

# WebMD®

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January/February 2013 / \$4.95

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### On Call

Actor, writer, and producer **Mindy Kaling** steps out of *The Office* and into the doctor's office. TV's new *It Girl* opens up about the inspiration for her latest role and how she stays healthy and grounded.

### Stay or Go?

That's the tough question you have to answer when you're feeling under the weather. Our experts decode **common cold and flu symptoms** to help you decide whether to head back to bed or to the office. **Plus**, a parents' guide: when to keep kids home from school.

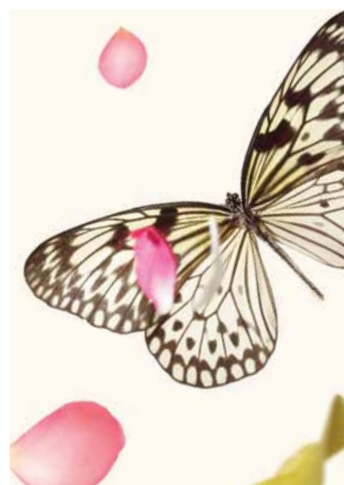
### Small Change

The holidays are over and the ball has dropped. Now what? We tap 10 of the best fitness trainers, nutritionists, therapists, sleep experts, and more for **his-and-hers resolutions** to help you make 2013 your best year yet.



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“  
I'M SUCH A PERFECTIONIST THAT I'LL ALWAYS WANT TO CHANGE HOW I LOOK. BUT IF SOMEONE CALLED ME DUMB OR UNFUNNY THAT WOULD BE DEVASTATING.  
”



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	<b>FITNESS &amp; EXERCISE</b> <b>PEEKE FITNESS:</b> Break the body image mold! One size definitely does not fit all, says our expert. • <b>FITNESS CHALLENGE:</b> Yes, you can go <i>om</i> again. Check out these three yoga poses you can do at home to strengthen and tone.



## WEBMD CHECKUP

**HEALTH HIGHLIGHTS:** February is American Heart Awareness Month. Get heart smart with expert tips to keep you and your ticker in shape all year long. • **BY THE NUMBERS:** An up-close look at weight loss. • **HEALTH CHECK:** Could you have seasonal affective disorder? Test your SAD smarts.

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● **Resolutions.** I am, on a daily basis, on the verge of breaking most of mine. What about you?

But I haven't given up. I can't. I love the idea of new beginnings. I'm all for throwing out the old, taking a deep breath, and trying something new.

Here at WebMD, we've developed ways to help on-the-go people like me achieve their resolutions. I vowed to stick to healthier habits when I hit the road, and with information from WebMD's newly mobile-optimized site, I'm finding it easier to make healthy living decisions no matter where I am. I was one of the 14.3 million who visited WebMD.com from my smartphone last month. And one of the 15 million who downloaded our mobile app products, including Pain Coach and the iPad version of this magazine.

More mobile is on the way, including our WebMD Pregnancy App, designed to help soon-to-be-parents navigate the adventure to their due dates feeling their best and staying informed and connected every (baby) step of the way.

Wavering on your resolutions? Don't give up! We have your back and we're cheering you on.

Clare

Clare Martorana  
**Editor in Chief**  
clare@webmd.com

### It's in the Bag

Have you resolved to eat healthier and get in shape this year? (Who hasn't?) These seemingly simple goals often trip up even the most committed among us, but fear not! WebMD has the secret to your success. **Step 1:** Check out our **Food & Fitness Planner**, the tool that lets you create a customized plan to lose weight, get fit, and eat better. Set goals, log your meals and activities, and track your progress every step of the way. **Step 2:** Check out the improved **Healthy Recipe Finder**. Planning meals is more than half the battle, and with new search categories including "conveniences" and "cooking method," to name just a few, this tool makes it easier than ever.



### Eyes on the Prize

You've got a clear vision for the year ahead, but can you really see it? Make sure you can by scheduling your annual visit to the eye doctor. And be sure to check out **WebMD's See What Eye See** tool before you go, whether you think you might have a problem or are just curious to know about the eye conditions your loved ones have. Use the tool to learn about the 12 most common eye problems, from floaters to farsightedness, and get a look at what your vision would be like if you had one of them. It's an eye-opening experience!



*Never leave  
the house  
without an  
umbrella or  
your allergy  
meds again!*

### Guessing Gain

The start of the new year is full of predictions about what lies ahead. What actually happens is anybody's best guess. But when it comes to your daily health, **WebMD's Local Health Forecasts**, a new mobile website feature, offer predictions you can actually rely on and use to plan your day. Use your smartphone to select one of 13 different health forecasts—air quality, arthritis, flu, pollen, and mosquito activity, to name a few—and get instant location-based information including a severity rating, as well as quick, actionable tips from WebMD doctors.



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## What Will Help You Lose Weight?



### WebMD Food & Fitness Planner

In just a few clicks, customize a plan to help you reach your weight and fitness goals. Studies have shown that people who keep a food journal lose twice the weight than those who rely on diet and exercise alone.\*

Best of all, it's free. So start planning today.

[Learn More](#)



HEALTHY  
START

# HOT TOPICS!

FACTS AND NEWS YOU CAN USE

Babies' four  
**FRONT  
TEETH**  
usually start to  
peek up from  
the gums at 6  
months, but  
some babies' teeth  
don't emerge  
until a year or  
14 months.

Source: American Dental Association



## CHECKUP

## 7 HEALTH FACTORS

and behaviors  
key to preventing  
cardiovascular  
disease: Get  
regular physical  
activity, eat  
healthy foods,



avoid tobacco  
products,  
maintain a healthy  
weight, and  
control blood  
pressure,  
blood cholesterol,  
and blood sugar.

Source: American Heart Association

The best U.S.  
metropolitan  
areas for healthy  
aging include  
Provo-Orem,  
Utah; Madison,  
Wis.; Omaha-  
Council Bluffs,  
Neb.-Iowa; Boston-  
Cambridge-  
Quincy, Mass.-  
N.H.; and New  
York-Northern  
New Jersey-Long  
Island.

Source: Milken Institute



9%  
HIGH SCHOOL  
STUDENTS WHO  
REPORTED  
A BOYFRIEND  
OR GIRLFRIEND  
**HIT, SLAPPED,  
OR OTHERWISE  
PHYSICALLY  
HURT THEM  
ON PURPOSE**  
IN THE YEAR  
PRIOR TO A  
2011 SURVEY

Source: CDC



LIVING HEALTHY

## 1 in 5

Americans who "definitely" planned  
to make resolutions in 2011. Some 30%  
made self-improvement goals related to  
weight, diet, and health.

Source: The Barna Group

## FITNESS &amp; EXERCISE

## \$42.55

Average monthly cost of a  
gym membership in 2011,  
up from \$40.94 in 2008

Source: The IHRSA Health Club Consumer  
Report: 2012 Health Club Activity, Usage,  
Trends & Analysis



## FOOD &amp; RECIPES

Many cultures ring in the New Year with  
traditional foods such as **grapes** (Spain),  
lentils (Italy), black-eyed peas (Southern  
U.S.), pork (Austria, Cuba, Hungary,  
Portugal, and others), ring-shaped cakes  
and pastries (Greece, Mexico, Netherlands,  
and others), and rice pudding with an  
almond inside (Norway and Sweden).

Source: History.com

## 400

Cocoa beans  
needed to make 1  
pound of chocolate.  
Some studies sug-  
gest chocolate may  
be heart-healthy  
because one of its  
major saturated  
fats does not raise  
cholesterol like other  
hard fats.

Source: National Confectioners  
Association's Chocolate Council



The CDC recommends 400 micrograms of folic acid  
every day for women ages 15 to 45. Folic acid  
helps reduce the incidence of brain and spinal birth  
defects in a developing fetus by

# 50%–70%

Source: CDC





## RING THE ALARM?

Did you upgrade to the iPhone 5? It's one of the greenest and least toxic cellphones on the market, according to a new report. Other phones that did well include the Motorola Citrus, which was the least toxic of all the phones tested, the iPhone 4S, the LG Remarq, and Samsung's Captivate and Evergreen devices. Still, none of the phones was 100% hazard-free, according to researchers. All of the models had concerning levels of bromine, chlorine, lead, cadmium, or mercury. Cellphones can contain more than 40 toxic chemicals and heavy metals. While there's no evidence to suggest these are dangerous to users, they are a problem when the phones are being made and after they are thrown away. Americans toss millions of phones each year in favor of newer technology.

Source: 2012 Mobile Phone Study, [HealthyStuff.org](http://HealthyStuff.org)



## Candy Man

Craving chocolate, guys? Here's a good excuse to indulge: Men who chow down on chocolate may be less likely to have a stroke. A study of more than 37,000 Swedish men older than age 45 found that those who reported eating the most chocolate—about a third of a cup of chocolate chips per week—were 17% less likely to have a stroke than those who ate the least. Chocolate contains antioxidants called flavonoids, which may be responsible for some of its health benefits. Another study suggests men who eat lots of tomatoes and tomato products have a lower risk for stroke. In research involving more than 1,000 men from Finland, those who had the highest levels of lycopene, an antioxidant found in the fruit, in their blood were 55% less likely to have a stroke over the 12-year study period, compared with men who had the lowest levels.

Source: Neurology



## SOUND BITES

What's worse than the screech of fingernails on a blackboard? At least four other noises are more offensive, according to a recent study that rated the 10 most annoying sounds:

1. Knife on a bottle
2. Fork on a glass
3. Chalk on a blackboard
4. Ruler on a bottle
5. Nails on a blackboard
6. Female scream
7. Disc grinder
8. Squealing bicycle brakes
9. Baby crying
10. Electric drill

And the least unpleasant sounds include:

1. Applause
2. Baby laughing
3. Thunder
4. Flowing water

Source: Journal of Neuroscience

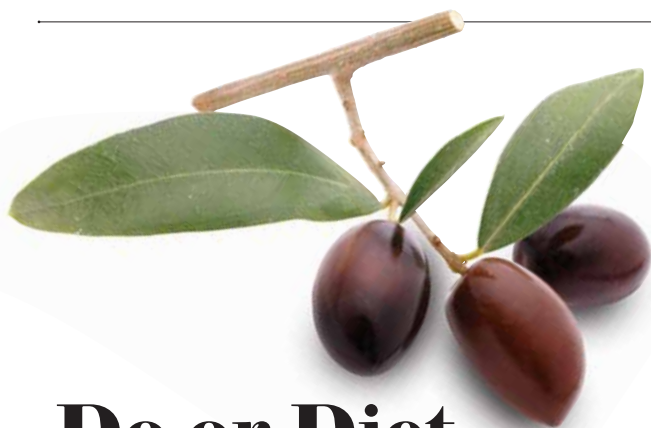
## 1 in 3 THE SHARE OF PET CATS IN THE U.S. ACQUIRED AS STRAYS

Source: American Society for the Prevention of Cruelty to Animals

## WHITE NOISE

In many households, a TV is on nearly all the time and produces background noise while we cook, clean, eat, and even sleep. This concerns researchers, who found that children younger than age 8 spend nearly four hours a day on average near an unattended TV. It's a problem, they say, because kids have a hard time tuning out TV noises—distracting them from play and social interaction. To reduce the effect on your kids, turn off the TV when no one's watching, keep televisions out of kids' bedrooms, and limit how much you watch when they are around.

Source: Pediatrics



## Do or Diet

Going on a diet is easy, any veteran dieter will tell you. What's hard is staying on it. That may not be true if you follow the Mediterranean diet—rich in fruits, veggies, fish, whole grains, legumes, and healthy fats.

Israeli researchers compared three diets: low-fat, low-calorie; Mediterranean, low-calorie; and low-carb without calorie restrictions. They followed moderately obese people for four years after an initial two-year meal plan. After two years, most were still on their diet plans. People on the Mediterranean and low-carb plans had lost more weight than those on the low-fat diet. Four years later, everyone had regained some weight, but all the dieters were still thinner than when the study began. Weight loss was highest in the Mediterranean and low-carb groups: about 7 pounds and 4 pounds, respectively.

Source: New England Journal of Medicine

## BLUE VALENTINE

If your husband or wife has a heart attack, you're more likely to become depressed—even if your spouse survives. When researchers compared the spouses of people in Denmark who had heart attacks to the spouses of people who experienced other major health scares, they found that husbands and wives of heart attack patients were at higher risk for depression, anxiety, and even suicide afterward—even if their spouse lived. Researchers say the suddenness of heart attacks may be one reason for the findings.

Source: European Heart Journal

**\$19.5  
BILLION**  
**WHAT AMERICANS  
SPENT ON  
CHOCOLATE CANDY  
IN 2011**

Source: CandyIndustry.com

3,800

**ON ANY  
GIVEN  
DAY, THE  
NUMBER OF  
AMERICANS  
UNDER 18  
WHO SMOKE  
THEIR FIRST  
CIGARETTE**

Source: U.S. Department of Health and Human Services



WebMD **answers**

The top questions readers are asking at WebMD Answers right now\*

1. How long is someone with the flu contagious?
2. Healthy & unhealthy fat: What's the difference?
3. Sore muscles: Apply heat or cold?
4. The best exercise if you have diabetes?
5. Can dogs get poison ivy?
6. BMI and body fat: What's the relationship?
7. How can my spouse and I be more intimate?
8. Are migraines seasonal?
9. Is it OK to work my abs every day?
10. What's the story on "natural" sugars?

\*as of Nov. 1, 2012

## UP CLOSE

# Weight and See

AN IN-DEPTH LOOK AT  
THE KITCHEN SCALE**Balance Beam**

As early as 5000 B.C., people used the first scales, which were constructed with a piece of straight wood suspended by a cord through the center and with two equally weighted reservoirs hanging from each end.

**Number One**

Leonardo da Vinci designed the first scale with numbers to indicate weight. But no one produced it until 300 years after his death.

**Three Squares**

The three main types of kitchen scales are classified by the method used for measuring weight: balance, mechanical or spring, and digital.

**In Control**

People with dietary restrictions or weight-loss goals often use kitchen scales because they can convert the weight of ingredients into calories.

**Exact Act**

To ensure accuracy when measuring dry ingredients, many bakers use a kitchen scale. The common “dip and sweep” method—filling a measuring cup and then leveling it—can be off by as much as 10%.

**Starter Set**

The “tare” function, only on digital scales, resets the scale to “0” after a container is placed on it.

**Small Fortune**

U.S. retail sales of small electrical appliances for the kitchen totaled \$5.2 billion in 2011.

—Chloe Thompson





PERSONAL BEST

# Julianne Hough

THE ACTOR AND DANCER SHARES HER  
HEALTHY LIVING HABITS



## Inside Out

"I think beauty comes from within. I hardly wear any makeup when it's just me or when I'm with my family. I wouldn't say I'm over makeup, though. If I'm going out I wear makeup. I sometimes get carried away. I tend to put more on than I need."



## Snack Attack

"The craft services table is terrible! It's tough to be disciplined. If I'm hungry or thirsty—I don't always know which, I just know I'm craving something—I do an iced herbal tea. And almonds, always. I cut up vegetables and put apple cider vinegar on them, with salt and pepper. Or snack on some hummus."



