, your doctor may increase the dose to 10 mg once daily.

IMPORTANT SAFETY INFORMATION

VESicare is not for everyone. If you have certain stomach or glaucoma problems, or trouble emptying your bladder, do not take VESicare. VESicare may cause allergic reactions that may be serious. If you experience swelling of the face, lips, throat or tongue, stop taking VESicare and get emergency help. Tell your doctor right away if you have severe abdominal pain, or become constipated for three or more days. VESicare may cause blurred vision, so use caution while driving or doing unsafe tasks. Common side effects are dry mouth, constipation, and indigestion.

Please see Important Patient Information on the following page.

FIRST 30-DAY PRESCRIPTION FREE* at vesicare.com, or call (800) 403-6565.

*Subject to eligibility. Restrictions may apply.

To learn about financial assistance programs for VESicare, please call Astellas Reimbursement Services at 1-800-477-6472 or go to www.astellasreimbursement.com

VS2749R0/011B-053-3074



Take care with
VESicare
(solifenacin succinate)
tablets

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



Brief Summary based on FDA Approved Patient Labeling

VESicare® (VES-ih-care) (solifenacin succinate) tablet

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

What is VESicare?

VESicare is a prescription medicine for **adults** used as treatment for symptoms of a condition called **overactive bladder**:

- Urgency: a strong need to urinate right away
- Leakage: leaking or wetting accidents—also called “urinary incontinence”
- Frequency: urinating often

It is not known if VESicare is safe and effective in children.

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often, or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Who should NOT take VESicare?

Do not take VESicare if you:

- are unable to empty your bladder (urinary retention)
- have delayed or slow emptying of your stomach (gastric retention)
- have an eye problem called “uncontrolled narrow-angle glaucoma”
- are allergic to solifenacin succinate or any of the ingredients in VESicare.

What should I tell my doctor?

Before taking VESicare, tell your doctor if you:

- have any stomach or intestinal problems or problems with constipation
- have trouble emptying your bladder or you have a weak urine stream
- have an eye problem called “narrow-angle glaucoma”
- have kidney or liver problems
- have a rare heart problem called “QT prolongation”
- are pregnant or plan to become pregnant. It is not known if VESicare will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if VESicare passes into your breast milk. You and your doctor should decide if you will take VESicare OR breastfeed.

Tell your doctor about all the medicines and supplements you take.

This includes prescription and nonprescription medicines, vitamins, and herbal supplements. VESicare may affect the way other medicines work, and other medicines may affect how VESicare works.

How should I take VESicare?

Take VESicare exactly as your doctor tells you to take it.

- Take 1 VESicare tablet 1 time a day.
- Take VESicare with water and **swallow the tablet whole**.
- You can take VESicare with or without food.
- If you miss a dose of VESicare, begin taking VESicare again the next day. Do not take 2 doses of VESicare the same day.
- If you take too much VESicare, call your doctor or go to the nearest hospital emergency room right away.

What should I avoid while taking VESicare?

VESicare can cause blurred vision or drowsiness. Do not drive or operate heavy machinery until you know how VESicare affects you.

What are the possible side effects of VESicare?

VESicare may cause serious side effects including:

- **Serious allergic reaction.** Stop taking VESicare and get medical help right away if you have:
 - hives, skin rash or swelling
 - severe itching
 - swelling of your face, mouth or tongue
 - trouble breathing

The **most common side effects** of VESicare include:

- dry mouth
- constipation. Call your doctor if you get severe stomach area (abdominal) pain or become constipated for 3 or more days.
- urinary tract infection
- blurred vision
- heat exhaustion or heat stroke. This can happen when VESicare is used in hot environments. Symptoms may include:
 - decreased sweating
 - dizziness
 - tiredness
 - nausea
 - increase in body temperature

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

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

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

How should I store VESicare?

- Keep the bottle closed.
- Store VESicare at 59°F to 86°F (15°C to 30°C).
- Safely throw away medicine that is out of date or that you no longer need.

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

General information about VESicare.

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

This is a summary of the most important information about VESicare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESicare that is written for health professionals.

For more information, visit www.vesicare.com or call (800) 727-7003.

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livingwell

MAKE THE MOST OF YOUR LIFE

Reviewed by
Karyn Grossman, MD
WebMD SKIN CARE EXPERT



Head Start

Help your teen develop good skin care habits early

If we only knew then what we know now. This expression applies to a lot of things in life, including skin care. Laurie Lambert, 44, a medical assistant from Virginia Beach, Va., wants to help her 18-year-old daughter develop skin care habits now that will keep her skin healthy and glowing for the rest of her life. Laurie Polis, MD, director of dermatologic services at SoHo Skin & Laser Dermatology in New York City, offers this routine that will set her down the right path.

It's never too early or too late to encourage your child to develop healthy skin care habits, Polis says. “It's also important she knows that skin changes throughout life, so skin care regimens should be adjusted accordingly.”

Start by helping your daughter establish a twice-daily cleansing ritual, Polis advises. “Just as you brush your teeth morning and evening, you should wash your face a.m. and p.m. as well.” The cleanser depends on the goal: Choose anti-acne or medicated for breakout-prone skin, moisturizing and gentle for sensitive skin, or exfoliating for dull skin. Chemical exfoliators

containing glycolic or salicylic acid and physical exfoliators—scrubs, facial sponges, or the **Clarisonic Mia Sonic Skin Cleansing System** (\$149)—boost skin-cell turnover, which can help acne, dull skin, and pigment irregularity.

If your teen is a low-maintenance type, she can try a double-duty product, such as **Proactiv Solution Deep Cleansing Wash** (\$20), which is pumped with 2% salicylic acid and can be used head to toe.

If your teen tends to blow off the evening wash altogether, leave a pack of gentle face wipes such as **Clean & Clear Makeup Dissolving Facial Cleansing Wipes** (\$5.99)

on her bedside table. They don't require water to nix dirt and day-old makeup.

After each cleansing, she should apply a topical treatment serum. “Remind your daughter that some of the ingredients in topical products have more than one benefit or function,” Polis notes. For example, the retinols in products like **RoC Retinol Correxion Deep Wrinkle Serum** (\$21.99) are wonderful agents that have anti-acne, anti-aging, and pigment-evening properties.

The final—and mandatory step—is to emphasize sun-screen application. “One of the most important skin care lessons you can teach your daughter is that anti-aging goes hand-

“Anti-aging goes hand-in-hand with anti-cancer, since both involve sun protection.”

in-hand with anti-cancer, since both involve sun protection,” Polis says. A moisturizer with broad-spectrum SPF (protects against both UVA and UVB rays) will help keep skin hydrated and protected.

Some teens struggle with sunscreen application guidelines: Apply every day (no matter the weather), apply under makeup, use 20 minutes before sun exposure, and reapply every 80 minutes. In that case, consider a brush-on SPF such as **Colorescience**

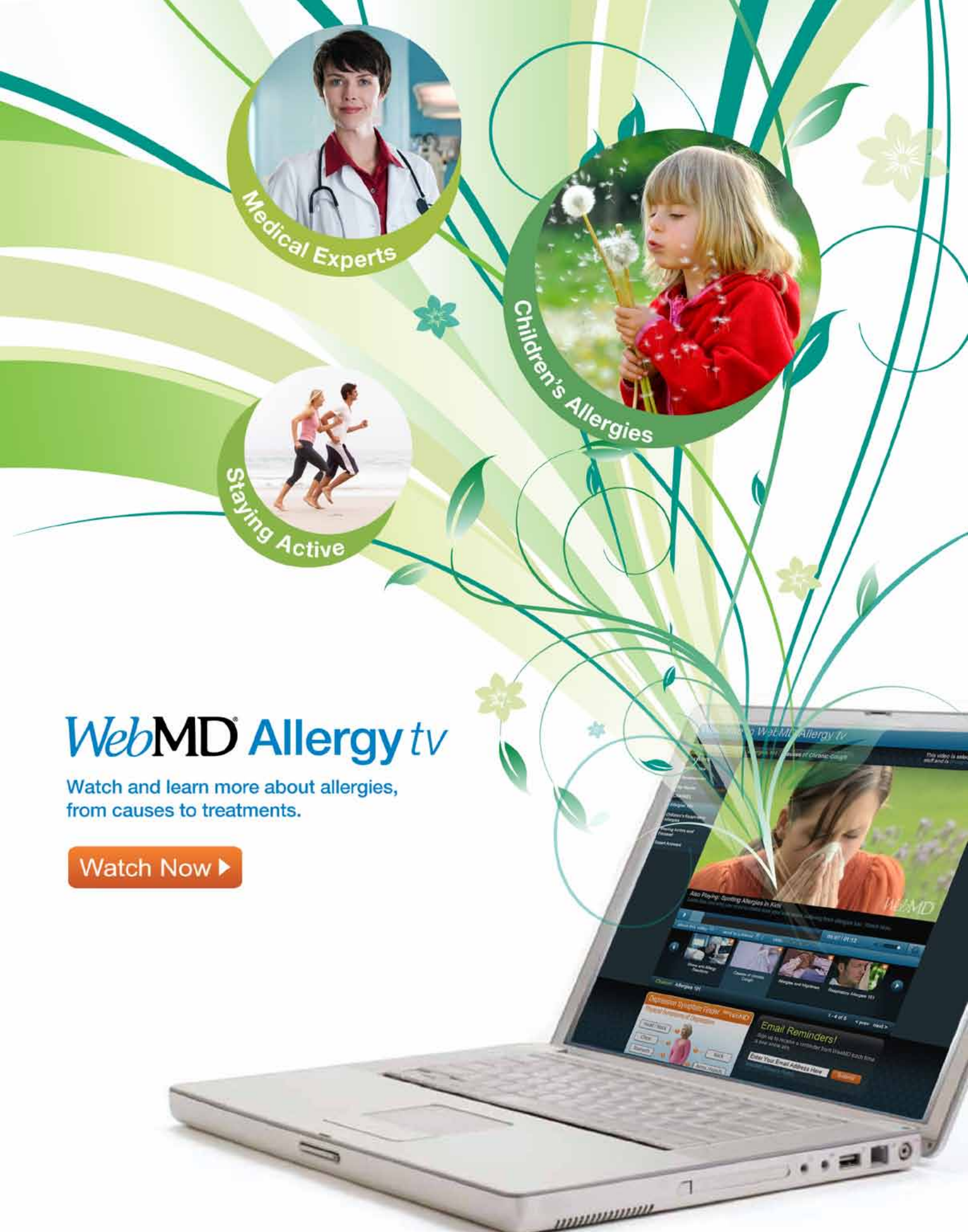
Sunforgettable Mineral Powder Sun Protection SPF 30 Brush (\$50), which she can tote with her and pull out for fast and easy reapplication throughout the day without any liquid mess.—Ayren Jackson-Cannady

CHUNG LEE

Get more **expert skin care tips** for you and your teen.



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Watch and learn more about allergies, from causes to treatments.

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fitness matters

WORKING OUT WHAT WILL WORK FOR YOU

By Pamela Peeke, MD, MPH, FACP
WebMD FITNESS EXPERT



Big Problem

The surprising link between women's thoughts about obesity and the size of America

Last year, the research firm Harris Interactive teamed up with the nonprofit health information source HealthyWomen to survey women's beliefs about what I call the "O" word—obesity.

The pregnancy connection. Only 10% of the women surveyed by Harris Interactive recognized that if a pregnant woman is obese in her first trimester, her child's risk of becoming obese more

than doubles. Forty-six percent of the women weren't sure, and 11% believed there was no connection. Currently, one in five women is obese at the time of her baby's conception.

Friends and family. Less than a third of the women surveyed understood they were 57% more likely to become obese if their friend was obese, 40% if their sibling was, and 37% if their spouse was.

Obesity and health.

A full 97% of the women surveyed knew obesity is associated with heart disease and diabetes. But only 30% recognized obesity is associated with gallstones and infertility, just 25% were aware it could increase the risk of colon and breast cancer, and only 13% knew of its link to uterine cancer.

A lot of women believe obesity is genetic, and so they think there's nothing they can do about it. But that's not true. Genetics may load the gun, but environment pulls the trigger.

And it's becoming more and more clear that mothers' lifestyle habits can help save not only their own lives, but also the lives of their family and friends.

ONLY 28% OF WOMEN ASSIGNED ANY RESPONSIBILITY TO THEMSELVES AS MOTHERS WHEN IT COMES TO THEIR CHILDREN'S WEIGHT.



