

# WebMD®

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I DO THINK  
THAT LIVING  
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WAY AND  
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PERPETUATES  
ITSELF.  
”

## Great Britton

Actor **Connie Britton** attracts a lot of attention for her roles. And she pays a lot more attention to her health these days, too. The *Nashville* star and four-time Emmy nominee says that losing both of her parents to different types of cancer in a short time served as a major wake-up call. She opens up about her healthy living philosophy and how motherhood has changed her perspective.



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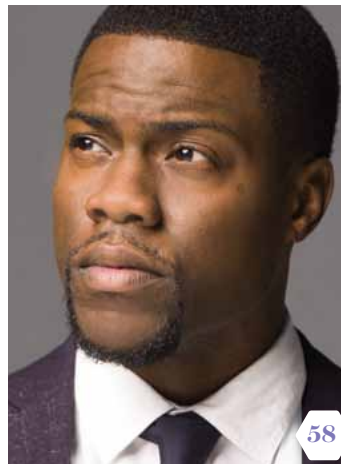
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Comedian and actor **Kevin Hart** proves that laughter is the best medicine on and off camera. The funnyman tells us how he fell in love with comedy and how his kids influence his work.



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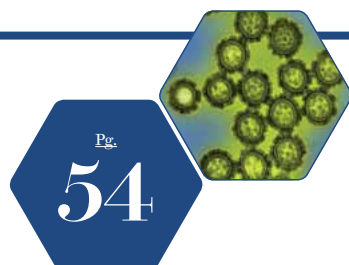


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## WEBMD CHECKUP

**HEALTH HIGHLIGHTS:** Has rosacea got you seeing red? Get relief with expert tips. • **BY THE NUMBERS:** February is American Heart Month. We take a closer look at heart health. • **HEALTH CHECK:** Millions of people live with chronic pain. How pain aware are you?



● This time of year feels like a clean  
● slate for living a healthier life. I love making long lists of all the things I need to do to improve. But while January makes me feel like anything is possible, by the time February rolls around I can barely remember what I pledged to do. So what's the secret for staying on track over the long run? And what should I have on my list that I'm not thinking of? Here's what stuck with me after reading this issue:

1. Think simple and doable. Want to run a 5K? Start by running just one mile a few times a week.
2. Be specific. If you want to "eat healthier," create small goals to help get you there. For instance, commit to replace one fattening treat with fruit each day.
3. Nourish your mind *and* your body. Relaxation is just as important as diet and exercise.

Whether it's the promise of a new year that gets you motivated or the story of someone like our cover star, actor Connie Britton, who heeded a wake-up call about her health, this issue is full of strategies to help you succeed.

Here's to a happy new year, and to making it to Valentine's Day with those resolutions still in place.

*Kristy*

Kristy Hammam  
**Editor in Chief**  
kristy@webmd.com



### SNIFFLE CITY

Do you live in the flu zone? It's now easier than ever to find out how widespread cold and flu symptoms are where you live—we've upgraded the **WebMD Cold and Flu Map** with new features. Just enter your city, state, or zip code to see how many Symptom Checker users report cold and flu symptoms in your area. You can also click a button that matches how you're feeling to get tips for taking care of yourself. Go to **webmd.com** on your desktop or mobile device to use the cold and flu map.



### ORGAN WORKS

How much do you know about your liver and how it functions? It's pretty important: It removes toxins from your blood and turns everything you eat or drink into energy and nutrients your body needs. But you need to take care of it so it can do its job properly. Learn how with the popular **WebMD liver quiz**.

Go to **webmd.com/hepatitis/rmq-know-your-liver**.



### LIVE AND LEARN

"It's OK to make mistakes."

We recently posted that on Facebook, and many of our followers agreed. But some responded, "As long as you learn from them." Both sentiments are worth keeping in mind as you attempt this year's New Year's resolutions. In this issue, we've got tips to make your resolutions stick (page 12) and how to learn to do better if you do slip up.



What's your New Year's resolution? Tell us and let us know how you're doing at **twitter.com/webmd**.

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HEALTHY  
START



# HOT TOPICS!

FACTS AND NEWS YOU CAN USE



**127 million**

Estimated pounds of Valentine's Day candy Americans bought in 2012

Source: Nielsen



You're prettier if you sleep. At least to yourself. People who treat their sleep apnea **view themselves as better-looking** after treatment—and also get a better night's rest.

Source: Journal of Clinical Sleep Medicine



Customers are more likely to engage with merchandise and staff when a store **smells like chocolate**.

Source: Journal of Environmental Psychology

**15% OF AMERICAN ADULTS ARE UNPLUGGED—WITHOUT INTERNET OR EMAIL. OF THESE, 19% CITE HIGH COSTS OF COMPUTERS AND INTERNET SERVICE.**

Source: Pew Research Center



**36% OF AMERICANS SAY BEER IS THEIR ALCOHOLIC BEVERAGE OF CHOICE, WHILE 35% PREFER A GLASS OF WINE.**

Source: Gallup



More U.S. mothers **breastfed their babies** during 2000 to 2010—a trend that, if continued, could save more than \$2 billion in yearly health care costs.

Source: CDC



Married people with cancer are **20% less likely to die from the disease** than separated, divorced, widowed, or never-wed people.

Source: Journal of Clinical Oncology

**\$11 billion**

The amount Americans spent on the 10 million+ **cosmetic procedures** done in 2012

Source: surgery.org



**160 million**

The number of spa visits in 2012, with guests spending about \$87 per visit

Source: International Spa Association





## HELLO, NEIGHBOR

We really do get by with a little help from our friends. In a recent study of 6,740 people, those who lived in a neighborhood they considered tight-knit had a 15% lower risk of stroke than those who didn't feel the same sense of community. And the more neighborly, the better. Members of the coziest communities enjoyed a 48% decrease in stroke risk.

*Source: Social Science & Medicine*



## Dirty Work

Almost 12% of all people who come down with the flu catch it at work. Most of those cases come from co-workers who knowingly go to work sick. But when employees can use dedicated paid "flu days," they tend to stay home when they're sick, a study shows. In workplaces that offered one paid flu day, flu transmission dropped by more than 25%. Workplaces that offered two days off cut that rate by almost 40%.

*Source: American Journal of Public Health*

Percentage of adults concerned about their aging parents' driving

55%



*Source: National Safety Council*

23%

Percentage of adults who have discussed the issue with them

## HOT AIR

Your grandmother did it. Your mother probably did, too. But the idea that inhaling steam can help you kick nasal congestion from a cold may be nothing more than a myth. A recent study looked at six clinical trials over the last 50 years and found no consistent benefits of this folk remedy for the common cold. In some trials, people reported more nasal discomfort or irritation when they inhaled steam.

*Source: Cochrane Database of Systematic Reviews*





## PERFECT SCENTS

"You're so cute, I could gobble you up!" We've all said it to babies, but why? A study shows that an infant's scent activates dopamine, the neurotransmitter that fires when you satisfy a craving, such as eating when you're very hungry. Fifteen new moms and 15 women who'd never given birth smelled the scent taken from 2-day-old infants' pajamas. Brain scans showed dopamine activation in both sets of women. This triggering of the "reward-learning system" in the brain may teach new mothers that caring for the baby brings them pleasure.

Source: Frontiers in Psychology



## Glass Act

The color of wine and the shape of your glass may impact how much you drink. In an experiment, people poured themselves almost 10% more white wine than red. Researchers think people don't realize how much they pour when the wine and the glass are a similar color. Wine lovers also poured more into wide glasses than standard ones and if the glass was in hand rather than on a counter.

Source: Substance Use & Misuse

# 45%

of Americans make New Year's resolutions. **Top three vows?** Lose weight, get organized, and spend less money.



Source: The University of Scranton, Journal of Clinical Psychology

WebMD.com

## Hot Hits

What's trending on WebMD.com right now\*

How to get rid of a cough

Foods to help you lose weight

Are you sleep deprived?

Heart rate myths

What's that rash?

Does the 3-Day Diet work?

Eat healthy with diabetes

Home remedies for heartburn

Foods for healthy hair

What does ginger do?

\*as of October 1, 2013

## LOW DOWN

A low-sodium diet may work as well as medicine to lower blood pressure and improve heart function in people with heart failure. People with high blood pressure and heart failure who went on a 21-day diet containing no more than 1,150 milligrams of sodium per day saw the same level of improvements that medication provides. Participants followed the DASH (Dietary Approaches to Stop Hypertension) diet, which is high in potassium, magnesium, calcium and antioxidants. Americans typically take in 3,000 to 4,000 milligrams of sodium each day.

Source: Heart Failure Society of America





## PERSONAL BEST

# Sasha Alexander

THE *RIZZOLI & ISLES* ACTOR SHARES HER  
HEALTHY LIVING HABITS

HEALTHY  
START



### Fitness Fix

"I love dance workouts. But I am careful not to be too hard on my body. I like hiking, walking, and the occasional SoulCycle spin class, which is fast but effective—and I love the group aspect of it."

*Rizzoli & Isles  
returns to  
TNT on  
Tuesday,  
Feb. 25.*



### Secret Weapon

"I use emu oil all over my face, neck, and chest, and I love this amazing cream called Egyptian Magic."



### Real Eats

"I stick to a 'Zone'-type diet, so I eat something every two to three hours. I try to make sure it's got a good dose of healthy protein and plenty of veggies. Snacks are usually things like apples, cheese, or a handful of nuts."



### Sweet Success

"I make a huge effort to drink enough water every day and also have pretty much nixed added sugar from my life—so no candy, and just one raw sugar in my coffee each day."