## Beauty Staples

"I love La Mer's tinted moisturizer, Voluminous mascara by L'Oréal—after every mascara I've ever used, I go back to that one—and L'Oréal's Crayon Grande Lipcolour—not lipstick, not a gloss. I'm obsessed! I own every single color."



*Hough stars in **Safe Haven**, which hits theaters in February.*

If her film career stays on its current trajectory—soaring—you'll soon know Julianne Hough, 24, as a leading lady, not just a country music star, former hooper on ABC's *Dancing with the Stars*, fitness guru, or even TV host Ryan Seacrest's girlfriend. After turning heads in the 2011 remake of *Footloose* and holding her own against Hollywood heavyweights Tom Cruise and Alec Baldwin in *Rock of Ages* last year, Hough (pronounced "huff") will soon grace big screens in a starring role opposite Josh Duhamel in *Safe Haven*, a romance adapted from the novel by Nicholas Sparks.

Here, the Utah native shares her health and well-being tips.—**Lauren Paige Kennedy**



## Dog Day Afternoon

"I travel with my dogs. They take my mind off of everything stress-related, and I get my playtime. I also sleep as much as possible and drink tons of water."



## Dinner Time

"I love any kind of fish. I bake it. I also love really thick asparagus. I cook a lot of it. I'll put it in a fry pan, add olive oil, some salt and pepper, and go to town. If I'm going to cook pasta, I want macaroni and cheese right out of the box!"



## Work It Out

"Right now I'm loving SoulCycle. You sweat your butt off. I'm taking ballet classes again, and I love to swim. I'm also obsessed with the Woodway treadmill! You feel like you're gliding."

NEW!

# Health Questions?



This recipe helps me sneak greens into my diet...

Exercises after baby? I have a great routine to share...

I had a heart attack at 40. It can happen! This is what it felt like...

This is how I get a car seat in and out of a taxi...



Ask your question and get answers from leading doctors, organizations, and people like you.

When you come with questions, you also bring answers. Share your experience and assist others.

**GET HELP. GIVE HELP.**

**Ask Your Question**





# Change of Heart

Committing to New Year's  
resolutions is a labor of love

**14 On the Street**  
A California  
freelancer makes  
waves of change

**16 Women's Health**  
Make bite-size  
goals for big-time  
results

**17 Men's Health**  
A pain-free plan  
for weekend  
warriors

## READER TIP

"Plan a date night regularly. It takes time  
and patience to fuel romance, and you can't  
do it if you won't make the time."

—FCL, WebMD community member



#### WATCHFUL EYE

"Any time you notice increasing eye discomfort, it's a good idea to have an eye exam. Whether you have glasses or not, don't let those eye appointments slide. People who work at computers blink less often, leading to drier eyes, which can make them feel tired. Try over-the-counter artificial tears, and use as needed. Also, set an alarm to remind you to take a five-minute break from the computer each hour to let the eyes relax. Blink, refocus at a distance, and prepare for the next hour's work."



**Alan Kozarsky, MD**  
ophthalmologist and senior partner,  
cornea division, Eye Consultants of  
Atlanta Inc.

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On the Street star? Email  
us your health issues at  
[webmdmagazineeditors@  
webmd.net](mailto:webmdmagazineeditors@webmd.net). We might  
come to your city!

# Wave Runner

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

Photograph by Kevin Steele

#### PAIN IN THE NECK

"First, make sure the top of your computer screen is at eye level, so you don't strain your neck. Every two hours, get up from your desk. Walk around for a few minutes to loosen up your muscles. At least once a day, do these gentle stretches at your desk (hold each for 30 seconds): 1. Lower your chin to your chest. 2. Bend forward and slowly lower your chest to rest on your knees."



**Michael W. Smith, MD**  
WebMD's chief medical editor and  
certified personal trainer

#### MEAL PLAN

"Healthier meals will help keep your energy going during your busy and often unpredictable days. Enjoy your morning cup of coffee, but you also need some food to fuel the first part of your day. A bowl of whole grain cereal with fat-free milk, topped with blueberries, strawberries, or sliced bananas, gives you a serving of grains, dairy, and fruit. For lunch, build a better sandwich with whole grain bread and lean protein such as turkey, roast beef, or chicken. Flavor with mustard and a little mayo if you like, and load it with veggies—lettuce, tomatoes, cucumber slices, radish slices."



**Carolyn O'Neil, MS, RD**  
co-author, *The Dish: On Eating Healthy  
and Being Fabulous!*

#### WEBMD ON THE STREET

### Bruce Taylor

Freelance advertising and  
promotion creative director, 60  
*Alladena, Calif.*

Some people spend their days California dreamin'. Bruce Taylor spends his days living that California dream. "Every afternoon, I try to take a short 45-minute jog in the nearby foothills, which loosens up my muscles and helps me refocus on my creative ideas. On weekends I try to go hiking or I go to the beach and surf. I never go to a gym. And I make it a point to get plenty of sleep every night." But it's not all stress-free sunshine and surfing for Taylor, who's been married 30 years and has three grown children. "I work out of my home office as a freelance creative director, and my work schedule can vary from 12 to 14 hours a day to two to three hours, depending on the client I'm working with," he says. "When I'm not working, I'm looking for work. So it's a constant quest, and sometimes a constant stress financially." And sometimes that stress takes a physical toll. "I sit in front of a computer all day long and my eyes get strained. My neck and back get stiff too. Sometimes I need to get up from my chair and stretch." And he admits that even though his wife is a gourmet cook, "my diet isn't the best—just coffee in the a.m., a sandwich for lunch (sometimes I skip lunch altogether), then a good dinner. I don't have a big appetite, but I'd like to improve my diet."

#### STRESS LESS

"To reduce the strain of your inconsistent schedule, stick to a workday routine. Routines may seem boring, but they provide a sense of stability and that can reduce stress. Lay out an action plan for each week—including researching new opportunities—and make a to-do list for each day. Also, continue to take time out for creative daydreaming. It's never a waste of time because it does two things: relaxes you, and provides time for being imaginative without the guilt you'd feel if you 'goofed off.'"



**Patricia A. Farrell, PhD**  
psychologist and author of *How to Be  
Your Own Therapist: A Step-by-Step  
Guide to Taking Back Your Life*





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## WOMEN'S HEALTH

# New Groove

READY TO TURN THE PAGE ON A NEW YEAR? SHRED YOUR PAST STRATEGIES AND SIMPLIFY YOUR GOALS

By Tevis Rose Trower

It's a new year, and you may be steadfast on your personal evolutionary path, avoiding cigarettes, eating more salads, going to poetry readings, and hitting the gym daily.

But it doesn't always work out that way. I'm thinking of a January not too long ago. In the first two weeks of the year, a flight was canceled, my laptop died, a pet got ill, vendors flaked. Oh, and I ended up getting sick, too.

Lying in bed, working via telephone, I missed every best-laid plan of action. There was a huge gap between my idea about what I should have been doing and what I was actually able to do.

If you, too, already see a gap between new year ideal and new year reality, take heart. Before you let remorse convince you to give up your aspirations, look at them anew. Focus on the bottom-line values around which you want to organize your actions. Masterful actions, based on true values, matter even *more* when reality is throwing you



a curveball than when life is sending you easy pitches.

In fact, while one meaning of "resolve" is steadfastness or standing one's ground, another refers to the "process of reducing things into simpler forms." And that's very applicable with New

Year's aspirations. Reduce your goals into the simplest statements (ones that 5-year-olds can understand) to establish a solid framework that supports you as you work to transform your values into actions—on any kind of day.

## FACE VALUE

How can you start to clarify the values that are at the heart of your resolutions? Tevis Rose Trower suggests asking yourself three questions:

**What's your physical bottom line?** Whatever your physical goals—lose weight, do more cardio, eat healthier—it's important to know what's driving that goal and how you'll honor that value, no matter how crazy your day becomes.

**What's your professional bottom line?** What do you want to bring to your work every day? What do you want to get out of your work? How can you fulfill that commitment on a daily basis?

**What's your personal-growth bottom line?** Mine is that I've got to be learning to be growing. That might involve asking the cheese guy for lessons about cheeses. Or seeing what free classes the library offers. Identify learning opportunities throughout your day and act on them. Then each night you can rest, knowing you have evolved.



### EXPERT TIP

"If exercise eludes you, try until you find something that sticks. Make sure healthy habits are pleasant so you seek them out instead of finding excuses not to do them."—*Maryann Tomovich Jacobsen, MS, RD*

Reviewed by  
**Laura J. Martin, MD**  
WebMD Medical Editor

## Q&amp;A

Can hamstring injuries be prevented?



## EXPERT ANSWER

“There is no foolproof way to completely avoid hamstring injuries. However, you can minimize risks by paying attention to the principles of muscle strength and flexibility.

Individual flexibility should be maximized by a regular stretching program as well as a period of warm-up and stretching before doing any athletic activity.

Optimal individual hamstring strength is at least half of the strength of the quadriceps muscle (the muscle of the front of the thigh). Also, you want to have minimal imbalance in strength between right and left legs (injured hamstrings should be about 90% as strong as the uninjured hamstrings). If necessary, consider a weight-training program to help achieve these goals.”

**William C. Shiel, Jr., MD, FACP, FRCR,**  
Internal Medicine,  
University of  
California, Irvine



“Shin splints” is the top fitness search term at WebMD.com.

MEN'S HEALTH

# Bruise Cues

ARE YOU A WEEKEND WARRIOR—WHO OFTEN BECOMES THE WALKING WOUNDED? LEARN HOW TO STAY OFF THE SIDELINES

By Matt McMillen

● Meet the “weekend warrior.” He’s a desk jockey during the week and a star on the neighborhood football field on Saturdays and Sundays. He packs all his physical activity into intense workouts on his two days off. He often limps to work on Monday mornings. And, because the weekend warrior easily becomes the walking wounded, he sometimes ends up in a sports clinic, his doctor’s office, or even the hospital emergency room.

“We see a lot of weekend warriors at our sports medicine clinic,” says James Borchers, MD, a physician for the Ohio State

University Buckeyes football team. “They put themselves at risk by the pure fact that they are not used to physical activity.”

During his workweek, Borchers treats many such men for shoulder strains, knee tendinitis, and other overuse injuries—all a result of overzealous performance. Achilles tendon injuries, in particular, are common among middle-aged weekend athletes. Borchers doles out some much-needed advice along with elastic bandages and ice packs. “The first thing I tell them is, if they want to avoid injury and keep off the sidelines, they need to get exercise most days of the week.”

Whether you play basketball, football, Ultimate Frisbee, or any other sport on

*continued on page 18*

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



continued from page 17

the weekend, daily exercise will pay off when you hit the field or court. Improved strength, energy, and stamina will boost your performance, and the muscle conditioning that comes from regular workouts will help prevent injuries. That's the message a lot of guys both want and need to hear.

"Many of the men I see ask me how they can stay active, feel young, and [be more] healthy as they get older," Borchers says. "That's where the motivation to work out more often comes from, and motivation is a huge thing."

The activities you choose should be ones you enjoy; otherwise, you won't stick to your regimen. Running, cycling,

rowing machine—no matter what you select, you should get at least 30 minutes of sweat-inducing cardio five days out of the week. Strength training should be part of your workout on at least two of those days.

Borchers realizes finding time to exercise every day can be difficult, but the time is often there if you really look at your schedule. Then, it's just a matter of making exercise a habit.

"Once you get used to the routine, you will find that it's easier to maintain," says Borchers, who gets his own workout in the early morning when he has the most time to himself. "You have to make exercise a priority."



#### EXPERT TIP

"Use it or lose it. Strength and coordination decline with age, and we're not in our 20s forever. But you can keep yourself conditioned if you exercise regularly."—James Borchers, MD

## EXTRA POINTS

**James Borchers, MD**, a college football team physician, offers these tips to make your workout work for you.

**Game plan** Decide what you're willing to commit to and how you'll fit your workout into your schedule, then pencil it in your calendar just like you would record a lunch meeting, Borchers says. Make it a non-negotiable appointment.

**Away game** If you travel a lot, pack some lightweight exercise equipment like resistance bands to use in your hotel room. Or stay only at hotels with fitness centers—and be sure to use them, he says.

**Team effort** If you find it hard to stick to a solo exercise program, take a class such as indoor cycling, boot camp, or kickboxing, Borchers recommends. Group workouts can be fun, and they also boost your commitment.

# What Will Help You Lose Weight?



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\*American Journal of Preventive Medicine, August 2008



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## HEALTHY BEAUTY

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Is your mouth working overtime?

# Pretty Smart

Face the new year with a fresh outlook on beauty



### EXPERT TIP

"The benefit of a facial is exfoliation, hydration, and relaxation. Most skin creams work through the same premise—and any hydration always makes lines look better."—*Mohiba K. Tareen, MD*



## YOU ASKED

## Time Out

FIGHT FINE LINES EVERY DAY AND NIGHT WITH THESE  
EXPERT ANTI-AGING PRODUCT PICKS

By Ayren Jackson-Cannady

Surprising Ways to Reduce Wrinkles slideshow: the most-repinned item on WebMD's Healthy Beauty Pinterest board

**Smooth Move**

**RoC Retinol Correxion Deep Wrinkle Night Cream** (\$21.99) "You can't really stop skin aging, but you can slow some changes, prevent others, and partially reverse the rest. Retinoids are one of the most effective ingredients. Retinol—the over-the-counter version—can stimulate collagen formation and help even out skin tone."

**Double Duty**

**SkinMedica AHA/BHA Cream** (\$40) "If you see fine lines and acne, look for a product that contains both glycolic acid or AHA and salicylic acid or BHA. Salicylic acid helps unclog pores and reduce acne and blackheads. Use every other night as a p.m. moisturizer. (Don't use this product with the retinol or glycolic products mentioned.)"



**Rachel Herschenfeld, MD**  
dermatologist, Dermatology Partners Inc.,  
Wellesley Hills, Mass.

**Glow Point**

**Aqua Glycolic Face Cream** (\$24.95) "In addition to stimulating collagen for a plumping effect, glycolic acid exfoliates the top layer of dead skin cells, revealing smoother skin that radiates by reflecting light more evenly. Apply at night, since the ingredients can make you more sensitive to the sun. (Don't use with the RoC retinol product.)"

**Pill Drill**

**Heliocare Daily Use Antioxidant Formula** (\$30.99) "You need to wear sunscreen with an SPF of at least 30 daily, year-round. You could also try taking an OTC pill infused with an extract from the antioxidant-packed fern plant *Polypodium leucotomis*. Some studies show it may increase the skin's resistance to sunburn."

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.

**Dirty Secret**

*It's 20 degrees outside, and I haven't seen the sun in weeks. Do I really need to use sunscreen in the middle of winter?*

Yes, you do. Winter sun can be exceptionally bright, especially for outdoorsy folks such as runners and skiers. But even if you're at your desk most of the time, you get more sun than you think just in your day-to-day routine. That's especially true for people who live in the southern United States.