Most of the 1,037 women surveyed were aware that obesity is a major issue in America. But many didn't grasp how much influence their weight and diet patterns have on others. Some specific findings:

Mothers as models. Although 87% believed there is a parental role in the cycle of obesity, only 28% assigned any responsibility to themselves as mothers when it comes to their children's weight, and 57% believed a mother and father have equal influence on their child's potential for obesity. But research shows a mother's obesity has a much greater impact than a father's. Moms are still primarily in charge of grocery shopping and meal preparation. And kids tend to emulate their moms' eating patterns.

THE 3 M's

Moms can play a crucial role in helping their kids avoid obesity by following my three M's of healthy living:

Mind Set realistic goals for your children and yourself. Such goals might include being a healthy weight, having time for relaxation and play (stress can make kids as well as adults overeat), and getting enough shut-eye (sleep loss is associated with childhood obesity).

Mouth Pay attention to the quality and quantity of what you and your kids eat and the frequency of meals and snacks. Check out the Recipe Doctor healthy meal makeovers and tools for planning meals and calculating portion sizes on WebMD.com.

Muscle Encourage your family to get more exercise by making sure they have fun in the process (think biking in the woods, playing Frisbee, or building an obstacle course in your backyard). Mandatory exercise turns kids off. Enjoyable exercise inspires them.



More than 30% of American kids 2 to 19 are overweight or obese.

Inspire your kids to get fit the fun way.



WebMD.com



Prep School

Taking your pet to the vet can be nerve-racking. Here's how to get ready

Veterinarian Gene Bailey, DVM, DABVP, will never forget the day a Shar-Pei coming to his Fort Lauderdale, Fla., clinic slipped off its leash because the collar was too loose. The dog darted into the street just as the owner reached the clinic's front door. The dog spent a day and a half on the

Plaza in Apex, N.C., says records you have on hand are helpful, but "ultimately having access to complete medical records is essential to quality of care."

During their lifetime, pets may be seen by multiple veterinarians and at emergency and specialty hospitals. Such records have information about

your pet's drug allergies, anesthetic sensitivities, and baseline blood values. Some veterinarians make them readily available. Others require signed releases.

For routine visits, bring a list of food brands you buy for your pet and any medications along with details about special diets, treats, and how much food your pet gets each day. "A handful doesn't mean anything to me," says Ken Werner, DVM, owner of Werner Animal Hospital in Morris

Plains, N.J. "Use a measuring cup so we compare apples to apples."

Also let your vet know about any change in your pet's water consumption, appetite, playfulness, energy level, or behaviors and if there has been vomiting or diarrhea.

The first veterinary visit is a good time to ask the preferred method of contact—phone, email, or text message—if you have follow-up questions. Bailey says he prefers email for nonurgent questions because "it allows time to give a thoughtful response as well as to attach reference material." Werner agrees, "The majority of people do not abuse it and have bona fide questions."

The first visit is also an opportunity to ask how to reach your vet during emergencies, learn whether

VISITATION RIGHTS

Ken Werner, DVM, and Gene Bailey, DVM, DABVP, offer these vet visit do's.

Dogs should always be on a leash and cats in carriers, "with no exceptions." There may be other strange animals who are not friendly, and they can become frightened or may even fight," Bailey says. Be sure collars, harnesses, and leashes are secure and comfortably snug.

Make a list of questions ahead of time. "This goes a long way to helping you avoid getting sidetracked and making the most of the pet's visit," Bailey says.

Ask for an estimate, particularly if your pet has a major health issue. "We can do so much in veterinary medicine now," Werner says. "But it's not uncommon to need an MRI that costs \$1,800 to \$2,000 or other procedures that can outstrip what the average person can afford."

Know what medications you have on hand. "If your cat has an ear infection and you still have medication at home [from treating a previous infection], there's no need for me to dispense more medication, and it will save you money," Werner says.

PETS CAN BE NERVOUS OR EASILY FRIGHTENED BY A TRIP TO THE VET.



run, and died of a heat stroke shortly after being found. "Unfortunately, there is not a veterinarian in practice who has not had something like this happen," Bailey says.

Pets can be nervous or easily frightened by a trip to the vet. Making sure your pet is properly restrained is just one important step for a successful office visit. How else can you prepare? That depends on whether it's your first visit to the vet, you're back for a routine checkup, or your pet has a serious illness.

If you're going to a veterinarian as a first-time pet owner, taking your pet to a new vet, or seeing a specialist, it's important to bring your pet's health records or have them transferred ahead of time. Bailey, now owner of the Animal Hospital of Peak

DID YOU KNOW?

WebMD also provides tips and tools to keep your pet healthy!

INSIDE

WebMD
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you'll find:

- Information on pet symptoms and conditions
- Tried and tested solutions to pet behavior problems
- From recalls to new medications – the latest pet health news
- Ask a Vet: Access experts in our WebMD Pet Health Community

For Dog Lovers

For Cat Lovers

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Make sure your next **vet visit** goes smoothly.



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the office offers after-hour emergency care, and get contact information for local emergency clinics and poison control.

Think your pet may have a serious illness? Be prepared to give an accurate description of the symptoms and how long they've been going on. "If people don't give me a history, I'm very handicapped because I can talk to these cats and dogs all day and they're not going to answer me," Werner says.

Again, taking notes in advance can help. Be alert to things like increased thirst, changes in bowel habits, and increased urination. If your vet asks for a stool sample, ask how much is needed, collect a fresh specimen, and transport it in a sealed bag. Likewise, if your dog is having a urinary issue, don't let him relieve himself when you get out of the car because the vet will want to get a sample.

You'll also want to find out signs you should watch for that will help you determine if your pet is getting better or worse. And be prepared to answer questions about your and your family's ability and willingness to give recommended medications or treatments.—Pamela Babcock



Dog owners spent \$356 per household for veterinary care in 2007; cat owners spent \$190.

PK-PHOTOGETTY IMAGES



Strike a Pose

Are you a side, back, or stomach sleeper? How you position yourself is key to shut-eye success

Stacey Sanner, 51, a PR consultant in Seattle and avid runner, is partial to sleeping on her right side. In her 20s, following a knee injury, she switched her primary sleep position from her stomach to her side and added a pillow between her legs. "I have never been able to sleep on my back," she says. "When I started having lower back trouble, my doctor told me, 'One of the best things

Is side, stomach, or back best? And can you switch to another position if the one you favor may not be best for your health? "You're naturally going to gravitate toward a position that you feel best sleeping in," says Park. You'll also tend to choose one based on how well you're able to breathe. "The smaller the airway in your throat becomes at night, the more likely it is you're going to sleep on your stomach," he says.

Back sleeping is a no-no for snorers and those with sleep apnea; side sleeping is best because it helps keep your airways open. Research suggests sleeping on the left side can relieve heartburn symptoms, while right-side sleeping makes them worse. Sleeping on the left side is also recommended during pregnancy to improve circulation



to do is sleep on your side with a pillow between your knees."

Can sleep posture affect the quality of your sleep and health? Absolutely, says Steven Park, MD, author of *Sleep, Interrupted* and clinical assistant professor of otolaryngology at New York Medical College in Valhalla, N.Y. Fatigue, sleep apnea, headaches, heartburn, and back pain are some of the complaints that can be aggravated by improper sleep posture and a bad night's sleep, Park says.

to the heart—good for mom and baby.

You may want to experiment with different positions, but Park advises against switching from your natural inclination unless there's a health condition that calls for it.

Sanner knows something's off if she's shifted out of her favored position during the night. "I can tell as soon as I wake up if I've had a good night's sleep," she says. "I feel rested, full of energy, and happy."—Jennifer Soong

WAY TO GO

Which way should you sleep? Shut-eye expert Steven Park, MD, offers these tips.

Go with the flow.

You may have heard that sleeping on your back prevents facial wrinkles because nothing is pushing against your face, but that doesn't mean you should change your snooze. Trying to change your natural sleep position can harm the quality of your sleep, says Park.

Mattress matters.

The condition of your mattress will often dictate your sleep position. If you have an old, worn-out mattress that sags in the middle, sleeping on your side or stomach is more difficult.

Taking sides.

The majority of Americans are side sleepers, but the jury is still out on which side—left or right—is more popular. Most people stick with one position, but that can shift as you age, usually due to health issues, says Park. Also, no one stays in one position all night, and doing so is not good for circulation.



63% of Americans sleep on their side. Only 14% sleep on their back and 16% on their stomach.

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How She Does It

To the overworked, underappreciated moms of the world: Sarah Jessica Parker gets you.

No, really. It may be hard to believe that an A-list celebrity just crowned by *Forbes* as one of the highest-earning women in Hollywood (right next to Angelina Jolie) could have anything in common with, say, a grocery store clerk in Toledo, Ohio, who goes to night school and parents three kids solo. Her life is Prada and most moms' is Payless.

But it wasn't always that way. Growing up in a blended family of eight kids, first in Ohio and then in the New Jersey suburbs near New York City, she saw her mom and stepfather struggle. Indeed, Parker's first serious paychecks for her acting, when she starred in *Annie* on Broadway at the age of 13, helped supplement the family's meager earnings.

This month, Parker, 46, stars in a new film, *I Don't Know How She Does It*, based on the best-seller by Allison Pearson, playing a harried mom Parker says she understands very well. The actor and producer, with multiple Golden Globe, Emmy, and Screen Actors Guild awards under her belt, is best known for her leading role as Carrie Bradshaw on the HBO drama/comedy series *Sex and the City* and has appeared in numerous films, including *Footloose*, *L.A. Story*, and *Smart People*.

Sarah Jessica Parker is a mom on a mission, balancing a new movie, home life, a far-flung career, and her longtime UNICEF work for kids worldwide

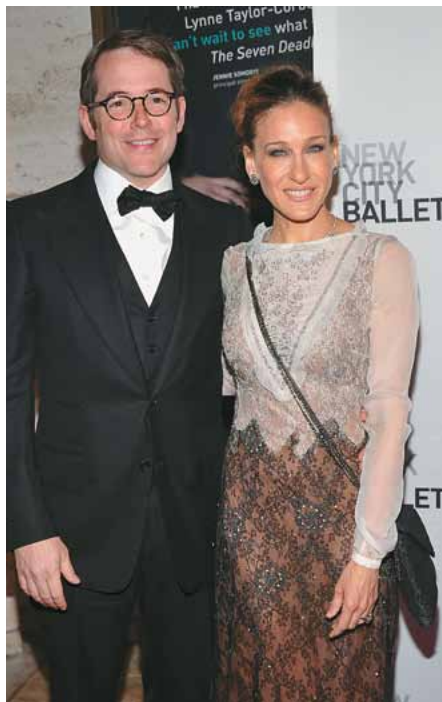
By Gina Shaw, WebMD Contributing Writer

Reviewed by
Louise Chang, MD
WebMD MEDICAL EDITOR





Parker with husband Matthew Broderick and their kids, James Wilkie, 8, and Tabitha and Loretta, 2.



to help care for our children and love them. But it's nice to shut the door and know that it's just your family. There's something wonderful and private about that. And I like that the people taking care of my kids get to go home to their families and have time with them, and tell them what a hard day they had at our house!"

Her Role Model

Juggling career and family, Parker says she easily relates to Kate Reddy, the frantic, 3-a.m.-list-making mom and finance executive she plays in *I Don't Know How She Does It*. In fact, one of the main reasons she quit the daily grind of series television involved with *Sex and the City* was that it took too much time away from her kids.

"I said yes to the part because it depicted so accurately what it is to be a mother who wants a life that includes work outside the home, and how complicated those decisions are and the consequences of those choices,"

"Having come from where I did as a child, seeing how hard my mom worked and now seeing all the ways mothers work today to be good moms in various ways—we all want the same things, right? Children that are safe and well and taken care of," she says.

Parker and her husband, actor Matthew Broderick, now have a brood of three—son James Wilkie is 8, and twin daughters Tabitha and Loretta turned 2 in June. They have a nanny for the twins and a babysitter who picks up James from school if both parents are working, but they don't have live-in help. As dozens of paparazzi who constantly chase her through New York City playgrounds can attest, Parker is one hands-on mom.

She laughs when she recalls the relatively easy days when James Wilkie was an "only." "One child? I could take him anywhere! When we go out alone now, he's like, 'Aaah, it's like the old days, Mom!'" she says. (They recently took just such an excursion to see the premiere of the last *Harry Potter* film.) "Or when I take one of the girls to the grocery store by herself, I can't believe I just have a single stroller and no one to chase. But then, I'll hear, 'Where's Tata? I want to see Tata!'"

