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Not Your Average Joe

Joe Manganiello was not born with his famously chiseled body. The actor, of *True Blood* and *Magic Mike* fame, attributes it to his deeply ingrained sense of discipline combined with a hefty dose of determination. It's a combo he uses in his on-screen work, too, as well as in his efforts to stay sober.

Early Show

Autism is usually diagnosed around age 3 or 4, but new research suggests ways to detect and treat the disorder at earlier ages—and the younger the child is when diagnosed, the greater the chances treatment may help.



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“
THERE IS SO MUCH IN LIFE THAT IS OUT OF OUR CONTROL. WHAT I AM IN CONTROL OF IS MY PHYSICAL WELL-BEING.
”

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● You know you should do it and you know why. But it's so hard. That's right, I'm talking about exercise.

My favorite insight in this issue is from Bill Cole, a performance mind coach who works with professional athletes as well as corporate America on the practice of discipline. "Create inspiring goals, and they will pull you toward them, without you having to push."

I love this approach because it makes me think of myself actually enjoying a workout versus slogging to the gym. It's not hard to visualize which type of routine will get you out of bed in the morning.

Cole's advice underscores what our cover star **Joe Manganiello** tells us. Self-discipline is what keeps the actor and producer fit. He opens up to us about his childhood, his upcoming marriage to Sofia Vergara, and how he remains driven to stay strong.

We also have tons of tips just for men in honor of Father's Day. Check out our expert's suggestions for how to stay active in your boy's life, our guy's guide to skin care, and our 10 tips to live your best life. As always, please let us know what you think. We love to hear from you!

Happy Father's Day to all of our WebMD dads.

Kristy
Kristy Hammam
Editor in Chief
kristy@webmd.com

SCREEN SAVER?

Do your kids constantly ask for Elmo or *Paw Patrol*? They could be getting too much screen time. WebMD recently asked Dr. Sandra Hassink, president of the American Academy of Pediatrics, about the effects of watching TV to find out if it's really all that bad. Log on to **WebMD.com** to watch the Screen Time for Kids interview and get more tips to stay in control of your kids' viewing habits.



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HOT TOPICS!

FACTS AND NEWS YOU CAN USE

WANT TO SPICE UP FOOD FLAVOR AND SLIM DOWN?

Sprinkle on some cayenne pepper. Research finds a dash of hot pepper might curb your cravings for sweets and fatty foods, and help you burn more calories after a meal.

Source: Purdue University



You might want to **ventilate your home when cleaning with bleach.** Research links the cleaning solution to an increased risk of respiratory infection in children.

Source: Occupational & Environmental Medicine

EARLY MORNING RISERS MAY HAVE A LEG UP ON HEALTH: NIGHT OWLS ARE MORE LIKELY TO HAVE DIABETES, ABDOMINAL FAT AND HIGH BLOOD SUGAR.

Source: The Journal of Clinical Endocrinology & Metabolism



A home in the mountains may have its benefits: A study links higher altitudes with fewer cases of ADHD in children.

Source: Journal of Attention Disorders



50%

THE RATE AT WHICH EXPERTS EXPECT U.S. BREAST CANCER CASES TO RISE OVER THE NEXT THREE DECADES, IN PART BECAUSE OF MORE CASES BEING DIAGNOSED IN WOMEN OLDER THAN 70.

Source: American Association for Cancer Research



IN JUNE

the National Weather Service cautions people about the dangers of rip currents.

If caught in a current, remember to stay calm and swim parallel to the shoreline.

Source: National Weather Service

VITAMIN D IN SUNLIGHT could play a role in warding off pancreatic cancer.

A study finds higher incidence of this type of cancer in cloudier regions of the world.

Source: The Journal of Steroid Biochemistry and Molecular Biology



160° F

Internal temperature ground beef should reach to destroy *E. coli* bacteria. Keep a food thermometer handy for your summer cookouts.

Source: USDA





WONDER FULL

You know that feeling you got when you saw the Grand Canyon? Or when the violins swell at the symphony? Those moments of awe could be awesome for your health. Among 200 college freshmen in a recent study, those who reported feeling awe, wonder, and amazement in the last month had lower levels of certain inflammatory proteins in their body. (Consistently high levels of inflammatory proteins can lead to heart disease, diabetes, and Alzheimer's.) Want to get some of these benefits for yourself? People most often feel awe in response to nature, art, or spirituality, the researchers said.

Source: Emotion



Go Green

Adults tried three different cholesterol-lowering diets for five weeks each: a low-fat diet, a moderate-fat diet, and a moderate-fat diet that included one Hass avocado per day. They lowered their "bad" (LDL) cholesterol more on the avocado diet than on either of the other diets. Want to try this at home? Just remember, a Hass avocado has about 250 calories. Make sure you adjust your daily calories to allow for this rich vegetable.

Source: Journal of the American Heart Association

ON THE SPOT

Did you have serious acne when you were a teenager?

Make sure you stay on top of your skin cancer screenings.

Among more than 100,000 women, those who had severe teenage acne were more likely to get melanoma later in life, according to a recent study. When a dermatologist catches it early during a regular skin check, melanoma is almost always curable.

Source: Cancer



Number of Americans
who say "legalize it."
(Marijuana, that is.)

Source: Gallup

GOOD CATCH

The health benefits of eating fish may offset the risks for pregnant women, a new study indicates. More than 1,200 women in the Republic of Seychelles ate fish eight to nine times a week during pregnancy. When they gave birth, researchers measured the mothers' mercury, omega-3, and omega-6 levels. Twenty months later, they tested the babies' mental and motor skills and found no connection between babies' skills and mothers' mercury levels. In fact, when women had both high mercury levels and high omega-3 levels, their babies had better motor skills than their peers. Researchers believe the benefits of omega-3, found in fish like salmon, char, and mackerel, might outweigh or erase mercury risks.

Source: The American Journal of Clinical Nutrition



SLEEP ON IT

Are you a worrywart? Try going to bed earlier. A hundred people completed a questionnaire about how much they worry. They also told researchers what time they went to bed and whether they were a “morning person,” “evening person,” or neither. Bedtimes ranged from 10 p.m. to 5 a.m. The later the bedtime, the more people worried. And night owls were bigger worriers than early birds. Our bodies naturally prepare at different times of day for different tasks, such as paying attention, problem solving, and sleeping. Falling off that schedule, the researchers say, can affect your mood and cause you to think negative thoughts.

Source: Cognitive Therapy and Research

87%

of Americans
have health insurance.
That's up almost 5% in
the past year.

Source: Gallup



The Right Stuff

Ever notice how you tense up when someone disagrees with you? “It feels almost like an insult, like they’re dismissing you along with your thoughts,” says psychologist Leslie Becker-Phelps, PhD, author of WebMD’s Relationships blog. “And the opposite is true, too—it feels good when people agree with you. You feel validated, liked, and affirmed. So it’s no surprise that you might feel strongly invested in getting people to agree with you. But being too insistent about this can cause a real problem—it can undermine your relationships. When you focus more on being right than on having a shared dialogue, you foster competitiveness at the cost of feeling close. When this kind of communication defines your relationship, you won’t be able to rely on each other for caring, support, and validation—all of which are key in feeling emotionally close. But when you make an honest effort to understand each other, you and the other person can feel heard and respected—even when you hold differing opinions. Remind yourself that everyone is entitled to his or her own opinion—and remind yourself that other people are not so different from you: They like feeling respected even when others disagree. Though it can be a difficult shift to make, to be happy in a close relationship, you must give up your fight to be right. Instead, embrace your right to be happy.”



Team Player

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

Photograph by Jason Evans



Want to be the next WebMD on the Street star? Tweet us your health issues at @WebMD. We might come to your city!

LIVING HEALTHY

BASE COVERAGE

"I'm a big fan of sun-protective clothing, including hats. I would also consider wearing UV 400-blocking sunglasses. The sunscreen you use should be broad-spectrum, water resistant, and at least SPF 30. Look for zinc oxide or titanium dioxide on the label. You can also wash your baseball uniform in Rit Sun Guard laundry treatment powder, which gives your clothes an ultraviolet protection factor of 30."



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

RELIEF PITCHER

"Condition your entire body, from head to toe. Include rotator cuff exercises (no more than 5-pound weights) to stabilize your shoulder, and a full range of shoulder exercises to strengthen your throwing muscles. Build strength, then focus on endurance. A physical therapist can create a program to help keep your shoulder, elbow, and the rest of your body healthy and throwing for a long time to come."



Michael W. Smith, MD
WebMD chief medical editor

WEBMD ON THE STREET

Robert McNeil

Golf course architect and Little League coach, 48
Wickford, R.I.

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Coaching Little League wasn't a choice for Robert McNeil. As father to two sons, it was a given. Over the past 12 years, he's played nearly every possible position, from coach to manager to vice president of Wickford Little League in Rhode Island. "The best thing is I've gotten to know the kids from 4 years old, and now they're 16. I've seen them grow," he says. When his team has fun and learns new skills, he's hit a home run. But he's also focused on their safety. "I'm always worried about the kids getting hurt. What kinds of exercises or stretches can

I incorporate to improve their strength and prevent injuries?" His players aren't the only ones at risk. "In a single Little League season, I probably throw more pitches than most major league pitchers. What can I do to avoid shoulder and elbow injuries?" Between coaching and his job as a golf course architect, McNeil spends a lot of time outdoors, which can set off his allergies.

"How can I manage my runny nose and watery eyes?" Too much sun exposure is another hazard. "Besides putting on sunblock and a baseball cap, how should I shield my skin?" Off the field, his biggest health issue is borderline high blood pressure. "My doctor hasn't put me on medicine yet, and I want to avoid it, if possible. Can I lower it without drugs?" —Stephanie Watson

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7TH INNING STRETCH

"Warming up the kids before the game—by jogging in place or doing jumping jacks—will get their hearts pumping and send blood to their muscles. Also do dynamic stretches—move the arms in a circle or flex the knees and hips—to increase blood flow to muscles. After the game, cool down and do stretches to prevent soreness."



Hansa Bhargava, MD
WebMD medical editor

PRESSURE COOKER

"The big picture is all about lifestyle. The biggest return you'll see happens when you shed excess weight, but a diet rich in fruits and veggies, low-fat dairy, and less saturated fats can also have remarkable effects. Pass on the salt and get your heart pumping with aerobic exercise 30 minutes on most days of the week, and it will pay off."



Brunilda Nazario, MD
WebMD lead medical editor



Check out **What Does Your Thyroid Do?**, a feature at WebMD.com.

[LEARN HOW ON PAGE 5](#)

LIVING
HEALTHY

WOMEN'S HEALTH

Tire Trouble

FEELING SLUGGISH? YOUR THYROID MAY BE TO BLAME

By Colleen Oakley



In today's you-can-do-it-all culture, it's hard to find a woman who doesn't feel tired. But it might not be a side effect of multitasking. An estimated 20 million Americans have some kind of thyroid disease, and women are five to eight times more likely than men to have a thyroid problem. Even more surprising? Sixty percent of those with an issue go undiagnosed for years. "Women especially have such busy lives and often think it's normal to be tired all the time. It's hard for them to know when it's a real problem," says Nancy Simpkins, MD, a board-certified internist in New Jersey. Here's what you need to know.

Your thyroid is the mastermind of your body. A relatively small hormone-producing gland in the middle of your lower neck, the thyroid has a really big job. "It controls all of your bodily functions by sending messages to every organ in the body," Simpkins says. "If your thyroid isn't functioning well, it can throw your whole system off."

Hypothyroidism or hyperthyroidism? "The first means your thyroid gland is not producing enough thyroid hormone. Hyperthyroidism happens when your thyroid gland produces too much," says Melanie Goldfarb, MD, endocrine surgeon and director of the endocrine tumor program at Providence Saint John's Health Center in Santa Monica, Calif. "Hypothyroidism is by far the most common."

Hypothyroidism feels a lot like jet lag. If you're walking around every day feeling like you just got off a transatlantic flight, you probably should get your thyroid checked, Simpkins says. "Most patients say they just feel sluggish or as if they're walking around in a trance," she says. Other symptoms include weight gain, chronic constipation, and hair loss.