Bottom line: Sunscreen is your best defense against skin cancer. If that's not enough motivation, know that broad-spectrum sunscreen protects against the UVA rays that can cause wrinkles.

Cross-country skiing, winter hiking, and other outdoor sports are great for your overall health. Just be sure to use sunscreen (or moisturizer) with a minimum 30 SPF every day and reapply every one to two hours while outside.

**Peggy Fuller, MD**  
founder and director,  
Esthetics Center for  
Dermatology,  
Charlotte, N.C.



### On Guard

**Olay Complete Daily Defense All Day Moisturizer** (\$14.99) “Sunscreen is your first line of defense to prevent skin aging. Physical blockers like this, made with micronized zinc oxide or titanium dioxide, provide UVA and UVB protection without causing sensitivity. Physical blockers sit on top of skin to reflect UV rays (while ingredients in chemical blockers penetrate the skin instead).”



### Tea Time

**Replenix Cream** (\$67) “As the skin ages, it becomes drier and more easily irritated. A moisturizer infused with a free-radical-fighting antioxidant like green tea boosts hydration and improves overall skin health. Apply it over your sunscreen daily or a few times a week.”



**Sonia Badreshia-Bansal, MD**  
clinical instructor in dermatology,  
University of California, San Francisco,  
and CEO, Elite MD, Danville, Calif.



### Damage Control

**RoC Retinol Correxion Deep Wrinkle Filler** (\$21.99) “Vitamin A creams [OTC retinol and prescription-strength Retin-A] prevent fine lines, exfoliate to speed up cell renewal, and lighten brown spots. Start slowly—use just once or twice a week—because the superstar ingredient can cause peeling if your skin isn’t used to it. Apply at night.”



### Flake Out

**Neutrogena Deep Clean Gentle Scrub** (\$5.99) “The older you get, the slower cell turnover becomes, causing skin cell buildup and a dull complexion. Remove the top layer of skin twice a week with a beaded exfoliating wash—just apply to your fingertips and gently rub in a circular motion over damp skin—to help remove these dead cells and stimulate new cell growth.”

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



### AISLE DO

#### PRODUCT PICK

**Essie Smooth Trick Deep-Conditioning Cuticle Oil** (\$8)

#### EXPERT

**Jill Weinstein, MD,**  
dermatologist,  
Northwestern  
Memorial Physicians  
Group; instructor,  
clinical dermatology,  
Northwestern  
University Feinberg  
School of Medicine,  
Chicago

“Winter is tough on nails and cuticles. I find this cuticle oil, with vitamins A and E and a blend of 10 oils such as almond, sesame, apricot, avocado, and jojoba, is a good product to keep nails healthy and cuticles hydrated. Keep the tube on your bedside table and apply a couple of drops nightly around each nail, massaging into the cuticle. An added benefit is that the oil will help you maintain your manicure longer. If you try one of the new ‘no-chip’ manicures, a good cuticle oil is essential; those long-lasting manicures can leave nails parched over time.”

### Shopping List



Take a photo with  
your phone!

- ☐ RoC Retinol Correxion Deep Wrinkle Night Cream
- ☐ SkinMedica AHA/BHA Cream

- ☐ Aqua Glycolic Face Cream
- ☐ Heliocare Daily Use Antioxidant Formula

- ☐ Olay Complete Daily Defense All Day Moisturizer
- ☐ Replenix Cream

- ☐ RoC Retinol Correxion Deep Wrinkle Filler
- ☐ Neutrogena Deep Clean Gentle Scrub



"Dry skin" is a top search term on WebMD's Beauty Channel.

## BEAUTY SMARTS

# See the Light

WE UNCOVER THE TRUTH ABOUT SERUMS—AND WHY THEIR FEATHERWEIGHT FORMULAS REALLY DELIVER

By Shelley Levitt

● Faster and lighter are the qualities many of us look for in a car, a laptop, ● and our bodies when we're running a marathon. They're also the prized attributes of skin care serums—light, fast-absorbing liquids used as an alternative or in addition to creams or lotions.

The biggest difference between a serum and a cream or lotion is what the formulation *doesn't* include. Serums leave out occlusive, or airtight, moisturizing ingredients such as petrolatum or mineral oil that keep water from evaporating. They also contain fewer lubricating and thickening agents, like nut or seed oils. Most serums are water-based, eliminating oils altogether.

Serums are a top pick of many skin care pros, including Ni'Kita Wilson, a cosmetic chemist and vice president of research and innovation at Englewood Lab. Wilson chooses a serum instead of a cream for her own at-home regimen: "It works better for my oily skin, and it has every ingredient I need."

Esthetician Veronica Barton-Schwartz, owner of Veronica Skin and Body Care Center in Malibu, Calif., who counts celebrities Olivia Newton-John, Suzanne Somers, and Cher among her clients, is also a fan. "I think everyone is doing their skin a disservice if they don't have a great serum."

*continued on page 24*

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continued from page 23

“The beauty of a serum is that most of the fluid is eliminated,” Wilson says, “so what you’re left with is a high concentration of active ingredients.” Serums contain the most potent dose of anti-aging ingredients—antioxidants, peptides, and skin brighteners such as kojic acid—you can find in nonprescription products. “They’re the true workhorses of any product line,” Wilson says.

And because active ingredients are more expensive than thickeners, serums are also the costliest product in many skin care lines. But when applied

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

## APPLICATION FORM

Adding a serum to your daily beauty routine? Here’s how to apply these lightweight elixirs for maximum effect.

**1. After cleansing your face,** apply a pea-sized amount of serum, patting it evenly over skin with your finger.

**2. If you have sensitive skin,** wait 10 to 15 minutes after washing your face before using serum. “When your skin is damp, applying a water-based product is more likely to lead to irritation,” says dermatologist Jessica Wu, MD. “Allowing your skin to dry completely slows down penetration.”

**3. You don’t need to skip the moisturizer you love.** Just pat on your serum first, so it isn’t blocked from penetrating your skin.

**4. Is your serum too pricey for twice-a-day use?** Borrow this trick from cosmetic chemist Ni’Kita Wilson. Use the serum as a booster either a.m. or p.m., adding a couple of drops to your moisturizer.

properly, a 1-ounce container of serum should last months. Many brands come in pump bottles or have medicine-dropper applicators to dispense just the tiny amount you need.

Those few concentrated drops are super-efficient. Serums are the made of very small molecules, so the skin absorbs them quickly and deeply. “The thicker, heavier ingredients in creams form a barrier on your skin,” Wilson says. “That’s great for locking moisture in. But it can also lock active ingredients out. Without these hindrances, the active ingredients in a serum penetrate your skin faster and more effectively.”

Jessica Wu, MD, a Santa Monica, Calif., dermatologist, and author of

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*Feed Your Face: Younger, Smoother Skin and a Beautiful Body in 28 Delicious Days*, recommends serums to many of her patients. “They’re great for people with oily skin,” she says, “or those who prefer a weightless feel to their skin care products. Serums have a non-greasy finish and they don’t leave behind a sticky residue.”

Still, serums aren’t for everyone. Wu says the liquid or gel-like texture of a serum can be a poor match for people with chronic skin conditions like eczema or rosacea, which weaken the

skin barrier. For these people, serums may penetrate *too* quickly, causing irritation.

Others need the hydration that a rich day or night cream provides. “If you have mature or dry skin, you can’t get away with using just a serum,” says Wilson. Instead, she recommends a serum as an add-on to your skin care regimen, layered under your moisturizer. “There’s a lot of benefit to serums, from smoothing fine lines to reducing age spots, that you can’t reproduce in any other formulation,” she says.



## BEAUTY 411

### Do those hand-held cleansing brushes really improve skin?

Yes, somewhat. Just don’t expect a total transformation. Whether they use sonic waves, such as the Clarisonic, or rotating bristles, such as the Olay cleansing system, these small wonders can give you squeaky clean, softer skin. They quickly lift away embedded dirt, makeup, and oil that old-fashioned face-washing might not remove. They also help slough off dead skin cells, revealing fresher, more luminous skin underneath.

As you age, skin naturally turns itself over less frequently, so regular exfoliation is especially helpful. Some brushes feature timed beeps indicating you can move to another facial zone—a nice touch, particularly if you’re apt to sprint through your routine.

Hand-held cleansing devices are suitable for all skin types; you just have to use them according to your own needs. People with oily or acne-prone skin can use one every day, along with a gel or glycolic-acid cleanser, to evict stubborn debris and cut down on breakouts and blackheads. Those with dry or delicate skin should be more judicious to avoid irritation and redness—once or twice a week with a hydrating, creamy cleanser should do the trick.

Everyone should avoid the delicate area around the eyes and focus on the nose and chin, where dirt and oil can lurk and settle into pores. And be gentle! You risk irritation and inflammation if you over-scrub.

—**Elizabeth Tanzi, MD**, co-director of laser surgery, Washington Institute of Dermatologic Laser Surgery, Washington, D.C.

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Have you tried a product you read about in our pages? Let us know. We just might feature you in an upcoming issue!

### I Tried It!

For quite a long time, I have suffered from dry rough skin especially on my hands and feet. I’ve tried several products over the years, none of which has been very effective. Then I read about the dermatologist-recommended Aquaphor Healing Ointment lotion in the Nov/Dec 2012 issue. Aquaphor really worked well for me—not only does it soothe and moisturize my skin but I no longer get rough and cracked hands and feet, which was unattractive and sometimes painful. It’s easy to apply and is odorless—I really like this product. Now it is a part of my daily routine.

—Tracey Rundle, Gilbert, Ariz.





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HEALTHY  
BEAUTY



YOUR SMILE

## Grind Control

IS YOUR MOUTH WORKING UNNECESSARY OVERTIME? GET  
THE SCOOP ON WHAT MIGHT BE GOING ON

*By Georgie Binks*

● If you've ever awakened in the morning with a sore jaw or found it difficult or painful to open your mouth or chew food, you may have a temporomandibular disorder (TMD). The condition affects the jaw joint (temporomandibular joint), the jaw itself, and chewing muscles. As many as a third of U.S. adults have at least one sign of TMD.

If you have TMD, you'll likely feel more of a dull, constant ache than a sharp pain in your jaw. You may have trouble fully opening or closing your mouth. Your jaw may even make a clicking or popping noise when you open and close your mouth. "Sometimes people complain their teeth don't seem to fit together like they did before," says Gary Klasser, DMD, an orofacial pain dentist and associate professor at Louisiana State University School of Dentistry.

Those with TMD may have other unpleasant symptoms. Some people feel dizzy or have neck pain or headaches. Your ears may hurt and feel stuffed up, and you may notice ringing in the ears as well.

TMD sometimes results from something like getting an elbow in the face, but stress is the culprit in most cases. If you wake up with a sore jaw, you probably grind or clench your teeth at night. As many as 30% of people who grind their teeth have jaw pain. You may even be unconsciously clenching your teeth during the day.

Klasser says it's best to take baby steps when treating TMD. Some 40% of symptoms get better on their own, and your dentist will likely suggest several self-care tips first, including:

- Minimize yawning, laughing, and clenching.
- Don't chew gum or bite your fingernails or pencils.
- Cut your food into small bites, try softer foods, and chew more slowly.

Call your dentist if you don't see improvement in two to three weeks. You may need a mouth guard, or even a shot of Botox, Dysport, or Xeomin, which some dentists use to relax the muscles in the jaw area.

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



## FAMILY & PARENTING



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How to be a better pet owner

### PREGNANCY

# Beach Baby

For volleyball star Kerri Walsh Jennings, winning the Olympic gold was not as big a surprise as learning she was pregnant with her third child during the London games

*By Gina Shaw*

#### EXPERT TIP



"When I was pregnant, I tried prenatal massage to help me de-stress. The effects were amazing, and I routinely recommend it to expectant mothers."—*Sara DuMond, MD*

*“Having a natural childbirth just feels right to me. It doesn’t feel like I’m forcing anything.”*

Read the complete Q & A with Walsh Jennings in our free iPad app!

## PREGNANCY

# Solid Gold

### ● **Did you know you were pregnant at the Olympics?**

I knew as well as I could know without getting it confirmed. I was late, and then I started having something happen that had only happened during my previous pregnancies: When I’d sneeze, I’d feel a pain in my tummy muscles. I thought, “Hey, that only happens to me when I’m pregnant.”

### **Are you going to learn the baby’s sex in advance?**

We found out on Christmas morning with the boys, and we’re going to do the same with this one. At my 4D ultrasound, we’ll bring in two different ornaments, pink and blue, and have my doctor [secretly] select the right one and put it in a box. We’ll wrap it up and put it away, and it will be the last present under the tree that we open.

### **How did you juggle training with two toddler boys, Joseph Michael, 3, and Sundance Thomas, 2?**

My husband [beach volleyball player Casey Jennings] and I are a really good team. He made me really comfortable with my schedule. He made our family a priority so [teammate] Misty [May-Treanor] and I could go in and win a gold medal, and that took all the pressure off. My little sister, K.C., was our nanny on the road in London. It’s always been my dream in life to be a working mom and have this amazing career. We knew the madness of it all, but we do it as a team.

### **Is this pregnancy any different than your previous ones?**

I have felt really different. The second it was confirmed, I started feeling sick. I had that mild hangover feeling all day long—which I never had with the boys—and it wasn’t fun. My face is definitely different, too—I have acne. Motivation to work out has been hard for me too, but now that I’ve turned the corner on feeling sick, it’s a little better.

Reviewed by **Laura Martin, MD**  
WebMD Medical Editor





The average age American women have their first baby is 25, up from 21 in 1970.

## PREGNANCY

# Baby Steps

ARE YOU REALLY READY? ANSWER THESE 4 QUESTIONS BEFORE YOU START TRYING TO CONCEIVE

By Colleen Oakley

Some choices (Paper or plastic? Coffee or espresso? *X-Factor* or *The Voice*?) are easy. But some—like when to have a baby—can be more of a challenge. “When my husband, Bret, and I started to discuss having a baby, we lived in California, while my family was back on the East Coast,” says Caley Bowman, 32, a marketing manager in Asheville, N.C. “I wasn’t sure I wanted to be so far away from them. Plus, I’m really active and didn’t know if I was ready to give up my lifestyle. Then there were the finances to consider. Could we afford it?”

Caley and Bret mulled parenthood for months before finally deciding they were ready. Some couples struggle with the idea even longer. “So many factors go into the decision, and it’s different for every couple,” says Lisa Mazzullo, MD, assistant professor of obstetrics and gynecology at Northwestern University Feinberg School of Medicine.

How do you know? If you can answer “yes” to these four questions, you might be more prepared than you realize.