"People seem to be very surprised that we don't want a life with that much outside help," Parker says. "We love that we have amazing people in our lives who are willing

How to Stop the Mompetition

Sarah Jessica Parker would like to declare a cease-fire in the Mommy Wars.

Breastfeeding vs. bottlefeeding? Day care vs. nanny vs. stay at home? Parker thinks we all just need to give each other a break. "It doesn't surprise me that there's competition among mothers, but I can never quite understand how we can compete and compare. My house is with my children, and your house is with yours," she says. What can we do to bring an end to the Mommy Wars—at least on our own home fronts?

Remember that you don't know everything that's happening in someone else's life, and they don't know what's happening in yours, advises Susan Newman, PhD, a social psychologist and the author of several books on parenting, most recently *The Case for the Only Child*. "Have confidence in your own decisions, but just because someone else makes different choices, that doesn't make her a bad mother."

Consider the source. If people are criticizing your parenting, they might have an ulterior motive. The mother-in-law telling you that you *need* to have a second child and that "onlies" are miserable might want more grandchildren, but she won't be the one up at 3 a.m. with a colicky infant.

Find your mom squad. Surround yourself with like-minded moms. You don't need a chorus of cheerleaders, but it can be an enormous relief to have at least one nonjudgmental "mom friend" who'll give you a hug and tell you you're doing fine.—GS



PREVIOUS PAGE: RUVEN AFANADOR/CORBIS OUTLINE. FROM TOP LEFT: ARNALDO MAGNANIGGETTY IMAGES; STEPHEN LOVENKINGETTY IMAGES; MARCEL THOMASFILMAGIC



Parker has been a UNICEF ambassador since 1997.

4 Ways You Can Help Sarah Jessica Care for Kids Across the World

They're known as the deadly triad. Malnutrition. Dirty water. Infectious disease. Together, these three plagues take the lives of thousands of children every day in the developing world. "They all go hand in hand in a sort of vicious cycle," says Deborah Dean, MD, MPH. "By far the biggest cause of preventable deaths in the developing world is infectious disease, with diarrhea alone accounting for about 17% of preventable deaths in childhood." (Measles and malaria are two of the other leading killers.)

Every day, 22,000 children under 5 years old around the world die from preventable causes like these. "Five thousand children die every day just due to lack of access to good, clean, healthy water," says UNICEF's Caryl Stern. And once they're fed, clothed, and housed, children are still vulnerable in dozens of ways. "Every child deserves a childhood, but there are thousands of children being forced into trafficking, slavery, and soldiering," Stern says. But the situation is improving: Just a year ago, the daily death toll from preventable causes was 24,000 children. Indeed, over the last 50 years, UNICEF and its partners have cut child mortality in half through programs in almost 200 countries providing children with health care, clean water, nutrition, education, protection, and emergency relief. But there's still a long way to go.

How can you help support programs that make a difference for children? A few ideas:

Organize a Trick-or-Treat for UNICEF event at your children's school for Halloween. You can get kits, tips, and resources online at youth.unicefusa.org, including handbooks and guidelines for teachers. You can also set up an online fundraising page.

Give an "inspired gift" (inspiredgifts.org). On your mom's birthday, honor her by buying a blanket for a child.

Support Water Aid, an organization whose sole purpose is to improve access to safe water and sanitation throughout the world (www.wateraid.org). The "shop for life" section lets you earmark your donation for useful items ranging from faucets to a composting toilet.

Help other moms keep their families alive and healthy with CARE, a humanitarian group fighting global poverty that focuses on women, believing they have the power to help whole communities reach self-sufficiency. Its website lets you drag and drop gifts into a personalized "CARE package" (www.carepackage.org).—GS

she says. (Every mother who's ever missed a childhood milestone will relate to Parker as she walks through the streets of Boston, weeping because the nanny took her son for his first haircut.) "Her life is different than mine, but I related to a lot of it. I could empathize with the conflict within her, about wanting to be well thought of professionally but also to give her children and husband what they need."

Parker says she's enormously conscious of the tough, sunup-to-sundown days experienced by so many moms—not, she stresses, moms like herself, with perfume lines and movie premieres and seven-figure paydays, but mothers like her own.

"I try very hard not to suggest there's a hardship in my life. I'm working by choice, and I have it so much easier than most women I can even imagine, who are doing it with very little financial support and resources, or maybe alone, without great options for child care," she says.

"The most inspiring people to me are the ones who don't have options and how they make their lives work. It's the women we don't hear about, working two or three jobs at a time and building rich, wonderful, healthy lives for their children with almost nothing—that's the real story."

Helping the World's Kids

Parenthood also sheds new light on what has been a lifelong commitment for Parker—her role as an ambassador for UNICEF (unicefusa.org).

"From my earliest childhood, I always remember going out trick-or-treating for UNICEF," she recalls, noting that her mother had a passion for the organization that she taught her children to share. "Our holiday greeting cards and our only family calendar were from UNICEF. It's been a part of my life forever."

A UNICEF ambassador since 1997, Parker's latest effort for the international children's charity involves launching a new initiative that she says "is trying to change the course of the AIDS epidemic that has ravaged developing countries." At the 10th anniversary conference of the Global Business Coalition on HIV/AIDS, Tuberculosis, and Malaria in June, Parker introduced the project—the HIV/AIDS Innovation Fund—

to key business leaders involved in promoting global health.

The idea is to bring together top HIV experts with business and philanthropic leaders to provide the seed money needed to identify interventions that cost relatively little but have the potential to save many lives—and get those initiatives moving quickly and flexibly.

In 2007, Parker served as the national spokesperson for the launch of the UNICEF Tap Project. During World Water Week in March, restaurants around the country ask patrons to donate \$1 or more for their usually free glasses of tap water. “Every bit of that money goes to UNICEF for their clean water program in developing countries,” Parker explains. (The initiative has raised almost \$2.5 million so far.)

The importance of that commitment—or the size of the challenge—can’t be overstated,



“Her life is different than mine, but I related to a lot of it.

I could empathize with the conflict within her, about wanting to be well thought of professionally but also to give her children and husband what they need.”

says Deborah Dean, MD, MPH, executive director of the Children’s Global Health Initiative at the Children’s Hospital Oakland Research Institute in California. “Every year, around the world, 10 million children don’t make it to their fifth birthday,” she says. “And more than 3 million of those don’t even survive their first two or three weeks of life. That’s astounding.”

Parker clearly understands the scope of the problem, which is what has made her involvement so valuable, says Caryl Stern, president and CEO of the U.S. Fund for UNICEF. “She’s made a true commitment, not just to her own children but to the world’s children. As a mom, she’s instilling in her own children what it means to give back, and calling on other moms to do the same. And she has the integrity that she only says what she really believes.”

Parker says she struggles with how to explain these things to her own, very privileged children—to instill in them the same values her mother taught her. “I definitely talk to James Wilkie about it as much as he can handle without starting to roll his eyes,” she says. “It’s harder to convey to the girls right now, at just 2. It’s a fine line. You want to help a child understand these things in a way that doesn’t overwhelm them.”

For someone who’s jetting off to China the next day as the special guest of a figure-skating spectacular (James Wilkie’s going along) and who’s been a household name for pretty much her entire adult life, Parker seems remarkably grounded. Despite her early fame, she never blundered through the drugs-and-rehab, sex-and-scandal revolving door that seems to be de rigueur for many

young actresses today. And despite a few setbacks, she’s always managed to reinvent herself as an actor and businesswoman, and find new and successful roles.

“A lot of that is just good fortune. I couldn’t suggest otherwise,” she says. “But I’ve tried to be thoughtful and careful about the choices I make. I really believe in a strong work ethic, and people know that when I commit to something, I am not interested in having one foot in and one foot out the door.”

It may sound a bit old-fashioned—especially coming from the woman who embodied the glamorous Carrie Bradshaw—but Parker worries that such a work ethic is becoming a thing of the past.

“There’s such an interest these days in how to become famous or wealthy quickly. But you have to work hard, you have to, no matter what you do,” she says. “I wish I could tell younger people today, ‘You will love the memories of how hard you worked, and of pounding the pavement and going from audition to audition, and going to a pay phone and digging deep in your pockets for a freakin’ quarter to call your messages to see what the response was.’”

“I talk with my friends who are actors about that part of our past, and we wouldn’t want it any other way. It’s the same way no matter what you do in life. Don’t overlook the process when you’re making career decisions.” ■

CRAG BLANKENHORN/THE WEINSTEIN COMPANY

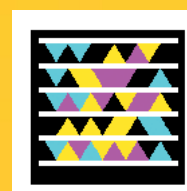
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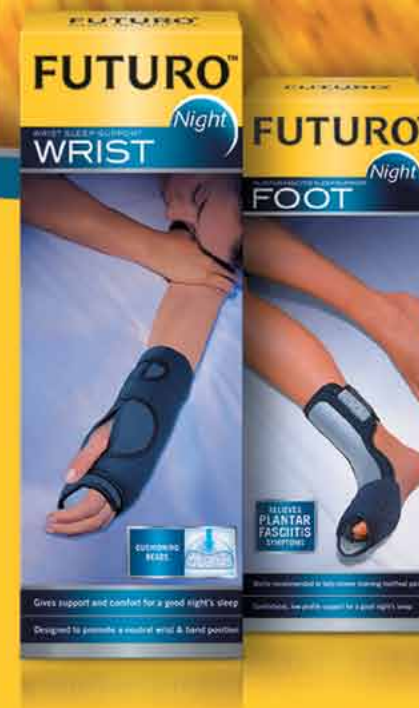


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SMARTS

Ace back-to-school with **healthy lunchbox tips** from White House chef Sam Kass

By Erin O'Donnell, WebMD Contributing Writer

BACK-TO-SCHOOL TIME is all about fresh starts: new notebooks, bright-white kicks, and high hopes for the year ahead. It's also the perfect time for new habits, like healthier meals for everyone in the family, especially your kids. The benefits are well-known: Research shows that children who eat well perform better in school than kids with poor diets.

But how do you make healthy eating a habit in your household? During the school year, it's hard enough for busy families to find the time and energy to prepare any meal, let alone a nutritious one. And so many kids are picky, preferring French fries over fresh vegetables and hot dogs instead of hummus.

Reviewed by
Kathleen Zelman, MPH, RD, LD
WebMD DIRECTOR OF NUTRITION



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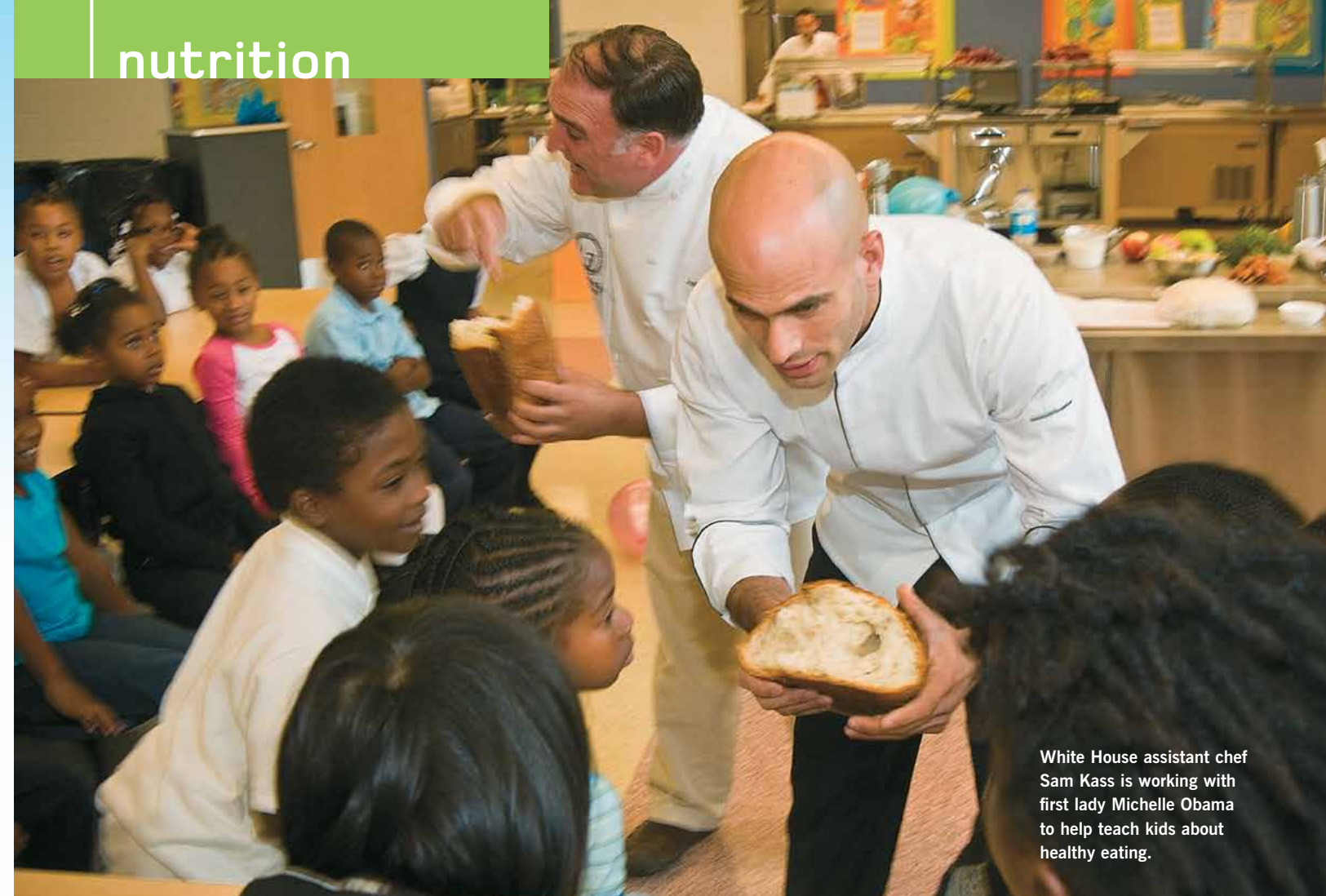
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nutrition



White House assistant chef Sam Kass is working with first lady Michelle Obama to help teach kids about healthy eating.