Thyroid disease is often mistaken for depression. "People with underactive thyroid often can't seem to get moving—and it can feel a lot like depression," Simpkins says. Talk to your doctor; your antidepressants may need to be switched out for thyroid medication.

ASK YOUR DOCTOR

Should I be screened for thyroid disease?

You and your doctor can decide when a test makes sense for you. Also, make sure your doctor is aware of all medications you take. Some can affect thyroid test results.

Can you feel for any changes in my thyroid? Your doctor should touch your neck every year to look for changes. Thyroid disease—and thyroid cancer—will often change the size, shape, and contour of the gland.

Could the underlying cause be my thyroid?

If you have any unexplained symptoms such as fatigue, depression, or infertility, mention them if your doctor doesn't ask.

What are my treatment options?

If you do have thyroid disease, discuss next steps—whether you need an ultrasound, if you need to see a specialist, what medications could help, and how long it will take to get the disease under control.

Reviewed by
Brunilda Nazario, MD
WebMD Lead Medical Editor



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conversations in WebMD's
parenting community.
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MEN'S HEALTH

Son Days

THIS FATHER'S DAY, VOW TO TAKE AN ACTIVE ROLE
IN YOUR BOY'S LIFE AS EARLY AS POSSIBLE

By Matt McMillen

As a dad, you are a model for your son. You show him how to be a man—and how not to be. “Your son’s masculinity will be shaped by how involved you are,” confirms Los Angeles psychologist Michael J. Diamond, PhD, author of *My Father Before Me: How Fathers and Sons Influence Each Other Throughout Their Lives*. “Fathers, in turn, often become more sensitive, more forgiving, more emotionally intelligent human beings as a result of being engaged in fathering and learning from their children,” Diamond offers some guidance.

Don't compete. Many men feel left out in the early days of their children's lives, as the newborn takes all of his mother's attention, Diamond says. “It's a time when a lot of men act out, have affairs, become addicted to work, drugs, alcohol.” Don't be that guy. Instead, celebrate your son. “You need to have the courage to not be the hero of your own life but to allow your infant son to be center stage.”



Move with him. Be physically active with your young son. “Men tend to play in a much more active way, and that's very important to the child as he starts to emerge out of babyhood and explore the world outside of Mommy,” Diamond says.

Show your stuff. Share what you know and who you are with your son. “Your boy's really looking for a male to identify with,” Diamond says. “A father

can and should be really active in supporting his little boy's identification in the world.” Play games with him, encourage him to express himself artistically, buy a set of blocks and build a house together. “Fathers can be involved as mentors very early on for their sons, challenging them in various ways that will lead them into the wider world.”

Let him lead. Does he prefer trips to the museum

over a day at the ballgame? Support his choices and participate with him when possible. Remember: He's your son; he's not you. “A lot of fathers do struggle for understanding when their sons are not like them in key ways,” Diamond says. “A very artistic son may be quite different from a father who is athletic.”

Be a real man. Show your son that men are emotional beings. “Your son wants to see that you are caring and loving,” Diamond says.

**EXPERT TIP**

“If your relationship with your own father did not teach you how to be the best dad, you can learn. More than anything, it takes talking to other men. Join a fathers' group where you can learn the different ways to be a good, caring, strong father.”—*Michael Diamond, PhD*

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor



Skin Deep

Shedding layers to reveal beautiful skin means more than stashing the socks and sweaters you wore this spring. Nutritionist Brooke Alpert, MS, RD, CDN, co-author of *The Sugar Detox: Lose Weight, Feel Great, and Look Years Younger*, offers these tips for a stunning complexion all summer long. **Get glowing.** Exfoliate head-to-toe regularly with a dry brush—your skin will look more radiant even if it is not tanned. Starting at your feet and working up toward your neck, use quick circular motions to gently brush your entire body for about one to three minutes before you shower. **Sip lemon water.** First thing in the morning, drink an 8-ounce glass of warm water with half a lemon squeezed in. Lemon juice is a great, natural—not to mention tasty—way to get vitamin C. **Soothe skin with a face mask.** An oatmeal mask will smooth your skin in less than 10 minutes. In a food processor, blend $\frac{1}{4}$ cup of oatmeal for five seconds. Next, mix in two teaspoons of honey and a little water until it transforms into a spreadable consistency. Smooth onto your skin and let it sit for five to 10 minutes before rinsing and moisturizing.

YOU ASKED

Basic Training

THE GUY'S GUIDE TO SKIN CARE—FROM SMOOTHER HANDS TO FEWER WRINKLES, WE HELP YOU KEEP IT SIMPLE

By Ayren Jackson-Cannady



1 Block and Tackle
EltaMD UV Clear Broad-Spectrum SPF 46 (\$30) “Zinc oxide is one of the best full-spectrum sun blockers on the market, so you know you are getting both UVA and UVB protection against sunburns and skin cancers. Look for a concentration of zinc oxide of at least 5%. Also, make sure the product has an SPF of at least 30. This one has 9% zinc oxide, but is formulated so it won’t make your face look chalky and it’s light enough that it doesn’t feel greasy.”

2 Helping Hand
Eucerin Intensive Repair Extra-Enriched Hand Creme (\$5.99) “Repeated washing and exposure to the elements can dry out your hands. This cream is thick and moisturizing, but absorbs quickly and doesn’t leave your hands feeling greasy. It also has alpha-hydroxy acids that help to exfoliate and keep hands smooth.”



Jeremy Fenton, MD
cosmetic and general dermatologist,
Schweiger Dermatology Group,
New York City

3 Save Face
Gillette Fusion HydraGel, Moisturizing (\$4.99) “For a close shave, reach for a gel-based formula. It goes on thicker than a traditional cream, providing more moisture and protection for the skin. Choose a product like this that is moisturizing, contains aloe, and rinses clean.”

4 Soft Sell
CeraVe Facial Moisturizing Lotion PM (\$12.99) “At night use a moisturizer that’s free of sunscreen, as there’s no benefit to the added ingredients. This is a great choice for most men because it is light enough that it doesn’t feel greasy, has very few ingredients that are likely to upset sensitive skin, and contains ceramides and hyaluronic acid to further improve the skin’s ability to retain moisture.”

5 Line Item
RoC Retinol Correxion Deep Wrinkle Serum (\$22.99) “Worried about those worry lines? Use a retinoid cream, which helps rebuild collagen, repair UV-related damage, exfoliate and brighten the skin, prevent breakouts, and improve and prevent the appearance of fine lines and wrinkles. Start with an over-the-counter choice like this one and apply at night, since retinoids can make your skin more sensitive to the sun.”

6 Clean Sweep
Neutrogena Ultra Gentle Daily Cleanser (\$8.99) “The traditional bar of soap that most men use to wash their body is typically too harsh for the face, especially as men age and produce fewer natural oils. Instead, use a gentle cleanser like this for the face to clean the skin without stripping too many of the essential oils.”

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

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Ingredients in Your Skin Care
Products quiz at WebMD.com.
[LEARN HOW ON PAGE 5](#)

BEAUTY SMARTS

Step Up

IF YOU WANT TO GET THE MOST OUT OF YOUR
PRODUCTS, PUT THEM ON IN THE RIGHT ORDER

By Liesa Goins



Just as you layer your clothing to handle the weather, you want to apply your skin care products in a specific sequence to ensure you get maximum results from their active ingredients.

“For a product to work, it has to communicate with your skin,” says Neal Schultz, MD, a dermatologist in New York City and creator of the BeautyRx product line. “Putting products on in the wrong order can create barriers to that communication.”

Make sure you get the most out of your products with these tips for your morning and evening routines.

Start with a clean slate. No matter what, cleansing is always your first step. You need to remove oils, dead skin, and makeup residue to ensure the products



BEAUTY 411

**Do I need a
“clinical” antiperspirant?**

Clinical antiperspirants contain higher levels of aluminum compounds, the active ingredients, than other formulas. When your pores absorb the antiperspirant, the aluminum compounds react with electrolytes in your sweat glands to form a plug that stops sweat from escaping. Higher levels of aluminum compounds allow for more plugs to form.

Most of us probably don’t need clinical strength because we use antiperspirants incorrectly. The aluminum compounds need several hours to take effect—that’s why the directions for clinical antiperspirants say to apply them at night. Once the aluminum compounds are fully absorbed, you can shower without washing them off. You can always apply more in the morning, but you don’t need to pay more for clinical strength if you’re using regular antiperspirant correctly.

Some people are concerned about a link between aluminum compounds and conditions like breast cancer and Alzheimer’s. But no research conclusively shows a direct link to these health concerns. I advise everyone to do what they feel is right for them.

—*Ni’Kita Wilson*, cosmetic chemist, New York City

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

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you use get direct contact with your skin, says Renée Rouleau, an esthetician in Dallas. If you use a toner after cleansing, Rouleau suggests using an alcohol-free one.

Medications take priority. If you use a prescription cream or lotion, such as a retinoid or a rosacea or acne treatment, those go on clean skin. “You want spot treatments and medications to be in contact with the skin first to get the most out of the ingredients,” Schultz says.

Put sunscreen on naked skin. Next (or first, if you don’t need a medicated product), comes sunscreen, Schultz says. The UV-deflecting ingredients work best on a clean surface. If other ingredients are on the skin, the sunscreen molecules won’t be able to form a protective grid. “For full protection, there can’t be anything under sunscreen,” he says.

Wait a few minutes for your sunscreen to dry before finishing your routine. You can save yourself a step by using a moisturizer with SPF—just make sure you apply a generous amount to ensure you’re covered, Schultz says. (Obviously, disregard this step for your nighttime routine.)

Go from lightest to heaviest. “The general concept is to apply water-based products first, working your way up to thicker, heavier formulas,” Rouleau says. The idea sounds basic, but it makes sense: It’s all about solubility, Schultz says. “If your product can’t penetrate the last thing you put on your skin, it won’t be effective.” Water can’t penetrate oil, but the heavier products can get past the lighter ones, so everything has a chance to reach your skin.

Start with serums (after cleansing and, during the day, sunscreen). “The watery or gel-like consistency delivers a high level of performance ingredients directly to your skin,” Rouleau says. She suggests an antioxidant formula during the day and a moisturizing or anti-aging serum at night. “Rub serum onto your fingertips and apply all over for an even application,” she says. “If the potent ingredients aren’t spread evenly, you could risk irritation.”

Moisturizers go on last. If you use more than one, apply them in order of consistency. “Lotions go on before creams, and a heavy petrolatum-based product like Aquaphor goes on last,” Schultz says.

If you wear an eye cream, end your routine with it before applying makeup.



Dirty Secret

“I flat-iron my hair every day. I use a heat-protecting spray, but is that enough?”

Think of frying an egg without any oil—that’s sort of what it is like to flat-iron your hair every day. Before you flat-iron again, look at the spray to see if it’s a heat protectant for blow-drying or a thermal protectant for ironing. The direct heat of an iron is much more damaging than the diffused heat of a blow-dryer, so the protection level is very different. Always remember to look for protectants that say “for ironing.”

But protectants are not enough if you flat-iron every day. You also need to do masks and treatments at least once or twice a week to help fill in the cuticle with protein and moisture. And remember to have regular cuts to get rid of split ends, especially in the front, where most people linger with flat irons.

Never flat-iron damp hair or hair that is wet from products. This will burn your hair and you should never hear the sizzle when you iron! So, the condensed version: Keep heat-styling your locks if you like. Flat-ironing or curling is not damaging if done correctly.

Michelle Lee
master stylist and salon owner,
Salon Eva Michelle, Boston

AISLE DO

PRODUCT PICK
Avene Moisturizing Self-Tanning (\$26)

EXPERT

Jennifer M. Segal, MD
dermatologist, director of Metropolitan Dermatology Institute, Houston

“As a dermatologist, I’m always on my soap box about avoiding the sun, but I do love the look of tan legs. Since there’s no way I’d ever sit under UV rays



and tan, I use this self-tanner to look bronze. As soon as the weather is warm enough for bare legs, I start applying it.