- 1. Is your relationship healthy?** Or, if you’re single, do you have a strong support system? “Healthy does not mean perfect,” says Mazzullo. But you should be able to communicate well, have mutual respect for each other, and share tasks well. “Any stress that a couple has around money, sex, or family should be dealt with before getting pregnant,” she says.
- 2. Are you ready to focus outside of your career?** Even though men can shift their priorities once a baby is in the picture, women face more challenges, including the physical ones of pregnancy (fatigue and physical strain) as well as possible guilt surrounding the decision whether to keep working. “Couples need to decide together what the plan will be—if someone will quit working or if they’ll seek child care outside the home,” says Mazzullo. “It can be an emotional decision, so it’s better to make it before you get pregnant.”
- 3. Do you know the maternity/paternity policy at work?** Every company is different, says Mazzullo, and you need to make sure you have a plan in place, whether it’s saving up vacation time, using short-term disability, or saving your pennies and taking unpaid time off for the first few months of your baby’s life.
- 4. Are you financially ready?** “This doesn’t mean you have to have a five-bedroom house, two cars, and all your credit cards paid off,” says Mazzullo. “But you should have enough disposable income to comfortably afford the basics—diapers, child care, medical expenses.”

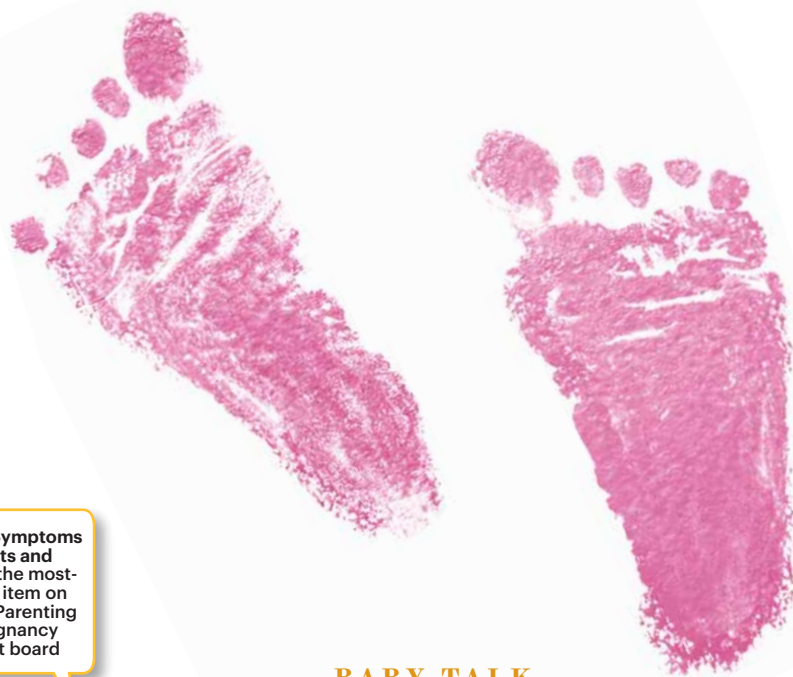


### EXPERT TIP

“Examine your own personal attitude toward the unexpected. If you feel a bit squeamish about relinquishing control over certain things, you might not be ready.”

—Sarah DuMond, MD

Reviewed by **Sara DuMond, MD**  
WebMD Baby Care Expert



**Common Symptoms in Infants and Toddlers:** the most-repinned item on WebMD's Parenting and Pregnancy Pinterest board

## BABY TALK

# Good and Plenty

WELLNESS VISITS ARE ESPECIALLY IMPORTANT DURING YOUR CHILD'S FIRST YEAR

By Katherine Kam

In your baby's first year, every month brings changes: tiny smiles, budding teeth, and eventually, crawling and walking. During well-baby visits, your pediatrician will check for proper growth and development and answer your questions about eating, sleeping, and vaccinations.

The first exam should be 24 to 48 hours after your newborn leaves the hospital, says pediatrician Tanya Remer Altmann, MD, FAAP, clinical instructor at Mattel Children's Hospital at UCLA and author of the American Academy

of Pediatrics' *Mommy Calls: Dr. Tanya Answers Parents' Top 101 Questions About Babies and Toddlers*.

Later visits typically occur at 2 weeks and at 1, 2, 4, 6, 9, and 12 months of age, she says. Here's what you can expect during well-baby checkups.

### Growth Chart

During each visit, the doctor will measure your infant's weight, length, and head circumference. "I examine every baby from head to toe," Altmann says. "The first year is such a crucial time,

and we want to make sure that babies are on track and doing everything that they should be."

The doctor will make sure that the fontanelles (soft spots on your baby's head) are closing properly. She will also check your infant's eyes, ears, and mouth and listen to the heart and lungs. Next, the doctor will feel your baby's abdomen and check the genital area. She'll also look for rashes and jaundice and examine the arms, legs, and hips.

While every parent loves a checkup that ends with a clean bill of health, the exams are crucial to uncover problems, such as hernias, undescended testicles, or heart murmurs that require a specialist's attention. Spotting health problems early may mean improved treatment, Altmann says. For example,

*continued on page 31*



### EXPERT TIP

"Remember, no matter how old your baby is, she loves to hear your voice. Talk to her, sing to her, read to her. Your words will help her language blossom."—**Hansa Bhargava, MD**



## Healthy Appetites Encouraged

Easily search hundreds of nutritious recipes to create tasty meals for every member of the family: low-carb, gluten-free, kid-friendly and many more!

**WebMD**

Healthy Recipe Finder

Learn More

*continued from page 30*

she says, “there’s something called congenital hip dysplasia where the hip doesn’t develop properly in the socket, and if you catch it early, it’s something that is completely correctable.”

Doctors also look for developmental markers at each visit, she says, such as your baby’s ability to make eye contact, smile at you, or sit up without support.

### Shot Clock

Your baby will get the first recommended vaccination, the hepatitis B vaccine, before leaving the hospital, Altmann says. At later well visits, your baby will receive vaccines to prevent whooping cough, mumps, measles, and other childhood diseases.

### Time to Ask

New parents may find themselves tuned in to when baby needs a diaper change, or they may need a seasoned pro to guide them through the trials of cradle cap and trimming tiny fingernails. Certainly, if parents are worried that their baby seems ill, they should call the pediatrician any time of day or night, Altmann says.

But well visits are the perfect time to pick the doctor’s brain. You just might learn that sticky or seedy bowel movements are normal in the early weeks, or that filing baby’s fingernails works just as well as cutting them.

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

### DID YOU KNOW?

NEWBORNS HAVE  
IMMATURE NERVOUS SYSTEMS,  
SO THEY SLEEP A LOT—BUT  
ONLY FOR  
**ONE OR TWO HOURS**  
AT A TIME, DAY OR NIGHT.





Everyone benefits when your kids pitch in to help. Read **Chores for Children** to find out why.

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## KIDS' HEALTH

# Chore Wars

IS IT A CONSTANT BATTLE TO GET A HAND AROUND THE HOUSE? TRY THESE TRICKS

By Annie Stuart

It's Saturday morning, time for those dreaded household chores. But your 5-year-old is glued to the television, your middle-schooler is texting friends, and your teen is howling at the latest, coolest YouTube video. Scrubbing the toilet is not exactly a big draw. And do any of them *really* care how many layers of dust have collected on the coffee table?

Maybe you've tried to assign chores to your children but found yourself butting heads more often than not. Or, maybe you're not quite sure if your child is ready to take on household chores.

Kids can do a lot of chores at an early age, says Roger W. McIntire, PhD, author of *Raising Good Kids in Tough Times: 7 Crucial Habits for Parent Success*, like getting clothes to the laundry or cleaning up after dinner. "We hold back too long because we think they ought to be ready first. But that puts the cart before the horse," he says. The learning is in the doing.

Out of frustration, many parents get to the point where they suddenly decide to assign some chores to children, saying, "It's time for you to do it." But if perfection is the expectation, a struggle ensues, or parents take over when kids miss spots on the mirror or fail to get the water glasses on the dining room



## TASK MASTER

Parenting experts Elizabeth Pantley and Jim Fay offer tips for managing your children's chores.

**Ease in.** First, demonstrate step by step. Next, let your child help. Then, have him do the chore as you supervise. Once he has it mastered, he's ready to go solo.

**Be specific.** "'Clean your room' is too vague," says Pantley. "Be explicit and say, 'Put your clothes in the closet, books on the shelf, dishes in the kitchen,' and so on."

**Give praise.** Especially with younger children, don't wait until a chore is complete.

**Don't remind.** Never remind your children to do chores, Fay says. Instead, have a backup plan if they fail to follow through. Pantley suggests using the "when/then" technique, such as, "When the pets are fed, then you may have your dinner."

table. If you consistently redo your child's chores, you send the signal that the job wasn't done well enough—not a great way to ensure cooperation.

Another common mistake parents make, McIntire says, is to wait until a chore is completed to show appreciation—or to not praise at all.

But inconsistency may be what trips up parents the most, says Elizabeth Pantley, author of *Kid Cooperation: How to Stop Yelling, Nagging, and Pleading and Get Kids to Cooperate*. If your kids aren't expected to regularly follow through, she says, they might start putting off chores in the hope that someone else will do them.

How to start? Create a chores chart with three columns—one for the list of chores, one for deadlines, and one you can check off when the chore is completed. You'll be on your way to a clear, organized, nag-free solution.

## READER TIP

"My kids earn video game time for picking up. I have a list of chores... make beds (5 minutes), pick up toys (5 minutes), etc. It has seemed to make a much better impact."—*Baby1at35, WebMD community member*

Reviewed by Brunilda Nazario, MD  
WebMD Lead Medical Editor

## PET HEALTH

## Master Plan

WANT TO BE A BETTER PET OWNER THIS YEAR?  
AVOID THESE COMMON MISTAKES

By Linda Formichelli

With all your resolutions to exercise an hour a day, say no to doughnuts, and never yell at your kids again—even when they really, really deserve it—it's easy to overlook Fido and Fluffy. You consider them part of your family, so why not include them in your plans for the new year? Start by resolving to avoid three common pet-owner mistakes, thereby keeping your pet happier and healthier all year long.

#### Play well with others.

Did you just adopt a pet or receive one as a holiday present? You have a small but crucial window to make sure your newest family member is socialized. This should happen within the first six to 12 weeks, says Jeff Wells, DVM, a Colorado veterinarian and author of *All My Patients Have Tales* and *All My Patients Kick and Bite*. "From a vet standpoint, nothing is worse than having to treat a dog or cat that hasn't been socialized."

Sign your pup up for obedience school, and try to introduce your puppy or kitten to lots of people in those early weeks. Play with



him often, and expose him to people of different ages.

**Nip and tuck.** Many pet owners feel bad about getting their pets spayed or neutered, but this is a must. "There's an overpopulation of pets, and it's a sad situation for animals that don't get adopted," Wells says.

Your pet can suffer, too: Unspayed female cats and dogs are more likely to get mammary tumors, which

are like breast cancer in humans. Unneutered pets also tend to roam, putting them at risk of fights and getting hit by a car.

**Give them the run-around.** Just as in humans, pet obesity can lead to a host of health woes. Wells recommends walking dogs a minimum of half an hour, twice daily. And buy some inexpensive toys and play with kitty an hour daily.

### THREE TO BE

Veterinarian and author Jeff Wells, DVM, offers tips to help you avoid pet problems.

#### 1. Think before you adopt.

Yes, that adorable ball of fluff in the window is tempting, but it's never a good idea to adopt on a whim. Before you add another pet to your brood, research different animals and breeds to make sure you end up with one that meshes with your family.

#### 2. Plan ahead for veterinary costs.

Start a vet savings account to cover unexpected expenses. If your pet needs treatment, let your vet know how much you can spend. She can tell you about options at different price points.

#### 3. Help your pet age gracefully.

Many dogs are considered geriatric at 7 years, and cats at 9. Older animals require extra tests at their vet checkups to rule out age-related complications like thyroid disease and arthritis. You may also need to switch to a food formulated for senior dogs or cats, keep your pet indoors during hot and cold weather, and get him checked at the vet more often.



#### EXPERT TIP

"Taurine, an amino acid, is an essential daily requirement for cats. It occurs naturally in foods like meat and seafood. Pet owners who prefer homemade diets must include it in other ways, such as taurine powder."—William Draper, DVM

Reviewed by William Draper, DVM  
WebMD Pet Health Expert



# On Call

## *Paging Mindy Kaling!*

The actor, writer, producer,  
and all-around funny lady  
steps out of *The Office* into  
the spotlight in a role she  
was born to play

*By Rebecca Ascher-Walsh*

PHOTOGRAPH BY EMILY SHUR/CORBIS OUTLINE





# Mindy Kaling

*seems to move at the speed of light.*

*At 33, she is the creator, producer, head writer, and star of her own Fox network sitcom, The Mindy Project. Her growing fan base includes close to 2 million Twitter followers, at whom Kaling fires off tweets on topics as varied as shopping, friendship, and the revenge fantasies she has while jogging. Her collection of essays, Is Everyone Hanging Out Without Me? (And Other Concerns), became a best-seller last year when her only claim to fame was being a writer on and co-starring in NBC's series The Office.*

If colleagues left in the dust are shaking their heads, Kaling shrugs off her heady ascension. "I'm an Asian kid who grew up the child of immigrants and went to an Ivy League school," she says, her high-pitched voice and rapid speech making her sound like an enthusiastic teenager rather than an industry heavyweight. "I'm a hyper-perfectionist and a people-pleaser."

Raised in Boston with her older brother Vijay by her OB/GYN mother Swati and architect father Avu, Kaling became interested in comedy as a teenager. She spent hours deconstructing movies and comedy skits. After graduating from Dartmouth College, she and her roommate Brenda Withers moved to New York and while looking for work wrote a comedic play called *Matt & Ben*, in which Kaling played Ben Affleck to Withers' Matt Damon. In 2002, it won top honors at the Fringe Festival. After moving off-Broadway, *Time* magazine named it among the "Top 10 Theatrical Events of the Year."

Producer Greg Daniels, just about to launch *The Office*, took note and hired the then 24-year-old as the show's sole female writer. During her eight-year tenure, the cast earned an Emmy nomination and she earned critical praise for her role as the narcissistic customer service representative Kelly Kapoor.

Last year, when the show entered its final season, Kaling made a pitch to Fox: She wanted to write, produce, and star in *The Mindy Project*, playing a romantic-comedy obsessed OB/GYN in New York. Then Kaling boarded a plane to Boston, where she spent three months at the bedside of her mother, who was dying of pancreatic cancer. "In some ways,

those were the most amazing three months," says Kaling, who describes her relationship with her mother as one of the most significant of her life.

Pancreatic cancer is the fourth leading cause of cancer deaths in the United States. Most patients are diagnosed at a late stage with a five-year survival rate of 2%. "No one is lucky to get cancer, but I remember feeling jealous of people who got a cancer where there were stages and you could do chemo to [treat] it," says Kaling, whose mother lived with the diagnosis for eight months.

A week before her mother's death last January, Kaling pulled out a notebook and pen and asked her mother for advice. "We had accepted by then that she was not going to survive, and so suddenly we had to have really accelerated conversations," she remembers. "I always thought she would be around when I had a child, but when I realized she wouldn't be, we talked about possible names for my kids. She told me things she wanted me to tell my children."