We turned to the White House's assistant chef and senior policy advisor for healthy food initiatives, Sam Kass, who is passionate about teaching kids and their families to enjoy simple, healthy food. Kass helps us kick off the school year by suggesting fun, wholesome lunches to tuck in your child's backpack (see our week's worth of choices on the next page) and sharing what he's learned about inspiring Americans to make good food choices.

Kass, 31, is helping first lady Michelle Obama plant the first major vegetable garden at the White House since Eleanor Roosevelt's victory garden during World War II, and children were in on the project from the start. Now, kids from local schools visit several times a year to plant veggies, pull weeds, and harvest the bounty—and this process has convinced Kass that kids really can learn to love good food.

Kass recalls a group of students dropped by recently to pick and prepare vegetables. When the kids sat down to snack on platters of raw veggies, he noticed one student had heaped most of the cauliflower onto her plate, and was chowing down with gusto. Chuckling, he says he actually had to ask her to put some cauliflower back so there'd be enough to share. "She had never seen or tasted it before," Kass says, "but she was excited about it because she had participated in planting and harvesting it, and so her mind was more open to trying it."

"I see this constantly," Kass says: Kids are most excited about nutritious meals if they play a role in getting food to the table.



GIVE KIDS A CHOICE IN THEIR SCHOOL LUNCHES, SAYS KASS. **"KIDS LIKE TO FEEL THEY HAVE THE AUTHORITY TO MAKE SOME DECISIONS FOR THEMSELVES."**

TOP: BOB NICHOLS; JASON MOLYNEUX/MASTERFILE

“I SEE THIS CONSTANTLY,” KASS SAYS: **KIDS ARE MOST EXCITED ABOUT NUTRITIOUS MEALS** IF THEY PLAY A ROLE IN GETTING FOOD TO THE TABLE.



Chef Sam Kass and first lady Michelle Obama with kids in the White House garden.

Of course, it also helps their appeal if healthy foods taste delicious, especially at school. To that end, Kass has helped establish programs to make cafeteria food taste better. One initiative, launched through the Let's Move program (letsmove.gov) developed by Michelle Obama, pairs professional chefs across the nation with their local schools. The pro cooks use their knowledge about making food look and taste good to help cafeteria staff plan healthy meals kids are likely to enjoy.

For example, Kass says, one chef recently worked with a school to whip up kid-friendly dressings to serve on salads. Some chefs are also helping their schools plant gardens similar to the one at the White House, so students can have a hand in growing the tender lettuces, cool cucumbers, and crisp carrots to add to those salads.

Even more kids will eat salads at school this year, thanks to another program that brings salad bars to school cafeterias across the country. Kass believes salad bars are popular with students because they give them a choice.

“They can decide which fruits and vegetables they want, and which they don't,” Kass says. “Kids like to feel they have the authority to make some decisions for themselves.” ■

LUNCHBOX MAKEOVER

Kass' top 5 healthy school meal ideas

White House assistant chef Sam Kass created this lineup of nutritious lunches to send to school with your kids. Each is a mix of flavors, textures, and nutrients, and a few even include cookies! (Just make sure they are a healthy choice with whole grains, if possible, minimal sugar, and no trans fats.) These lunches also need a beverage—your child can get a carton of low-fat milk at school to pair with each weekday meal.

MONDAY ► Turkey wrap made with lettuce and a slice of cheddar cheese on a whole-wheat tortilla, baby carrots, grapes, and two small oatmeal cookies

TUESDAY ► Whole-wheat pasta tossed with pesto and chopped cooked spinach, applesauce, and two whole-grain crackers

WEDNESDAY ► Sliced chicken on whole-wheat bread spread with hummus, small low-sugar yogurt, baby carrots, and two fig bars

THURSDAY ► Tiny “sandwiches” made with a dollop of tuna salad between two cucumber slices (kids can assemble them at lunch), a quartered orange, two celery sticks filled with peanut butter, and two whole-grain crackers

FRIDAY ► Cheese quesadilla made with a whole-wheat or veggie tortilla, diced tomatoes, red pepper or your child's favorite vegetable, an apple, a banana, and two small chocolate chip cookies



FROM LEFT: BOB NICHOLS, TANYA ZOUJEV/STOCKFOD

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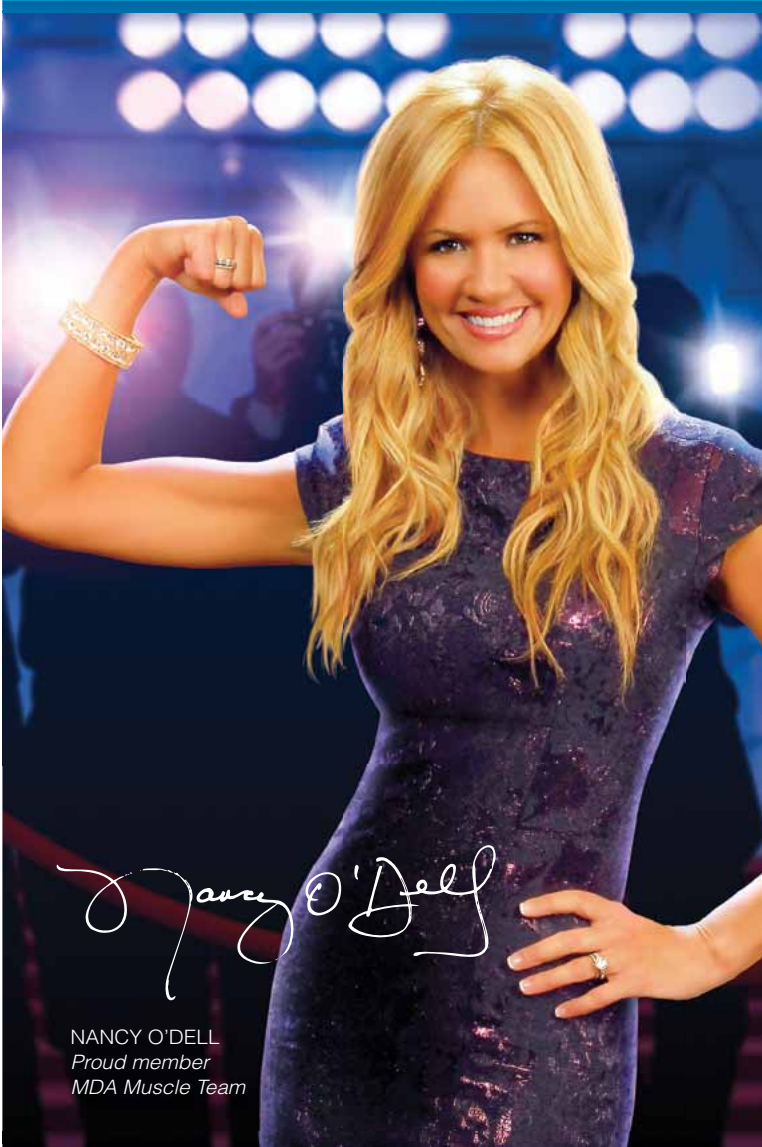
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NO KIDDING

You really *can* get children to eat healthy

White House chef Sam Kass has learned a thing or two about getting kids interested in nutritious fare. The main idea, he says, is to actively engage them in any stage of meal planning and preparation.

Here are a few of Kass' top tips.

Freedom of choice. During your next grocery run, ask your child to select her three favorite veggies to include in family meals. Kids are more likely to eat foods they've chosen themselves.

Seed for change. Help your child plant and tend a windowsill herb garden, Kass suggests. It's a simple way she can help feed the family. Be sure to compliment any dish that includes herbs she harvests.

Farm stand. Visit a farm or orchard with your child to see where food is grown and maybe meet the grower. Knowing where an apple or ear of corn comes from can make it taste even better.

Chop, chop. Kass recommends you invite your child to chop and stir ingredients while you make meals.

Heroic effort. Talk with kids about professional athletes or movie stars they admire, and point out that to succeed, "those people really take good care of themselves" by eating healthy diets, Kass says.

LOUISE LISTER/STOCKFOOD

SMART SNACKS

Making sure the snack kids grab is a healthy one can make a difference in how they finish the day. You want them energized and refueled until dinner, not overfull and oversugared. The best snacks to help kids perk up are fresh fruits and vegetables, whole grains, and lean or low-fat protein, says Kathleen Zelman, MPH, RD, LD, WebMD's director of nutrition, who offers these tips for after-school snacking.

PIZZA FACE

Cheese pizza is a kid-crowd pleaser, but not all snack versions are created equal. Zelman likes frozen pizzas such as Made in Nature Organic Three-Cheese and Whole Foods 365 Everyday Value Four Cheese, both low in saturated fats and tasty, too.

DIPPITY DO

Kids love dipping. Serve up hummus with veggies or a small portion of baked tortilla or pita chips. Hummus is "super nutritious, naturally fat-free, and loaded with protein and fiber that will keep kids full until dinner," Zelman says. She likes Athenos or Cedar's for their ultra-smooth creaminess and flavor.

CHOCOLATE AND TIGERS AND BEARS, OH MY!

There's no reason to leave cookies 'n' milk out of the after-school snack roster. Just practice portion control to keep numbers reasonable. Do your kids love chocolate? Zelman says kids can enjoy two Back to Nature Chocolate Chunk Cookies (130 calories, 1 gram protein, and 6 grams fat, but no trans fats). She also likes Barbara's Bakery Wheat Free Oatmeal Snackimals. Made from whole oats, these updated animal-cracker minis offer whole-grain goodness without trans fats or high-fructose corn syrup.

BEST BARS

Fruit, nut, grain, and cereal snack bars promise ready-wrapped nutrition on the run. But some are fat and sugar bombs. Read nutrition labels to ensure sugar isn't the top ingredient. Look for bars with the highest fiber and protein in flavors that have kid appeal, such as Kind Plus Peanut Butter Dark Chocolate + Protein, tasty as candy but loaded with 7 grams protein plus fiber you won't find in most candy bars. Zelman also likes Kashi GoLean's Oatmeal Raisin Cookie Chewy Protein & Fiber Bar, which tastes as good as a cookie but packs 5 grams fiber and 10 grams protein.—Monica Kass Rogers

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TED MORRISON



Stock up on
healthy treats
for after school

DIET

QUIZ

RATE YOUR HEARTBURN IQ

While lots of people get heartburn, most don't understand what it is or the damage it can cause. **"I woke up with strong pain in my lower esophagus," thact** writes on the WebMD common digestive disorders community. **"I'm sure it's heartburn. I was wondering how long does it usually take to heal the esophagus?"** Want to learn more? Take our quiz.