It doesn’t have that notorious self-tanner odor. One application gives a subtle, natural tone or you can keep layering for more intensity. The color never looks orange, and as long as I remember to exfoliate before applying, it develops evenly.

Avene’s lotion contains thermal spring water, which is very soothing. I have sensitive skin, and this tanner doesn’t cause irritation—another reason I like it.”



YOUR SMILE

Fear Factor

DO YOU DREAD THE DENTIST? THESE IN-OFFICE TECHNIQUES AND TREATMENTS CAN HELP EASE YOUR ANXIETY

By Sonya Collins

Do you avoid your dentist? Nearly one in 25 of us is dental-phobic. But while you were steering clear of the dentist, you might not have heard of the latest ways to calm the fears of even the biggest fraidy cats. One of these relaxing or pain-eliminating methods could give you just the dose of courage you need.

"A good, trusted dentist who puts you at ease will never go out of fashion," says Alexandre DaSilva, DDS, an assistant professor at the University of Michigan Dental School, "but technology can also help you relax, decrease anxiety, and decrease pain."

Pain-free injections If you fear needles, an anesthetic gel, spray, or rinse can numb the area before you get an injection. (These anesthetics can also relieve a generally oversensitive mouth.) Studies show that the speed of injections, not the needle, can make a shot hurt at the dentist. Some dentists now use a machine, known as The Wand, to deliver a slow, steady injection. Many patients say they have less pain this way.

Spa-like experience Some dentists try to take you to another place. Many practices now offer wraparound virtual reality headsets that absorb patients in movies, games, or music videos while the dentist works.

"Virtual reality can help take you out of the situation," DaSilva says. "You also may remember less about the experience," he adds, which means it might be easier to go back the next time.

Some dentists use aromatherapy and sound machines in their offices, too. Studies show that orange and lavender fragrances can reduce anxiety and stress

MORE CONTROL IN YOUR HANDS

Some dentists let patients hold a button that can stop whatever machine the dentist is using.

"Psychologically there may be some advantage to giving a patient a button that they can press," says Bob Range, DDS. "It's playing off the same concept as telling the patient to raise a hand if they want the dentist to stop."

The dental button's draw could be psychological indeed. Some dentists say that patients love to hold the button but that few press it.

at the dentist. Instead of the sound of drills and the metallic smell of tools, you could hear a breeze blowing over a field of fragrant lavender.

Total relaxation Many dentists offer nitrous oxide, or laughing gas. You inhale the gas through your nose during the entire procedure. You're back to normal shortly afterward and can drive yourself home.

For something stronger, dentists might prescribe a sedative, such as Valium, that you take the night before your appointment, then again an hour



or so beforehand. "Patients sleep well the night before and come into the appointment in a more relaxed state," says Bob Range, DDS, an assistant clinical professor at University of California, San Francisco School of Dentistry.

Dentists can also offer intravenous sedation. With these IV drugs or pills like Valium, you're awake during the procedure, but you're extremely relaxed. Your eyes may close, and you might not remember much, but you can respond to your dentist's questions and requests.

A lesser-known form of deep relaxation is hypnosis dentistry. Hypnosis can eliminate anxiety and perhaps the need for anesthesia. "Most of my patients are able to do it without any injectable anesthesia," says Ashley A. Goodman, DDS, who is board-certified in hypnosis. "If you see someone becoming uncomfortable, you can reinforce the hypnosis or you can always give them anesthesia."

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



PARENTING

Ali's Wonderland

By Gina Shaw

From her unforgettable turn in *Seinfeld* as Jerry Seinfeld's "Schmoopie" and her three years as an on-air correspondent for *The Oprah Winfrey Show* to film roles in *It's Complicated* and *Jerry Maguire*, actor Ali Wentworth can be counted on to make you laugh until it hurts to breathe. Her new book, *Happily Ali After*, is a humorous take on her life at 50, covering fitness, self-help tips, parenting two daughters, and her partnership with husband George Stephanopoulos.





Wentworth's new book *Happily Ali After* debuts June 9. Read an excerpt in our tablet app.

Read the full Q&A with Ali Wentworth in our free tablet app!

● **How does it feel to be 50?**

I first of all am an immature person in all the good ways, and I really do see myself as just post-college age. I dress like a Bennington College student. When I'm with my husband at a restaurant, I'll look at a group of 30-something women and I'll say, "Are they my age?" He'll say, "No, you could be their mother!" I'm going to end up being a 90-year-old woman in really tight jeans and embarrassing my children because I have no sense of time.

Your husband gets up around 2:30 a.m. most days and is out of the house before dawn for GMA. How do you juggle family life?

The whole apartment is dark at 8:30 p.m.—kids, dogs, everyone goes to sleep. I go to bed at 8:30 and I wake up at 6. In terms of the aging process, it's good

for me to get that much sleep. We have family dinner at 6 every single night during the week. I cook most nights but sometimes George does, and then we all have dinner together and then finish homework or reading and watch a TV show together. George walks the dogs while the kids brush their teeth and get in their fluffy pants, and at 8 p.m. we're all in our bed together watching *Modern Family*, *Black-ish*, or *The Mindy Project*. Then at 8:30, it's goodnight.

What's usually for dinner?

I've learned that whenever I stray and try something that's out of the norm, it's not worth it. I put all of this effort into it and they're like, "Bleah!" We have our standard chicken Parm, turkey Bolognese, and roast chicken. I roll with the greatest hits. And we always have a big salad.

What are some of the issues you're dealing with as your daughters approach their teen years?

With my 10-year-old, we really have no issues. She's still a little girl. She's all unicorns and kittens and puppies. My 12-year-old is just starting *The Puberty*. She's very knowledgeable about it from school and she blames a lot of things on hormones—because she hears me blaming things on hormones.

How do they feel about their stories being in your book?

I vet it with them. Originally there was talk about this book being a funny parenting book, and I thought, "That's not really fair to my kids." The stuff I did write, I told them I was writing it, and if she was in it I let my 12-year-old read it. Her only note was: "Nicki Minaj is not my fashion icon." I'd say, "I know that!" But I wanted to use it as a joke to emphasize some point about struggling with what she could wear.

Do your daughters have sibling rivalry issues?

I always call them kittens in a box, because they can be really playful and each other's friends and hang out and they're adorable, especially when they connect on music or something cute on Instagram or a movie. Then there's the, "I'm the older, you're the younger sibling" rivalry. They do talk it out, though. They don't really get into hitting. I think a couple of times they said, "You're stupid, you're fat," and I nipped that in the bud.

You joke about lounging around the house in sweatpants with Milk Duds. Is that really true?

I wish it weren't true. I live with an overachiever and it makes me insane. But I'm a creature of comfort.

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor

PREGNANCY

Sticker Shock

FERTILITY TREATMENT—ESPECIALLY THE COSTS—CAN BE DAUNTING. IF YOU THINK YOU CAN'T AFFORD IT, CONSIDER THESE OPTIONS

By Gina Shaw



● If you're struggling to get pregnant and facing the roller coaster of fertility treatment, the last thing you want to worry about is how you'll pay for it. But assisted reproduction can take a big bite out of your income.

The national infertility association RESOLVE estimates the average cost of an in vitro fertilization cycle, using fresh embryos, at more than \$8,000—with medications costing an additional \$3,000 to \$5,000. That translates into well over \$10,000 for just one shot at getting pregnant. Here are five options to explore as you contemplate how to afford fertility treatments.

The cost for just one shot at getting pregnant is more than \$10,000.

Health insurance In most states, the law does not require health insurance to include fertility coverage. But some states, like New Jersey, Connecticut, and Illinois, have “reasonably decent” coverage, says Barbara Collura, president and CEO of RESOLVE: The National Infertility Association. And even if your state doesn't require it, Collura says RESOLVE regularly hears from women and men who have successfully petitioned their employers to offer

fertility treatment coverage as part of the company's health insurance plan.

Your fertility center “Talk to your clinic and your individual physician,” Collura says. “They may have financing programs of their own, and they may also be able to connect you with pharmaceutical company programs that help pay for medications.”

Independent loan and financing programs On the “Making treatment affordable” section of its website, RESOLVE lists more than a dozen programs that offer financing, fixed fees, or deals such as a full refund if you do not successfully give birth.

Also, some loan programs, such as CapexMD (capexmd.com), “work through your physician's office, so if your doctor doesn't have that option, encourage them to sign up,” Collura says.

Grants and scholarships A handful of nonprofit organizations, such as the Pay It Forward Foundation and the

Tinina Q Cade Foundation, exist specifically to provide grants to help with the cost of fertility treatment.

Crowdfunding “If you're willing to be open with your family and friends about your fertility issues, you can use a site like GoFundMe to ask them to help out by donating,” Collura says.

Reviewed by **Nivin Todd, MD**
WebMD Pregnancy Expert



Read **6 Ways to Encourage New Fathers** at WebMD.com.

[LEARN HOW ON PAGE 5](#)

BABY TALK

Father's Daze

HOW TO CALM NEW-DAD JITTERS AND HANDLE BABY CARE LIKE A PRO

By Stephanie Watson

● If you're about to
● become a first-time
● father, baby's impending arrival can trigger a serious case of nerves. Though you didn't carry the baby for nine months, you'll carry part of the care.

David L. Hill, MD, a Wilmington, N.C.-based pediatrician offers this piece of advice to dads-to-be who are worried about messing up: "You can do this."

One concern you might have is how to be a hands-on parent, especially if you work full-time and mom does the breastfeeding. "You can also be helpful as part of the team," says Hill, who is a father of five and author of *Dad to Dad: Parenting Like a Pro*. When your partner pumps, you can bottle feed. You can also change diapers, take over bathing, and carry your baby to and from the crib for overnight feedings.

Which brings up the question of your own sleep, which will likely be in short supply, thanks to your baby's fickle schedule. "Newborns are unforgiving. They start with days and nights reversed, and it takes them weeks to develop a schedule that matches ours," Hill says. Unfortunately, you can't do much to accelerate the process, other than keeping your home dark at night and light during the day. That will



MALE BONDING

THE BONDING YOU DO WITH BABY TODAY CAN SET UP YOUR RELATIONSHIP FOR THE FUTURE. PEDIATRICIAN DAVID L. HILL, MD, HAS A FEW TIPS.

Skin sense. Plenty of skin-to-skin contact can help you and your newborn become better acquainted. "The baby is learning what you sound like, what you smell like, and getting to know who you are."

Us time. Set aside a regular time slot to spend together. That could be bath time, tummy time, or bedtime. Put it in your calendar, and pledge to keep the appointment.

acclimate your baby's brain to normal sleep-wake cycles. Feed and diaper in shifts with your partner so you can both get some rest.

Speaking of diapering, you probably don't look forward to it, but it has to be done. "I would encourage dads to think of it as a skill that can be mastered. We like competitions," Hill says. "I sometimes liked to imagine that I was in some sort of diaper race. I thought, 'Could I win this?' And I gave myself points for neatness." His tip: On the changing table, "always put the clean diaper down first. You never know when the child is really done" with her business.

One of the scariest parts of parenthood is sickness. How do you know when to contact the pediatrician? For a baby under 3 months, watch for a fever of 100.4°F (taken rectally) or higher. Other symptoms that warrant a call are fast breathing that doesn't go away, vomiting, diarrhea, or anything about your baby that doesn't seem right to you.

Finally, if you feel overwhelmed, look for support. And remember, like any new skill, fatherhood just takes a little practice.

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

KIDS' HEALTH

Crowd Wisdom

DON'T LET DISEASE DERAIL YOUR SUMMER VACATION. KEEP YOUR KIDS INFECTION-FREE AT BUSY TOURIST DESTINATIONS

By *Stephanie Watson*

● It's summertime. That means ● families across the county are in the midst of their annual migration to theme parks and resorts. These kid-friendly escapes are ideal for family vacations, but their densely packed crowds also make them breeding grounds for infections.