The day her mother died, Kaling checked her overflowing voicemail and learned that Fox had given her and *The Mindy Project* the go-ahead. "I was lucky to have that to think about instead," she says quietly.

## *Speed Limits*

Working 16-hour days might be good for distraction, but Kaling admits that being the boss of all she surveys is exhausting. "I



JILL GREENBERG/CORBIS OUTLINE



have that kind of super-invincibility that people who have never had an illness do, but now I'm starting to do weird things like say, 'Should I do B-12 shots? Should I be on an IV drip?' It would be so cool to be that one person who never mentioned how stressful work is, but to say having my own show is a lot of work is the understatement of the year."

The writing and producing take energy, but playing the kinetic, driven doctor who races from bad dates to patients' bedsides and office gossip sessions with nonstop acerbic commentary is also demanding. (Her character, on the subject of marriage: "Maybe I won't get married. Maybe I'll just do one of those *Eat Pray Love* things. Ugh, no, I don't want to pray. Forget it. I'll just die alone.")

To restore herself, Kaling tries to sleep at least six hours a night—"I sleep so deeply it's like I die and then come back to life in the morning"—and has recently changed her eating habits to give her a boost. "I am a notoriously unpicky eater, and a great joy of my parents when I was growing up was they embraced my love of eating everything," the actor says. "But I eat to whoever is around me, and I'm around a lot of big guys in the writers' room. I used to eat French fries and chips, but it started to make me lethargic so I try not to."

Kaling starts each morning with a smoothie. "[My assistant] makes a huge Vitamix blender of spinach and tomato and ginger that used to disgust me, but now she puts a pear in it and it tastes pretty good and keeps me alive." Her next meal is around 2 p.m. when she finishes her acting duties and heads to the writers' room. "When I'm on set, I don't do well on a full stomach," she explains, "but when I'm done I try to eat something like a turkey burger. I also know that when I get home, all I have in my fridge is fish oil, water, and birth control."

She tries to sneak in a half hour on the elliptical or some strength training before work, "But only if my call time doesn't start with the number 7, which it almost always does." On weekends she runs. "I am an avid slow jogger," she says of her five-mile jaunts. "I don't go to therapy or any of that stuff, and I can be very anxious. But if I go for a run, my mind feels so much clearer." Kaling trots along to music by Rihanna and Beyoncé, as well as to movie soundtracks. "I have a very active imagination, and when I work out I like to disappear into a world of fantasy. A soundtrack is great for that."

Kaling often says she wants to lose 15 pounds, but admits that she



THE MINDY PROJECT AIRS ON FOX ON TUESDAY NIGHTS.

## The Rx for OB/GYN Health

*Thanks to her mom, Mindy Kaling never misses an appointment with her gynecologist. It's crucial to go regularly and to feel comfortable enough to speak honestly. "This is your health and your body and nothing could be more important," says Los Angeles OB/GYN Cheri Lowre, MD, who suggests covering these topics during your visits:*

**New Sex Partners** "It doesn't matter how old you are; if you have a new partner you need to use condoms, and I will want to test you for STDs if you are ready to stop using them," says Lowre. "I saw an 81-year-old patient who contracted chlamydia at her nursing home. You're never too old to practice safe sex."

**Mammograms** "Health organizations now offer conflicting recommended guidelines, so the best thing to do is to talk to your doctor about your personal risks." Although they are currently out of favor with many doctors, Lowre encourages monthly self-exams and asking your doctor to demonstrate the proper technique. "Every woman should know her body, and your breasts are a good place to start."

**Menopause** "Don't assume you're going to be miserable. A lot of women find it a relief, and studies show that women in their '50s and '60s are happier than anyone," she says. "And if

you're not one of those women, there are so many more options now, including investigating alternative medicine. It's a great time in your life to take a look at your overall health."

**Pap Tests** New guidelines say women under the age of 21 can skip them, and women between 21 and 29 can settle for screening every three years. For women 30 to 65, screening time can be extended to every five years if a Pap test is done along with HPV testing. The American College of Obstetricians and Gynecologists stresses that this doesn't mean you don't need to see your doctor for an annual wellness visit.

**Doctor-Patient Relationship** "Even though most of us are trained for everything, there's no shame in switching doctors," Lowre says. "There are thousands of us out there, and the person who got you through an STD when you were younger may not be the best person to get you through a natural delivery." —RAW

BETH DUBBER/FOX/EVERETT COLLECTION

doesn't want it enough to do what it takes. "I'd have to do interval training, but I never would because I don't enjoy it," she explains. "And those days of just not eating dessert for a week and dropping 5 pounds are long gone."

She says she made peace with the idea of being "chubby" years ago. "I'm such a perfectionist that I'll always want to change how I look. But if someone called me dumb or unfunny *that* would be devastating, and I have never not worn a bikini just because I'm not skinny. My best friend in college was comfortable in her own skin, and it had a huge effect on me. So I wear strapless things and clothing that stylists tell me I shouldn't. I love fashion too much to miss out on trends."

### All Due Respect


It was Kaling's mother who instilled in her daughter a passion for fashion. "My mom loved looking good and she loved me and my brother looking good, which is weird because I think of her as an intellectually minded person," she says. "But when you came home from college, you didn't wear sweatpants in front of her. It was about respect."

Kaling's mother also taught her daughter to treat her body with respect. "The great thing about having an OB/GYN for a mother is there was nothing we couldn't talk about," the actor says. "She was completely frank and open with me, and things like, 'See your GYN regularly' were always a part of my life. I'm not that organized, and I don't eat great," she continues. "I don't take a multivitamin or do a lot of the things I should, but as a result of my mom, when it comes to seeing my OB/GYN, I go like clockwork."

Cheri Lowre, MD, an OB/GYN and an assistant clinical professor at UCLA's David Geffen School of Medicine in Los Angeles, lauds Kaling for taking responsibility for her health and the time to find a doctor she likes. "It's incredibly important that you feel comfortable talking to your OB/GYN and that you feel she or he is listening," Lowre says. "You need to be able to have open dialogues about everything."

Kaling says talking about her mother's death is "still difficult," but she supports Pancreatic Cancer Action Network (pancan.org) by recording

Reviewed by Louise Chang, MD  
WebMD Senior Medical Editor



Don't procrastinate! Take control of your health with the **Essential Screening Tests Every Woman** Needs slideshow.

[WebMD.com](#)

## Mindy's Must-Haves

- 1 **Old Spice men's deodorant.** "Women's deodorant is just too wimpy."
- 2 **Australian licorice.** "It's my favorite thing, and I get a lot of it as a gift."
- 3 **Sour candy.** "It's my treat to myself in the afternoon."
- 4 **"I always have rhinestone hoops in my purse."**
- 5 **"I have a lot more earrings at home. I go to Bloomingdale's and buy them for \$3 so if I lose them, it's OK. My mom used to feel like if you left the house without earrings you were naked. I can't live without them."**
- 6 **Tom Ford eye shadow.** "I spend a lot of money on very little makeup. These colors are so rich!"
- 7 **"I still break out so I rely on Mario Badescu Drying Lotion."**
- 8 **"I keep Bumble & Bumble dry shampoo in my purse because my hair can get stringy."**
- 9 **Music videos to watch on the elliptical in her gym.** "I wish I could watch TV shows when I work out, but I can't concentrate."
- 10 **Playlists with Rihanna, Beyoncé, and movie soundtracks for running**
- 11 **Urban Decay Lip Stain**
- 12 **A book.** "I haven't had a chance to read in months, but I love books."

public service announcements to help raise awareness of the disease.

And she is focusing on the pockets of her life that provide a guaranteed respite. "I know it will be fun to walk into my writers' room and be pitched a story," she says. "And I have always been a crafty person, so I like making homemade cards. And if I can catch up with my best friends in New York with a two-hour phone conversation every six weeks, that makes me really happy."

Then there's her penchant for online shopping (Kaling has memorized her credit card numbers to make the process as speedy as possible). "I only return [items] about 40 to 50% of the time," she says proudly.

As for her New Year's resolutions, they have been the same for the last several years: "Talk to my dad every day and work out five times a week. I won't work out five days a week, but my dad is moving to L.A., so that should get easier."

Kaling, who's had small parts in films like *The 40-Year-Old-Virgin* and *No Strings Attached*, also hopes to continue developing a movie career. She's working on *The Low Self Esteem of Lizzie Gillespie*, a still-in-development romantic comedy Kaling cowrote with *Office* colleague Brent Forrester. "And I *really* want to have children," she adds. "My mother and I had such a profound relationship, and when she passed away, it really strengthened my urge to have my own daughter."

For the moment, however, Kaling admits that almost any undertaking will take second billing to the one that bears her name on Fox. "I can't imagine anything else soon," she says. "Right now, I'm in a mode where I just love doing what I'm doing."

In other words, the Mindy project is just beginning.



WHEN YOU'RE  
BATTLING A  
WICKED COLD OR  
A NASTY BOUT  
OF THE FLU,  
MAKING THE CALL  
BETWEEN GOING  
TO WORK AND  
CRAWLING BACK  
INTO BED  
ISN'T EASY

# Stay *or* Go?



BY HEATHER HATFIELD  
PHOTOGRAPHY BY ANN CUTTING

WHICH SYMPTOMS SHOULD TRIGGER A SICK DAY?
OUR COLD AND FLU EXPERTS WEIGH IN TO HELP YOU DECIDE.

SORE THROAT

A scratchy, sore throat can really put a damper on your day. But Peter Galier, MD, an internal medicine specialist at UCLA Medical Center in Santa Monica, Calif., says it's not enough to warrant a day at home.

While your throat might hurt with a cold, you can usually still swallow, he explains. Unless it turns extremely painful, to the point that you can't eat or drink, you can still go to work.

RUNNY NOSE

When you burn through a box of tissues with a runny nose, you might think a sick day is in order. It's not. "A runny

Flu Fighter

"When you have the flu, there's a window of opportunity to treat it using antiviral medicine," says William Schaffner, MD. "Within the first two days, antivirals work best."

Antivirals, he explains, reduce symptoms' severity and help you get better faster. They also may help prevent serious complications of the flu. But the trick is taking them early. "Most adults with flu symptoms don't see a doctor until usually the third day of symptoms," Schaffner says.

While antivirals still work at that point, the benefit is reduced, he explains. So don't be a hero. When you have a fever and flu symptoms like fatigue and muscle pain, call your doctor right away.

nose that's clear and drippy probably means a cold," Galier says.

A nose that runs like a faucet is annoying, but the slime serves a purpose:

It rids the nose and sinuses of the germs that caused the cold. It may also change color: After a few days, it may go from clear to pasty white, yellow, or greenish as your immune system kicks in.

Though not exactly comfortable or attractive, Galier says, a runny nose on its own is more troublesome than worrisome, which means it doesn't qualify as a reason to skip work.

FATIGUE

Feel like you could use a catnap? Or is "exhausted" putting it mildly? How tired you feel can depend on how sick you are and whether you've caught a cold or the

"We have a rule in our house," Schaffner says: "When you come inside, you hang up your coat and go straight to the sink to wash your hands. That way, we can help reduce viruses in our home and our risk of getting sick."

Is it a cold? Or the flu? Check your symptoms at the Cold, Flu & Cough Health Center. WebMD.com

flu. "Usually with a cold, you might feel a little tired and run-down," Galier says. "But typically you can make your way through a workday."

Flu, on the other hand, brings an overwhelming sense of exhaustion, Galier explains. You are so tired that you literally can't get off the couch. If this happens, it's a no-brainer—there's no choice but to call in sick.

FEVER

Fever is a red flag during flu season, a sign your body is working hard to fight an infection. William Schaffner, MD, chair of the Department of Preventive Medicine at Vanderbilt University School of Medicine in Nashville, Tenn., says colds don't tend to cause fever—but the flu often does. To make matters worse, a flu fever can come with a case of the chills.

While not everyone with flu will develop fever, "fever usually means flu," says Schaffner. "Most viruses that cause an upper respiratory infection or a cold might cause a low-grade fever, but nothing in the range of 101 or higher. That means flu."

Fever is a clear symptom that you should be home in bed. "You need to wait until the fever is gone and you've been fever-free for 24 hours before you go back to work, to make sure you are not contagious," Galier says.

COUGH

With an average case of the flu, you frequently have a dry cough, Schaffner explains. The flu itself will probably keep you home from work, and the cough is likely to be just an annoying symptom.

Coughs that accompany a cold usually aren't nestled deep in your lungs—instead, they're often caused by a runny nose draining down your throat.

In this case, a cough is not a free pass to skip work.

But coughs aren't quite so cut and dried. A wet, juicy cough, for instance, can be a sign that a cold or flu virus has led to a complication in your lower airways, congesting your bronchi (the passages in the trachea that lead to the lungs) and your lungs.

So when it comes to coughs, here's a good rule of thumb: If you have trouble breathing and you start coughing up lots of phlegm, you not only need to stay away from work but also should see a doctor, Schaffner says. Bronchitis or pneumonia might be to blame.

MUSCLE ACHES & PAINS

The flu hurts. You feel it in your bones and your muscles. The expression "I feel like I've been run over by a truck" takes on a whole new meaning.

"Muscle aches and pains are classic symptoms of the flu," Galier says. There's a big difference, he explains, between having a runny nose and headache caused by a cold and the whole-body ache that comes with the flu. The rule for this one is simple: If you're in a world of hurt, take a sick day.

APPETITE LOSS

There's nothing better than curling up on the couch with a warm bowl of soup when you're down and out. Craving foods that are soothing and easy to digest, Galier explains, is often a hallmark of colds. "Cheese, breads, soups... these are the kinds of comfort foods people want when they have a cold and their appetite is still intact."

When you lose your appetite and don't eat for a day or two, it's typically something more serious—yes, like the flu. A good guideline to follow: If you're well enough to eat, you're probably well enough to go to work.



School or Sick Day?

For many parents, keeping a child home from school when she has a cold or the flu means taking a sick day from work to take care of her. So it's tough on both fronts, with homework and emails piling up. Worse, kids tend to be sick more often than their parents.

"It's harder to keep kids healthy because they are exposed to so many germs," says Peter Galier, MD. "A lot of kids don't focus on hygiene, and they sneeze everywhere and touch everything, so they're like walking Petri dishes."

Combine most children's over-exposure to germs with a developing immune system, and they can be sick. A lot. The key is prevention.

From an early age, teach children to sneeze into an elbow instead of their hands.

Emphasize the importance of hand washing and show them how to do it right—for at least 20 seconds, scrubbing the whole hand.

Teach your kids to wash their hands after they use the bathroom, when they come inside from outdoors, after sneezing or coughing, and before eating.

Just as important—for kids and the whole family—is the flu vaccine. "Everyone older than 6 months should get one," says William Schaffner, MD. "It's the best way to prevent getting the flu, and it will protect you and those around you."

If a nasty bug finds its way into your house despite your best efforts, use the same rules that apply to adults when deciding whether to keep kids home or send them to school.

GO TO SCHOOL STAY HOME

- Runny nose
Sore throat, can swallow
Non-productive cough (no mucus)
Fever
Sore throat, can't swallow
Productive cough (mucus)

How tired you feel can depend on how sick you are and if it's a cold or the flu.