- 1 I caused my heartburn by eating the wrong foods.
☐ True ☐ False
- 2 I can cure heartburn by eating only bland foods.
☐ True ☐ False
- 3 I can take as many antacids as I need to treat it.
☐ True ☐ False
- 4 Heartburn never turns into a serious health problem.
☐ True ☐ False

Answers: All are false. Heartburn develops when a muscular valve called the lower esophageal sphincter functions improperly, allowing stomach acid to flow back into the esophagus. This causes a burning-pain sensation. Fatty foods, onions, garlic, chocolate, peppermint, citrus fruits, and tomatoes can worsen heartburn, but food isn't the root cause—nor will a bland diet ease all symptoms. Talk to your doctor about treatments: lifestyle changes, diet, over-the-counter and prescription medicines, and, rarely, surgery. Antacids, a common treatment for heartburn, shouldn't be taken indiscriminately and can interact with certain prescription drugs. Chronic heartburn may signal gastroesophageal reflux disease (GERD), a condition that can damage the esophagus and lead to serious problems, including ulcers and esophageal cancer.

Source: National Institutes of Health, the National Heartburn Alliance, and the WebMD Heartburn Health Center

DID YOU KNOW?

About **25%** of adults in Western countries get heartburn at least once a month. Between **5% and 15%** of adults have severe heartburn.



QUESTIONS FOR YOUR DOCTOR

- 1 What diet or lifestyle changes can I make to reduce heartburn?
- 2 Do I need over-the-counter or prescription medication?
- 3 Should I take any tests to check for complications from heartburn or GERD?
- 4 If other treatments fail, is there a surgical procedure that can help?

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 heartburn

ALLERGIES

QUIZ

IS IT A COLD OR ALLERGIES?

After coming home from work one day, **An_190955** developed a drippy nose, congestion, and popping ears. **"What's going on?"** this member of the allergies community asked the other members. **"Is this allergies? I just got over a cold recently as well."** Sometimes, it's hard to tell the difference between a cold and allergies, but this chart can help.

	Colds	Allergies
Occurrence of symptoms	Often appear one at a time: first sneezing, then a runny nose, then congestion	Occur all at once
Duration of symptoms	Generally last from seven to 10 days	Continue as long as a person is exposed to the allergy-causing agent (allergen)
Mucus	Often a yellowish nasal discharge, due to an infection	Generally a clear, thin, watery discharge
Sneezing	Less common than with allergies	More common than with colds, especially when sneezing occurs two or three times in a row
Time of year	More common during the winter	More common in spring or fall, when plants are pollinating
Fever	May be accompanied by a fever	Not usually associated with a fever

Source: American Academy of Allergy, Asthma, and Immunology; Asthma Foundation of America; National Institutes of Health; and WebMD Allergies Health Center

DID YOU KNOW?

About **10 million** Americans are allergic to cat dander.



QUESTIONS FOR YOUR DOCTOR

- 1 Can a test tell me which plant (or mold) is causing my allergies?
- 2 Can my allergies be cured? Can they be managed so that I am practically symptom-free?
- 3 Are there prescription or over-the-counter medications I can take?
- 4 Are there lifestyle changes I can make to relieve my symptoms?

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 allergies

Seth Rogen



ACTOR/PRODUCER

WebMD has a cameo in the film! Did Will Reiser really check out his symptoms—and odds for survival, from which the film gets its name—on WebMD.com?

Will is definitely the type to search online, looking up all sorts of potential problems.

Is there a history of cancer in your own family? And do you take any specific health precautions?

Not a huge history. Some. I try to eat healthy. And I ingest as few horrible chemicals as possible. And I wear sunscreen!

Your fiancée, Lauren Miller, makes a brief appearance in *50/50*, and you were interviewed together on Larry King’s special, *Unthinkable: The Alzheimer’s Epidemic*. [Miller’s mother currently has the disease.] What do we need to know about this degenerative condition?

I think a lot of young people don’t realize Alzheimer’s is something that affects not just our grandparents’ generation [but also] our parents’ generation, and eventually our generation. Now that I’ve seen [Alzheimer’s] firsthand, I think it’s something that can use support.

Do you have a hero from the worlds of acting, comedy, or otherwise?

I wouldn’t be able to narrow it down to one person. Too hard—I have many heroes. But who’s inspired me? Trey Parker and Matt Stone consistently do incredibly funny stuff. If there’s anyone I get jealous of, it’s them.

When you were shooting *The Green Hornet*, you reportedly dropped 30 pounds for the role. Was it difficult to do, and have you maintained the weight loss?

Let’s say I’ve found a happy middle ground. OK, I’m not eating as well as I used to. Now you’re making me feel bad. I feel like I’m talking to my grandmother!

What’s your relationship with exercise now?

I use an elliptical machine because I hate running. I hate exercising. So I have to do it in ways that I’m tricking myself that I’m not doing it. Anything I can do in front of a television or while playing a video game automatically works better for me.

If you were stuck in a hospital bed for six months and you could choose anyone from the past or present for a roommate, who would it be, and why?

Anyone? Groucho Marx. He’d be funny and interesting to talk to, a forefather of modern comedy.—Lauren Paige Kennedy

Your new film, *50/50*, draws from your good friend and screenwriter Will Reiser’s real-life fight with a rare spinal cancer. As both producer and co-star, you call it a “passion project.” What sets this film apart from your previous work?

[Will and I] took the attitude that we had to make something positive out of this, something we were proud of. It’s not the type of movie, when you hear it described, that sounds like the best idea ever!

The film has many, many laugh-out-loud moments. How do you make fighting cancer funny without crossing the line?

We never wanted to be funny for the sake of being funny. It had to be consistent with the story and the characters. When your perspective is that of a comedy writer, you naturally see funny things in any situation, and it was about showing those funny things even though it was such a terrible time.

This movie also earns itself a five-hankie rating. Are you a closet fan of “weepies”?

I like a movie that’s both very funny and has a lot of emotional resonance to it. There aren’t a lot of movies that make you laugh really hard and make you cry.



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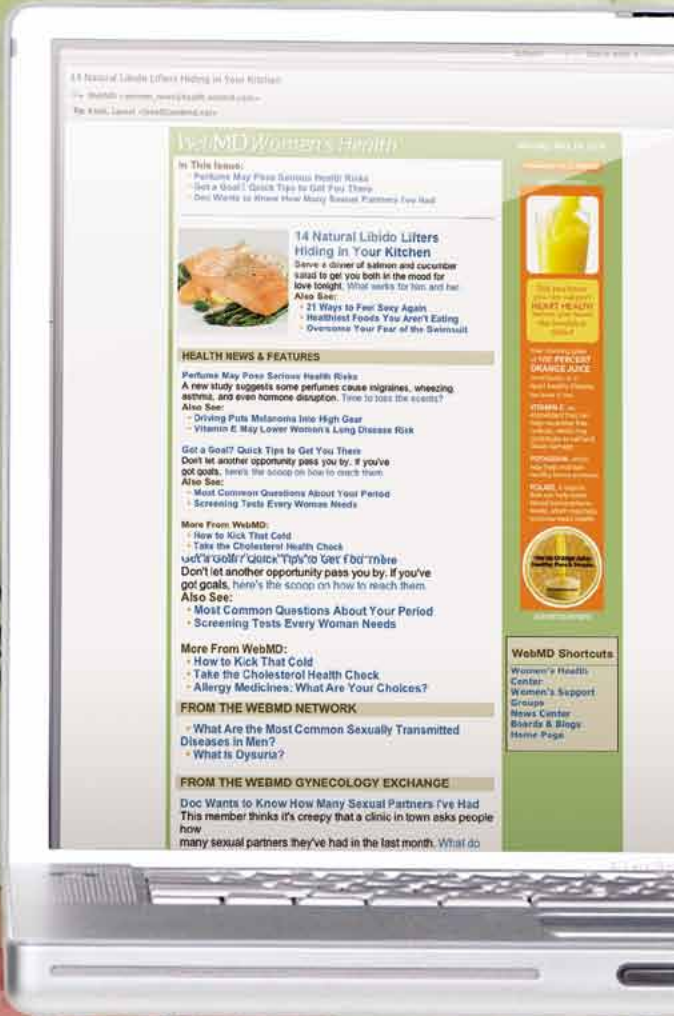
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News feed

Decoding your baby's hunger signals 49

Good night? 4 sleep myths debunked 52

Role Model

Laila Ali has many titles, but mom is the greatest of them all 50

**Dr. Robert Sears**

One of America's leading pediatricians answers a question on every expectant parent's mind.

Ask Dr. Sears

Should I bank my baby's cord blood?

I strongly recommend cord blood banking to my patients. One of the most compelling reasons to save cord blood stem cells is that new research is investigating the use of cord blood to treat conditions like brain injury and juvenile diabetes. Today, cord blood is used to treat many serious diseases, including leukemia and blood disorders.

As new treatments develop, having cord blood on hand may be invaluable. Using your own family's cord blood has been shown to improve medical outcomes compared to using stem cells from someone outside your family.

I am glad we decided to save cord blood for our son, and I feel confident recommending the bank I chose, Cord Blood Registry® (CBR®).

Parents have only one chance with each child to bank his or her cord blood stem cells—at birth. The importance of banking is clear, but the financial commitment may deter some families. Thankfully, various payment options allow families to create a plan that fits their budget. I believe cord blood banking is well worth the investment in your family's future.

Pediatrician Robert Sears, MD, FAAP, is a noted author, CBR medical consultant, and the father of three boys.

10:32 p.m. A family is born.
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Ultimate use of newborn stem cells will be determined by the treating physician who will consider if they are applicable for the condition and should come from the patient or a suitable donor (like an HLA-matched sibling). There is no guarantee that treatments being studied in the laboratory or in clinical trials will be available in the future. Source for Ob/Gyn claim: Blind survey, GfK Market Measures, 04/07, funded by CBR. © 2011 Cbr Systems, Inc. All rights reserved. • 0911 • MA02099.01

ask the experts ▶ YOUR QUESTIONS ANSWERED

Safe Keeping

How to make sure baby stays out of harm's way

Q ▶ How should I babyproof my nursery?

A ▶ To start, be sure that your crib's bars are no more than 2 3/8 inches apart (so your baby doesn't get caught between them) and that your crib does not have a drop-side rail (so your baby doesn't get trapped between the crib rail and the mattress). Keep pillows, blankets, and loose stuffed animals out of the crib until your baby is at least 6 months old as they can suffocate her (you can keep her warm with thick pajamas when she's sleeping). Be sure the mattress fits snugly against the crib sides. And although they're adorable, it's best to forego crib bumpers. Young babies can suffocate in them, and older babies step on them to climb out of their cribs.

Your changing table should have four raised sides and a strap to hold baby in. Keep all your supplies within arm's reach. That way, you won't have to turn away from the changing table, even for a second.

Once your baby gets mobile—by scooting, rolling, or crawling—be sure the entire room is babyproofed. Electrical outlets need childproof covers, sharp furniture corners should be padded, and curtain cords need to be shortened or tied around special brackets so your baby can't strangle in them. And to keep your little one from pulling furniture over on himself as he learns to climb, anchor all heavy pieces to the wall.

Did you know?

NAP TO IT Letting your baby skip naps not only will make him (and you) miserable during the day, but also will worsen his sleep at night. "In their first two months, babies often don't have a sleep pattern down yet," says Carole Kline, MS, RN, CPNP. "That's perfectly normal. Eventually, though, their sleep consolidates toward all-night sleeping."



Q ▶ Once my baby is born, how will I know how much food to give her?

A ▶ Babies are very good at expressing their needs. You just have to learn the signs.

Let's start with hunger. These days, most parents feed their babies on demand, meaning when they're hungry. How will you know? Newborns signal hunger several ways, including opening and closing their mouths, sucking on their hands, "rooting" or rubbing their heads against mom's chest, and crying. If your baby tends to sleep a lot, wake her every two hours to make sure she eats.

Your baby's signals that she's had enough to eat will also be clear. She may turn her head away from the breast or bottle, fall asleep, or start crying if you keep trying to make her eat. Also, if you are nursing, your breasts will feel softer after she nurses because she's emptying them as she eats.

Most babies lose a little weight (up to 10%) in the first week but gain about 5 to 10 ounces per week through the first month. A baby getting enough to eat should have seven or eight wet diapers and one or more stools per day.



Sara DuMond, MD
WebMD BABY CARE EXPERT



Hansa Bhargava, MD
WebMD BABY CARE EXPERT

Ask the experts all your newborn-care questions. ▶ **WebMD.com**



At 33, Laila Ali has already earned enough titles to fill 10 celebrity résumés: world champion athlete, founder of her own skin and hair care product line, *Dancing With the Stars* finalist, TV host, author, singer, health and fitness advocate, philanthropist. But the title she prizes most these days? Mom.