This past winter, 125 people from seven states caught measles during an outbreak that started at California's Disneyland theme park. Although it's rare to catch a serious infection like measles at a tourist destination, your family can still get sick. "You're much more likely to come into contact with other viruses, like the common cold," says Gail Shust, MD, a pediatric infectious disease specialist at Mount Sinai Hospital's Kravis Children's Hospital.

In close quarters, bacteria and viruses jump easily from person to person. A single uncovered sneeze can shoot 2,000 to 5,000 germ-filled droplets as far as 20 feet. Still, disease worries shouldn't derail your summer travel plans. "I don't think people need to be any more panicked about traveling than they were before, but I think they do need to be more aware and prepared," Shust says. Start by making sure your kids are up-to-date on all their recommended vaccines—including measles.

If you've hesitated to get your kids vaccinated because you're nervous about



risks, talk to your pediatrician. "It's part of our job to help parents understand why vaccines are important and how they work," Shust says. "And hopefully we can relieve some of those fears."

When your travel plans take you to distant shores, crowded conditions aren't your only concern. Diseases like yellow fever and typhoid aren't common in the U.S. but they may be prevalent at your destination. Check with your doctor to see if your kids will need vaccines that aren't on the regular childhood schedule. You might also need to give

them medicine ahead of time to protect against diseases such as malaria.

Once you've landed, your family's biggest defense against germs is basic hygiene. "The single best thing people can do for infection control is to wash their hands," Shust says. Soap and warm water are ideal, when they're available, but if you're on the road, hand sanitizer works well, too. Make sure your kids rub it into their hands for at least 15 seconds.

And what if your children are the germier ones? "I understand these are your summer plans and you've been making these plans for months, but you need to think about not getting on a plane—especially if somebody has a fever," Shust says.

ASK YOUR PEDIATRICIAN

1. Are my kids up-to-date on all their recommended vaccines?
2. Will they need any special vaccines or medicines before we travel?
3. Which over-the-counter and prescription medicines should we take with us?
4. What should we do if the kids get sick while we're away?
5. What's the best way to reach you?

Reviewed by **Roy Benaroch, MD**
WebMD Children's Health Expert



Check out **Foods Your Cat Should Never Eat**, a slideshow at WebMD.com.

[LEARN HOW ON PAGE 5](#)

PET HEALTH

Garden of Eatin'?

YOUR YARD MAY BE HAZARDOUS TO YOUR PET'S HEALTH.
MAKE YOURS SAFE FOR YOUR FOUR-LEGGED FRIENDS

By Jodi Helmer

● You're eager to transform your yard from a bare patch of grass into a lush landscape where Fido can play fetch and Whiskers can smell the catnip. But before you buy flats of flowers and start a compost pile, consider how the choices you make may harm your pets. The problem is real: In 2013 the ASPCA Animal Poison Control Center fielded 18,000 calls about possible poisonings from toxic plants, compost, and yard and garden chemicals. Consider the following before you get started planting.

Avoid poisonous plants. Several popular plants are toxic to dogs and cats. Begonias, clematis, and azaleas may trigger symptoms ranging from vomiting and diarrhea to death in dogs. For cats, eating lilies can be fatal, according to Tina Wismer, DVM, a veterinarian, master gardener, and medical director of the ASPCA Animal Poison Control Center.

"Your new puppy is not the same as your old dog and may chew on the plants in your backyard," Wismer says.

Before you go to the garden center, check the list of poisonous plants on the ASPCA's website and avoid species that could cause health problems. If any plants already in your garden are on the list, consider removing them.

Cover the compost pile. The scent of rotting produce might tempt your pup to turn the compost pile into a canine buffet. While it's safe to feed your dog some fresh fruits and vegetables, once produce hits the compost pile, mold and fungus can turn an



unauthorized nosh into a trip to the vet. "Some molds can cause tremors and seizures if they're ingested," Wismer says. And certain compostable foods, including grapes and onions, are toxic to dogs even before mold forms.

Look for compost bins with secure latches or install a fence around the compost pile to limit your pets' access. Wismer also suggests scanning your yard and picking any mushrooms (which can be toxic) as well as fruit and nuts that drop from trees (which will mold if left untouched) and adding them to the compost pile before your pet finds them.

Read labels. Many common fertilizers and insecticides pose potential

dangers. "As a general rule, most fertilizers are only going to cause vomiting and diarrhea if ingested," Wismer says. "Insecticides are much more deadly and can cause tremors and seizures."

Before applying chemicals, read the labels and follow the recommendations. Some manufacturers advise keeping pets off the grass or out of the garden for 24 to 48 hours after use.

Even organic options can pose a risk. Chicken-based manure and fertilizers, for example, may carry salmonella, and other types of manure, including cattle and sheep manure, contain ammonia. Both are toxic to pets.

Minimize flea and tick risks. Your garden could be an accidental haven for

Reviewed by **Will Draper, DVM**
WebMD Pet Health Expert



“As a general rule, most fertilizers are only going to cause vomiting and diarrhea if ingested. Insecticides are much more deadly.”

fleas and ticks. Remove leaf litter, tall grass, and brush where fleas and ticks thrive (these are also prime habitats for poisonous snakes like copperheads, which can bite unsuspecting pets roaming in the yard). You should also clean up spilled birdseed, which attracts mice and squirrels that carry the blood-sucking insects.

Keep the grass mowed and avoid overwatering your lawn to discourage fleas and ticks from turning your yard into their home. “A sunny and dry environment can help reduce the tick population,” Wismer says.

Also, eliminate standing water (such as in birdbaths) to help keep mosquito populations in check. Mosquitoes transmit heartworm disease, which can be fatal to dogs and cats.

Rethink mulch. If you use cocoa mulch in the garden, your pets may be at risk. The sweet-smelling mulch is made from the hulls of cocoa beans and contains methylxanthines, the stimulants in chocolate that are toxic to dogs. Wismer advises gravel, wood chips, pine needles, or rubber as pet-safe mulch alternatives.

Get smart. Download the ASPCA mobile app from aspc.org. It gives pet owners immediate access to poison control information, including details and photos of toxic plants, side effects, and what to do if your pet ingests something toxic. The app also provides contact details for the poison control hotline, staffed by veterinarians and toxicologists who are available 24/7 for emergencies.

*Not Your
Average*

JOE

By Lauren Paige Kennedy

Photograph by Randall Slaving/August Images

He's well known for his incredible physique, but actor **Joe Manganiello** was not born with that *Magic Mike* build. It took discipline and determination, the same kind he applies to his on-screen work and his commitment to stay sober.

We talk to him about how he stays motivated and focused

“THERE IS NO MAGIC PILL FOR STAYING FIT,”

says chiseled actor **Joe Manganiello** of *True Blood* and *Magic Mike* fame, who has convincingly played the roles of a mythically strong werewolf and a built-like-a-truck male stripper. Goals—in and out of the gym, he says—are achieved through self-control and an unwavering work ethic. It’s that simple.

This approach may explain why Manganiello’s success transcends his enviable physique and recognition by celebrity weeklies as one of the world’s hottest bachelors. (But not for much longer—he’s scheduled to wed *Modern Family* star Sofia Vergara this fall.)

Manganiello applies self-discipline to every endeavor. The TV and film star, 38, is the best-selling author of the 2013 book *Evolution: The Cutting Edge Guide to Breaking Down Mental Walls and Building the Body You’ve Always Wanted*, a step-by-step guide to his personal diet and exercise regimen with plenty of autobiographical asides and a promise to deliver big results.

He also runs a successful production company, 3:59 Inc., with his younger brother Nick. The company’s name was inspired by Roger Bannister, the first human being to run the mile in less than four minutes, long believed to be an impossible goal. The Manganiello brothers share a similar mission: They set high-bar objectives and work to exceed them.

Their first release was the 2014 documentary film, *La Bare*, a behind-the-scenes look at the real—as opposed to reel—male stripper scene in Dallas. Big brother Joe was first exposed to this type of near-naked entertainment when he played a character by the name of Big Dick Richie in *Magic Mike*, director Steven Soderbergh’s 2012 box office smash about Chippendales-like exotic dancers. His interest piqued, Manganiello went on to co-produce and direct *La Bare*, which he shot in just eight days and premiered at the Sundance Film Festival.

A formally trained Shakespearean actor who received his BFA from Carnegie Mellon University School of Drama in Pittsburgh, he says he long aspired to direct a film, an experience he intends to repeat soon. “I’ve only scratched the surface,” Manganiello says. “There is so much I want to do. Directing a scripted feature is next, hopefully sooner than later.”

But one topic—“male as sex object”—clearly fascinates the star, enough so that he’s reprising his *Magic Mike* role in

the upcoming sequel, *Magic Mike XXL*, opening in July. Devotees of Soderbergh’s initial outing won’t be disappointed: Manganiello hit the gym hard to flex, glisten, gyrate, and shed his skimpy costumes with the best of ’em.

Self-Made Man

Sneak a peek at Manganiello’s middle school pictures and you might not believe it’s him. You’ll see little hint of the brawn to come: narrow shoulders, thin frame, and seriously geeky glasses. While he always excelled athletically—“I played soccer from age 5,” he says, “then added basketball, football, and volleyball” as the years went on—he looked like, well, your average Joe.

Today, Manganiello’s appearance is anything but average. Soderbergh once described the actor’s body as “walking CGI”—computer-generated imagery. Manganiello wants his fans to understand just how much effort has gone into his transformation. “Most people believe actors they see on screen have it easy,” he says. “They think we were



EARLY START

Is the self-discipline Joe Manganiello seems to have plenty of hard-wired? Or does our learning environment as we grow up influence how much discipline we eventually possess?

According to Terrie E. Moffitt, PhD, professor of psychology and neuroscience at Duke University, in Durham, N.C., what separates highly successful adults from less successful ones are the self-control skills they master as children. She offers this advice for guiding your own kids.

FOCUS ON FUN.

“Identify an activity your child enjoys: music lessons, martial arts, competitive sports, art classes—anything that involves setting goals and working toward them, in a context that your child finds fun,” she says. “Let your child know you admire self-discipline and willpower. [Give] praise not just for success, but for trying.”

TALK ABOUT THE FUTURE.

“Start with young children, planning just until lunch or bedtime. As the child grows older, involve them in planning over longer timespans. Help them identify goals further and further into the future,” she advises.

TEACH MONEY HABITS.

“When giving an allowance, take time to identify the opportunities that will arise to spend it. Help children grasp that if they don’t spend all their money on candy right away, they’ll be able to buy something really nice” later on. Moffitt likes a program developed by PBS’ *Sesame Street* called “For Me, For You, For Later.” A child’s money is divided into three piggy banks. “For Me” is what a child can spend now; “For You” is for charity to others; and “For Later” is kept for savings.

CUPPA JOE

Actor Joe Manganiello fought for years to gain traction in Hollywood, accepting smaller roles and living leanly. He transformed a normal, fit frame into that of a professional athlete or bodybuilder. And he's struggled with alcohol abuse, realizing his life and health were spinning out of control when he was in his mid-20s. Now sober for more than 12 years, the star shares how he defines a happy, healthy existence.

PROTECT YOUR INNER LIFE. "If I don't take care of my spiritual life, I'm not going to be able to grow in any area of my life."

ASSESS YOURSELF HONESTLY. "I was lucky enough to catch my alcoholism at a point where I could find a way to start dealing with it," he says. "It's not something that ever goes away or is curable. You have to get ahold of it; it's a constant thing. An addict is never cured."

GIVE BACK. "I grew up in Pittsburgh. I have a soft spot for kids who are struggling, so I spend time at the Children's Hospital of Pittsburgh. When I see their hardships and how they're suffering and valiantly fighting, it gives perspective to my own life. It makes my heart swell."

BE DISCIPLINED. "I had a lot of obstacles to get over. I learned discipline from sports." Applying those lessons is how he works toward achieving his goals.