ANDY CRAWFORD/GETTY IMAGES

Reviewed by Louise Chang, MD
WebMD Senior Medical Editor





*Small*

# *Change*

**Got big plans to make major  
life improvements in 2013?  
We tapped 10 top experts—from celebrity  
fitness trainers to nutritionists to  
therapists—for their best his-and-hers  
tips for a new year, new you.**

*By Stephanie Watson*





*You've drained the Champagne and sung  
"Auld Lang Syne." It's a new year.  
How will you spend the next 365 days?*

*If you've got some healthy lifestyle improvements in mind (and who doesn't on January 1?), you have a choice. Do you make sweeping resolutions you aren't likely to keep—like vowing to lose every last excess pound or run 10 miles a week when your backside hasn't been off the couch for months? Or this time around, will you set small, realistic goals you'll actually stick to? Our experts favor the latter approach. They weigh in with practical ideas and tips that will lead to a healthier new you—and help you stay that way through next New Year's Day and beyond.*

## New Year, New You for him

### Sweat and Strengthen

Men need to tone and sweat. Cardio trims body fat, increases energy levels, and strengthens the most important muscle—your heart.

**THE EXPERT** • Michael George, trainer to celebrities like Tobey Maguire and Dennis Quaid, and author of *Body Express Makeover: Trim and Sculpt Your Body in Less Than Six Weeks*

**HIS TOP TIPS** • “Start with a 20-minute nightly walk after dinner. Or do 10-minute circuits, alternating cardio to burn excess

fat and strength training to raise your metabolism.

“You can change days or shorten workouts, but do not just stop. Consistency is the key ingredient and motivational tool you want to develop and sustain.”

**WHAT HE DOES** • “I hit the heavy bag for at least 30 to 45 minutes, three or four times a week. Boxing really is, to me, the best all-around exercise for both cardio and strength that you can do.”

### Eat Smarter

If you're still eating the same quality—and quantity—of food you did back in high school or college, you need to get re-schooled. Now that you're older, huge portions and pitchers of beer just won't make the grade.

**THE EXPERT** • Christopher R. Mohr, PhD, RD, weight-loss expert with mohrresults.com and consulting sports nutritionist to the Cincinnati Bengals

**HIS TOP TIPS** • “If you're not as active as you once were, portion control is key. I tell men to use their hands to estimate portions. If you break down meals to be two palmfuls of protein, two fistfuls of veggies/fruit, and one fistful of grains per meal, you'll be on track.”

“The average person drinks 450 calories each day. Replacing the calories from drinks like beer and soda alone can remove close to 1 pound per week.”

**WHAT HE DOES** • “I keep pistachios in the car—they're a solid source of protein, quality fat, and fiber, which helps keep me filled up. I also pack snack bars and fruit for long trips.”

### Open Up

Some guys are about as likely to admit they are depressed as they are to ask for directions. Stereotypes aside, many men don't like to acknowledge they're vulnerable, but they need to

understand that depression is real and get help.

**THE EXPERT** • Terry Real, MSW, family therapist, president of the Relational Life Institute in Arlington, Mass., and author of *I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression*

**HIS TOP TIPS** • “It helps guys to learn how to reach out to others. Depression is very isolating. Tell people whom you care about. Get some support.”

“Exercise is so helpful for depression that I insist all my male patients do it. Get vigorous exercise several times a week.”

“When you're getting frustrated and angry, use that as a signal that maybe you're trying to control what's not in your control. Do your best with what you can do and let go of what is beyond you.”

**WHAT HE DOES** • “I've struggled with depression on and off throughout my

life. I've learned to identify when I'm feeling down, to think about what's going on in my life that's triggering it, and to reach out and talk to people about it.”

### Boost Bedroom Skills

Men also can be tight-lipped when it comes to their sex lives. Remember that troubles in bed involve your partner, too. Don't settle for humdrum sex. Work together to bring excitement back to your bedroom.

**THE EXPERT** • Barry W. McCarthy, PhD, psychology professor at American University, certified marriage and sex therapist, and co-author of *Enduring Desire: Your Guide to Lifelong Intimacy*

**HIS TOP TIPS** • “Raise this issue with your partner. Say, ‘I want us to stay sexual. I want it to be good for you, for me, and for us as a couple.’”

“Think of sex as a team sport. Spend more time on giving and taking pleasure, rather than using foreplay only as a way to get ready for intercourse.”

If it's applicable, “go to your internist as a couple and say, ‘I'm having difficulty with erections, and I want to find out if it's physical.’”

**WHAT HE DOES** • “One of the most interesting bridges to sexual desire is simply spending time together. For my wife and me, it's sitting out on the porch and having a glass of wine.”

### Get Tough on Sleep

Some men think they can run marathons—and businesses—on a few meager hours of sleep. Not true. A sleep-deprived mind is groggy in the boardroom. Get solutions to snoring and other sleep issues so you can stay alert all day.

**THE EXPERT** • Michael J. Breus, PhD, author of *Good Night: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health*

**HIS TOP TIPS** • “If you snore, the No. 1 thing you need to do is decongest. Step one is to remove allergens from the bedroom, such as feather pillows and pets. Step two is to look for non-drug congestion treatments. You can use a saline nasal wash or Neti pot, or a nasal strip. Step three is to get an over-the-counter decongestant—but make sure you don't buy a ‘non-drowsy’ one. That will keep you up.”

“To improve the quality of your sleep, exercise daily. Cardiovascular exercise seems to be best. Get your heart rate up for at least 20 minutes a day.”

“Get outside for 15 minutes of sunlight every morning to help reset your biological clock. Your biological clock is what sets your body up for going to sleep.”

**WHAT HE DOES** • “When I have trouble falling asleep, I use a distraction technique where I count backward from 300 by threes. It's so boring that I can't help but fall asleep. It works like a charm.”



## New Year, New You for her

### Shape Up

Getting in shape can be an uphill battle for women. But if you put on a pair of sneakers and literally climb that hill a few times a week, you'll be several steps closer to your fitness goals.

**THE EXPERT** • Ashley Borden, fitness and lifestyle consultant, and trainer to celebrities including Mandy Moore, Natasha Bedingfield, and Christina Aguilera

**HER TOP TIPS** • “Wear a weighted vest while you power-walk up and down hills. This way, you're distributing more weight around your body,” which doesn't happen if you put weights just around your ankles, for example.

“When you're weight training, stand on a single leg or stagger your stance so one leg is slightly behind you. When your stance is offset, it really helps your balance.”

**WHAT SHE DOES** • “Rebounding [a low-impact cardio workout on a mini trampoline] is something I have recommended and

used forever. I think it's one of the best forms of safe cardio you can do in your home. You just bounce. The fantastic thing about rebounding is there's no stress on joints and ligaments.”

### Diet Right

In the old days, diets were about deprivation. Women starved themselves and lost a few pounds, only to gain them all back later. Today, nutritionists know that the way to lose weight long-term is to adopt a healthier attitude toward eating.

**THE EXPERT** • Christine Avanti, certified nutritionist and author of *Skinny Chicks Eat Real Food: Kick Your Fake Food Habit, Kickstart Your Weight Loss*

**HER TOP TIPS** • “Get away from processed, packaged food. The first step is to make sure you can pronounce all the ingredients in the food you buy.”

“Drink more water. It helps you feel full and hydrates you. Buy some fresh mint, strawberries, and oranges and throw them into your water. It doesn't add calories—it just gives you a nice essence of flavor.”



How happy are you? Test your EQ smarts with the **Happiness Quiz**, one of our top 10 most popular tools.

WebMD.com



**WHAT SHE DOES** • “I always eat breakfast. Usually it’s eggs with fruit and toast. Combining protein with carbohydrates stabilizes my blood sugar and prevents food cravings. Then I eat every four hours after that.”

### *Don't Do It All*

With so many balls in the air—career, family, social life—you’re bound to drop at least one if you don’t achieve some balance in your life.

**THE EXPERT** • Sherrie Bourg Carter, PsyD, a psychologist who specializes in women and stress and author of *High Octane Women: How Superachievers Can Avoid Burnout*

**HER TOP TIPS** • “Make the mental commitment to shred the Superwoman script. Superwoman is a fictional character. Once a high-achieving woman is able to let go of this unrealistic vision of herself, the pressure she feels lessens, and therefore the stress lessens.

“Be sure to incorporate what I call ‘basic maintenance’ into your overall plan. These are basic needs that often fall by the wayside in the hustle and bustle of a high-achieving lifestyle: the need for sleep, the need for healthy eating, and the need for healthy [hydration].”

**WHAT SHE DOES** • “I make sure I schedule time

to do things I feel passionate about, like writing, volunteering, and playing music. Scheduling an activity—actually putting it on my calendar—becomes a visual and mental reminder to me that it’s as important as all the other things I schedule.”

### *Slow Down Aging*

Even as the clock moves forward, you can minimize some signs of aging by following a few simple skin care steps.

**THE EXPERT** • Loretta Ciraldo, MD, voluntary professor of dermatology at the University of Miami Miller School of Medicine and author of *Six Weeks to Sensational Skin: Dr. Loretta’s Beauty Camp Handbook for Your Freshest Face*

**HER TOP TIPS** • “For your skin to look its very best, focus not only on what you are doing topically, but also on your diet. We dermatologists know that an antioxidant-rich diet, filled with colorful fruits and vegetables like tomatoes, eggplants, and red and green peppers, can help prevent free radical formation and skin aging.

“Since your neck is composed of bands of muscles, if you exercise your neck muscles you can keep it looking younger. Chew sugarless gum for 10 minutes morning and night. Do it in front of a mirror to make

## *With so many balls in the air—career, family, social life—you’re bound to drop at least one if you don’t achieve some balance in your life.*

sure you are exercising the parts of your neck that need it most.

“Use sunscreen every day to shield your skin from ultraviolet light. Remember that so much sunlight exposure is incidental—like when driving the car, or being out doing short errands, all of which adds up. Apply an SPF 30 product every morning, and make sure it’s ‘broad-spectrum’—that means it protects against both UVA and UVB rays.”

**WHAT SHE DOES** • “I try to carve out at least 15 minutes of relaxation every day, such as sitting next to an aromatherapy candle with my feet up. Stress shows on our skin, and the reverse is true, too—rest and stress relief help us look our freshest and best.”

### *Sleep Tight*

Perpetually busy schedules are one reason women are chronically sleep deprived. To get the seven to eight hours you need each night, make sleep a priority.

**THE EXPERT** • Joyce Walsleben, RN, PhD, research associate professor at New York University School of Medicine and co-

author of *A Woman’s Guide to Sleep: Guaranteed Solutions for a Good Night’s Rest*

**HER TOP TIPS** • “We all need sleep, but we don’t allow enough time for it. Have a set wake-up time every day. Then go to sleep seven to eight hours before that wake-up time.

“If you’re short on sleep, take a nap at around 1 or 2 in the afternoon. Just a 20-minute sleep will help you feel refreshed.

“If you can get your kids into a better sleep pattern, that helps everyone. Set a rule in the household that by 8 to 9 p.m., lights go out. If you can get your younger kids off to bed and you can catch that little half hour or hour of time to relax before bed, that helps you sleep as well.”

**WHAT SHE DOES** • “I don’t get into situations that upset me before bed. I avoid watching news shows. I put on a comedy or another pleasant, relaxing show, or I read. A half-hour before bed I drink milk, which I do think has some sleep-promoting factors.”

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





THREE WAYS TO COOK

# Pork Avenue

Resolved to start the year with a lean plate? Move over, chicken—pork tenderloin is quick, easy, and delicious

*By Erin O'Donnell*

*Recipes by Kathleen Zelman,  
MPH, RD, LD*

**52 Off the Menu**  
A New York chef with Greek roots goes fish

**53 Kids in the Kitchen**  
Chef Lizzie goes bananas for avocado

New Year's revelers in many countries eat pork for luck, in part because pigs symbolize progress, wealth, and prosperity.



**READER TIP**

"I've been logging everything into the WebMD Food & Fitness Planner—before I eat it. It has worked great. I only have 1,200 calories to 'spend' for the day. So I have been trying to get in as many superfoods as I can during the day."—*JKHealth*

● If you're reaching for chicken breast—again—consider pork tenderloin instead. A 3-ounce serving has just 120 calories, fewer than a similar portion of skinless chicken breast (140 calories) or beef tenderloin (185 calories). “The word ‘loin’ is a hint that you’re getting a leaner cut,” says Jennifer K. Nelson, MS, RD, director of clinical dietetics and associate professor of nutrition at the Mayo Clinic College of Medicine.

“Heart experts really zero in on total fat and saturated fat, and that’s where pork tenderloin wins out,” Nelson says. Like chicken breast, pork tenderloin has just 3 grams total fat per serving, compared with 9.5 grams in beef tenderloin.

But its leanness means it turns tough if overcooked. Marinating pork tenderloin before cooking is one way to ensure it stays tender, Nelson says. The acid in marinade helps break down some of the tissues.

Properly cooked pork is often slightly pink, although a better way to judge doneness is with an instant-read thermometer inserted in the thickest part. Nelson notes that the USDA recently reduced pork’s “doneness” temperature from 160° to 145°F—a vote of confidence. The USDA is “moving us away from the belief that pork needs to be turned into a charred nugget.”

Reviewed by **Laura J. Martin, MD**  
WebMD Medical Editor



According to German tradition, serving pork and sauerkraut on Christmas Eve prevents bad luck and brings prosperity in the new year.

Pork is the most-consumed meat in the world.

# The Big Apple

This dish pairs pork with its traditional partner, apples. Give the pork a quick sauté to ensure the meat stays moist.

## Pork Tenderloin Medallions With Apple Cider Glaze

Makes 6 servings

### Ingredients

- 1 2-lb pork tenderloin
- dash salt
- freshly ground pepper to taste
- ½ tsp cinnamon
- 1 tbsp olive oil
- 1 shallot, diced
- ½ cup apple cider vinegar
- 1 tbsp maple syrup
- 3 tbsp Dijon mustard
- 1 tsp fresh lemon juice
- 3 large apples (Granny Smith, Cortland, or Jonagold), sliced ½-inch thick
- 1 tbsp fresh rosemary, finely chopped

### Directions

1. Rub pork with salt, pepper, and cinnamon and slice into 1-inch-thick medallions.
2. Heat olive oil in a large skillet, coated with cooking spray, over medium-high heat. Add pork and sauté 2–3 minutes per side, just until an instant-read thermometer shows an internal temperature of 145°F. Remove pork from pan, cover loosely with foil, and set aside.
3. In the same skillet, over medium-high heat, add shallot, vinegar, and maple syrup and bring to a boil, scraping up any browned bits (about 1 minute). Whisk in mustard and lemon juice.
4. Add apple slices to the pan, reduce heat to medium, cover, and simmer until apples are tender (about 3–5 minutes).
5. Return pork medallions and any accumulated pork juices to the pan. Stir to combine with apples and sauce. Serve medallions, apples, and sauce garnished with fresh rosemary.