*"I'm a total foodie—so all the faddish cleanses that involve not eating are not for me."*



### Face Time

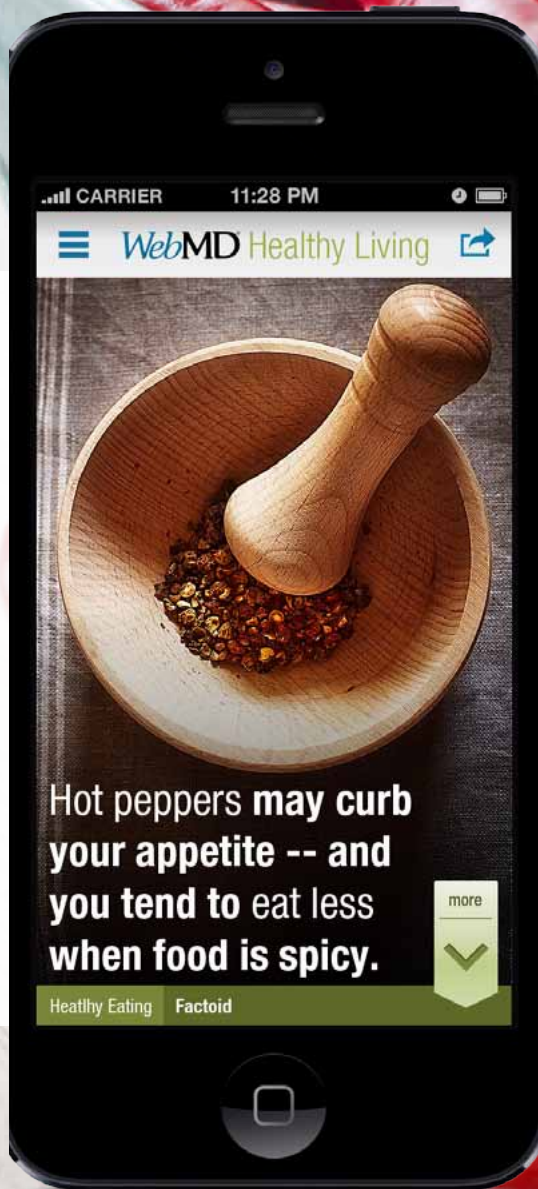
"I am fortunate that my aunt is a facialist, so from a very young age I learned how to take care of my skin. She gave me one great piece of advice: 'Don't touch your face.' That tip helped me avoid so many breakouts."

As forensic pathologist Dr. Maura Isles on TNT's hit show *Rizzoli & Isles*, actor Sasha Alexander spends her time examining dead bodies. But in real life this Los Angeles-based mother of two knows a lot about living a healthy life. In fact, it's not her first time in a nail-biting crime-solving role—for two years she played former special agent Caitlin "Kate" Todd on *NCIS*. She's also been in films ranging from *Mission: Impossible III* to *He's Just Not That Into You*, and she stars next in *The Girl From Nagasaki*, which premiered at the 2013 Cannes Film Festival. A former dancer and ice-skater, Alexander, 40, shares her best tips for keeping herself strong—inside and out.—*Liz Krieger*



### Stress Rx

"We live in such a go-go-go society that we really need to take the time to stop, rest, and relax. I try to meditate for five minutes in the morning. It might just be breathing—taking careful deep breaths and slowly assessing how I feel and entering my day."



## The New WebMD App for iPhone

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# Cold Play

Forget the flurry of the holidays and embrace the new year

LIVING  
HEALTHY



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Does your partner really listen?

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Learn why and how to delegate

**EXPERT TIP**



"Find a motivation that matters to help you stick with your resolution. I didn't have motivation to lose weight until my daughter got involved and we did it together."—*Sang-ick Chang, MD, MPH*

## WOMEN'S HEALTH

## Shift Change

WANT TO STICK TO YOUR NEW YEAR'S  
RESOLUTIONS THIS YEAR? SCIENCE TELLS YOU HOW

By Colleen Oakley

On Jan. 1 every year, when many Americans are busy washing out Champagne flutes and sweeping up confetti, they're also vowing to be a different, changed person in the new year. A skinnier, healthier, richer person, who maybe drinks less Champagne and sweeps more.

It's easy to envision this person—but much more difficult to become her. According to a recent University of Scranton study, while 45% of Americans make New Year's resolutions, only 8% of that group keep them. Why do so many not succeed? Because they're doing it wrong.

That's what Charles Duhigg, MBA, author of *The Power of Habit: Why We Do What We Do in Life and Business*, found when he dug deeply into the science of how we form habits—and what we can do to change the ones we don't like.

There are three main reasons resolutions fail to stick, says Duhigg.

**You aren't specific.** If you want to lose weight or save money, it's not enough to just say, "I want to lose 20 pounds" or "I want to save \$5,000" this year. "Break down your big goals into small, specific goals," Duhigg says. For example, decide that you're going to eat granola and a banana instead of a Danish for breakfast. Or that you're going to save \$20 a week by not buying your daily latte.

**You don't address the roots of your bad habits.** "One of the best ways to establish a new behavior is to identify what's triggering your bad behavior," Duhigg says. "And then come up with a similar reward." Why do you take a cigarette break every morning? Is it to stretch your legs? Take a short walk



## STICK TO IT!

ONCE YOU'VE BEGUN YOUR NEW YEAR'S RESOLUTIONS, KEEP THEM GOING WITH THESE SCIENCE-BACKED TIPS.

**Surround yourself with like-minded people.** If your resolution is to run a marathon, join a running group. Or if you want to lose weight, spend less time with friends who scarf burgers and beer on a regular basis. A University of Georgia study found that people tend to mimic the behavior of those around them—whether it's good or bad.

**Reward yourself—often.** Did you go to the gym every day this week? Have a mini-celebration by treating yourself to a pedicure. "That sense of self-satisfaction or patting yourself on the back is really powerful," author Charles Duhigg says. But don't wait until you've accomplished your ultimate goal before rewarding yourself. "If the reward is too far off, it may not have the same motivating effect."

with a co-worker instead. Is it the nicotine fix? Try a double shot of espresso to emulate the same rush.

**You don't plan for failure.** "A lot of people go into resolutions with an all-or-nothing mindset, which can turn small failures into huge failures," Duhigg says. If you're trying to lose weight, one deviation from the plan (say, a piece of cake on a stressful day) may trigger a massive binge because, hey, you already fell off the wagon, so why not?

Instead of this all-or-nothing mindset—such as cutting out all sugar from your diet immediately—try to implement gradual changes, like skipping your late-night snack or your after-dinner cookie.

"If you can plan a response for your failures," Duhigg says, "then the weeks that you don't make progress or that you deviate from your plan won't derail you from your long-term goal."

Reviewed by  
Patricia A. Farrell, PhD  
WebMD Mental Health Expert



**MEN'S HEALTH**

# Year Won

MAKE THESE FOUR HEALTHY HABITS  
YOUR NEW YEAR'S RESOLUTIONS

By **Matt McMillen**



● It's a new year and  
● there's no better time to focus on your health. Start with these four important habits, says Sang-ick Chang, MD, MPH, a clinical professor of general medicine at Stanford School of Medicine.

**Reduce stress.** Chang sees too many men run ragged by their careers and other demands. His prescription: Spend more time with friends and family, cultivate hobbies, and practice some sort of reflective, peaceful, and solitary activity, such as meditation.

Relaxation can help

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

protect you against chronic health problems, including high blood pressure, heart disease, and diabetes. "Stress reduction is absolutely as important as diet and exercise for your overall health," he says.

**Pick the right workout for you.** "I see a lot of knee and back injuries from men who think that exercise means doing what they did when they were 18 years old," says Chang.

Select exercises that you like to do and that fit into your lifestyle and schedule. Something as simple as brisk walking for 30 to 40 minutes on most days may be all you need to do, says Chang.

**Cut down on red meat.** "Men tend to eat too much red meat," Chang says. "And it's the one dietary change that would make a real difference in their health."

Limit burgers, steaks, and other red meats to once or twice a week. Load your plate with more veggies and fruit, too.

**Protect your sexual health.** Chang says erectile dysfunction is rampant among middle-aged and older men, but it doesn't have to be. Among the biggest causes are high blood pressure and diabetes, both of which are preventable and treatable. Get screened, and if necessary, get treated as early as possible, he says.

FROM WEBMD.COM

## Q&A

"I always feel pulled in many directions at once, yet I know that I need to reduce stress. What can I do to keep focused in the face of so many demands?"



**David A. J. Ripley,**  
44, computer and networking systems engineer,  
Bloomington, Ind.



## EXPERT'S ANSWER

"Reducing stress and staying focused are intertwined goals. Start by making realistic, attainable goals. For example, resolve to practice deep relaxation daily. Publicly declare your resolution. You'll be more likely to stick to it. Track your progress, and reward your successes. Build in a healthy behavior such as meditation that's incompatible with stress. And if you slip, don't quit—recommit. Finally, think marathon, not 100-yard dash. Prepare for the long haul of a changed lifestyle, not a quick fix that will burn out within a month."



**John C. Norcross,**  
PhD, ABPP, author  
of *Changeology: 5 Steps to Realizing Your Goals and Resolutions*

## MIND MATTERS

## Hear, Hear

HAVING TROUBLE COMMUNICATING? HERE'S HOW TO TALK  
SO YOUR PARTNER WILL REALLY LISTEN*By Leslie Becker-Phelps, PhD*

● You talk to your partner all the time, but do you truly communicate? A recent study suggests that you probably don't. Researchers at the University of Chicago found that most married couples don't communicate with their partners any better than they do with strangers.

What gives? Scientists call it a closeness-communication bias, meaning that because you feel so close to your partner, you overestimate how well you're really connecting, and leave out the important details you just assume he or she knows about you.

Couples who have been together for a long time are also quicker to point out flaws in each other, which can cause one or the other partner to feel attacked and go on the defensive. He or she might do this by blocking the attack (saying something like, "You don't know what you're talking about") or by leaving, physically or emotionally. The bottom line is, one tunes the other out. So instead of getting to the root of important issues, more may crop up.

Next time you want to talk about something important with your partner—and you want him or her to listen—try the following strategies.

**Begin with what you appreciate about your partner.** This isn't about lifting them up before you knock them down. Truly think about what you love about your spouse and your relationship. By doing this and then communicating it to your partner, the two of you will feel that you have a

more solid foundation. This will help you keep your issue in perspective and be more caring in your delivery; and it will help your partner to listen less defensively.