DON'T GIVE UP ON LOVE. Manganiello reportedly pressed *Modern Family* star Jesse Tyler Ferguson for now-fiancée Sofia Vergara's phone number after she split in 2014 from her longtime partner Nick Loeb. Vergara initially demurred, thinking Manganiello was "too handsome," but she finally agreed.



born with these genetics; we just pop out of the womb built this way. Not the case! No one wants to schedule exercise into their lives. They say, 'I don't have time.' Really? You don't have one hour out of each day to do something that can change your life? An hour is all you need. For years I would rent apartments across the street from 24-hour gyms. If it was Friday night at midnight, I had no excuse. I made fitness a part of my life."

Self-discipline is a skill that's difficult for many people to develop, while others such as Manganiello seem to have it in spades. But why?

Bill Cole, MS, MA, peak performance mind coach and president and founder of the International Mental Game Coaching Association, says the key to achievement is enthusiasm for your goals. Cole coaches both Olympic and major-league athletes, and teaches his disciplinary techniques to corporate America.

"People who struggle are forcing themselves," he explains. "Those who succeed come at a project from an inner joy and excitement. Create inspiring goals, and they will *pull* you toward them, without you having to push." Lesser goals, he continues, won't motivate you. "But if you shoot for the stars and miss, at least you'll hit the moon."

Cole agrees with Manganiello that scheduling fitness—or setting aside time for whatever you aim to achieve, from writing a book to switching careers—is key. "Set a reminder to work out at a certain time each day, so you can't forget. Then turn what you do into bragging rights—'I just ran that killer hill yesterday!'—and that will motivate you." Celebrate even incremental gains, he suggests, and "don't call your workout system a program. Call it a training mission."

Manganiello follows this same, tiered approach: Aim for fun, cheer on the

results, and never, ever blow off taking care of yourself. "There is so much in life that is out of our control," he says. "I don't fly the plane. I don't drive the other cars on the street. I'm not in control in terms of my career. What I *am* in control of is my physical well-being. I'm not sure there's anything else that immediately gratifies you for your efforts in the way health and fitness does. Other people see it as a chore. I enjoy it."

Still, while he often trains at a high level, eating lots of lean protein and mixing "cardio and weight resistance with pull-ups and hanging," he does so only when his profession demands it.

"I've only been in this kind of shape for five or six years. Not every role requires me to have supernatural strength or to be ready for a strip scene in a *Magic Mike* movie," he explains. "I put on 25 pounds for one role. For each role I play, I sit down and talk with my trainer about what I want to look like, what the goal is going to be, and how we can alternate my eating and working out—or not working out." Good health, he insists, is his priority.

Right now Manganiello's training is light because he's recovering from a bicep injury to his right arm. It happened last fall on the set of *Magic Mike XXL*, and it was serious enough to potentially derail production.

"My [scene] partner in my finale routine did something unrehearsed on the first take, and the result was that my bicep tore," the actor says. "There were a thousand extras there. I had to stop the camera. I heard it rip and pop. I couldn't lift my arm. But what are you going to do? Shut down a studio movie?" He scoffs at the thought. "By some miracle the bicep stayed down and looked normal. You couldn't tell. I finished the movie, came home to LA, and went straight into surgery. If I'd gone into

surgery [during the shoot], the movie's over, done. We wouldn't have been able to make up that footage."

The healing process has been slower than he'd like. "I had a cast on for 10 days. Then I wore a brace for six weeks. The bicep is a tricky muscle. Before [my injury], I trained like a professional athlete. Now, it's three or four months of no resistance after surgery. I'm icing it, heating it, using electrical stimulation. There's not much else I can do," he says, but allow it to slowly bounce back.

Another muscle—the one in his brain that flexes self-control—is what drove Manganiello, even through discomfort, to complete the film. "I just powered through," he says. "All of my sports growing up kicked in. You finish the game."

Role of a Lifetime

Landing the role as husband to the talented and funny Vergara is his newest aim in life. The actor just hopes his wedding day isn't crashed by pesky paparazzi hovering in noisy helicopters above the ceremony.

"It's like a CIA operation to keep things quiet so they won't ruin it," he says. But unlike some prospective grooms who drip nervous sweat before saying "I do," Manganiello calmly and sweetly predicts success for their union.

"We knew right off the bat, very early on, that this is it," he says. "You meet that person who you know right away was put here for you. I was put here for her. We're very good with each other." His only goal for their shared future is "to continue to explore the love that we've had right from the beginning."

It won't take much discipline to kiss the bride. And make no mistake, Manganiello is training hard for it right now.



early SHOW

Autism is usually diagnosed around age 3 or 4, but new research suggests ways to detect and treat the disorder at earlier ages—and the younger the child is when diagnosed, the greater the chances treatment may help

The video starts with a toddler in an exam room. She wears fuchsia shoes, a leopard print top, and a matching bow. Her brown hair is neatly combed. She walks well for a 15-month-old, wobbling only a little as she navigates the room's pint-sized chairs and tables.

Her mother sits in a corner of the room with her knees pressed together, her body hunched forward. Her hands clutch the edge of her chair.

A psychologist walks in. She moves to a shelf and pulls out a small purple bathtub that holds a baby doll and other toys.

"Take off her robe," she says, undressing the doll. The little girl doesn't look up.

"Hot!" the therapist says, as she runs her hand under the imaginary water. "Let's wash the baby. Can you wash the baby?"

The little girl doesn't look up. Instead, she walks over to the bathtub. She takes each toy, one by one, and flings it behind her with the same straight-armed motion. The rubber duck, the pretend soap, and shampoo bottles. They clatter on the floor.

The psychologist sings the rubber ducky song, "Rubber ducky, you're the one! You make bathtime lots of fun!"

The little girl still doesn't look up. She flings the tiny towel, a hairbrush. They land behind her with a thud.

At that moment anyone can see it. Something's not right with the little girl.

By Brenda Goodman



SEEING THE SIGNS

The little girl in the video was diagnosed with autism that day, says Erin Brooker Lozott, MS, a speech-language pathologist at the Marcus Autism Center in Atlanta. Although psychologists usually do not determine a child has the disorder before 18 months of age, the medical team felt comfortable with their diagnosis based on the number of red flags this particular child already showed.

The researchers believe the throwing motion she made was the beginning of a repetitive behavior, a telltale sign of the condition. She also had a sibling with autism, which dramatically raised her risk of having the condition.

Without knowing it, the girl became part of a growing movement, a push to find and treat children at risk for autism at younger ages—even in the womb—in the hope that their social and emotional development can be boosted to normal or near-normal levels.

Researchers immediately enrolled her in a nationwide study at the Marcus center that focuses early behavior-therapy efforts on the baby brothers and sisters of children who've already been diagnosed.

The center, along with the University of California and Boston University, is one of three federally designated NIH Autism Centers of Excellence. All work on ways to detect and treat the disorder at earlier ages. Approaches include:

A new test for autism that tracks a baby's eyes as he or she watches videos of people talking. The Marcus Autism Center uses this technology to show that babies who go on to develop autism begin to make less eye contact with human faces, compared with their peers, as early as 2 months. If those results can be repeated in a larger clinical trial set to begin in July, the researchers will seek FDA approval for the technology, says Ami Klin, PhD, who directs the center. It could become the first objective test for autism.

A study that looks at how babies learn to talk and respond to human speech. Another arm of the center's study uses 4-D ultrasound and fetal

“If we intervene late, we’re dealing with the behaviors associated with autism—we’re not actually dealing with autism.”

monitoring to watch how babies in the womb respond to their mother's voice.

A new questionnaire developed at the University of California, San Diego (UCSD) that allows pediatricians to screen babies as young as 12 months of age. Doctors at UCSD are also working on a different kind of eye tracking test.

Blood tests designed to catch babies at risk. A test developed at UCSD correctly identified boys as young as 12 months who were later diagnosed with autism about 83% of the time. That's a higher rate of accuracy than the questionnaire many parents fill out at 18-month well baby visits called the M-CHAT-R (Modified Checklist for Autism in Toddlers, Revised), according to the study authors. Harvard researchers are also working on a blood test.

Measuring electrical activity in the brain. Researchers at Duke University, Harvard, and the University of Washington think it may be possible to identify infants with autism by measuring the electrical activity of their brains as they watch videos.

THE RIGHT TIMING

Getting to children earlier is crucial. Study after study shows that babies at risk who get intensive, early behavioral therapy—well before they start preschool—fare much better than children who are diagnosed and treated later. Eventually, some may not even be considered autistic anymore.

Researchers are careful to qualify these studies. Some children with autism seem to improve over time without extra help. The researchers don't know for sure if early behavior therapy changed these kids' fates.

But studies that have followed similar groups of babies who didn't get early therapy are compelling. In one, only one child in seven who took part in an early intervention program went on to be diagnosed with autism by age 3, compared to three in four kids in a group who didn't receive this treatment.

Because 85% of the nerve cells in a baby's brain are set by age 2, it's important to start treatment early, from birth to 2 years old, says Jennifer Stapel-Wax, PsyD, director of infant and toddler clinical research operations at the Marcus Autism Center.

Yet kids with autism typically don't get a diagnosis until age 4 or 5, according to the CDC. Minority children lag even a year or two behind that.

“If we intervene that late, we're dealing with the behaviors associated with autism—we're not actually dealing with autism,” Stapel-Wax says. “Those children are already behind in language, they already have pretty pronounced stereotypic behaviors that interrupt their productive learning of other things.”

And because they have trouble expressing themselves, many will have developed what she calls “challenging behaviors”—temper tantrums, biting, and self-harm—that become crude ways to communicate. Those habits then become the focus of treatment. Still, Stapel-Wax says, doctors and therapists can almost always help children with autism, no matter how old they are when diagnosed.



knowing THE SIGNS

CHILDREN WITH AUTISM CAN DISPLAY A WIDE RANGE OF SYMPTOMS, WHICH VARY IN SEVERITY FROM MILD TO DISABLING. A CHILD WITH THE CONDITION MAY SHOW SOME OF THE FOLLOWING, ACCORDING TO THE CDC:

Difficulty with verbal communication, including problems using and understanding language

Inability to participate in a conversation, even when he or she has the ability to speak

Difficulty with nonverbal communication, such as gestures and facial expressions

Difficulty with social interaction, including relating to people and to his or her surroundings

Difficulty making friends and preferring to play alone

Unusual ways of playing with toys and other objects, such as only lining them up a certain way

Difficulty adjusting to changes in routine or familiar surroundings, or an unreasonable insistence on following routines in detail

Repetitive body movements or patterns of behavior, such as hand flapping, spinning, and head banging

Preoccupation with unusual objects or parts of objects



AUTISM AND ADULTHOOD

The stakes are high. Surveys of young adults with autism suggest that only about half have ever held a job in the decade after they graduate high school. Even when they can get work, it's often for menial pay. And they're less likely than kids with other kinds of disabilities to leave home and live independently.

The Marcus Autism Center's early behavior therapy study is now testing a new approach called Early Social Interaction. It revolves around the natural bond a baby has with his or her primary caregiver—usually the mom. Psychologists are testing ways to teach mothers how to deliver this kind of treatment at home, rather than relying on professionals and office-based settings.

The nine-month treatment includes twice-weekly visits from a therapist, training for the parents, and group sessions at the center. After it ends, researchers continue to follow the children through age 3, with parents getting monthly “booster” sessions. The parents and kids are videotaped once a month to document their progress.

The aforementioned little girl was videotaped as well. In one video, she is offered a choice between two toys. She chooses the jack-in-the-box. She squeals with delight. Again, she's given a job: to turn the crank. She knows the song, and as the cadence builds, she turns more slowly, anticipating the *pop!* of the doll leaping out of the lid. It does.

And then a beautiful thing happens. It lasts just a split second, but she looks up at her mother, locks eyes, and grins.

The researchers gasp.

“It's so huge for her,” says Lozott, the speech-language pathologist. “That look,” she says, “is a look that's going to last a lifetime for her.”