“Being a mom is the role that gives me the most satisfaction and happiness, and it completes my life,” she says as her daughter, Sydney, born in April, coos in the background. “It’s also one of the toughest jobs, but I wouldn’t have it any other way.”

Ali has never shied away from tough situations. At just 21, she followed her father, legendary boxer Muhammad Ali, into the ring, forging her own path to sports stardom.

Ali also follows her father’s lead when it comes to parenting, but in her own way. “My dad has always been very loving and nurturing,” she recalls fondly. “I took that from him, and I’m going to be the same with my kids—except I’m more of a disciplinarian.”

She has a better perspective on parenting now that it’s her second time around. Sydney joins older brother, Curtis Jr. (C.J.), 3, who is named after his dad, Ali’s husband and former NFL star, Curtis Conway.

Priority Shift

During these early months of Sydney’s life, Ali is taking a step back from the spotlight to focus on her baby. She’s a full-time mom. “The first five months, it’s really important for me to be there all the time, especially because I’m nursing,” she says.

While caring for her kids, Ali still has a full to-do list, and near the top of it is her goal to lose the 25 pounds left from her

pregnancy. She’s decided to share her progress in a regular people.com video blog, and with Get Fit Challenge posts on her website (lailaali.com) so other new moms can follow her personal diet and exercise plan. “I thought I could motivate and help a lot of people that way,” she says of her decision to lose weight in such a public forum.

Although she’s a world-class athlete, Ali wants other new moms to know that even she’s not immune to the challenges of staying fit with a new baby at home. “I don’t feel like working out, either. I’m tired. But it’s a priority and it’s important, so I get it done.”

Like everyone else, she falls prey to junk food cravings—which aren’t made any easier when her husband brings home cake from one of her favorite bakeries. “I’m like, ‘Must you bring all that home?’” she says, laughing. “I’m on the treadmill working out and he’s eating that.”

Healthy Habits at Home

Cravings aside, healthy eating is a priority for Ali—and her family. In the public arena, she has lent her voice to promote a number of health and wellness causes. She’s teamed up with the Women’s Sports Foundation,

Kroger’s health and wellness initiative, and the DoSomething.org Healthy Schools Challenge to fight childhood obesity.

At home, she models the same healthy habits for her kids. “The main thing I’m going to do is lead by example,” she says. That means limiting sugar, salt, and processed foods and stocking her fridge with plenty of fresh vegetables. Keeping a healthy kitchen isn’t easy with a toddler at home, especially a

picky eater like Curtis Jr. “He wants to eat macaroni and cheese, rice, or pasta,” Ali says. She’s had to get creative, puréeing vegetables into his spaghetti sauce and juicing carrots into his milk to keep his diet nutritious.

Fighting to Stay Balanced

Juggling two kids and a career that’s always spinning in many different directions isn’t easy. Ali keeps a balance in her life by making sure to carve out a little time for herself each day. “When Sydney goes to sleep and C.J. goes to sleep, then I have my moment. It could just be checking my emails or calling a girlfriend,” she says. Caring for her two children has made Ali realize just how precious that “me” time is.

Being a mother has changed her in other ways, too. “Motherhood has made me a lot more patient,” she says. “And I think it’s made me look at things differently.”

“I don’t sweat the small stuff anymore. Certain things don’t really matter. What’s most important to me is my children—and their health.” ■




Role Model

Laila Ali has many titles, but the greatest of them all is mom

By Stephanie Watson, WebMD Contributing Writer

PHOTOS BY ALISON DYER/OPH SYNDICATION

Trying to balance it all? Get tips from other **new moms.**  **WebMD.com**



Lullaby & Good Night?

4 myths about babies and sleep that every parent needs to know

By Katherine Kam, WebMD Contributing Writer

It's a rite of passage that every parent anticipates: Your new baby is finally sleeping through the night. You're not the only one harboring this dream. Sympathetic friends, family, neighbors, and even your pediatrician are lining up to share time-honored guidance on how to get your infant snoozing peacefully by that magical three-month mark.

Just one problem: Much of that advice is misleading, says Andrew Adesman, MD, chief of developmental and behavioral pediatrics at the Steven and Alexandra Cohen Children's Medical Center of New York in New Hyde Park and author of the book *BabyFacts: The Truth About Your Child's Health From Newborn Through Preschool*. "Parents take pride in hopefully trying to get their children to sleep early," he says. But even well-intentioned moms and dads can create sleep problems inadvertently. Take a look at these myths about baby slumber.



1 It's never too early to put your baby on a sleep schedule.

Not so. If parents are smart, they'll give up illusions of control and take their baby's erratic sleep schedule in stride during the newborn period, the first month after birth.

"When we're talking about influencing the sleep of a newborn, that's pretty much impossible," Adesman says. "For the first few weeks of life, newborns are going to be on their own schedule, and we have to respond to it."

Babies don't enter the world with a circadian rhythm. It develops

over time. That means parents should try to catch some rest during the same odd hours around the clock that their newborns are sleeping. "Once babies get beyond the newborn period, they start to develop a sense of day and night cycles," Adesman says.

2 Babies should be sleeping through the night by 3 months.

If your baby isn't sleeping for a full night by age 3 months, is something wrong? No, nothing's amiss. By 3 months, many babies are sleeping five or six hours at a stretch—much better than the one- to three-hour snippets that leave parents bleary-eyed.

But most babies aren't logging seven or eight hours at this point. "Sleeping through the night is not the adult version," Adesman says. And if baby doesn't reach the five- to six-hour range by 3 months, that's fine, too. Some babies don't sleep through the night until 4 months, he says.

3 Adding rice cereal to a bedtime bottle helps your baby sleep longer.

At some point, you might hear advice to slip a bit of rice cereal into the last bottle before bedtime. That way, your baby supposedly will sleep better because he won't be hungry.

Even some pediatricians subscribe to this "rice cereal myth," Adesman says. But while this practice may sound logical, there's no evidence it works. Research shows that babies who eat rice cereal before bedtime don't sleep longer than



other babies, according to Adesman.

But more important, giving rice cereal to a baby younger than 4 months might not be

safe. If the baby's gastrointestinal system isn't mature enough to digest it, the cereal can cause discomfort or even lead to food allergies. "It's better to stick with a plain old bottle at bedtime and let your baby wake up from hunger, not from a tummy ache," Adesman says.

4 It's important to respond immediately to your baby throughout the night—why else would you have a baby monitor?

There's no one right way to put a baby to sleep, Adesman says. But some parents are so anxious about their baby's well-being or so eager to help their baby sleep through the night that they overdo the nocturnal attention. "With

every whimper," Adesman says. "But there's no need to respond in a flash to light arousals."

"One of the biggest sources of sleep problems in infancy is well-intentioned parents being overly attentive to any fuss or noise that a baby may make," he says. Once they reach 4 months

of age or older, "babies really need to learn the technique of self-calming or self-soothing when it comes to waking



Why Back Is Best

What's the safest sleep position for your baby? From birth to age 1, a healthy baby should be put to sleep on her back, not her tummy or side. That's a major change from almost two decades ago, when parents were instructed to place babies on their stomachs so they wouldn't choke on spit-up or vomit.

It's not a good idea to put a baby on her side, either, because she can roll onto her belly. Stomach sleeping fell out of favor after doctors realized a link between the position and sudden infant death syndrome (SIDS). Since 1992, when the American Academy of Pediatrics began recommending back sleeping, the rate of SIDS has fallen dramatically—by more than 50%.

up in the middle of the night," Adesman says.

If a baby cries, but her diaper is clean, she hasn't spit up, and she is in no obvious discomfort, parents can feel reassured she's OK and then leave the room. "If a child is presumably clean, top and bottom, that child should learn to fall back asleep on its own," Adesman says.

"What parents shouldn't be doing is to try to cuddle and nurse the child back to sleep," he says. Nor should they bottle-feed in hopes of transferring their baby to the crib after she falls back asleep. "Parents in essence are creating a Frankenstein," he says.

Rocking a baby to sleep every night also deprives the infant of learning how to fall asleep on her own, Adesman says. "If you set up a routine so that your baby never falls asleep without you, you'll have a long, sleep-deprived haul ahead." ■

Got another myth that needs debunking? Ask our experts. [WebMD.com](https://www.webmd.com)

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STRESS
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departments



features

58 Healthy Start

What's good for you this fall.

59 Ask the Experts

Is it just the flu, or should you go to your campus health clinic? **AND:** How much alone time is too much?

68 Click Here

What's new at **WebMD.com** right now.

69 WebMD Checkup

10 questions for funnyman **Seth Rogen**.

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60 healthy living

Don't Worry, Be Happy

It really is possible to de-stress your semester.

62 cover story

iCarly Preps for College

Actor and musician Miranda Cosgrove gets ready to graduate to the next stage in her life and career.

65 healthy living

Take 5

Got five minutes? Try these five healthy ways to recharge your batteries.

66 food

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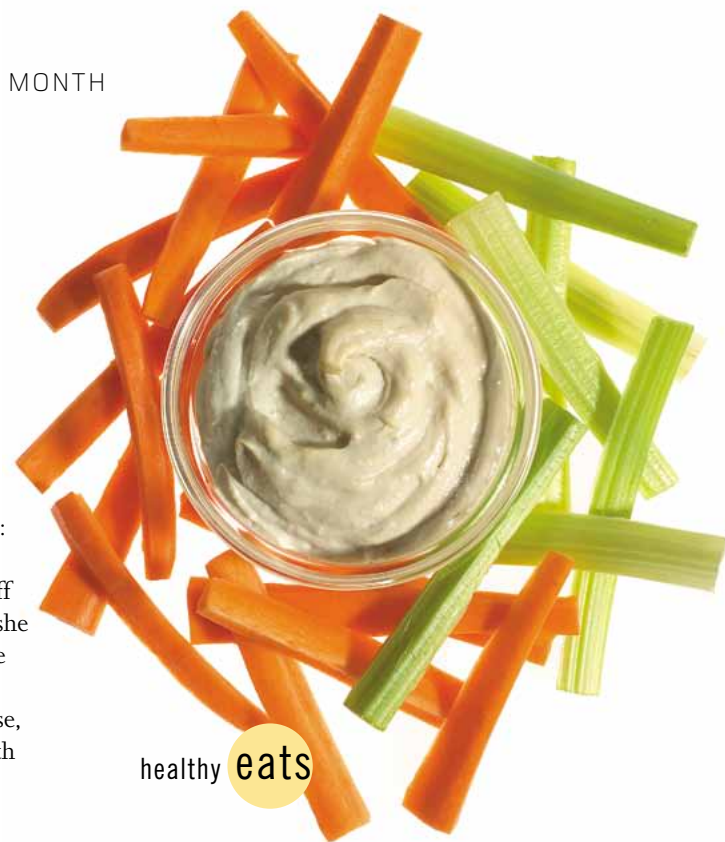
Smart Ideas



fit tip

BRAIN DRAIN

If stress is getting the best of you, WebMD's work-life balance coach Tevis Rose Trower has a radical idea: Slow down. "Pick a day coming up and intentionally take everything off your schedule that's not a 'must,'" she says. Then, give yourself all the time in the world for what's left. "When you go through an activity with ease, it makes you feel more at peace with yourself," she explains.



healthy eats

SLEEPING BEAUTY

Gals, whether you skimp on sleep or not, now is the time to add eye cream to your beauty routine. The skin around the eyes is thinner than the rest of your body, and thins even more with every birthday. To stave off future under-eye circles and hollow-looking skin, Lisa Ginn, MD, a cosmetic dermatologist in Chevy Chase, Md., suggests looking for an eye cream with vitamins A, C, E, or K—and start using it regularly.

skin care



give back

TAKE A BREAK

Thinking about Spring Break already? Instead of hitting the beach again this year with the gang, why not think about using your time off to make a difference? Organizations like the United Way's Alternative Spring Break help arrange volunteer trips for students to make an impact in challenged regions such as the Gulf Coast. Find an updated list of sites at www.liveunited.org/asb.

GOOD FOOD

The smorgasbord in the dining hall can be overwhelming—and the junk food options can be hard to resist—but it's easy to make smart and satisfying choices. WebMD nutrition expert Carolyn O'Neil, MS, RD, suggests these healthy snack swaps:

GRAB THIS

- ½ cup hummus (204 cal.) and six carrot sticks (5 cal. per stick)
- 1 cup unsweetened iced tea (2 cal.)
- Plain hamburger on whole-grain bun (394 cal.)