**State what you want, not just what you don't want.** For example, telling your partner to stop complaining does not tell him what you want him to do. Are you telling him to always keep his struggles to himself or are you saying this is not a good time for you to talk? It's much more

helpful to say something like, "I know you're having a hard time, but I'm so tired that I can't think straight now. Can we talk about this later, after I've rested, so that I can really be there for you?"

**Be specific.** Saying what you want works best when you are specific. So, stating, "I want you to show me that you love me" is less likely to get you what you want than saying, "It would really help me feel more loved if you'd give me a hug and kiss every night when you come home."

**EXPERT TIP**

"A lot of people think fighting is a sign of an unhealthy marriage, but it can actually be a good thing. Couples who express their anger to each other live longer than those who swallow negative feelings in order to keep the peace."—*Leslie Becker-Phelps, PhD*

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



## WORK IT OUT

# Task Master

HANDING OFF WORK ISN'T ALWAYS EASY. BUT GOOD MANAGEMENT REQUIRES DELEGATION

By Stephanie Watson

● A big project has landed on your desk, and now you're contemplating the hand-off. You need to delegate, but for many managers, relinquishing responsibility is easier said than done.

People who struggle the most with delegation are those Donna Genett, PhD, calls "star performers." "We're still used to being

*"Your ability to move up to bigger and better things is going to depend on your ability to hand off tasks."*

the performer and the doer. That makes it very difficult to shift from us getting the results and recognition to giving it off to someone else," says Genett, an organization development consultant who wrote the book on delegation, *If You Want It Done Right, You Don't Have to Do It Yourself!*

No matter how much you may dread delegation, it's an essential management skill—one you must master in order to climb the corporate ladder, Genett says. "Your ability to move up to bigger and better things is going to depend on your ability to hand off the 'lower-level' tasks and projects consuming your time." She says all managers can learn to delegate, once they're willing to step out of the limelight and give their direct reports the chance to shine.

So how do you master the fine art of delegation? "The biggest suggestion I can make is for people to understand that delegation is a process, not an event," Genett says. In other words, don't hand off the project, walk away, and forget about it. Start the process by telling the person exactly what you expect, and then asking him or her to paraphrase what you've requested to avoid any confusion.

Once the project is under way, schedule regular "checkpoint" meetings to ensure



everyone stays on track. You can taper off the meetings once you're sure the work is being handled to your satisfaction.

Convey your trust by staying engaged throughout the process. Ask questions like, "Do you understand what we're trying to accomplish?" and "How is the project going for you?"

"When you do that, you've shown that you're invested in what they think and what they feel, and you're connecting with them on a person-to-person level, which tells them you care," Genett says. "The more important they feel, the more engaged and interested they'll be in working with you." And you'll be less likely to need to pick up the pieces of a project gone wrong.

FROM WEBMD.COM

## Q & A

"Recently, I served as project director for an industry event. After I delegated an important task, it wasn't completed as I'd asked. How can I address delegation gone bad and ensure that the next project gets done correctly?"



**John Paolin, 45,**  
vice president of  
marketing and corporate  
communications, Hill  
International, Marlton,  
N.J.



## EXPERT'S ANSWER

"At the end of the process, you have a debriefing. You circle back with the person you delegated to and talk about what went well and what didn't go well. During that conversation, revisit the steps of the process to see where the disconnect occurred. Unless you understand that, you won't have the confidence or the trust to delegate to that person in the future."



**Donna Genett, PhD,**  
president, GenCorp  
Consulting and author  
of *If You Want It Done  
Right, You Don't Have  
to Do It Yourself!*

Reviewed by **Patricia A. Farrell, PhD**  
WebMD Mental Health Expert



## HEALTHY BEAUTY



**17 You Asked**  
Expert tips for  
a.m. and p.m.  
routines

**19 Your Smile**  
Why you need  
mouthwash

# Wonder Year

It's a new year, new you—time for  
a new routine



### **EXPERT TIP**

“When it comes to mouthwash, don’t skimp  
on swishing: Gargle for at least 30 to 45  
seconds.” —*David Hershkowitz, DDS*



## YOU ASKED

## Clock Work

GET BEAUTIFUL SKIN DAY AND NIGHT WITH THESE  
EXPERT TIPS AND PRODUCT PICKS

By Ayren Jackson-Cannady

**Protection Plan**

**A.M. ritual: CeraVe AM Facial Moisturizing Lotion with SPF 30** (\$13.99) "Nothing is more important than sunscreen to prevent aging. However, to maximize its youthful appearance, hydrating the skin is essential. This product is full of ceramides, essential fats that are produced naturally by the skin."

**Eye Prize**

**P.M. ritual: Aquaphor Healing Ointment** (\$5.49) "The thin skin under the eyes is prone to developing irritant reactions, which may exacerbate fine lines and discoloration. Try to use products very sparingly. I like using ointments such as this one in the eye area to moisturize the skin."

**Bar None**

**A.M. ritual: Dove White Beauty Bar** (\$3.59) "Morning showers should involve a moisturizing body wash or bar, and you should lather up only on areas that need cleaning. Use lukewarm water; very hot water removes the natural protective lipids from the skin."

**Smooth Move**

**P.M. ritual: RoC Retinol Correxion Deep Wrinkle Serum** (\$22.99) "Retinoids help increase collagen production while reducing fine lines and discoloration. Retinol, available in many over-the-counter products such as this one, is a weaker—but still effective—version."

FROM WEBMD.COM

## Q &amp; A

"How and how often should I clean my makeup brushes?"



**Elissa Taylor**  
24, administrative assistant,  
Silver Spring, Md.

EXPERT  
ANSWER

"Cleaning your personal makeup brushes every two to four weeks is a good idea. In a shallow bowl, dissolve two squirts of shampoo in a few tablespoons of warm water. After rinsing the brush—bristles down—under running water, swirl the brush in the shampoo mixture to loosen the makeup. Run the brush under running water again until the water runs clear. Squeeze out the excess water and reshape the brush with your fingers."

Place brushes on a towel to dry overnight, elevating the handles with a couple of magazines to make sure any remaining water doesn't seep back into the handle."



**Maysoon Faraj**  
makeup artist,  
New York City



**Inderjit S. Chabra, MD**  
dermatologist, Dakota Dunes, S.D.

THE OPINIONS EXPRESSED IN THIS SECTION ARE OF THE EXPERTS AND ARE NOT THE OPINIONS OF WEBMD. WEBMD DOES NOT ENDORSE ANY SPECIFIC PRODUCT, SERVICE, OR TREATMENT.



### **Wash Cycle**

**A.M./P.M. ritual: Neutrogena Ultra Gentle Hydrating Cleanser (\$8.99)** "This cleanser is mild, soap-free, and suitable for all skin types—sensitive, irritable, normal, and oily. It works great to hydrate and cleanse the skin in the morning or at night after makeup removal. Use one small pump on damp skin, massage 30 seconds, and rinse with lukewarm water."



### **Dramatic Act**

**P.M. ritual: Clinique Dramatically Different Moisturizing Lotion (\$26)** "I love that this moisturizer comes in different formulas for your skin type—gel for oilier skin, lotion for normal skin, and cream for dry skin. It's a great all-around moisturizer that maintains optimal moisture balance to improve fine lines and optimize the skin's protective lipid barrier."



### **Glow Getter**

**A.M. ritual: Jergens Natural Glow Firming Daily Moisturizer (\$8.99)** "Glowing skin is associated with youthfulness, but tanning puts you at greater risk of premature aging and melanoma. This two-in-one product moisturizes while giving you a light tan without the smell."



### **Neck Point**

**P.M. ritual: Vichy Neovadiol Gf Night Densifying Re-Sculpting Care (\$50)** "I've been using this for a month, and I'm already noticing changes. It targets areas affected by aging and moisture loss, helping firm the jawline and neck area. Apply a dollop in an upward circular motion, massaging until it's absorbed."



### **AISLE DO**

**PRODUCT PICK**  
**Laura Mercier Tinted Moisturizer Broad Spectrum SPF 20 (\$43)**

**EXPERT**  
**Lisa M. Donofrio, MD**  
associate clinical professor of dermatology, Yale School of Medicine

"Give tired winter facial skin a summer glow with this tinted moisturizer. The ultra-light skin enhancer contains sodium hyaluronate to hold moisture in the skin and a broad-spectrum SPF 20 sunscreen to protect skin from the sun's winter rays (be sure to re-apply if you're in direct sunlight for more than two hours). It comes in many sheer shades, from creams to bronzes. For a dewy, fresh look, apply with fingertips and go. This versatile product can also do double duty as a primer under a heavier foundation or a higher-SPF product."



**Lisa DaSilva**  
paramedical esthetician, The Miami Institute for Age Management and Intervention

Reviewed by Karyn Grossman, MD  
WebMD Skin Care Expert

### **Shopping List**



Take a photo with your phone!

- ☐ CeraVe AM Facial Moisturizing Lotion with SPF 30
- ☐ Dove White Beauty Bar
- ☐ Aquaphor Healing Ointment

- ☐ RoC Retinol Correxion Deep Wrinkle Serum
- ☐ Neutrogena Ultra Gentle Hydrating Cleanser
- ☐ Jergens Natural Glow Firming Daily Moisturizer

- ☐ Clinique Dramatically Different Moisturizing Lotion
- ☐ Vichy Neovadiol Gf Night Densifying Re-Sculpting Care



## YOUR SMILE

## Rinse Cycle

YOU BRUSH AND FLOSS. HERE'S WHY YOU SHOULD ADD MOUTHWASH TO YOUR DAILY DENTAL ROUTINE

By Liz Krieger

Dentists will never stop touting the importance of brushing and flossing at least twice a day, but now there's a third key player in the game: mouthwash. In some cases, that colorful stuff sitting on your sink could help keep you out of the dentist's chair.

*Rinse after brushing so the ingredients can sink into your teeth instead of being brushed away.*

Many dentists suggest using an antibacterial mouthwash (also known as antimicrobial or antiseptic) after brushing, which research shows can help reduce plaque and gingivitis. "Adding an antimicrobial mouthwash to the routine can be especially helpful for those who are a bit more prone to plaque buildup and tooth decay," says David Hershkowitz, DDS, clinical assistant professor at New York University College of Dentistry.