Reviewed by Hansa Bhargava, MD
WebMD Medical Editor



IN SEASON

Play It Cool

*By Erin O'Donnell**Recipes by Kathleen Zelman, MPH, RD, LD*

Cucumbers ripen on the vine just as the mercury begins to climb. “One of the main reasons I encourage people to choose cucumbers, especially in the summer, is their water content,” says Chrissy Wellington-Garner, MS, CNS, LDN, a nutritionist at Canyon Ranch resort and spa in Lenox, Mass. It’s no substitute for a glass of water, but a crisp cucumber is still “one of the most hydrating foods out there,” she says. A half cup of fresh cucumber contains just eight calories and a modest dose of immune-building vitamin C. Cucumbers also contain lignans and cucurbitacins, plant chemicals that research suggests may reduce cancer and heart disease risk. Wellington-Garner recommends blending cucumber with fresh cantaloupe for an antioxidant-rich smoothie, or infusing chilled water with cucumber and lemon slices for an appealing thirst-quencher.



FOOD STYLIST: DEBBIE WAHL

Cucumbers are members of the gourd family, along with watermelons and pumpkins.

Placing chilled cucumber slices over your eyes moistens them and reduces puffiness, thanks to the cucumber's water and antioxidant content, and cold temperature.

Fish Tale

These delectable sandwiches make a lovely lunch. To punch up the flavor, try jarred horseradish sauce or wasabi paste in place of mayonnaise. Smoked salmon contains a hefty dose of sodium, so if you need to restrict your salt intake, use baked or poached salmon instead.

Cucumber-Salmon Open-Faced Sandwiches

Makes 6 servings

Ingredients

- 4 hard-boiled eggs
- 1 tsp Dijon mustard
- 2 tbsp light mayonnaise
- 1 tbsp chopped fresh dill (plus more for garnish)
- dash kosher salt
- freshly ground pepper to taste
- 6 slices rye, pumpernickel, or whole grain bread
- ½ bunch watercress, washed, with stems removed
- 6 (2-oz) slices smoked salmon
- 1 English cucumber, sliced
- 1 tbsp fresh lemon zest

Directions

1. In a small bowl, combine eggs, mustard, mayonnaise, dill, salt, and pepper and mash to combine.
2. Arrange six slices of bread on work surface. Spread egg salad mixture on each slice. Top with watercress, salmon, and cucumber slices. Garnish each open-faced sandwich with lemon zest and fresh dill sprigs. Serve immediately.

Per serving

276 calories, 21 g protein, 21 g carbohydrate, 12 g fat (2 g saturated fat), 184 mg cholesterol, 2 g fiber, 6 g sugar, 554 mg sodium. Calories from fat: 37%



Cucumbers contain more than 95% water.

Refresher Course

This cool vegetarian soup provides delicious relief on a steamy summer day. Try it for lunch with a crusty whole wheat roll or as a starter for dinner. Peel and chop the avocado just before serving to prevent browning.

Creamy Cucumber Soup With Avocado

Makes 4–6 servings

Ingredients

- 2 large cucumbers, seeded and chopped
- 2 cups plain nonfat Greek yogurt
- 1–2 cloves garlic, minced
- 1 tbsp fresh lemon juice
- ¼ cup chopped fresh mint (plus a few sprigs for garnish)
- ½ tsp kosher salt
- white pepper to taste
- 2 scallions, chopped
- 1 tbsp extra virgin olive oil
- 1 avocado, peeled, pitted, and chopped (prepare just before serving)

Directions

1. Place cucumbers, yogurt, garlic, lemon juice, mint, salt, and pepper in a food processor or blender, and blend until smooth.
2. Refrigerate 3–4 hours. Spoon soup into chilled bowls. Garnish with scallions, a drizzle of olive oil, avocado, and a sprig of mint. Serve immediately.

Per serving (based on 4 servings)

194 calories, 14 g protein, 17 g carbohydrate, 9 g fat (1 g saturated fat), 4 g fiber, 7 g sugar, 355 mg sodium. Calories from fat: 39%

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

OFF THE MENU

David Guas

CHEF/OWNER, BAYOU BAKERY, COFFEE BAR & EATERY
ARLINGTON, VA., & WASHINGTON, D.C.

By Matt McMillen

APP BONUS!
Guas' recipe for Asian tri-tip beef



● Chef David Guas has two sous chefs at home who will help him man the grill this Father's Day.

"We cook together a lot," Guas says of his sons Kemp, 12, and Spencer, 10. Among their favorite dishes: the grilled honey-glazed carrots that he shares here.

"The honey gives the carrots a little extra sweetness—otherwise my 10-year-old wouldn't even look at them," says Guas, author of *Grill Nation: 200 Surefire Recipes, Tips, and Techniques to Grill Like a Pro* and host of the Travel Channel show *American Grilled*.

The tri-tip recipe (in our tablet app) is his version of

a favorite from his earliest days cooking in Washington, D.C., about 15 years ago. "To this day, I just love this flavor," says Guas, 40. "This cut of beef really takes in the quick marinade, which tenderizes it."

At home, Guas and his sons like to pore over classic cookbooks together before hitting the kitchen. One night, they might start by whipping up a perfect bechamel sauce, the first step for a family favorite, mac and cheese. On a recent evening, Guas and Kemp turned out a meal of Brussels sprouts, Lyonnaise potatoes, and beef.

"Kemp seared a petite filet mignon in a cast-iron pan and made a béarnaise, a classic sauce, to go with it,"

says the proud father and chef/owner of the acclaimed Bayou Bakery in Arlington, Va., which opened in 2010. This spring, Guas launched a second location just across the Potomac River on D.C.'s Capitol Hill.

Guas stays in shape with CrossFit. Each week, he has a one-hour private session with a personal trainer and one or two group classes. He'll also schedule a workout on Father's Day before the meal.

"We'll probably head to Great Falls Park for hiking, then throw a football around. For dinner, it doesn't really matter. Chicken, pork, beef, vegetables—as long as I can fire it up and grill something, I'm happy."



Cast-Iron Grilled Honey-Glazed Carrots

Makes 6 servings

Ingredients

- 1 lb baby carrots, peeled (not baby-cut carrots sold in bags)
- extra virgin olive oil, enough to coat carrots
- 1½ tbsp unsalted butter
- 3 tbsp honey, preferably wildflower, but any will do
- 1 tsp whole cumin seed
- kosher salt to taste

Directions

1. Light charcoal or set gas grill to 350–400°F (medium-high). Toss carrots in extra virgin olive oil and place over direct heat on a cooking grate. Turn them after a minute or so, allowing all sides to get some grill marks and good color. Grill about 5 minutes, or until slightly tender.
2. Place a cast-iron pan directly on the grill and add butter, honey, and cumin seed. Once butter melts, add carrots to the pan. Cook until glaze begins to coat carrots, about 5–6 minutes. Sprinkle with salt and remove from grill.

Per serving

105 calories, 1 g protein, 15 g carbohydrate, 5 g fat (2 g saturated fat), 8 mg cholesterol, 2 g fiber, 12 g sugar, 274 mg sodium. Calories from fat: 47%

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



WORK IT OUT

Seven Heaven

CAN YOU REALLY GET A TOTAL-BODY WORKOUT IN SEVEN MINUTES? THIS EXPERT Q&A SHEDS LIGHT ON THE FITNESS CRAZE

By Kara Mayer Robinson

You've probably heard of the seven-minute workout, a full-body routine you can do in just minutes—anytime, anywhere. All you need is a chair, a wall, and your own body weight.

The workout is a form of high-intensity interval training. It combines resistance training with aerobic exercise. You do 30-second intervals of challenging exercises (like jumping jacks, planks, and tricep dips) in rapid succession. This pushes your body to near-max capacity for the most results in the least time.

Chris Jordan, MS, CPT, the director of exercise physiology at Johnson & Johnson's Human Performance Institute in Orlando, Fla., and designer of the workout, explains how to get the most out of it.

Does seven minutes really do any good?

Yes, Jordan says, especially if you're not very active now. "Imagine sitting down for seven minutes versus seven minutes of exercise. There's no question the exercise is beneficial."

But you'll get better results if you repeat the seven-minute circuit. Start with one circuit. Then, as you start to improve, ratchet it up to two to three circuits per workout.



How often should you do the workout?

Aim for two to three circuits, three days per week, Jordan says. That gets you close to the recommended guidelines of 75 minutes of vigorous activity each week.

Is it better to do one circuit every day or more circuits on fewer days?

"It's best to do three circuits in one go on three, nonconsecutive days per week," Jordan says. But he adds that if it works better for you to do shorter workouts more frequently, that's OK.

Does the workout hit every body part?

"Absolutely," he says. "That was a big part of the design." Jordan says the routine gets at all the important stuff: It's a cardiovascular workout and it works your upper body, lower body, and core.

Will the workout help you lose weight?

Yes, but only in combination with a healthy diet. The key is that it uses high-intensity interval training and resistance training, which are great for burning fat instead of muscle, Jordan explains.

GET A MOVE ON

RAMP UP YOUR SEVEN-MINUTE WORKOUT RESULTS WITH THESE TIPS FROM EXERCISE EXPERT CHRIS JORDAN.

Make every minute count. Give each exercise your best effort. The workout never hits two muscle groups in a row, so go all out during each 30-second interval. A break is just around the corner.

Do it regularly. If you want results, do the workout consistently. Time-crunched? Squeeze in one circuit before breakfast, one before dinner, and another before bed. Don't have clean workout clothes? Wear whatever you've got on. If your plans are foiled, be creative.

Crank up the tunes. Music is a great motivator, Jordan says. Choose something super energizing, with a high number of beats per minute. It may ramp up your intensity level without your noticing.

Partner up. Recruit your next-door neighbor or your teen daughter or son to work out with you. They can be your motivator.

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

FITNESS CHALLENGE

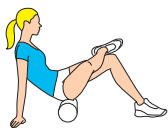
On a Roll

EASE MUSCLE TENSION AND GET THE MOST OUT OF YOUR WORKOUT WITH A FOAM ROLLER

By Jodi Helmer

- Foam rollers put pressure on your muscles, breaking up the fibrous tissue that increases tension and triggers muscle aches.

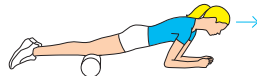
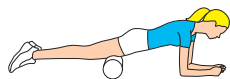
The workout, called rolling out, also boosts circulation, stretches muscles and tendons, increases flexibility, and, according to Ashley Borden—a Los Angeles-based certified personal trainer who has worked with Christina Aguilera, Mandy Moore, and Ryan Gosling—can help you get the most out of other exercise you do. “Rolling out helps increase mobility and range of motion,” she says. Borden recommends doing these moves before your workouts. Expect to feel some discomfort at first; if the pain is too much, use a less dense or rigid foam roller.



Glutes

This move eases the tightness that develops in the glutes and hip flexors from sitting for extended periods. “You’ll feel immediate relief,” Borden says.

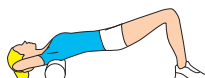
1. Sit on the roller with your knees bent, feet flat on the floor, and hands behind you, wrists lined up under your shoulders.
2. Cross your right ankle over your left knee.
3. Tilt your right knee toward the floor, lifting your left glute off the foam roller.
4. Keeping the foam roller under your right glute, slowly move your hips back and forth. This is a micro-movement—the roller will only move a few inches. One back-and-forth motion equals one repetition.
5. Repeat 10 times; repeat on the opposite side.



Quadriceps

The foam roller releases tension in your quads and boosts circulation to relieve pain. “The muscles in this area tend to be tight, tight, tight,” Borden says.

1. Lie facedown with the roller perpendicular under your thighs.
2. Prop yourself up on your forearms, elbows under your shoulders and legs extended straight out behind you.
3. Keeping your head in line with your spine, chin tucked, tighten your abs and relax your toes.
4. On your forearms, crawl forward until the roller is just above your kneecaps and then crawl backward until the roller is under the top of your thighs.
5. Do three sets of 10 reps.



Upper Back Massage

This massage-like move eases shoulder and back pain.

1. Lie on your back with the foam roller under your shoulder blades.
2. Cradle your head gently in your hands, engage your core, and raise your hips slightly off the floor, creating a straight line from your knees to your shoulders.
3. Using your feet for leverage, slowly roll the foam roller from the top of your shoulder blades to your rhomboids (the muscles at the bottom of your shoulder blades around where the band of a bra would hit). Return to the starting position.
4. Repeat 10 times.