### Per serving

288 calories, 31 g protein, 21 g carbohydrate, 8 g fat (2 g saturated fat), 97 mg cholesterol, 3 g fiber, 16 g sugar, 256 mg sodium. Calories from fat: 25%

## PANTRY PICKS

Keep these healthy ingredients handy to prepare our pork tenderloin recipes. **Kathleen Zelman, MPH, RD, LD**, WebMD’s director of nutrition, offers her tips on these kitchen must-haves.



**Supreme Bean:** Adding beans to soups and tacos gives them an impressive protein and fiber boost. Zelman is a fan of Bush’s Best Reduced Sodium Black Beans (6 g fiber, 240 mg sodium per half cup) and Eden Organic Black Beans (6 g fiber, 15 mg sodium per half cup).



**Hit the Sauce:** Homemade barbecue sauce is best because many bottled sauces contain too much sugar and sodium. But Zelman likes Bull’s-Eye Texas Style BBQ Sauce and Dinosaur Bar-B-Que Original Sensuous Slathering Sauce, which are both low in sodium and have great texture.



**Cut the Mustard:** This top condiment offers zingy flavor with few calories. Zelman uses Grey Poupon Dijon Mustard, a delicate, crisp, well-seasoned mustard, as well as Trader Joe’s Dijon Mustard, which offers pungent flavor with a hint of horseradish and white wine.

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.



## 2

### Super Bowl Champ

Beat the winter blahs with these festive tacos, which combine warm pork with vibrant veggies. They're a perfect dish for your Super Bowl party!

#### Pork Tenderloin Tacos With Black Bean Salsa

Makes 6 servings

##### Ingredients

###### Tacos

- 1 tbsp chili powder
- 1 tsp garlic powder
- ¼ tsp salt
- ½ tsp freshly ground black pepper
- 1–2 pork tenderloins, totaling up to 3 lbs
- 12 6-inch corn tortillas, warmed
- 1 cup shredded cabbage
- 1 ripe avocado, sliced
- ¼ cup reduced-fat sour cream
- 2 limes, cut into wedges

###### Salsa

- 2 tbsp chopped fresh cilantro
- 1 cup chopped fresh tomatoes (can substitute canned petite diced tomatoes)
- ¼ cup minced red onion
- 1 15-oz can black beans, rinsed
- 1 cup diced jicama
- juice of 1 lime
- ½ tsp cumin

##### Directions

1. Preheat oven to 425°F.
2. In a small bowl, combine chili powder, garlic powder, salt,

and pepper. Rub mixture on pork.

3. Coat a large, ovenproof nonstick skillet with cooking spray and heat to medium-high. Add pork to the skillet, turning to brown on all sides, about 8 minutes total. Transfer skillet to the hot oven and roast just until the center of the pork reaches 145°F, about 20–30 minutes. Remove pork from heat, cover loosely with foil, and set aside.
4. Make the salsa: In a medium-size bowl, combine cilantro, tomatoes, onion, beans, jicama, lime juice, and cumin, mixing well.
5. Slice tenderloin into ½-inch-thick slices. To assemble tacos, layer shredded cabbage, pork, salsa, and avocado on warm tortillas. Top with sour cream, and serve with lime wedges.

##### Per serving

446 calories, 40 g protein, 47 g carbohydrate, 12 g fat (3 g saturated fat), 100 mg cholesterol, 12 g fiber, 2 g sugar, 325 mg sodium. Calories from fat: 23%

Pork is very high in iron. A 3-ounce portion provides 105% of the recommended daily requirement.



Regular bacon comes from the sides of a pig's belly, while Canadian bacon comes from the sides of a pig's back.



## 3

### Party Flavor

Here's a low-fat take on the melt-in-your-mouth favorite. Serve pork on whole grain buns with your favorite coleslaw.

#### Slow-Cooker Pulled Pork Tenderloin

Makes 6 servings

##### Ingredients

- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 tbsp ketchup
- 1 tbsp honey
- 6 oz bottled barbecue sauce
- 6–8 oz low-sodium chicken stock
- 1 8-oz can low-sodium petite diced tomatoes, including juice
- ½ tsp chili powder
- ½ tsp ground cumin
- 2 dashes hot sauce (optional)
- 1 2-lb pork tenderloin

##### Directions

1. Combine all ingredients except pork, stirring well with a whisk. Pour mixture into a large zip-top bag. Add pork tenderloin, seal bag, and place in the refrigerator to marinate at least 2 hours.
2. Place pork and marinade in an electric slow cooker. Cover and cook on low 6–8 hours, until pork pulls apart easily. (Cooking time varies among slow cookers.)
3. Remove pork from slow cooker. Let rest a few minutes. Place on a cutting board and shred meat with two forks.
4. Serve shredded pork topped with sauce from the slow cooker. If sauce is too thick, add more chicken stock to thin.

##### Per serving

243 calories, 32 g protein, 14 g carbohydrate, 5 g fat (2 g saturated fat), 97 mg cholesterol, 1 g fiber, 10 g sugar, 410 mg sodium. Calories from fat: 20%

## OFF THE MENU

## Michael Psilakis

CHEF/OWNER  
FISHTAG, KEFI, MP TAVERNA  
NEW YORK CITY

For chef Michael Psilakis, size matters. But it didn't always—and it showed. At one point, Psilakis' weight pushed the 300-pound mark. What he ate, whether it was his favorite Greek food or not, didn't matter. He simply ate too much of everything. "Greek food is really healthy, but only as long as you control the portions," says 43-year-old Psilakis.

A few years ago, he committed to smaller plates, and soon he was smaller too. "The weight just came off," says Psilakis, who shed about 80 pounds. "People who have never been really heavy don't realize the strain it puts on the body. It's like having a 100-pound dumbbell on your shoulders."

As the weight disappeared, so did the pains in his back, knees, and feet. Eventually, he could tie his shoes again, and a flight of stairs no longer winded him.

The keys to taking off weight, he says, are the same

as those for keeping it off: commitment and conditioning. Once he decided to slim down, he had to train himself to eat only at mealtimes and to keep portion sizes small. "I struggle with it still," he says, "but I'm committed to a diet that allows me to enjoy the things that I want to eat but that keeps me in better condition than I've been in the past."

One of his favorite foods to make for himself and friends is branzino on the grill, an example of the healthy, full-flavored Greek dishes he was raised on. "It reminds me of my childhood and fishing with my father," he says. "My home cooking is geared toward grilling outdoors. I'll grill anything, and I do it year-round. It's rare that I'm inside cooking in the kitchen." —**Matt McMillen**

## BE LIKE MIKE

**His go-to comfort food** "If I'm cooking, it's roasted leg of lamb. On the street in New York? I'm always looking for pizza."

**When he wants to lose 5 pounds, he eats** "Salad. I love to take a Greek salad with grilled chicken and chop it up so that I can eat it with a spoon."

**Where he gets his best recipe ideas** "The drive from my home to each of my restaurants is at least 30 minutes. That's when I'm by myself and can think really deeply. I've been known to miss my exit when I'm thinking about food."

**The one lesson every home cook should learn** "When cooking for family and friends, prepare food that will let you focus on your guests rather than the stove. It's not about the food but the memory of sharing it with those you love."

Grilled Branzino  
With Warm Salad

Makes 4 servings

## Ingredients

## Fish

4 branzinos, 1–2 lbs each,  
scaled and gutted  
olive oil for brushing fish  
dash of salt and pepper

## Warm salad

2 tbsp extra virgin olive oil  
3 cloves garlic, sliced thin  
10 fingerling potatoes,  
parboiled and set aside  
24 cherry tomatoes, halved  
24 Kalamata olives, pitted  
24 green olives, pitted  
2 sweet onions, sliced into  
rings, grilled, and set  
aside  
1 tbsp dried oregano  
½ cup feta cheese  
juice of 2 lemons  
olive oil for drizzling  
1 tbsp each of fresh  
chopped parsley,  
basil, and dill



## Directions

1. Preheat grill to medium-high. Brush fish with olive oil, season with dash of salt and pepper, and place on grill. Char on each side for about eight minutes per side.
2. In large, heavy-bottomed pan, add 2 tbsp olive oil and heat through. Brown garlic and potatoes, about 5 minutes. Add tomatoes, olives, onions, oregano, and feta cheese. Stir gently to combine.
3. Transfer salad to a serving platter and place the fish on top of the warm salad. Squeeze fresh lemon juice on top, then drizzle with olive oil and sprinkle with fresh herbs.

## Per serving

550 calories, 33 g protein,  
83 g carbohydrate, 11 g fat (4 g  
saturated fat), 63 mg cholesterol,  
10 g fiber, 11 g sugar, 501 mg  
sodium. Calories from fat: 20%





Check out **Lizzie's Fizzy Fruits** drink recipe for a fun alternative to soda.

WebMD.com 



## KIDS IN THE KITCHEN

# Goal Post

CHEF LIZZIE STARTS THE YEAR WITH TIPS FOR MIXING UP YOUR FAMILY'S FOOD ROUTINE

Every December, my family sits at the dinner table and makes goals for the new year. Sometimes we commit to eating healthier food. Sometimes we commit to improving a race time. Sometimes it has to do with things like doing better at school. We like to make resolutions together because it helps us stick to them.



One fun resolution you can make with your kids is to increase the variety in your meals. It's easy to fall into the habit of just giving kids what they like and what they're used to: macaroni and cheese, hamburgers, chicken strips. But there are oodles of choices in food tastes, colors, and textures out there. Parents have to get out of their ruts, too!

Sometimes the simplest step is to add something

new to an old favorite. For instance, believe it or not, putting avocado in a banana smoothie makes for a creamy breakfast drink that's part fantastic flavor, part weird cooking. Pair this with whole grain toast and a hard-boiled egg to cover all four food groups in an innovative way. Here are some other tactics to try.

*"It's easy to fall into the habit of just giving kids what they like and what they're used to."*

**Create resolutions they'll buy into.** Let your kids make a list of what they want to work on (healthier food? stronger muscles? more endurance?) and how they want to accomplish their goals (help with shopping? try rock climbing? go running?)

**Add one new food per week.** Maybe you'll try quinoa. Or kale. Or star fruit or papaya. Just choose one food your family hasn't had before and offer it at a meal. They don't have to love it—they just have to try it!

**Record your resolutions.** Post them on the fridge to remind you that these are to-dos for the whole year.

### Banana Bash

Makes 2 servings

#### Ingredients

- 1 large banana
- 1 ripe avocado
- 8 oz 1% milk (Chef Lizzie also likes to use a nondairy milk like oat, almond, or soy)
- 1 tbsp sugar or honey (a little honey accents the fruit flavor)

#### Directions

1. Peel the banana and break it into several pieces.
2. Peel the avocado and remove the pit.
3. Put the banana, avocado, milk, and sugar in the blender. Blend until creamy, 15 to 25 seconds. Serve in glasses.

#### Per serving

257 calories, 6 g protein, 36 g carbohydrate, 12 g fat (2 g saturated fat), 6 mg cholesterol, 6 g fiber, 23 g sugar, 60 mg sodium. Calories from fat: 39%

WebMD.com 

## What's Cooking!

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

1. Chicken Paprikash
2. Pineapple-Coconut Bites
3. Broccoli Salad With Creamy Feta Dressing
4. Cappuccino Bars
5. Meatloaf Shepherd's Pie

\*as of Nov. 1, 2012

## FITNESS & EXERCISE



- 55 Peeke Fitness**  
Break the one-size-fits-all body image mold
- 56 Fitness Challenge**  
Yoga moves to give your butt a lift

# Break the Ice

Ready to make some new moves this year? Lace your get-fit routine with something different

### EXPERT TIP



"If you struggle to make it to the gym, sign up for a class, or hire a personal trainer. You're not going to skip a session if you have someone waiting for you."—*Jackie Warner, fitness trainer*





PEEKE FITNESS

# Shape Shift

STAND UP AGAINST IDEALIZED IMAGES OF BEAUTY AND CREATE YOUR OWN

By Pamela Peeke, MD

Tired of someone else telling you what fit, beautiful, handsome, or healthy looks like? Every day, the media bombard us with idealized images of beauty: buffed bodies, perfect hair, flawless faces. If you're about to start a New Year's campaign to look and feel better, I'll bet some of those Photo-shopped pics are floating through your mind. And I'll bet they don't make you feel good.

My recommendation? Reject the perfect pictures and concentrate on creating your own definition of what being your best—in

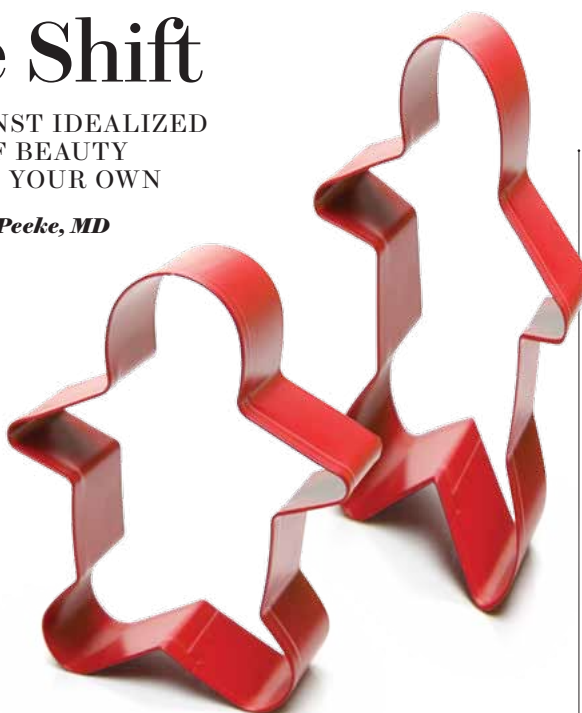
*Dance to the beat of your own drum, not that of people who want to tell you what you should look like.*

mind and body—looks like. Log on to The Fitness Rebellion website, read the manifesto, and become a health and fitness rebel. Look at the opening words of the manifesto:

*"I reject the notion that beauty, desirability, and worthiness are one size fits all. I think happy people are the healthiest people. It's not enough to just look good on the outside. I want to feel good on the inside, too."*

This is so true. If you want to enjoy your vacation or that next hike, swim, or bike ride with your family, you need a fit and healthy body, not a perfect body.

My good friends and the founders of Anytime Fitness, Chuck Runyon and Dave Mortensen, founded fitnessrebellion.com. Runyon and team also recently wrote



*Working Out Sucks! (And Why It Doesn't Have To): The Only 21-Day Kick-Start Plan for Total Health and Fitness You'll Ever Need.* It's an easy, fun read that addresses the reasons staying sedentary is worse than working out. Runyon's voice is authentic, and he wants you to dance to the beat of your own drum, not that of people who want to tell you what you should look like.

So this year, own this journey. It starts with taking a stand, defining your own success, and then starting your own fitness rebellion.

## GOAL TENDER

Want to rebel against unrealistic health and beauty expectations? Here's how.