People with less severe decay issues may benefit most from a fluoride-based rinse, says Hershkowitz. "The fluoride goes in and actually helps the tooth rebuild itself, repairing the early stages of tooth decay

and keeping those spots from ever getting bigger or going any deeper."

Mouthwashes intended to simply freshen up sour breath most often contain minty flavorings such as menthol as well as chlorine and zinc, which neutralize the sulfur compounds that lead to the unsavory smell, says Hershkowitz.

For people with dry mouth—a side effect of some medications—special formulations loosen the biofilm (a fine, sticky layer of bacteria) that can develop when you don't have enough saliva to stave it off.

But remember, mouthwash should never be the star of the show. "It can be all too easy to give a quick gargle and feel oh so minty fresh. But that's not the same as actually clean," Hershkowitz says. Rinse after brushing so the ingredients can sink into your teeth instead of being brushed away. Also, limit use of antibacterial mouthwashes, especially alcohol-based ones, to just a few times a day. Because they kill both good and bad bacteria, they can leave you susceptible to fungal infections if used too often.



FROM WEBMD.COM

## Q&amp;A

"Are sugar-free candies a better option than sugary ones, at least for avoiding cavities?"



Marjorie Korn, 29,  
editor,  
New York City

EXPERT'S  
ANSWER

"Yes. Suckers, gummies, and lollipops leave behind pieces of sticky stuff that stay lodged in your teeth and allow bacteria to breed. You can avoid this with sugar-free candy, but remember three things. You still run the risk of sticky candies yanking out fillings or other dental work. They can also cause cracks in your teeth, especially if you tend to chomp. And finally, a recent study found that sugar-free candies often have more acidic additives than regular ones that can erode your teeth. If you crave something sweet but want to go sugar-free, your best bets are nonacidic flavors such as peppermint, spearmint, or butterscotch."



Timothy Chase,  
DMD, cosmetic dentist,  
New York City

Reviewed by Eric Yabu, DDS  
WebMD Oral Health Expert



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## FAMILY & PARENTING



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Tips for solving bedwetting woes
- 25 Pet Health**  
Breaking bad habits for good

### PREGNANCY

# Kid Stuff

Soleil Moon Frye, the girl we knew as “Punky Brewster” in the ’80s TV sitcom, is a soon-to-be mom of three, author, and business owner

*By Lauren Paige Kennedy*

#### **EXPERT TIP**



“If your child suddenly starts wetting the bed after being dry, it could be a sign that something is troubling him, like bullying at school or upheaval at home.”—*Amalia Guardiola, MD*



# Three to Be

**You're finishing your third trimester—and due any day now! How are you feeling?**

I'm good! I'm definitely juggling it all, what with two kids, which is a lot while being pregnant. But I'm very excited. We're having a boy [husband is producer Jason Goldberg]. I confess I'm in total shock.

**Will your parenting approach with a son be different than with your daughters, Poet, 8, and Jagger, 5?**

I have no idea. I'm so used to having girls. I'm asking my friends who have boys what to do with all that energy.

**With the recent release and promo of your second book, *Let's Get This Party Started: DIY Celebrations for You and Your Kids to Create Together*, how do you take care of yourself?**

I've tried to be as healthy as possible. But my cravings were carbs, donuts. I've been going at an insane pace while on this book tour. I'm running myself ragged. But I figure soon enough I'll be home!

**How did you come up with the idea for the book?**

My girls and I love to throw parties and do crafting projects. We wanted to create fun crafts at home that are both doable and accessible. The book was a family affair. My brother is the photographer, and my kids are on the pages as are my friends. It was a labor of love.

**What's your biggest challenge?**

I've had to learn how to be a juggler. My focus is my little ones. I'm so fortunate because I design my projects with them, and we have a blast. But the challenge is to balance it all and take risks at the same time. Sometimes it's scary, but I tell myself to go ahead and go for it and to follow my dreams.

Soleil Moon Frye hosts *Home Made Simple*, which airs Saturdays on OWN.

Read the full Q&A with Soleil Moon Frye in our free iPad app!

Reviewed by Hansa Bhargava, MD  
WebMD Medical Editor



## PREGNANCY

# Prep School

GETTING READY FOR BABY? SAY BYE-BYE TO THESE  
FOUR THINGS BEFORE AND DURING PREGNANCY

By Stephanie Watson

● The moment you see a  
● plus sign or pink line  
on the pregnancy test, you  
know you've got to make  
some life changes. Think of  
these not as sacrifices but as  
self-improvements.

"Anticipating pregnancy or becoming pregnant is a great time to turn over a new leaf," says Siobhan Dolan, MD, MPH, professor of clinical obstetrics and gynecology and women's health at Albert Einstein College of Medicine at Yeshiva University and an attending physician at Montefiore Medical Center in New York City.

**Be a quitter.** It would take a whole book to chronicle all the harms of smoking. Cigarette smoke contains thousands of toxic chemicals, which deprive your baby of oxygen and increase your risk of miscarrying or having a baby born prematurely, at a low weight, or with birth defects. Babies of moms who smoked during pregnancy are more likely to die of sudden infant death syndrome or to develop asthma.

The reasons for quitting are obvious, but the path



isn't always easy. "Smoking is an addiction," says Dolan, author of *Healthy Mom, Healthy Baby: The Ultimate Pregnancy Guide*. She advises getting support from your doctor to help you quit.

**Bid adieu to booze.** You might have read about a recent study that found no

harm in having a drink or two a week during pregnancy. But Dolan says that because alcohol is toxic to a developing baby's brain, there's no truly safe threshold.

Studies show even a small amount of alcohol can cause fetal alcohol syndrome—a cluster of health effects

including low birth weight, abnormal facial features, a small head, and developmental delays. "I think we should err on the side of protecting the baby's development as much as we can," she says.

**Avoid a java jolt.** You may need your morning cup of joe to get you going, but try to stop there. Not only can too much caffeine increase your blood pressure, make you feel jittery, and interrupt your sleep, but it also reduces blood flow to your baby.

Experts say 200 milligrams of caffeine a day (the equivalent of a 12-ounce mug of coffee) is fine. Just watch for other dietary sources of caffeine—soda and chocolate—so you don't inadvertently consume too much.

**Be med-smart.** Some drugs should stay in the medicine cabinet until after you deliver. Others—such as some over-the-counter pain relievers and cold medicines—might be fine as long as you get your doctor's OK.

Don't avoid medicines that you need to treat a health condition such as high blood pressure or epilepsy. Work with your doctor—ideally, before you get pregnant—to determine which drug will be safest, Dolan says.

### EXPERT TIP

"It's really hard to be pregnant. Go easy on yourself. During my pregnancy I was an OB/GYN resident working long hours. The message I tried to give myself was that I was doing the best I could for my baby. There's a certain peace that comes with that." —**Siobhan Dolan, MD, MPH**

Reviewed by **Nivin C.S. Todd, MD**  
WebMD Pregnancy Expert



Make it to dry land with **Coping With Bedwetting: Your Step-by-Step Guide**, a top slideshow at the Health & Parenting Center.

WebMD.com

## KIDS' HEALTH

# Dry Ideas

HAVE A BED WETTER ON YOUR HANDS? MAKE FOR BETTER NIGHTS WITH THESE TIPS

By Gina Shaw

● Is your elementary school child still wetting the bed some nights? One in five kindergarteners, and one in 10 7-year-olds, wakes up with wet sheets at least twice a week.

Most kids eventually overcome bedwetting on their own, but in the meantime, it's no fun for anyone—not the exhausted parents changing yet another set of linens, and certainly not the child who feels like a baby and worries about going to sleepovers.

*“Don't take away privileges or discipline as you would do for disobedience.”*

What can you do? First, don't punish or shame your child. “Talk with him about working on this, but don't take away privileges or discipline as you would do for disobedience,” says Amalia Guardiola, MD, assistant professor of pediatrics at the University of Texas–Houston Medical School.

Why do some kids wet the bed? Here's one possibility to consider: constipation. Steve J. Hodges, MD, associate professor of urology at Wake Forest Baptist Medical Center and author of *It's No Accident: Breakthrough Solutions to Your Child's Wetting, Constipation, UTIs, and Other Potty Problems*, believes many cases of bedwetting are caused by constipation—even in kids who don't appear to have trouble going No. 2.

In a study of 30 kids treated for bedwetting, he found that all had large amounts of stool in their rectums, even though most had normal bowel habits. Treatment with laxatives cured bedwetting in 83% of the kids in three months.



## GOOD NIGHT

AMALIA GUARDIOLA, MD, SUGGESTS PARENTS TRY THIS 1-2-3 FORMULA TO PUT A STOP TO BEDWETTING.

**Limit evening drinks.** “Between 6:30 and 7, stop all liquids for the day—no water, no milk, no juice. If you're still having trouble, push it back to 6 p.m.” (Have your child drink more during the day to compensate.)

**Take your child to the bathroom immediately before going to bed.**

**Set an alarm for around the time your child tends to wet the bed. If he sleeps right through the wetness, try around 1 a.m. Wake your child at that time and take him to the bathroom.**

“Many kids are walking around constipated because of poor diet, because they're uncomfortable defecating in school restrooms or other places, or for many other reasons,” Hodges says. “It's an easy fix.”

After seeing X-rays of dozens of bedwetting kids with backed-up colons, Hodges knew he didn't want to go through that with his own children. “My second daughter had toilet trained at 3, but she was still wetting the bed,” he says. Hodges treated her constipation with a mild laxative, which helped. Be sure, however, to talk to your pediatrician before giving your child a laxative.

Reviewed by **Roy Benaroch, MD**  
WebMD Kids' Health Expert



PET HEALTH

# Breaking Bad

A BEHAVIORAL EXPERT EXPLAINS THE SECRETS TO STOPPING YOUR DOG'S OBNOXIOUS HABITS

By Sonya Collins

● Sure, he's your best friend. But even  
● your best friend has some habits you could live without. You try to get him to stop, but your efforts may encourage your dog's bad behavior, not curb it. Try these tips instead.