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

Q

“What should I be looking for in a sports bra? I’m not sure how to find the right fit.”

Vanessa McGovern, 35, vice president of business development, Mooresville, N.C.

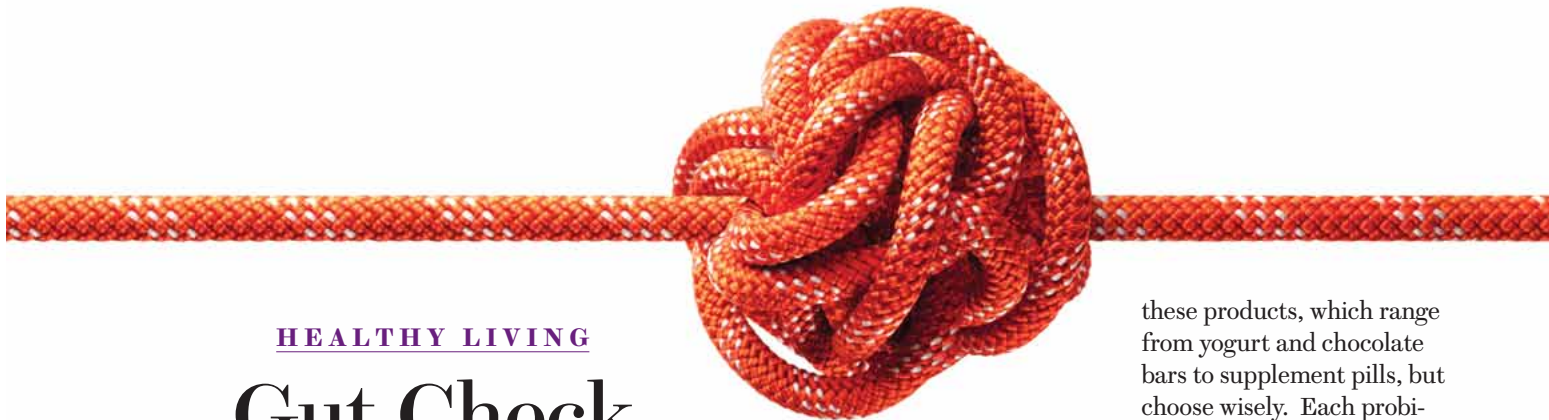


A

“The right sports bra is essential to keep the ligaments and tissue from stretching as your breasts bounce during a workout. In general, a compression bra (a sports bra that keeps your breasts pressed tightly against your chest) is a better choice for women with smaller breasts. If you’re above a C cup, look for an encapsulation bra that has separate cups for added support. To test a sports bra, try doing jumping jacks or the downward dog in the fitting room. The right bra will keep your breasts from shifting around, and it won’t pinch or chafe.”



Janet Hamilton, MA, RCEP, CSCS, registered clinical exercise physiologist and running coach in Atlanta



HEALTHY LIVING

Gut Check

IS YOUR GI TRACT GIVING YOU TROUBLE?
IMPROVE YOUR DIGESTION WITH THESE TIPS

By Stephanie Watson

● You might not give much thought to your intestines, but your digestive health plays a big part in your overall wellness. And when your gastrointestinal or GI tract is out of whack, you won't feel your best.

Fortunately, the solution to digestive woes can often be as simple as a few diet and lifestyle tweaks, according to Gerard E. Mullin, MD, associate professor of medicine at the Johns Hopkins Hospital in Baltimore and author of *The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!*

Take fiber, for instance. For optimal digestive health, you need at least 20 to 35 grams daily. Two kinds of fiber help your body break down foods, absorb nutrients, and move stool through your colon. Soluble fiber from nuts, seeds, legumes, oatmeal, and berries helps soften stool. Insoluble fiber from whole grains, vegetables, and fruit bulks up stool. Ideally, you want to eat both types every day and drink water. Fiber needs water to do its job and prevent constipation.

If you often have GI problems, the culprit could be foods called fermentable oligo-, di-, mono-saccharides and polyols (FODMAPs). These simple carbohydrates, which include fruits, dairy foods, wheat, beans, and sweeteners such as sorbitol and xylitol, feed bacteria living in your gut. Bacteria ferment the FODMAPs, producing gas, bloating,

and other digestive symptoms. If you're sensitive to FODMAPs, cutting back on some of these foods can limit the bacteria feeding frenzy. Because some FODMAPs are good for you, Mullin suggests you start by skimming the less healthy ones off your diet. "Take out fructose, honey, high-fructose corn syrup, and processed foods," he suggests.

When and how much you eat can also affect how you feel. Between meals, your gut goes through a housecleaning process—contractions push undigested food particles and bacteria through your intestines. For example, after dinner, "you don't want to eat too much late at night because you want to give your gut time to reset itself and clean out the food you've eaten to get ready for the next meal," Mullin says.

Probiotics are live bacteria and yeast that help keep the gut healthy. You can try

these products, which range from yogurt and chocolate bars to supplement pills, but choose wisely. Each probiotic product is different, and not every brand contains enough active cultures to aid digestive health. Mullin suggests choosing products with at least 10 billion colony-forming units (CFUs)—the daily dosage that studies show may be the most helpful for adults.

As you adjust your diet, also increase exercise; it makes the muscles lining your intestines contract, speeding the movement of food through the digestive system. But time your workouts before or between larger meals. An intense workout right after a big meal will pull blood away from your stomach and intestines to fuel your muscles, putting digestion into slow motion.

Similarly, stress diverts energy and other resources away from critical functions like digestion. Abdominal distress may result. Stress-relieving techniques such as yoga or meditation can calm your mind and body, and possibly your GI tract, too.

ASK YOUR DOCTOR

1. How can I prevent gas, bloating, and other GI symptoms?
2. Which foods should I avoid?
3. How much water do I need to drink every day?
4. Do you recommend probiotics, and if so, which kind?
5. What are the best ways to relieve stress?

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

HEALTHY LIVING

Belly Beasts

CAN'T GO? OR CAN'T CONTROL YOUR BOWELS? HERE'S WHAT YOU CAN DO ABOUT IT

By *Stephanie Watson*

● Gas, bloating, constipation, diarrhea: Up to 70 million Americans deal with these and other lower digestive woes daily.

"Two of the most common reasons doctors refer their patients to me are constipation or irritable bowel syndrome," says Jordan J. Karlitz, MD, assistant professor in the gastroenterology division at Tulane University School of Medicine.

More than 60 million people are chronically constipated, which can mean they have fewer than three bowel movements a week, strain when they do go, or produce hard stools. Constipation has many causes, which include diabetes, thyroid disease, a low-fiber diet, and drugs like antacids and antidepressants.

To improve bowel health, add more fiber, water, and exercise to your routine. If you still can't go, try laxatives. Just don't take them for long periods without first checking with your doctor, Karlitz says.

Irritable bowel syndrome (IBS) causes constipation, along with gas, abdominal pain, bloating, and diarrhea.

Reviewed by
Brunilda Nazario, MD
WebMD Lead Medical Editor



It's often confused with inflammatory bowel disease (IBD), but while symptoms sometimes overlap, they're not the same. IBS is far more common, affecting more than 15 million people, compared to about 1 million people with IBD. While you may be stuck with IBS for a lifetime, it's not dangerous. You can often relieve symptoms with diet changes, fiber supplements, or anti-diarrheal drugs.

IBD, which includes ulcerative colitis and Crohn's

disease, is more serious. The intestines become inflamed; treatment consists of anti-inflammatory medicines and drugs that suppress the immune system.

One common condition that often hides in the shadows is accidental bowel

leakage (ABL), affecting an estimated 18 million Americans, about one in 12. "People basically lose control over their body," Karlitz says. "They may not go out, go to restaurants, or exercise."

Besides limiting your social life, ABL could signal a more serious condition. Often, leakage stems from one of three main causes: a problem with the anal sphincter (the circle of muscles that normally tighten to prevent stool from releasing), decreased feeling in the rectum (due to a condition like dementia or diabetes), or diarrhea.

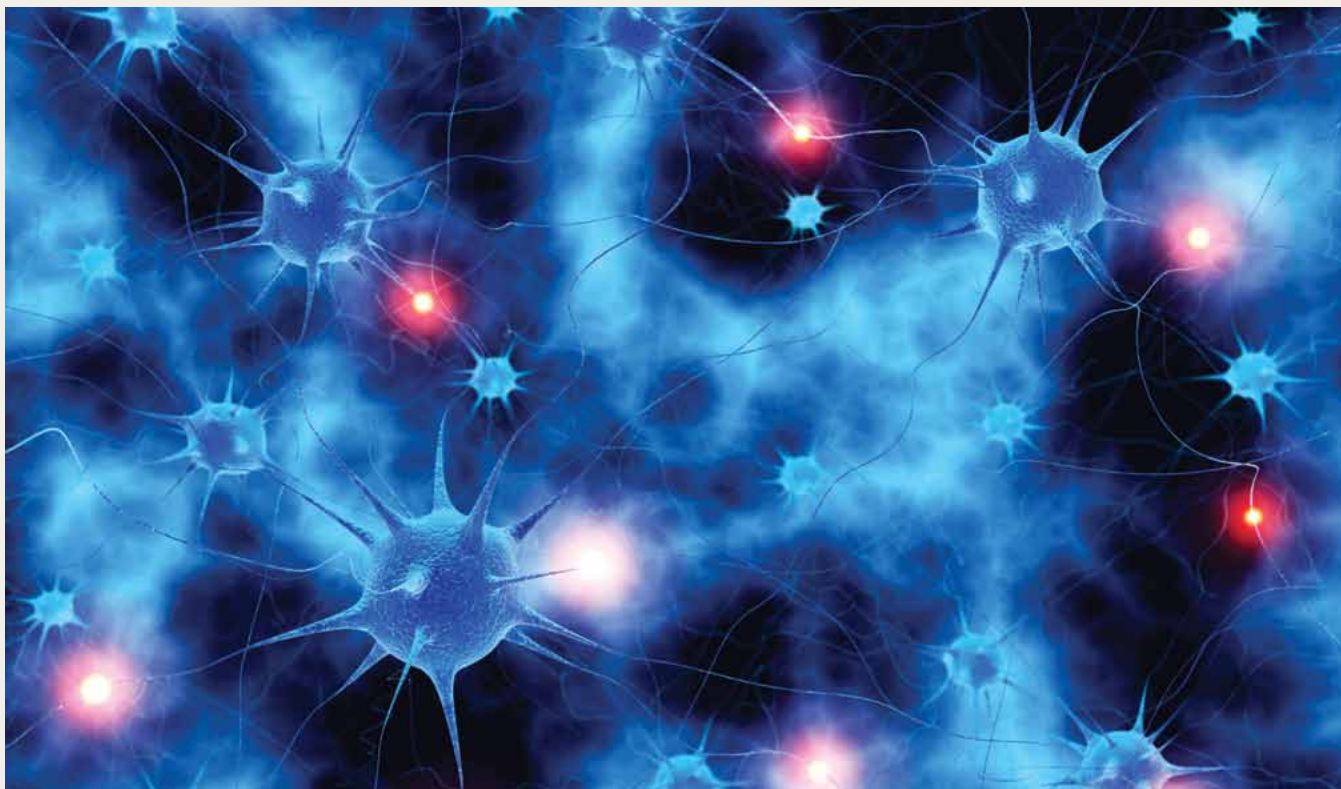
Depending on the cause, your doctor might recommend you avoid certain foods, or use Citrucel or Metamucil to thicken stools. Biofeedback, which uses sensors to monitor you while you tighten and relax the anal sphincter, can help you strengthen those muscles. As a last resort, surgery can repair the anal sphincter or bulk up tissue around the anus.

? ASK YOUR DOCTOR

1. What's causing my digestive problems?
2. Do I need any tests?
3. Could diet be to blame? If so, what changes should I make?
4. What should I do if I still have symptoms after treatment?
5. What other lifestyle changes can I make?