**Identify your own goals.** Do you want to run five miles? Be more flexible? Eat more vegetables? Feel more grounded? Write down what makes you feel your best and commit to that vision.

**Start every day saying: "Just for today, I will \_\_\_\_\_."** Fill in the blank with one small step you're going to take to be healthier: getting to bed by 10 p.m., perhaps, or eating a healthy breakfast. Don't worry about tomorrow—stay mindful of today. You can do this for 24 hours. Start every day this way.

**Celebrate every victory.** No, you're probably never going to grace magazine covers. So what? You're powerful and wonderful and getting healthier all the time.

## READER TIP

"I've kept my motivation up by creating variety but also by rewarding myself when I do exercise by giving myself something I don't get at other times." —*Rohvannyn, WebMD community member*

**Burn More Calories With Interval Training:** the top retweeted item from @WebMD

## FITNESS CHALLENGE

# Om Sweet Om

SKIP THE GYM AND USE THESE YOGA POSES TO STRENGTHEN AND TIGHTEN YOUR LOWER BODY

By Carey Rossi

If you want to give your backside a lift without a trip to the gym, Jessica James—founder of Sol Power Yoga in Los Angeles, whose clients include celebrities Kate Beckinsale, Jessica Alba, Katy Perry, and Shakira—has the moves for you.

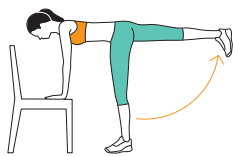
“The great thing about yoga is that your body realizes that to hold these poses it has to get strong,” James says. Do the three exercises below for three sets of 30 seconds to one minute each.



### Frog Kriya

“You want to keep some weight on your hands because you’re bending your knees over 90 degrees, which could lead to injury,” James says.

1. Stand facing a chair, with your heels together and your toes at 10 o’clock and 2 o’clock. Reach your arms toward the ceiling, then bend at the hips to lower your hands and place them on the chair seat (depending on your flexibility, you can place your hands on a block or on the floor).
2. As you inhale, squat down as far as you can, raising your heels as you reach the lowest point. Don’t put all your weight on your legs, but keep part of it supported by your hands. Look toward the ceiling. Then exhale as you return to the starting position.



### Standing Splits

“Don’t try to escape the intensity of this exercise by turning your toes and hips out,” James says. “Make sure they are square the entire time.”

1. Stand facing a chair, with feet hip distance apart. Reach your arms toward the ceiling, then bend at the hips to lower your hands and place them on the chair seat, on a block, or on the floor.
2. Shift your weight to your left leg, then lift your right leg up and back until it’s parallel to the floor. Flex your right foot and make sure your toes are pointing down and your hips are square to the floor. Hold for 30 seconds to 1 minute. Lower leg to return to the starting position.
3. Repeat, standing on the right leg and lifting the left leg. To increase the intensity, pulse the leg as you hold it up.



### Chair Pose

“Tuck the hips so that if your hipbones were headlights they would be shining straight forward,” James says, “so you don’t put too much pressure on your lower back.”

1. Stand with toes together and heels apart so your toes are turned in toward each other. Hold your stomach tight by drawing your belly button in toward your spine.
2. Squat as if you are sitting in a chair. Lower yourself as far as you can while maintaining your balance and keeping your tummy tight. Then reach your arms up as far as you can toward the sky while keeping your shoulders down. Hold for 30 seconds (gradually building up to a minute as you become stronger).

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



Does Muscle Weigh More Than Fat? Find out with the new **WebMD Answers** tool.

WebMD **answers**

# Q

“I haven’t exercised in months, and I over-indulged during the holidays. What’s the best way to shed those holiday pounds and start a fitness routine in the new year?”

**Tandy Pryor, 50,**  
life coach, Cincinnati



# A

“Incorporate both cardio workouts (at least 30 minutes, five times per week) and strength training to kick your metabolism into high gear. Set the treadmill or elliptical machine for short intervals of higher-intensity exercise—increasing speed and incline—to get your heart pumping and to burn more calories. Experiment with different machines and moves. Changing it up a bit will keep you excited about going to the gym.”



**Jackie Warner, fitness trainer**  
to clients such as singer Alanis Morissette and hip-hop artist Eve, and star of the Bravo series *Thintervention*



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# WebMD<sup>®</sup> Checkup

TAKING CARE, LIVING WELL

**National Eating Disorders Awareness Week** is **Feb. 26 to March 3**. Learn how illnesses such as anorexia and bulimia affect millions of Americans' health

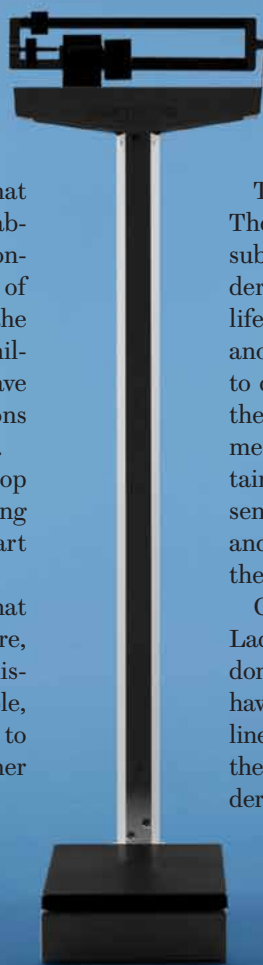
Eating disorders are illnesses that wreak havoc on everyday eating habits, causing behaviors such as consuming extremely small amounts of food or severely overeating. In the United States, as many as 10 million women and 1 million men have anorexia or bulimia, and millions more battle binge eating disorder.

Eating disorders usually develop during a person's teenage or young adult years, but they can also start in childhood or later in life.

Researchers aren't sure what causes eating disorders, but culture, family pressures, and family history may play a role. For example, a girl is 10 to 20 times more likely to develop anorexia if she has a brother or sister with the disease.

These disorders aren't simple. They often accompany depression, substance abuse, or anxiety disorders and can even put a person's life at risk. In fact, people with anorexia are 18 times more likely to die early. Treatment can involve therapy, nutritional counseling, and medication, with the goals of maintaining a healthy weight, eating sensibly, and reducing thoughts and behaviors that contribute to the disorder.

Celebrities such as Lady Gaga, Stacy London, and Katie Couric have all made headlines recently, sharing their struggles with eating disorders.—*Heather Hatfield*



**59 Health Highlights**  
American Heart Awareness Month is February. Get expert tips.

**60 By the Numbers**  
Take a closer look at weight loss: the facts, figures, and more.

**61 Health Check**  
Could you have seasonal affective disorder? Take the SAD-smarts quiz.





Eat your heart out with **24 Foods That Can Save Your Heart**, the most popular slideshow on WebMD's Heart Health Center.

WebMD.com

## HEALTH HIGHLIGHTS

# FEBRUARY IS AMERICAN HEART AWARENESS MONTH

GET HEART SMART WITH THESE TIPS

### 1 *Pick up the pace*

For heart health, a fast walk offers greater benefits than a leisurely stroll.

### 2 *Measure up*

When your waist grows too much, so can your risk of heart disease. Use a measuring tape to monitor your belly.

### 3 *Quit already*

If you smoke, do whatever it takes to stop. Almost nothing will benefit your heart more.

### 4 *Check yourself*

Do you have blood pressure problems? Make sure to monitor yours regularly.

### 5 *Model good habits*

Eat well and exercise, and your kids will follow your example. That's good for everyone's heart.



### 6 *Add new foods*

Work more veggies, whole grains, and nonmeat protein into every meal.

### 7 *Size down*

Focus on smaller portions when you fill your plate. Use a smaller plate and shorter glass. Try to say no to seconds.

### 8 *Do the twist*

Yoga may help lower your blood pressure and cholesterol and improve circulation.

### 9 *Snooze more*

Insomnia has been linked to heart disease risk. Talk to your doctor about how to improve your sleep routine.

### 10 *Learn more*

Get tips on how to care for your heart at WebMD's Heart Health Center.

## EXPERT TIPS



**Michael V. McConnell, MD, MSEE**  
professor of cardiovascular medicine, Stanford School of Medicine, and director, Preventive Cardiology Clinic, Stanford Hospital & Clinics

Try to make exercise enjoyable. I like to run, bike, or swim outdoors, and ideally I make plans to do so with friends.

I use a physical activity monitor so I have a daily goal. It helps motivate me at the end of the day to reach my goal, like an extra walk with my dog.



**Tracy L. Stevens, MD, FACC**  
medical director, Muriel I. Kauffman Women's Heart Center, Saint Luke's Mid America Heart Institute, Kansas City, Mo.

Give a unique, potentially lifesaving gift to someone you love (or yourself): a basket with a fully automatic blood pressure cuff, a measuring tape (for your belly), dental floss, and, of course, some heart-healthy treats, such as a few unsalted almonds, a bar of dark chocolate, and a half bottle of red wine.



**Stephanie Coulter, MD**  
cardiologist and director, Center for Women's Heart and Vascular Health, Texas Heart Institute, St. Luke's Episcopal Hospital

Too busy to exercise? Work it in. For example, when you are running errands, find the farthest safe place in the parking lot.

Exercise with friends. A support system helps on days you just don't feel like getting off the couch.

## BY THE NUMBERS

# WEIGHT LOSS

FACTS AND STATS ON TOP HEALTH CONDITIONS

By Heather Hatfield

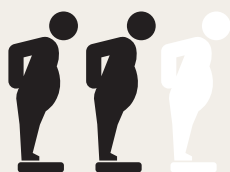
U.S. adults age 20 and older who are obese

33.9%



U.S. adults age 20 and older who are overweight but not obese

34.4%



2/3

American adults who think they are **over their "ideal" weight**

Americans who diet every year

45 million

Of Americans who dieted in 2011, those who credit **dietary changes alone** for weight loss: **32%**



Of Americans who tried to drop pounds in 2011, those who **lost weight through exercise alone**: **19%**



Annual spending on diets and diet-related products:

\$40 billion

Annual overall investment in the **weight-loss industry**:

\$60 billion

Average **weight loss per week** when daily calorie intake is cut by 500 to 1,000 calories:

1 to 2 lbs

**Calories** a 145-pound woman can burn in 20 minutes by walking at 3 mph:

72



**47%** of Americans who dieted in 2011 **lost weight through dietary changes and exercise**

Average weight loss, over six months, needed to reduce an overweight person's **risk of diseases like diabetes and heart disease**:

5% to 10%



Americans who currently are **trying to lose weight**: 3 in 10



## HEALTH CHECK

# SEASONAL AFFECTIVE DISORDER



Have you noticed a change in your mood this month? Feel more blue than normal, perhaps? “There is a type of depression called ‘seasonal affective disorder’ (SAD, no kidding!) that produces exactly this result,” **susie margaret**, a member of the WebMD Depression community, tells another member who reports feeling down every winter. How much do you know about this disorder?



### ASK YOUR DOCTOR

**1**  
How can I tell if I have seasonal affective disorder?

**2**  
Should I try light therapy, medication, or both?

**3**  
What treatments are right for me?

**4**  
Would talk therapy (psychotherapy) help me during this time?

## QUIZ

- Seasonal affective disorder may come from:
  - Fewer hours of sunlight, which disrupts your body’s biological clock
  - Fewer hours of sunlight, which can disrupt serotonin and melatonin levels
  - Feeling lonely during the holidays
  - Worrying about money
- Symptoms of SAD include:
  - Sadness
  - Fatigue
  - Decreased appetite
  - Irritability
  - All of the above
- Treatments of SAD include:
  - Light therapy
  - Getting enough sleep
  - Talk therapy
  - Medication
  - All of the above
- Seasonal affective disorder can:
  - Go away once spring comes
  - Come back every year
  - Turn into long-term depression
  - Any of the above

**Answers: 1. a, b.** Researchers believe SAD may be caused by the reduced hours of light to which people are exposed in the winter. This, in turn, can disrupt your biological clock, as well as serotonin and the hormone melatonin levels.  
**2. a, b, d.** SAD can make you feel sad, tired, sluggish, and irritable. It can also lead to an increase in appetite (and possible weight gain).  
**3. e.** As with any major depression, people with SAD may respond to talk therapy, medication, and getting enough sleep. Some people also respond to sitting under special lights that mimic sunlight. Opening blinds or installing skylights, getting outside, and exercising can also help.  
**4. d.** Some people have SAD every year. For a rare few, it can turn into long-term depression.

**SOURCES:** WebMD Depression Health Center; Cleveland Clinic; Mayo Clinic

## A Healthy Way to Look and Feel Beautiful

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# Judd Apatow

Screenwriter/Director

**1** Your new movie, *This Is 40*, captures the daily lives

of a couple close in age to you and your wife who have two young daughters. How much of your own life did you draw on when conceiving and writing the movie?

The movie was inspired by conversations I have with my wife about how we are doing, about what we can improve. With every movie I make, I'm trying to figure something out about whatever stage of life I am in. It forces me to do some real soul searching.

**2** Do you and your wife have a "do-better

list" like the couple in the movie?

We don't write it down, but it's always in our brains—and there may be no end to it. For me, I need to learn how to be more present, to use tech less in the house, to spend more time with the girls, to be more involved in their school. Obvious things, but hard to do sometimes.

**3** You've been married 15 years. How do you keep your relationship fresh?

I'm such a neurotic person that it always feels like the first date, and I'm always uncomfortable, as if she's just about to jump out of the car. So it is always fresh to me.



*Apatow's latest movie, This Is 40, recently opened in theaters.*

Read more of Apatow's Q&A in our free iPad app!

**4** You, your wife, and your girls are all in the movie

business. Is it hard to separate work life from family life? It isn't hard because we don't try. We like working together. It allows us to spend time together, to work out problems creatively together. I do shut it off when I can, but if I am in the middle of something, that is very hard.

**5** Did your attitude about health change at all after you

turned 40? It's always been a priority, but I have often failed to live up to what I know I should be doing. I've done better in the last few years. When I turned 30, my doctor told me if I took better care of myself, I'd be a really young 40. Now that I'm doing better, I'm thinking I'll be a really young 50.

**6** Do you have a personal health philosophy?

I force myself to do what I need to do rather than what I want to do. I'd rather lie in bed watching reality shows than exercise, but you reach an age where what you do actually affects your life expectancy. I have never worked out to look good. But I do work out to not die.

**7** What is your best health habit? If I

want a hamburger, I make myself reach for a seaweed cracker or something else, even though I don't like it as much. Then, maybe once every three weeks, I allow myself that burger.

**8** Why is your work with 826LA so important?

826LA is a free tutoring center to help kids with their English homework. It's also a place that helps them discover creative writing and figure out who they are. Creative writing did that for me. It saved my life. What makes this place so great is that kids are getting these lessons from people who really care about them.

**9** What one lesson should every young writer learn?

The down/up theory, meaning write it down, then clean it up. I do "a vomit pass," where I don't edit myself at all as I write. Learn to turn off your inner editor and just write.

**10** Is there anything you will not joke about?

You can joke about anything if your heart's in the right place. If it's positive, it can be about anything. I don't like mean humor.

—Matt McMillen