## Barking

You're relaxing on the sofa after a long day, until your dog breaks the silence with a piercing bark. Then another. He won't let up. So you call him over and pet him to distract him from barking.

If you think that will keep your dog from repeating this scenario again and again, you're barking up the wrong tree. "When we respond by giving the dog attention, we reward him," says Bonnie Beaver, DVM, a veterinary behaviorist and professor at Texas A&M University College of Veterinary Medicine and Biomedical Sciences.

If you want to minimize barking, don't respond. Instead, try to identify the trigger and downplay its impact. You may neutralize outside sounds with white noise machines, TV, or static on the radio. Or you can keep the dog in a part of your home where he won't hear those sounds, such as a back bedroom. This may be a good plan if neighbors complain about barking while you're gone.

Dog owners often feel guilty about keeping their pet in a crate or confined to one room of the house, but Beaver says dogs don't mind at all.

Another strategy is to give your dog something to do that he can't do at the same time

## SCRATCH PAD

WANT YOUR CAT TO STOP SCRATCHING THE CARPET? BONNIE BEAVER, DVM, HAS THE SOLUTION.

### Consider the source.

Give your cat a scratching surface similar in texture to the surface she prefers. If she likes the carpet, she may prefer a horizontal surface rather than a post.

### Provide alternatives.

Put toys, treats, or catnip on top of the scratching post or surface, which will help your cat learn to prefer those scratching tools.

Create a scratching space. Confine your cat with her scratching carpet or post to a small carpeted area that you cover with a plastic office mat.

### Give them a trim.

Clip your cat's nails to reduce some of the damage of scratching.

as barking, Beaver says. You can fill food puzzles with treats that a dog may work for hours to retrieve. The dog is entertained—and he can't bark.

## Jumping

Every time you walk through the front door, your dog jumps up to lick your face, planting paw prints all over your clothes. So you stop and pet her, while pushing her off.

While you think you tell your dog "no," paying her any attention at all says "yes." "We're pushing, we're interacting with them, which is what they want," Beaver says. "If you stood straight as a rod, looked forward, and said 'no' or turned your back to them, that is no attention. That's the way to do it."

Or continue to walk into the house and straight into the dog. "It throws them off balance, and you're not giving them attention," Beaver says. "Even eye contact is a reward. Just keep walking, look straight ahead, and don't touch them."

If your dog will sit on command, ignore the jumping and say only "no" and "sit," Beaver recommends. When the dog sits, you can pet her. "They'll learn that the way to get attention is by sitting and eventually sit by themselves. It really doesn't take very long if you're consistent," she says. "Even when visitors come, someone has to be there to tell the dog to sit."

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**D**ear Walmart Shopper,  
I hope your 2014 is off to a wonderful start! Thank you for picking up this copy of "Take the Lead in Your Health" from your Walmart Pharmacy. We are honored to have you in our store today and look forward to helping you kick off your new year.

This issue is full of information to help you start new healthy habits—or to help strengthen the healthy habits you already have. One article, in particular, focuses on tips to help you stop smoking. One of the best tips I can share about quitting is to encourage you to stop by today and talk to one of our pharmacists, who can help you pick out a quitting option that's right for you and one that is available at our everyday low prices.

You will find a number of other great articles in this issue. I encourage you to take a look, and if you have a question about anything, connect with our Walmart pharmacists. They are always available to help.

Have a great 2014!

Sincerely,



Paul E. Beahm  
Senior Vice President,  
Health & Wellness



## Smoke Signals **P. W9**

Struggling to quit smoking? *Dancing With the Stars* competitor Mark Ballas knows how difficult it is. He's using what he learned to help others kick the habit.



### **P. W5 FAMILY FIRST**

Making changes is easier when you've got a support group. Get your entire family involved in New Year's health and fitness resolutions.



### **P. W7 PUMP IT UP**

Your heart needs to be strong to do its job right. Keep your ticker in top shape with these heart-healthy strategies.



### **P. W13 SCREEN TEST**

Annual checkups are key to your health and well-being. Here's a checklist of the exams you and your family need.



### **P. W15 VITAMIN SEE**

Thinking about taking supplements? Learn what you need to know about effectiveness, safety, and how to choose the right one for you.

COVER PHOTO BY AARON FALLON

This content is selected and controlled by WebMD's editorial staff and is funded by Walmart.

# Family First

## Get your entire family involved in New Year's health and fitness resolutions

BY STEPHANIE WATSON

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR

Each January 1, plenty of people sit down and come up with a list of resolutions they vow to check off by year's end. But who said New Year's resolutions have to be a solitary endeavor?

"Lifestyle changes are always easier to do with a support group than by yourself," says E.J. Mayeaux Jr., MD, professor and chair of the Department of Family and Preventive Medicine at the University of South Carolina School of Medicine. "What better support group than your family?"

Everyone in your household could probably benefit from some lifestyle improvements. To avoid resistance when recruiting your spouse and kids, adopt resolutions gradually. Take small steps instead of huge leaps to ensure your whole family is still on track next January.

### Graduated Diet

Stripping every burger, slice of pizza, and dish of ice cream from your family's diet is unrealistic. "It's hard to go with an absolute," Mayeaux says. Instead, he suggests making smaller adjustments. Replace beef burgers with lean ground chicken or soy patties, and swap whole milk for 2%, then 1%.

### Work-Free Workouts

How to get everyone off the couch? "The trick is not doing exercise, but doing stuff that's fun," Mayeaux suggests. Find activities the whole family loves, such as roller-skating, hiking, or playing softball. The chosen activity doesn't matter, as long as you do it several times a week to increase everyone's fitness level.

### Safety Monitor

Children love to boss people around, so put the kids in charge of family safety. Let your micro-managers make sure that everyone wears sunscreen, buckles up in the car, uses bicycle helmets, and puts on safety gear before playing sports.



### Clean Team

Washing your hands is one of the best ways to prevent your family from getting sick, Mayeaux says. Set up hand-washing stations around the house, and reward kids with points and stickers for scrubbing up. While you're focused on germ prevention, make sure every family member has received all recommended vaccinations, including the flu shot.

### Down Time

Sleep is a commodity most of us are short on. To help everyone in the family sleep better, establish a wind-down routine. About a half-hour before bedtime, turn off all electronics and gather everyone on the couch for some quiet reading time. "The evening should be a time to relax," Mayeaux says.



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LOCATED IN THE PHARMACY SECTION

# Pump It Up

Your heart is your most important muscle. Learn how to keep it in shape

BY STEPHANIE WATSON

REVIEWED BY AREFA CASSOOBHROY, MD, MPH, WEBMD WOMEN'S HEALTH EXPERT

**A**t the gym, you hit the weights to trim and tone muscles everyone can see—biceps and triceps, abs and hamstrings. But what about muscles you can't see, like the all-important one hidden just behind your breastbone? Without a strong heart to pump oxygen-rich blood to your cells and organs, bulging biceps are irrelevant.

To keep your heart in fighting form, you don't need expensive gym equipment or a beefy trainer. Just add these strategies to your daily routine.

## Revamp Your Eating Regimen

Eating right can trim you down and reduce strain on your heart. Instead of dwelling on individual foods such as eliminating sugar, adopt a healthy eating pattern, says Lori Mosca, MD, MPH, PhD, director of preventive cardiology at New York-Presbyterian Hospital and professor of medicine at Columbia University Medical Center.

Start with a healthy breakfast of protein and "good" carbohydrates (oatmeal, whole wheat toast). For the rest of the day, break your plate into quarters: one-quarter fruit, one-quarter vegetables, one-quarter lean protein (skinless chicken breast, fish), and one-quarter healthy carbs (brown rice, whole wheat bread). Instead of adding salt, which can raise blood pressure, pump up the flavor with healthier alternatives like basil, garlic, and oregano.

## Get Realistic About Exercise

The heart, like other muscles in the body, needs exercise. Working out lowers blood pressure and cholesterol, and helps get your heart risks under control. Official guidelines suggest 30 minutes of moderate-intensity aerobic activity five days a week. Most, though, need to bump it up to 60 minutes just about every day to maintain or lose weight.

But don't think you have to spend that hour chugging away on a treadmill. "It doesn't have to be the traditional kind of gym activity," Mosca says. Do what you love. Turn on music and dance, or walk the dog at a brisk pace. Just get moving.



## Relax Away Stress

Though studies haven't proven it causes heart disease, stress has been linked to increased blood pressure and to artery damage—neither of which is good for your ticker. Plus, when you're stressed, you're more likely to give in to unhealthy indulgences—such as comfort food, cigarettes, and too much alcohol. You can't erase stress, but you can manage it with relaxation techniques such as bio-feedback, yoga, and meditation.

## Stamp Out Cigarettes

"Smoking has numerous toxic effects on the heart and the rest of the body," Mosca says. It increases blood pressure and raises "bad" LDL cholesterol—and that's just the start. "The good news about smoking is that the toxic effects and the increased heart disease risk are cut by 50% within six months of stopping."



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# From the Counter

## Product Picks From Your Walmart Pharmacist



**David S. Lee,**  
**Walmart**  
**Pharmacist**

MARKET DIRECTOR  
DALLAS, TEXAS

As we head into a new year, many of us will be making a resolution to start a healthy routine. Weight loss is often top of mind when it comes to New Year's resolutions, and I would recommend Spring Valley Green Coffee Bean, Nutrisystem, and Atkins products to help. If you are looking to quit smoking, I would consider using a nicotine patch such as NicoDerm CQ. Heart health is also an important part of a healthy lifestyle, and I would suggest adding Spring Valley Fish Oil to your diet for heart benefits and lower triglycerides.