WebMD[®] Checkup

TAKING CARE, LIVING WELL



What We Know About **ALS**

Amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease, attacks nerve cells that control muscle movement. As the disease progresses, movement becomes more difficult. People with late stages of the disease can become completely paralyzed. While people with advanced ALS may not be able to move or speak, their ability to see, smell, taste, hear, and recognize touch are not impaired.

Eventually, ALS hinders breathing. Inability to breathe causes most people with ALS to die within three to five years of diagnosis. About 10% of people with ALS live 10 years or longer with the condition.

Doctors diagnose about 5,000 people in the United States with ALS every year. As many as 30,000 people in the United States could have the condition today. Men and women of any age and ethnicity can get ALS, but it

is most common in white men between the ages of 60 and 69. Fewer than 10% of ALS cases are genetic. Scientists do not know the cause of the remaining 90% to 95% of cases.

While ALS has no cure, one medication, riluzole, can slow the progression of the disease for several months. Numerous clinical trials are in progress to test potential treatments for ALS. In other research, scientists transform stem cells into nerve cells to study possible causes of ALS and new treatments for it.

Former Minnesota Vikings safety Orlando Thomas died of ALS last year. Eddie Redmayne won the best actor



Oscar this year for his portrayal of physicist and ALS survivor Stephen Hawking in *The Theory of Everything*. Hawking, who is now 73, has lived with ALS for more than 50 years.—*Sonya Collins*

HEALTH HIGHLIGHTS

MEN'S HEALTH

LIVE YOUR BEST LIFE WITH THESE EXPERT TIPS

By **Matt McMillen**

1 *Do tell*

If you notice changes in how you feel, talk to your doctor sooner rather than later.

2 *Choose good fats*

Ease up on saturated fats. Choose the healthier fats in nuts, avocados, and other plant-based foods.

3 *Lift off*

Keep your bones and muscles strong with weight training.

4 *Sleep soundly*

Get checked for obstructive sleep apnea, which is linked to low testosterone and erectile dysfunction (ED).

5 *Skimp on salt*

Cut down on salt to protect your heart. Choose fresh foods and skip fast food and canned and processed foods.



6 *Relieve stress, relieve your bladder*

Meditate and exercise regularly. Both may help you pee less frequently.

7 *Quit smoking*

This can help you live longer and drop your risk of heart disease, cancer, and other illnesses.

8 *Know the routine*

Ask your doctor which tests you need. Colonoscopies usually start at 50.

9 *Get and stay lean*

A healthy weight helps ward off diabetes and heart disease.

10 *Eat better for better sex* Eat less red meat, refined sugars, and trans fats to reduce your risk of ED.

EXPERT TIPS



Steven Lamm, MD

medical director, Tisch Center for Men's Health, NYU Langone Medical Center

"Don't skip meals. Too often, men don't eat breakfast and/or lunch, because they don't have time or are trying to lose weight. That usually leads to overeating in the evening, and that in turn often leads to weight gain."

"Many men tend to over-train. Recent studies suggest that too much exercise might be bad for the heart. Know your limits."



Robert L. Wergin, MD

president of the American Academy of Family Physicians and family physician, Milford, Neb.

"Men typically only go to the doctor when they feel sick. This means they are less likely to get preventive care. Men need to make health a priority; establishing a relationship with a physician is the first step."

"Reduce your risk of heart disease. Get screened for major risk factors such as high blood pressure and high cholesterol."



Thomas J. Walsh, MD

associate professor of urology, University of Washington Medicine, Seattle

"If your sexual performance isn't what it used to be, talk to your doctor. Good sexual function is a healthy part of aging; a decline can signal cardiovascular disease."

"Know which diseases run in your family. If you have a close male relative who has or had prostate cancer, talk to your doctor about getting screened earlier."



Check out the **Visual Guide to Migraines** slideshow at WebMD.com.
LEARN HOW ON PAGE 5

LIVING WELL

MIGRAINES

TIPS AND STRATEGIES TO MANAGE THIS CHRONIC CONDITION

By *Christina Boufis*

● Brian Carter, 41, had his first migraine in his 20s. “I worked from home, and I’d try to keep working but couldn’t,” he says. “I’d get nauseous. Doing anything felt painful, so I’d lie down and put a pillow over my head.”

Sound familiar? If you’re one of the 36 million Americans who get migraines, you probably know that the disabling pain is no ordinary headache. Migraines are defined as moderate to severe pain lasting four to 72 hours, usually on one side of the head. The pain gets worse with exercise, and may come with nausea, vomiting, and light and sound sensitivity, says Robert Cowan, MD, FANN, professor of neurology and director of the Headache Program at Stanford University.

The tendency to get migraines runs in families, Cowan explains, and while you can’t change your relatives, “a lot of lifestyle choices determine how disabled you’ll be by a migraine and how often you’ll get one.” These tips can help.

Stick to a schedule.

“The best advice is to be as consistent as possible in your daily activities,” Cowan says. “Going to bed and waking up around the same time—even on the



weekends—eating your meals on a schedule, exercising aerobically every day for at least 20 minutes—all will help protect you from getting migraines.”

Why does routine help? If you get migraines, your brain is particularly sensitive to environmental changes—both external, such as bright lights, and internal, like hormonal fluctuations. Such changes tell your brain that the environment is threatening.

The result is pain, Cowan says. “The more predictable your lifestyle, the less likely you are to have

alarms going off in [your] brain saying that there’s something wrong here.”

Track your triggers.

Not everyone has the same migraine triggers. “A lot of people get migraines when they eat dark chocolate,” Cowan says. For others it’s red wine or cheese, or being dehydrated.

“Flashing lights, too

much stimulation, or flying are often migraine triggers for me,” Carter says.

Keep a headache diary to find your particular triggers. Use a smartphone app or a paper diary. Fill it in for one to three months, recording how severe and frequent your headaches are, and what you ate or did before the migraine. “You start to notice patterns,” Cowan says.

Consider a supplement. Research shows that magnesium, riboflavin (vitamin B2), and coenzyme Q10 can help prevent migraines, Cowan says. One small study showed that taking coenzyme Q10 helped cut migraine frequency nearly in half. Talk to your doctor about whether a supplement is right for you.

As for Carter, “regularity is the key,” he says. “I try to be as regular as possible in everything I do—sleeping, eating, working. I always try to get eight hours of sleep, and if I’m not doing my normal routine, then there’s a chance I’ll get a migraine.”

ASK YOUR DOCTOR

1. How do I know if my headaches are migraines?
2. How does exercise help with migraines?
3. How can I determine my triggers?
4. What if I can’t avoid certain triggers?
5. Are supplements right for me?

BY THE NUMBERS

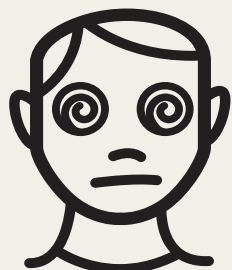
ACNE

FACTS AND FIGURES ABOUT TOP HEALTH ISSUES

By Heather Hatfield

85%

People who have had acne in their life



26%

Those who have acne and anxiety



Ranking of acne as a skin disorder

40 million - 50 million

Number of Americans who have acne



Time needed for over-the-counter treatments to improve skin

4-8 WEEKS



40%

Kids who have acne by their midteens



53% women

People whose acne improves after their teenage years



63% men

11-30

Age at which most people have acne



20%

Men who have acne in their 30s



35%

Women who have acne in their 30s

62%

Women whose acne gets worse around menstruation

30s, 40s, 50s+

Ages at which adult acne can continue

HEALTH CHECK

HOW MUCH DO YOU KNOW ABOUT ED?



● Erectile dysfunction (ED) isn't just a man's issue. Partners are affected, too. "It seems like right after we got married he became worse. Now at this point we do not have sex at all," says **Helpseeker42** in the WebMD men's health community. Her 49-year-old husband has been reluctant to get treated for ED, which has strained their marriage. Only about 25% of the estimated 15 million to 30 million men with ED in the U.S. get help for the condition, even though therapies can improve their sexual function and quality of life. Do you know what causes ED—and what to do if you or your partner has it?

QUIZ

1. Most men with ED have low testosterone.
☐ True ☐ False
2. Men who don't exercise are more likely to get ED.
☐ True ☐ False
3. Only men older than 40 get ED.
☐ True ☐ False
4. Men who can't get an erection more than 50% of the time should get treated.
☐ True ☐ False

Answers: 1. **False.** Although low testosterone can lower a man's desire, most men with ED have normal testosterone levels. More often, the problem is caused by reduced blood flow to the penis from conditions like heart disease or diabetes, a problem storing blood in the penis during erection, or trouble with nerve signals reaching the penis. 2. **True.** A sedentary lifestyle with too many hours spent camped in front of the TV and too little time in the gym can contribute to ED. Other bad habits, like smoking, drug use, or alcohol abuse, can also play a role by blocking blood flow to the penis. 3. **False.** Men can get ED at any age. In one study, one in four men seeking help for the condition was younger than 40. And even though the condition is more common in older men, age doesn't mean you are destined for erection problems. Although some men might need a little extra stimulation, they should be able to get an erection and have a normal sex life well into their golden years. 4. **True.** Trouble getting an erection from time to time is nothing to worry about. But when it affects you more than half the time, see your doctor, who can investigate the cause.

SOURCES:

Urology Care Foundation, Cleveland Clinic, WebMD Erectile Dysfunction Health Center, WebMD Men's Health Center

? ASK YOUR DOCTOR

1. What could be causing my erection problems?
2. Should I see a counselor, sex therapist, or other specialist?
3. What are my treatment options?
4. What should I do if treatments don't help?

Uzo Aduba

Actor

1 In April, you ran the Boston Marathon to raise money for research at the Dana-Farber Cancer Institute. How has cancer touched your life? I have an aunt who is currently fighting breast cancer, an aunt who passed away from leukemia, and a cousin who passed away—it will be two years ago this October. I ran for all of them, but leading the pack is a very dear family friend who passed away from breast cancer this past October. She was a great, great lady.

2 How much did you raise? Almost \$11,000, with money still coming in, which has been really thrilling. I was encouraged taking a tour of the Dana-Farber Cancer Institute and seeing what incredible strides are being made. And even more impressed to see what kind of work is being done through grants like the Barr Program, which is what I ran for.

3 How has your outlook on life changed? There is no greater pause button than watching life leave this earth and realizing how time is guaranteed to no man, so we should do our very best and be our greatest selves with the time we're given.



4 You were a sprinter in high school and college. How did you transition to long distance? When I lived in New York, I started taking up running just for the exercise. I grew to love it. I found it very relaxing, very therapeutic, and meditative.

5 How did you train for the Boston Marathon? I did some longer runs,

just to get my body conditioned a bit more to the longer distance. It's harder on the body, it's longer on the body, so it takes a lot more out of you. And you have to get your mind and your physical being ready to be able to tackle that distance and, more important, to be able to run consistently through that distance.

6 What did you eat while training? I did

not change my diet. I'm doing a lot of fish, a lot of greens, egg whites in the morning, grains.

7 How did it feel to cross the finish line? I wasn't running for myself, if I'm being really honest. I think I was running to acknowledge a life, I think I was running for something bigger than myself. I was trying to do

something for a cause that I feel very passionate about.

8 Working in the fast-paced entertainment industry, how do you stay centered? I meditate. When I come back from my run, for 15 minutes after that I don't do anything. My phone is off, everything is turned off, and I do a meditation. I take in what I just did, take in what I just let out, before I press play on the day. And just practice stillness and mindfulness.

9 What can we expect to see from your OITNB character, Suzanne "Crazy Eyes" Warren? Suzanne has been a bit of an idol worshipper these past couple of seasons. She's someone who takes those idols and bows down at their altar. And the problem with idols is, there can be a lot of challenges if they're not the god that you believe they are. It's been interesting to watch her this season, what she chooses to put her beliefs in.

10 Does Suzanne ultimately find fulfillment? If I tell you that, I will end up in the real-life SHU [solitary confinement]! —Stephanie Watson