NOT THAT

- 1 portion of nachos (346 cal.)
- 1 cup cola (75 cal.)
- Plain cheeseburger on regular bun (463 cal.)

CLOCKWISE FROM TOP LEFT: JORDAN SIEMENS/GETTY IMAGES; ALEX CAUGHEY IMAGES; YELLOW DOG PRODUCTIONS/GETTY IMAGES; RANDO HALL/GETTY IMAGES



Sick 101

Q ▶ If I'm sick or feel really wiped out, how do I know if I should just stay in bed or if I need to go to my college health clinic?

A ▶ The distinction is not always clear-cut, but some symptoms are a definite sign you need to check in with your campus clinic:

You have a fever that lasts more than a week. If you have a fever of 102 or higher, go in right away.

You can't hold down any food. If you have severe diarrhea for more than two days or even mild diarrhea lasting a week, it's probably time to visit the clinic. Constipation for more than two weeks or bloody diarrhea is another reason to go.

You're in pain, such as you'd have with a severe headache, backache, or stomachache. Get it checked out to (a) make sure it's nothing serious and (b) find some relief. Headaches with a fever, stiff neck, rash, mental confusion, or signs such as sensitivity to light or speaking problems are cause for concern.

You have red, swollen, and hot joints (such as hands, knees, or ankles), which could indicate a serious infection that needs urgent medical attention.

You've been "blue" for more than two weeks. Academic stress, homesickness, and social issues can lead to depression in students. Unexplained weight loss, difficulty falling asleep, or poor concentration may be signs of depression or other ailments that call for a checkup.



Brunilda Nazario, MD
WebMD SENIOR MEDICAL EDITOR

Only or lonely?

Q ▶ I like to spend a lot of time alone (hey, I need to study!), but my roommate thinks I'm getting too isolated. Who's right?

A ▶ Here's what might be going on. Typically, college students become isolated for one of three reasons: anxiety, stress, or depression. Trouble dealing with an academic workload, discomfort with a new environment, struggling to find like-minded people, and trying to adjust to college life can stir up all of these feelings. But balancing a social life with academic obligations and time to yourself is important to overall mental well-being.

To figure out if you're "too isolated," ask yourself: Do you spend any time with others? Do you feel as though people just don't "get" you? Are you balancing school obligations with an exploration of the world around you? Does the thought of trying to start new friendships make you so uneasy you feel socially paralyzed?

If your answers are mostly "yes," try to force yourself to be around others. College campuses are full of clubs, associations, study groups, and activities where you might find people similar to you. If the thought of interacting with strangers is overwhelming, try for an activity where you can just observe. Simply being out and about can help elevate your mood.



Jerry Weichman, PhD
WebMD MENTAL HEALTH EXPERT

Don't Worry, Be Happy

In the movies, college is all about ice luges, frat parties, and snoozing in class to recover from it all. You know what? Movies lie.

Sure, there are parties, but most of the time college is more stress than fiesta followed by siesta. And the pressure of homework—tons of it—and exams—lots of them—can take a toll on your mental and physical health. WebMD asked Alex Lickerman, MD, interim assistant vice president for Student Health and Counseling at the University of Chicago, for some smart tips to keep the stress at bay (or at least at a low ebb) throughout the semester.

We're only half kidding. It really is possible to de-stress your semester

By Linda Formichelli
WebMD Contributing Writer

STOCKBYTE/GETTY IMAGES

STOP STUDYING.

A marathon study session may seem like a great idea, but you can wear out your willpower and concentration. “Keeping on task is a very energy-expensive process,” Lickerman says. “When you use all your energy to keep yourself studying, you can’t use that same energy to control your worry or your stress about it.” This can lead to freak-outs of major proportions. So when you start feeling fatigued, take a break and do something that replenishes you, such as noshing on a light snack or taking a 10- or 20-minute walk outside, before hitting the books again.

GIVE YOUR MIND A BREAK.

Anxiety pops up when your mind is not on the present moment: You’re trying to study, but you’re worrying about your next exam. Or you’re taking the exam while stressing about something your boyfriend said. According to Lickerman, daily meditation for as little as 20 minutes can help you develop your mindfulness muscle. “Meditation seems to have an effect beyond the period when you’re meditating,” he says. Find a quiet place to sit, close your eyes, and focus on your breath, gently bringing your mind back whenever it wanders.

MAKE A LIST.

Does it seem like *everything’s* stressing you out? “Sometimes it turns out the entire source of your stress is just one thing, and yet because you’re so stressed you feel like you can’t do the other things,” Lickerman says. The solution? “It’s helpful to pinpoint what exactly is making you feel overwhelmed so your worry doesn’t bleed into other areas.” He suggests compiling a list of everything on your plate. Then rank the tasks by which ones are *really* bugging you so you can take care of them right away. Crossing things off a list has its own stress-reducing reward.

GET YOUR ZZZ’S.

You already know that lack of sleep makes it harder to kick stress to the curb. The question is: How can you catch your eight hours when you’re in a dorm full of partyers, and your roommate considers 3 a.m. prime study time? Keep it simple: Lickerman suggests buying a pair of earplugs and

an eyeshade (really!) and talking to your resident assistant if rowdy neighbors consistently keep you up. Also, daytime naps as short as 15 to 20 minutes can help you feel refreshed after a poor night’s sleep.

DON’T CRAM (FOOD, THAT IS).

Yes, a small snack can help replenish your energy during a study session, but it’s easy to distract yourself from stress with copious amounts of food, which causes pounds to pile on, which causes more

stress—you get the picture. Instead of chowing down an entire bag of tortilla chips whenever you feel anxious about a project or exam, Lickerman says, distract yourself with a nonfood activity you enjoy. Read your favorite blog or a short magazine article, or click on the TV for some news headlines, or get outside for a quick walk around your dorm building. Your urge for mindless eating should go away so you can return to studying—without a junk-food break. ■

“When you use all your energy to keep yourself studying, you can’t use that same energy to control your stress about it.”



DAVID TRODD/GETTY IMAGES

Tame **your stress.**  **WebMD.com**

iCarly Preps W for College

When Miranda Cosgrove's band went on its *Dancing Crazy* tour this summer, she fancied it a bit like college. "We're all on a bus, we watch movies, and it's kind of like having a sleepover every night," says Cosgrove, 18, star of the long-running Nickelodeon hit *iCarly*. "My backup singer's mom sends cupcakes, and she and I are always telling the guys to pick up their clothes. It's like being in a dorm."

OK, maybe if you add piles of homework and take away some movies, there's a hint of dorm life in bus touring. But next fall, Cosgrove will find out for sure. She was accepted to New York University and the University of Southern California and plans to defer her admission until 2012, after she's finished shooting *iCarly*. She's still deciding between the two schools. Her father, who owns a dry-cleaning business, went to USC and proudly showed Cosgrove around when she took her SATs there. But NYU offers the allure of an unfamiliar coast.

By Melanie D.G. Kaplan, WebMD Contributing Writer

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Actor and musician
Miranda Cosgrove
gets ready to graduate
to living on her own

"I feel like college is all about getting away and figuring out what you want to do and meeting new people," she says. "I've lived in Los Angeles my whole life, and it would be good to get away. But I'd probably be in shock at first." Cosgrove's mother has joked about getting an apartment in Manhattan not too far from her only child. "She's like, 'I can do your laundry,' and I'm like, 'Mommmyyyyyyy.'"

Known internationally for her role as Carly Shay and for her run on Nickelodeon's *Drake & Josh*, Cosgrove is one of the highest-paid teens on TV. She also lent her voice to *Despicable Me*, appeared in an episode of CBS's *The Good Wife*, and released her first album with Columbia Records, *Sparks Fly*, which debuted at No. 8 on the Billboard 200, all last year. Yet Cosgrove—who laughs easily and makes even a stranger on the phone feel like she's Cosgrove's BFF—still thinks of herself as an average 18-year-old. That's especially true now, as she transitions from her teens to adulthood.

"I feel like it's one of those moments where everyone is figuring out what they want to do," she says. "It's kind of a nice time. You have a lot of open doors and a lot of possibilities. All my friends are going through the same things, so I don't feel alone in that." Even Cosgrove's precollege fears are typical—she worries about keeping up academically (having been tutored on and off the set since sixth grade) and fitting in socially.

Cosgrove plans to study theater or film and would like to continue acting after college, yet she welcomes the break from a career that she fell into as a child. "I couldn't see myself doing anything besides acting," she says. "But I want to take a step back to make sure it's the right path for me."

Finding the right path means experimenting in other areas of her life as well. Take fashion. It's not easy to admit in Hollywood—a place where everyone seems to have her own look and fave designer—that you don't have a signature style. But Cosgrove confesses she's still figuring it all out.

"I've gone through phases where I've tried things that didn't really work, but my mom helps me with that," she says. "We shop together a lot, and she's really good



((College is all about getting away and figuring out what you want to do and meeting new people.))

with fashion." While Cosgrove is more of a jeans and sweatshirt girl on workdays, she does love dolling up in heels and a leather jacket when she's headed out with friends.

Downtime often means chilling with her best friend and next-door neighbor, Nina, watching DVDs, making up parody songs on the guitar, or going to a kickboxing class.

But to rejuvenate her soul, Cosgrove leaves movies and music behind and heads to Memphis, Tenn., where she visits patients at St. Jude Children's Research Hospital (www.stjude.org). She made her first trip to the hospital about six years

ago. She met a girl her age who was going through chemotherapy and was moved by their connection.

She's returned twice since then to spend some time with the kids, most recently with the cast of *iCarly*. During the visit, the girl she had befriended ran up and hugged her. "I didn't know her whole story the first time, but she gave a speech to the cast and told us what it was like at the hospital. I remember thinking I could totally be friends with her. I'm never going to forget her." (At press time, Cosgrove says she hopes to go back soon and plans on visiting children's hospitals in various parts of the country during her summer tour.)

There was another unforgettable encounter in Washington, D.C., last Christmas, when she performed with other artists at the White House. "I was really nervous," Cosgrove says. "And then I got to meet President Obama before I went on, which made me more nervous."

The president cleverly referenced her role as a preppy band manager in *School of Rock*. "It was really funny. He was joking around, and I just thought, this is crazy that he knew about the movie," she says, sounding delightfully awestruck. "And crazy that he knew about me!" ■

STEPHAN PIKORIBA PRESS/CON INTERNATIONAL

Take 5

Got five minutes?

Here are five healthy ways to recharge

By Jennifer Soong
WebMD Contributing Writer



Five minutes. True, it's not a heck of a lot of time, especially with that stack of books staring at you. But it's just long enough for you to do one thing—and maybe that one thing that will turn your day around. Take five and try these five simple ways to lower stress and boost your mood and energy levels. You might just find the extra spark you need to tackle all that homework. Well—most of it.

1 MAKE YOUR BED. Starting off each day with this small ritual can help create a calm environment for you in your bedroom. Gretchen Rubin, author of *The Happiness Project*, writes that many people benefit from making this modest step part of their routines. By checking it off your to-do list early on, you've got one less thing to worry about for the rest of the day.

2 CLEAR YOUR DESK. You may not be able to overhaul your dorm closet in five minutes, but you can manage to tidy your desk. From stray papers to scattered coffee mugs, clutter can make you lose focus and can curb productivity. Declutter your outer environment, and you may feel lighter on the inside and more motivated to concentrate on the task at hand.

3 PUMP UP THE MUSIC. Several studies find that listening to music can help lower blood pressure, reduce stress, and boost mood. The right music has the power to change your attitude. So load up your MP3 player and create a special playlist that will make you smile—whether you're working or working out.

4 SNIFF A LEMON. For a quick de-stressing trick, turn to an underrated sense—your sense of smell. Japanese researchers found that linalool, a substance found in lemons, has anti-inflammatory properties and may reduce the fight-or-flight stress response. Research shows other scents, such as basil, juniper, and lavender, help lower stress.



5 UNPLUG. Just because we live in a wired world doesn't mean you need to stay connected every minute of every single day. Staring at computer screens and electronics all day long can zap your energy and encourage inactivity. Log off your email and Internet (yes, that means Facebook, too). This is especially important to allow you to unwind and relax before bed. ■



Beat the Freshman 15

By Matt McMillen, WebMD Contributing Writer



Was fitting into your jeans a lot easier before you got to college? Hate to break it to you, but you and your classmates are experiencing a time-honored tradition, the Freshman 15—the roughly 15 pounds many students gain during their first year at college.