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**Stop by and talk to your local Walmart pharmacist for advice on keeping you and your family healthy.**

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# SMOKE SIGNALS

*Dancing With the Stars* celeb Mark Ballas puts his dancing shoes to work on another front—to kick a bad habit

Longtime *Dancing With the Stars* competitor Mark Ballas recently kicked a habit that had hampered his moves for years. The 27-year-old ballroom dancing pro stopped smoking. “I just recently quit for good,” the two-time *DWTS* champion and Emmy-nominated choreographer says.

Nicotine patches coupled with the social support offered by an online smoking cessation network helped, says Ballas, who’s a spokesperson for Walmart’s Blueprint to Quit program. “It really inspired me to just go for it.”

Online cessation programs, along with nicotine replacements like gum and patches, can be an effective combo for would-be quitters, according to the CDC. Prescription medications that don’t contain nicotine can also work.

But even with help, quitting smoking takes real effort. The rewards are worth it, however. Not only does it dramatically lower your risk of cancer and lung

and heart disease, but staying away from tobacco makes you much more pleasant to be around. Just ask Ballas. “My clothes smelled awful, my breath and my hands,” he recalls. “I hated the way it made me smell.”

More important, now that he’s no longer polluting his lungs, he’s not laid low by the very moves that have made him famous. “If I smoked a lot, I felt horrible after dance,” he says. “The wheezing was too much.”

Off the dance floor, Ballas stays in shape by doing loads of cardio exercise and hitting the gym. He also likes to slow it down sometimes. “I love to walk,” he says. “When I lived in England, we would walk everywhere, and it was great. I try to keep that a big part of my life.”

Because he relies so much on his body, he complements his exercise habits with a healthy diet. For example, he starts off his day with a plate of egg

whites and avocado or some savory turkey sausages with fresh fruit on the side. “If I am performing that day, I definitely eat right,” he says.

That doesn’t mean he never indulges. Ballas confesses one weakness in particular. “As much as I work hard to eat healthy, every once in a while I do give in to pizza.”

Busy as he is with his dance career as well as the music he writes and performs, Ballas recognizes the importance of taking time just for himself. “When I’m not performing in any way, I’m done for the day,” he says. He loves to travel, but he’s equally drawn to the couch for an episode of AMC’s *Breaking Bad* or HBO’s fantasy drama, *Game of Thrones*.

And on the ABC show, he values his role as a teacher to his dance partners, who are not professional dancers and often need plenty of schooling. “The first thing I teach is not to be embarrassed and to be willing to go full out and make a fool of yourself,” he says.

The best advice he gives them, though, also applies to anyone who wants to quit smoking: “Never give up.”

BY MATT McMILLEN

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR

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PHOTOGRAPH BY VINCE TRUPSIN





# QUIT SMOKING WITH A COMPLETE PLAN that can add up to success

"If it worked for me,  
it can work for you."

-Mark Ballas  
Emmy-nominated Choreographer,  
Dancer & Recording Artist

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YOUR CHANCES OF  
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Mark Ballas is a paid spokesperson for GSK, but his story is his own. Doubles your chances of quitting vs. placebo. Use as directed. Behavioral support program increases chances of success. Many people require several quit attempts to stop smoking. These products are part of an 8-12 week program. Blueprint to Quit® is a registered trademark of the GlaxoSmithKline group of companies. ©2013 GlaxoSmithKline Consumer Healthcare

# 5 GET BACK ON TRACK QUESTIONS\* with a Walmart Pharmacist

**Erin Lori**, Walmart Pharmacy Manager, Store 2611, Mount Pleasant, PA



**Q. My New Year's resolution is to quit smoking, but I need help. What can I do?**

**A.** The decision to quit smoking is a big step in improving your overall health and well-being, so first I would like to congratulate you! There are many choices to help assist you, including smoking cessation products like nicotine replacement patches, gum, lozenges, and sprays, as well as prescription medications. With so many choices, it can be overwhelming to decide what's best for you, so I recommend visiting your local pharmacist for monthly counseling sessions to review your therapy and progress.

**Q. My family wants to exercise together and lose weight. How do we get started?**

**A.** I think it's great that collectively as a family you have decided to live healthier. This can be a great bonding opportunity, so it's important to be creative and keep it fun. If your family is new to exercise, you should start out slow by exercising two or three times a week for 30 minutes; as you get into a routine, the more you exercise, the better. As a family, you can walk, swim, bicycle, play catch, or even do yard work together. I recommend doing weekly weigh-ins and motivational charts that can help keep you on track to reach your goals.

**Q. I just had a baby and want to get back to my fitness regimen. What vitamins will give me energy?**

**A.** It's just as important to take care of yourself now as it was while you were carrying the baby. Continue to maintain the balanced diet you were eating while you were pregnant. You may want to continue the prenatal vitamin you were taking or start a woman's daily vitamin to make sure you are receiving the required levels of calcium, vitamin D, and vitamin B. And remember, you should ease into a fitness regimen, especially if you're starting again after having a baby.

**Q. How can my local pharmacist help my family and me practice a healthier lifestyle?**

**A.** A pharmacist can play a very important role in the self-care of you and your family, from simply giving advice on your daily vitamins and health needs to giving advice when your family is sick. By including your pharmacist in your decisions, you will be making healthier and more-informed choices about specific medications or over-the-counter products. I would recommend visiting your pharmacist monthly, whether it is during a counseling session or even on a shopping trip, to get advice on the purchases you're making for your family.

Find the vitamin that's right for you. Take our quick survey for personalized recommendations at  
**[Walmart.com/VitaSelect](http://Walmart.com/VitaSelect)**.

**Q. What are the essential vitamins my kids should take every day?**

**A.** It's important to remember that if your children already eat a balanced diet that includes the daily recommended servings of fruits, vegetables, and dairy, they may not need a multivitamin. However, this is not always the case; so, when a vitamin is needed, it's important to pick the right supplements for your child's diet. I would recommend a complete vitamin that contains calcium, vitamin D, and iron. There are many choices for different types of children's vitamins available over the counter, so be sure to review them with your pharmacist before deciding.

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Not a substitute for the diagnosis, treatment, and advice of a physician. Consult your doctor for guidance before changing or undertaking a new diet or exercise program.

# Screen Test

Stay on top of your health year-round with this checklist of wellness exams you and your family need

BY MATT McMILLEN

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR

**S**ave the date! Annual medical checkups are an important part of your health and well-being plan for you and your entire family. They help identify where you stand and involve some screening tests that can help catch problems early, so be sure to schedule regular checkups.

Start with an annual physical for each member of your family. “You want to establish a baseline that covers your current health from stem to stern,” says Len Horovitz, MD, an internal medicine specialist and pulmonologist at Lenox Hill Hospital in New York City. A first-time visit to a new doctor will include a thorough discussion of your health history plus some important tests, including:

- Blood and urine tests to gauge the state of the liver, kidneys, thyroid, and cholesterol levels, as well as a host of other important health markers.
- An electrocardiogram (EKG), which will give your doctor a quick look at the health of your heart.
- A chest X-ray to gauge heart size, look for fluid in the lungs, search for masses, and more.
- A discussion about your life, sleep habits, stress level, and general state of mind to identify potential disorders such as depression.
- For men of all ages, most doctors agree that checking a man’s testicles should be part of a general physical exam.

Beyond the general physical, regular medical tests are not one-size-fits-all. Your age, your gender, your medical history, and any health problems that run in your family will help your doctor determine which are right for you and when you need them, says Horovitz. For example:

- Starting at age 40, women should get a mammogram every one or two years.
- A colonoscopy should be done every 10 years, starting at age 50 (earlier if colon cancer runs in the family). Annual stool tests for colon cancer also start at 50.

Kids also need regular tests. They’re used to track a child’s development and to catch possible



health issues. As part of a thorough physical, annual screening tests should include:

- High blood pressure (ages 3 and up)
- Obesity
- Depression (ages 12 to 18)

Eye exams are also a part of your family’s annual checkup. Both kids and adults should make regular visits to an optometrist or ophthalmologist, who will give a comprehensive eye exam and screen for eye diseases such as glaucoma.

As a general guideline, your doctor will do a basic eye exam and screening for vision problems during each of your first-year well-baby visits. For the rest of your family, ask your doctor how often is best. It will be at least every other year for those ages 18 to 60, or every year if you’re older, wear contact lenses, or have risk factors such as diabetes, high blood pressure, or a family history of eye disease.



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Ask your eye care professional for complete wear, care and safety information.

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# Vitamin See

## Thinking about taking supplements? Get the scoop on what you need to know

BY SONYA COLLINS

REVIEWED BY MICHAEL W. SMITH, MD, WEBMD CHIEF MEDICAL EDITOR

Stroll down the supplements aisle in your neighborhood drug store and you might think they could cure just about anything. Health care experts will tell you that food, not pills, is the best source of vitamins, minerals, and nutrients. But if you'd like to try a supplement for a particular issue, do your homework first. Here's what you should know.

**Manage your expectations.** No supplement is a magic bullet. "If you want a supplement to stop you from ever getting a migraine again, you're going to be disappointed," says Cydney McQueen, PharmD, clinical associate professor at University of Missouri-Kansas City School of Pharmacy. Some supplements, however, may improve symptoms or reduce certain medical risks.

Ask a pharmacist if the supplement you're considering has proven benefits for humans. Some have been tested only on mice. Others haven't been tested at all. The FDA does not verify claims on labels of dietary supplements.

Next, find out how long the supplement should take to work. While butterbur extract may bring allergy relief within a few days, for example, glucosamine sulfate could take two months to relieve osteoarthritis pain. Don't give up on a supplement too quickly, but don't continue taking it for life if it's not helping you.

**Form, dose, and brand matter.** Once you've decided to give the supplement a shot, you'll have a staggering number of options. For starters, herbal supplements come in the form of both pure extracts and dried leaves ground and placed into capsules. "If we have evidence that an extract works, that doesn't mean a capsule full of dried leaves works, too," McQueen says.

Ask a pharmacist which form and dosage researchers used when testing it on real people. Too small a dose may not bring any benefits; too large a dose could cause side effects or even be toxic.

Choosing a brand can be tricky. Because the FDA doesn't regulate dietary supplements as it does



medications, quality, contents, and dosages vary across brands. Look for brands that participate in quality verification programs, McQueen suggests. Their labels will have "USP" or "CL" seals on them.

"Your next line of defense would be buying from a major manufacturer that also makes [over-the-counter] drugs because they're already in the business of quality control," McQueen says. "They've got a lot to lose if they put out a bad product."

**Not all supplements are safe for everyone.** "People have this idea that because supplements are natural, they're always safe," McQueen says. But supplements can pose the same risks as over-the-counter and prescription drugs, including drug interactions and side effects.

Before starting a supplement, ask your doctor or pharmacist if it could interact with other medications or supplements you take. Also ask about possible side effects and dangers associated with your particular medical conditions.



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# Great BRITTON



Actor **Connie Britton** has been spending a lot of time in the spotlight lately. But the *Nashville* star is tuned in to one role in particular—living a healthy life

BY GINA SHAW

PHOTOGRAPH BY ROBERT ASCROFT/CPI





# Connie Britton

pays a lot more attention when she goes grocery shopping these days. The *Nashville* star and four-time Emmy nominee says that losing both of her parents, in a painfully short period of time, to different types of cancer served as a major wake-up call about her own health.

Britton's mom, Linda Womack, a former music teacher, died of breast cancer in 2005, the year after Britton first appeared as football wife Sharon Gaines in the film version of *Friday Night Lights*. Three years later, as Britton was turning Tami Taylor into an American feminist icon via the *Lights* TV series, her dad, Allen, an energy-company executive, passed away from anemia related to myelodysplastic syndrome (MDS), a bone marrow disorder. In honor of her parents, Britton has donated her time to several breast cancer charities and served as Honorary National Walk Chair for the Aplastic Anemia & MDS International Foundation.

"It all got me really thinking about why we have cancer at what seems like almost epidemic proportions in our country, particularly breast cancer in women," says the 46-year-old Britton, who's also known for starring roles in *Spin City* and *American Horror Story*. "It makes me really think about living a life that is more actively healthful. I personally believe that there are a lot of things that we're dealing with environmentally—in our food, in the things that we use every day—that have chemical components that are not in our best interests, and I've started paying a lot more attention to that. I really think a lot about what I put into my body."

More research is needed to pinpoint how and why various chemicals and other factors in the environment and our diets may affect a disease as complicated as cancer. An April 2010 report from the President's Cancer Panel suggests that pollutants play a bigger role in cancer than scientists previously understood and recommends people take precautionary measures such as filtering water, avoiding plastic containers (and never microwaving them), and choosing organic, antibiotic-free food—all strategies Britton adopts.

"I want to know where the things I eat came from," she says. (Despite reports that she's a vegan, Britton says she does eat meat sometimes; her favorite meal is salmon and vegetables.) "Do I shop organic? I absolutely do. I really pay attention to the way things are manufactured. I'm not saying that any of these things, specific products or chemicals, cause these cancers, but I do think that living in a healthy way and feeling healthy perpetuates itself." She's also religious about regular mammograms and sonograms because her mother had breast cancer.

*"I really think a lot about what I put into my body. I want to know where the things I eat came from."*

## MOTHER LOAD

Bringing home her son, Eyob, now nearly 3, from Ethiopia in 2011 forced Britton to focus even more intently on the importance of a healthy life. "I'm his whole world," she says. "It really does weigh heavily on me. I've really committed myself to this person, and I'd better do a good job taking care of myself so that I can be healthy for him and live a good long life with my son."

Welcoming Eyob, nicknamed "Yoby," was bittersweet for Britton. Her mom had died shortly after Britton returned from her first trip to Ethiopia, traveling with a friend who was involved with orphanages in and around Addis Ababa. Single since her marriage to John Britton dissolved in the mid-1990s, Britton had always thought she'd have children "someday." But the loss of her parents made her realize that someday had come, and her affinity for Ethiopia after that initial trip led her to choose African adoption. Today, she's the spokesperson for the seven-nation African Children's Choir, which honored her at its ChangeMakers Gala this past November.

"It's a real bummer," she says of the fact that neither of her parents met their grandson. "I really wish that they could have known each other. It would have been so nice for him to have grandparents! And as a mom, now there are so many things I wish I could have asked them."

Many new moms who, like Britton, lost their own mothers years

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



## What you should know MYELODYSPLASTIC SYNDROME

The disease that claimed the life of Connie Britton's father, myelodysplastic syndrome (MDS), is part of a group of precancerous conditions that happen when the cells of the body's bone marrow are damaged. The American Cancer Society estimates that about 12,000 cases of myelodysplastic syndrome are diagnosed every year, but experts say this estimate may be low. Typical MDS symptoms include fatigue and shortness of breath during physical activity. Leonard Tallman, MD, chief of the Leukemia Service at Memorial Sloan-Kettering Cancer Center in New York and professor of medicine at Weill Cornell Medical College, points out more facts:

- ◆ The risk increases with age. MDS is rare in people under age 40, and most cases are diagnosed in people over 60.
- ◆ Smoking and workplace chemical exposure can increase your risk of developing MDS.
- ◆ If you've undergone chemotherapy and/or radiation treatment for another type of cancer, like breast or prostate cancer, your risk of developing MDS goes up.
- ◆ The FDA recently approved three drugs to treat MDS. Two, azacytidine (Vidaza) and decitabine (Dacogen), turn on tumor suppressor genes that are shut off in MDS. The third, lenalidomide (Revlimid) works only for MDS patients with a specific chromosomal abnormality.—GS

before having a child themselves may feel a fresh wave of grief when their child is born or they adopt. "Suddenly the new mother sees the world through the eyes of a mother and can identify with her mother in a way she couldn't before," says Hope Edelman, author of the bestseller *Motherless Daughters* and a follow-up book, *Motherless Mothers*, about the experience of becoming a mother when you don't have your own mom. "With that comes the sadness of knowing that the mother's not there to enjoy the child as their grandmother."

If you're in that position, be kind to yourself, Edelman advises. "Understand that this grieving is normal. And try to build your own network of experienced mothers you know who can give you that support you wish your mother could: your mother's sister, an older sister of your own, friends with older children. These connections can be very important."



### SON SHINE

Britton has worked to build a huge extended family for herself and Yoby. She's close to Cynthia, her fraternal twin sister, and a collection of aunts, uncles, and cousins. "Family has become very important to me. I really want him to feel a strong sense of that. And even the people I work with on *Nashville*, they've become part of our family too, for sure," she says.

Yoby's a fixture on the set of the show, where Britton plays ambitious country legend Rayna James (the role that recently earned her a fourth Emmy nomination). "He loves to go to the hair and makeup trailer with me," she says. "Everybody dotes on him and does his hair, and then he goes on set and he'll sit with the director or one of the producers and he'll call 'Rolling!' or 'Action!'"

And he's a big fan of his mom's music. Britton had never played the show's CD for him, but Yoby frequently goes for play dates with the daughter of one of Britton's friends, and he heard the music there. (Britton and her son make their home in Nashville, where the show films.) Yoby and his pal became captivated by "Wrong Song," a duet Britton sings with co-star Hayden Panettiere.

"It's one of his favorite songs now," Britton laughs. "He'll just break into the 'Wrong Song' at the top of his lungs, anytime, anywhere!"

### STANDING UP

When she's not dolled up as Rayna for *Nashville*, you won't find Britton primping much, even though her famously crowd-stopping auburn mane boasts both its own (very unofficial) Tumblr site and Twitter feed. She has a simple beauty regimen, mostly pampering her skin with a line of organic face oils.

But other than that, "I do very little fussing over myself," she says. "Because when I'm not filming, that means I'm home with my son. I used to be on time for everything. Now I'm on time for nothing, because it takes so long to get him out of the house. If I don't have anything I need to do, I may not even look in the mirror! I may throw clothes on and

## CONNIE Confidential

**At 46, Connie Britton has hair, skin, and a body that women 10 years younger envy. What's her secret?**

**Know your body's needs.** "I've developed bulging discs in my back, and so I have really had to find exercises for those kinds of injuries," Britton says. For her, that's Pilates and hot yoga.

**Get back to nature.** "I love walking and hiking and anything outside," says Britton. She's fallen in love with Nashville's parks, especially Radnor Lake, an oasis of trails and wildlife in the heart of the city.

**Tweak your bad habits.** "I tried to cut sugar out because if I have a little, I can't stop. I love chocolate so much!" She's found a brand of chocolate sweetened with beet sugar. "I really try to make that my treat. Technically that means I'm taking care of myself!"

**Get your beauty sleep.** "Sleep is probably the No. 1 thing we need to stay healthy," she says. "But listen, these days if I have a night where I get seven hours' sleep, I feel like I'm doing a good job. If I had a day for myself, I'd take a nap!"

**Know what you're putting in your body.** "When I have the time, I make fresh fruit and vegetable juices," Britton says. "But when I can't do that, I try to find a juice place near work where I know the quality of the products they're using."

focus on getting him together. People want to take pictures of me and I feel like, 'Blah, I have to remember to put on makeup!'"

In that way, Britton says, she's a lot more like *FNL*'s Tami than current character Rayna. "Even with my career, my life is a lot simpler than Rayna's life."

Britton made headlines earlier this year when she partnered with Planned Parenthood to support a campaign against abortion restrictions in Texas, where *Friday Night Lights* was set, with a special-edition T-shirt that read "WWTTD? What Would Tami Taylor Do?" She says her pro-choice stance hasn't garnered much criticism from her fans.

"I have been very lucky about that. We did an abortion story on *Friday Night Lights* that was so well done that people on both sides of the issue actually embraced and loved the episode," she says. "For me, I speak out about women having a choice and having options for excellent health care, and it's really about caring for all women, for all people. I want to have productive conversations about showing empathy for women. I can always hear anybody's point of view."

Becoming a single mom at 44 brought her own views on childbearing into sharper focus. "Listen, I am a single mom who has a great life. I am so fortunate," Britton says. "I have the resources to have help when I need it, but even so, it is still overwhelming and exhausting. And like it or not, if women don't have a right to choose about their body, they will have to take that on and the

men can leave. No child should grow up with a mother who can't take care of him.