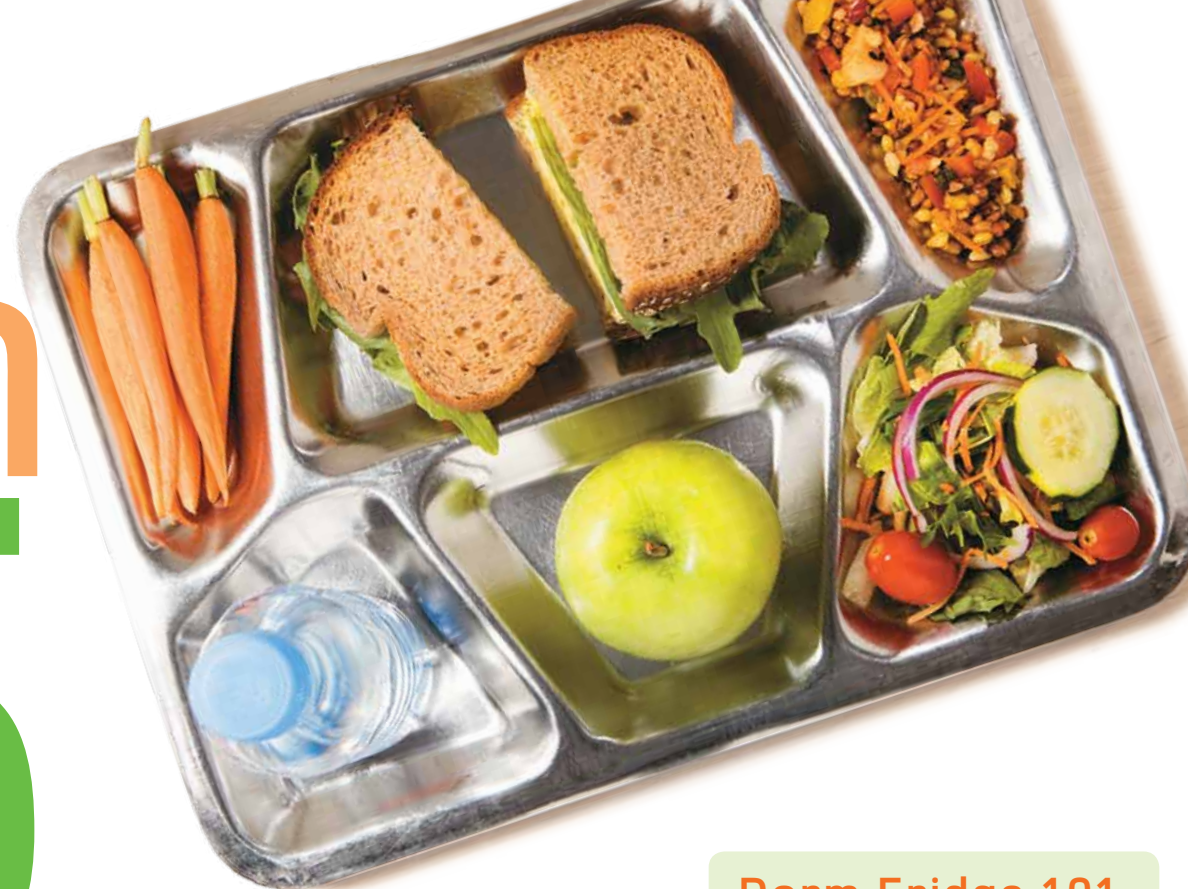
What to do? “You have to strategize,” says Katherine Grubiak, RD, dietitian at UCLA’s Arthur Ashe Student Health and Wellness Center. By that, she means you need to put some effort into eating right, eating enough but not too much, and eating regularly.

RULE NO. 1: EAT

It might sound counterintuitive, but don’t skimp on the calories you need. Going hungry will only leave you less energized and more prone to overeating later.

“You want to eat three meals and two to three snacks a day,” says Grubiak. Breakfast is key, she adds. Some studies show that having a healthy breakfast helps improve academic performance, so make it a part of your day, every day.

Enjoying healthy snacks between meals—Grubiak recommends nuts, some fresh fruit, non- or low-fat yogurt—means you won’t be tempted to pig out when



you hit the dining hall. “Starving doesn’t allow any room for smart choices,” she says.

The first key move to make at the dining hall is to head straight for the salad bar. Fill up half your plate with fresh vegetables. Then pick your entrée. Grubiak recommends dividing the empty side of your plate equally between protein and carbs. In other words, you want a 3-ounce piece of meat—that’s about the size of a deck of cards—and a cup’s worth of healthy carbs—think whole grains like brown rice or a baked sweet potato. Not a carnivore? Three-quarters of a cup of tofu or cooked beans, 1.5 ounces of unsalted nuts, 2 to 3 tablespoons of nut butter, or 3 ounces of tempeh will get you your protein fix.

RULE NO. 2: SNACK

Most dining halls won’t allow you to take any leftovers or second helpings with you, but Grubiak says they often allow students to pocket a few pieces of fruit and a sandwich or two. Take advantage of that, especially if you’re on a two-meal-a-day plan. You’ll want to nosh on those takeaway items throughout the day.

Snacks are essential at night, too. Grubiak tells students that if they’re going to be up late—and what student isn’t?—they’d

Dorm Fridge 101

A well-stocked personal fridge can keep the munchies at bay while keeping the nutrition you need close at hand. Favorites of dietitian Katherine Grubiak, RD, include these healthy treats:

- Low- or non-fat Greek **yogurt**, a great source of protein
- Fresh **fruit**
- Low- or non-fat **milk**—the real thing, or soy or almond milk
- String **cheese**
- **Hummus** and **veggies** (baby carrots, broccoli florets) for dipping

better have some good food on hand for fuel. “That’s the biggest myth: that you shouldn’t eat after dinner,” Grubiak says. “The truth is, your body is constantly utilizing calories.”

Stock your dorm fridge with healthy snacks (see box). Grubiak also likes protein bars. They provide a steady source of energy rather than the short sugar spikes you get from candy bars and soft drinks. Just realize that not all protein bars are created equal. Take a look at the nutrition info and make sure the bar you’re buying has at least 7 grams of protein and no more than 30

grams of carbs. And sugar shouldn’t be the first ingredient.

Eating well doesn’t mean denying yourself everything you love to eat. Just be smart about it. If you go out for burgers, get a small order of fries and don’t supersize your order. And skip the sodas, most of which are loaded with calories. Those are already tough enough to burn off when you spend most of your day sitting at a desk in class or hunched over books in the library.

RULE NO. 3: MOVE

Speaking of burning calories, work some exercise into your daily routine. Going to the gym is a great move when you can get there, but Grubiak tells students not to underestimate the good that walking will do for you. Give yourself time to take the long way to class, she says. Use the stairs wherever possible.

Don’t feel like leaving your dorm? Grubiak recommends surfing the Internet for an aerobics video or getting a workout with a Nintendo Wii. Some students, she says, simply turn on the radio and dance around the room or jump rope to work up a sweat.

Exercise not only helps you maintain a healthy weight but also provides an excellent counter to stress and anxiety. Both can wreak havoc on your diet, causing you to binge on a bag of donuts or skip meals altogether.

RULE NO. 4: DRINK

Water, that is. You want to make sure you’re getting plenty of water throughout the day. Every part of your body needs it. “Eight cups a day is the bare minimum,” says Grubiak. Her rule of thumb? Take half your body weight and drink that many ounces of water. So, if you’re 150 pounds, that’s 75 ounces or about 10 cups a day. Your water requirement can also be satisfied with water-heavy foods like soups, watermelon, vegetables, and beverages.

Grubiak’s final piece of advice: Take advantage of where you are in life. You’re a student, you’re at college, you’re learning. Make good nutrition a part of that learning process. Understand the foods that go into your body and what they do for—or to—you. That’s knowledge you can “chew” on way past graduation day. ■

FROM LEFT: LAURENCE MOUTON/PHOTOALTOGETTY IMAGES; TOOGAGETTY IMAGES

NAIL IT

Looking to spruce up your beauty routine? Get gorgeous from head-to-toe with tips—from healthy nails to makeup how-to's—in WebMD's Skin & Beauty Center.



Food for Thought

Cramming for your next big exam? Recharge, fuel up, and get focused with WebMD.com's list of **Brain Foods That Help You Concentrate**.

brain foods slideshow WebMD SEARCH

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* as of August 1, 2011



Fit to a T

Can't seem to make it to the gym before or after class? Amp up your predictable fitness routine right in your dorm room with the moves featured in WebMD's "7 Most Effective Exercises" slideshow.

exercise WebMD SEARCH

Mononucleosis

TOP SYMPTOMS INCLUDE

- ▶ Fever
- ▶ Sore throat
- ▶ Swollen lymph glands in the neck

A year-round viral infection commonly called "mono" or "the kissing disease," mononucleosis is spread by saliva, mucus (from the nose and throat), and even tears. Teens and young adults are most vulnerable to the disease. Mono can cause fever, malaise, and body aches that last weeks, or headaches and fatigue that can last weeks to months. Both put a serious crimp in your lifestyle. The sore throat can be severe and the tonsils may be covered with a white or gray-green coating (you can see this with a flashlight); some people also develop a faint pink rash or large lymph nodes.

The real diagnosis, however, comes after a monospot test and other blood work from a doctor. Severe stomach pain may signal an enlarged or ruptured spleen, which can be a life-threatening emergency. One note: As a virus, mono won't respond to antibiotics. Best treatment? Rest, plenty of fluids, and fever reducers. Avoid contact sports for at least three to four weeks to protect the spleen.



Key in your symptoms

FIND THE ANSWER

symptomchecker

WebMD **checkup**

10 QUESTIONS ABOUT YOUR LIFE AND WELL-BEING

Seth Rogen

ACTOR/PRODUCER

WebMD has a cameo in the film! Did Will Reiser really check out his symptoms—and odds for survival, from which the film gets its name—on WebMD.com?

Will is definitely the type to search online, looking up all sorts of potential problems.

Is there a history of cancer in your own family? And do you take any specific health precautions?

Not a huge history. Some. I try to eat healthy. And I ingest as few horrible chemicals as possible. And I wear sunscreen!

Your fiancée, Lauren Miller, makes a brief appearance in 50/50, and you were interviewed together on Larry King's special, *Unthinkable: The Alzheimer's Epidemic*. [Miller's mother currently has the disease.] What do we need to know about this degenerative condition?

I think a lot of young people don't realize Alzheimer's is something that affects not just our grandparents' generation [but also] our parents' generation, and eventually our generation. Now that I've seen [Alzheimer's] firsthand, I think it's something that can use support.

Do you have a hero from the worlds of acting, comedy, or otherwise?

I wouldn't be able to narrow it down to one person. Too hard—I have many heroes. But who's inspired me? Trey Parker and Matt Stone consistently do incredibly funny stuff. If there's anyone I get jealous of, it's them.

When you were shooting *The Green Hornet*, you reportedly dropped 30 pounds for the role. Was it difficult to do, and have you maintained the weight loss?

Let's say I've found a happy middle ground. OK, I'm not eating as well as I used to. Now you're making me feel bad. I feel like I'm talking to my grandmother!

What's your relationship with exercise now?

I use an elliptical machine because I hate running. I hate exercising. So I have to do it in ways that I'm tricking myself that I'm not doing it. Anything I can do in front of a television or while playing a video game automatically works better for me.

If you were stuck in a hospital bed for six months and you could choose anyone from the past or present for a roommate, who would it be, and why?

Anyone? Groucho Marx. He'd be funny and interesting to talk to, a forefather of modern comedy.—Lauren Paige Kennedy

Your new film *50/50* draws from your good friend and screenwriter Will Reiser's real-life fight with a rare spinal cancer. As both producer and co-star, you call it a "passion project." What sets this film apart from your previous work? [Will and I] took the attitude that we had to make something positive out of this, something we were proud of. It's not the type of movie, when you hear it described, that sounds like the best idea ever!

The film has many, many laugh-out-loud moments. How do you make fighting cancer funny without crossing the line?

We never wanted to be funny for the sake of being funny. It had to be consistent with the story and the characters. When your perspective is that of a comedy writer, you naturally see funny things in any situation, and it was about showing those funny things even though it was such a terrible time.

This movie also earns itself a five-hankie rating. Are you a closet fan of "weepies"?

I like a movie that's both very funny and has a lot of emotional resonance to it. There aren't a lot of movies that make you laugh really hard and make you cry.

ADAM LEVINE
LEAD SINGER
MAROON 5

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