There's really no woman who can spiritually survive being an ineffectual mother. We need to be able to mother our children."



Read **15 Cancer Symptoms Women Ignore**, the No. 1 article on WebMD's Cancer channel.

WebMD.com



A large background image showing three oysters on a bed of crushed ice. The oysters are open, revealing their glistening, light-colored flesh and dark, textured shells. The ice is white and chunky.

## FOOD & RECIPES



**49** **Three Ways**  
Easy and egg-  
cellent meal ideas

IN SEASON

# Shell Game

The oyster is legendary for its wide-ranging flavors as well as popular myths, most famously as an aphrodisiac. There's also lore that you should eat this bivalve mollusk only in months that end with an "r," in part due to higher risk of spoilage in warmer months. (Not true—according to the FDA, 40% of potentially fatal *Vibrio vulnificus* poisoning cases take place in the colder months between September and April.) More than 200 varieties of oysters populate the oceans and waterways of the world, and three primary species are commercially harvested in U.S. waters: the Olympia, the Pacific (Japanese), and the Eastern oyster. Farmed oysters make up 95% of global consumption. American production of oysters reached 155,000 tons in 2010, predominantly on the East Coast. One serving—about three medium-sized oysters—has 122 calories and is rich in vitamin B12 and protein. Some sources suggest the mollusk is a natural immune-booster as well, due to its high zinc content. Oysters have more zinc per serving than any other food, providing up to 493% of the mineral's recommended daily value.

## THREE WAYS TO COOK

## Good Egg

SCRAMBLING FOR QUICK AND EASY MEAL IDEAS?  
THE HUMBLE EGG DELIVERS AROUND THE CLOCK

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

Is the egg a superfood or dietary devil? New research may help unscramble the answer. A recent analysis of egg studies found that healthy people who included eggs in their diets showed no increased risk of heart disease or stroke.

Eggs do contain a substantial amount of cholesterol (186 milligrams apiece), but that's not a problem for most of us. "For heart health, there are bigger fish to fry in terms of food," says Meridan Zerner, MS, RD, CSSD, LD, dietitian at the Cooper Clinic in Dallas. Saturated fat and trans fat appear to have a bigger effect on blood cholesterol levels and heart disease risk, she says, and one egg offers just 1.5 grams of saturated fat and zero trans fat. Eggs already stand out as a low-calorie source of protein (6 grams per egg). They may prevent you from overeating and keep blood sugar levels steady, Zerner says.

Still, many experts recommend limiting yourself to an egg a day. If you have heart disease or diabetes, you may need to limit your intake further. It's best to think of eggs as just one option in your rotation of healthy foods, Zerner says. "We find health in the middle ground."



One egg contains 6 grams of protein, roughly 13% of the recommended daily value.

## PANTRY PICKS

Keeping these healthy ingredients on hand makes our three egg recipes eggs-tra simple to prepare. **Kathleen Zelman, MPH, RD, LD**, gives her take on what to look for at the supermarket.



**Sauce Boss:** To avoid the extra sodium in most tomato sauces, Zelman buys only no-salt-added brands: Muir Glen Organic No Salt Added Tomato Sauce (30 mg sodium) and Hunt's No Salt Added Tomato Sauce (20 mg sodium).



**Bean Count:** You can't beat beans for protein and fiber, but canned beans are another sneaky source of sodium. Zelman likes Goya Low Sodium Black Beans (125 mg sodium) and Bush's Best Low Sodium Black Beans (140 mg sodium).



**Say Cheese:** Zelman says these two cheeses are so flavorful you'd never know they're reduced-fat. She likes Cracker Barrel Extra Sharp Cheddar Made With 2% Milk and Cabot Sharp Light Cheddar.

THE OPINIONS EXPRESSED IN THIS SECTION ARE OF THE EXPERTS AND ARE NOT THE OPINIONS OF WEBMD. WEBMD DOES NOT ENDORSE ANY SPECIFIC PRODUCT, SERVICE, OR TREATMENT.

1  
'Wich Craft

This lunchtime favorite gets a healthy makeover with the help of light mayo and nonfat Greek yogurt. For a sandwich alternative, serve the egg salad on a big bed of simply dressed greens.

## Eggcellent Salad Sandwich

Makes 4 servings

## Ingredients

## Dressing

- 2 tbsp light mayonnaise
- 2 tbsp nonfat plain Greek yogurt
- ½ tsp Dijon mustard
- 1 tsp fresh lemon juice
- ¼ tsp grated lemon rind
- freshly ground pepper

## Salad and Fixings

- 6 large hard-cooked eggs, peeled and chopped
- 1 large celery stalk, minced
- 1 small red pepper, minced
- 1 tbsp chopped fresh parsley
- 8 slices whole grain bread, toasted
- 1 cup fresh arugula or baby spinach
- 1 small red onion, sliced

## Directions

1. Place dressing ingredients in a medium bowl and mix until thoroughly combined.
2. To the dressing, add eggs, celery, red pepper, and parsley, and toss gently.
3. Cover and refrigerate egg salad for 30 minutes to blend flavors.
4. Make the sandwiches: Place equal amounts of egg salad on four slices of toast. Garnish with greens and red onion, and top with remaining toast. Slice each sandwich in half and serve.

## Per serving

314 calories, 19 g protein, 33 g carbohydrate, 12 g fat (3 g saturated fat), 294 mg cholesterol, 6 g fiber, 7 g sugar, 386 mg sodium. Calories from fat: 34%

Reviewed by Hansa Bhargava, MD  
WebMD Medical Editor



## 2

### Roll Play

Eggs get the Southwestern treatment in these warming enchiladas. Serve them as a healthy brunch entrée or a tasty light supper.

#### Huevos Enchiladas

Makes 8 servings

##### Ingredients

- 1 15.5 oz can low-sodium tomato sauce
- ½ tsp garlic powder
- 1 tsp chili powder
- 1 tsp cumin
- 8 large eggs
- ¼ cup low-fat milk
- ⅓ cup chopped green onions
- 3 tbsp diced green chili peppers
- 8 6-inch fat-free flour or corn tortillas
- 1 15.5 oz can low-sodium black beans, rinsed and drained
- 6 oz (1½ cup) reduced-fat shredded cheddar cheese, divided
- 1 avocado, sliced into 8 wedges
- ¼ cup light sour cream
- ¼ cup chopped fresh cilantro

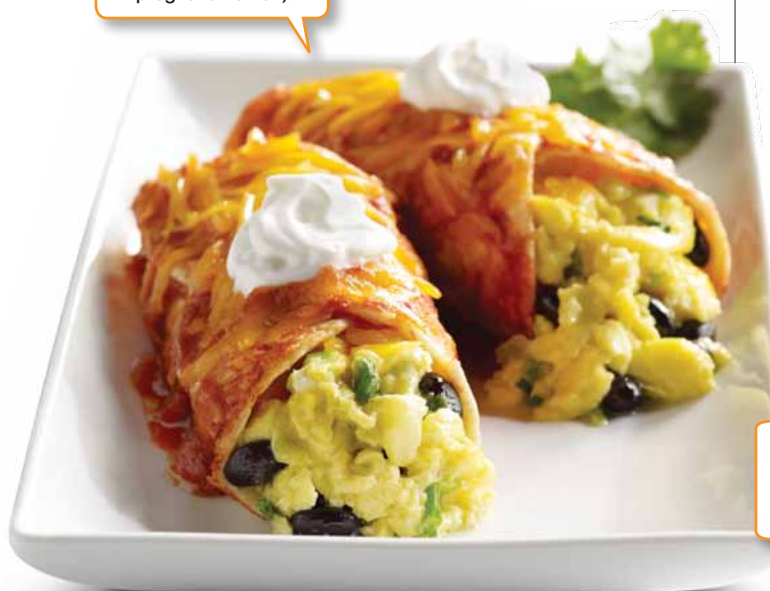
Eggs are one of the top sources of choline, a B vitamin that protects the heart and aids fetal brain development (making eggs a good choice for pregnant women).

##### Directions

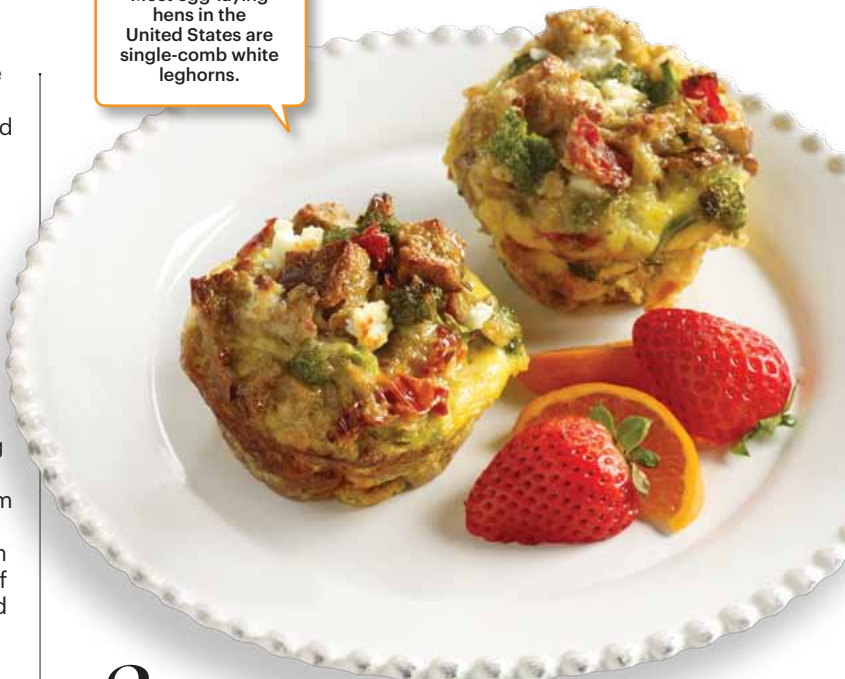
1. In a small bowl, combine tomato sauce with garlic powder, chili powder, and cumin. Set aside.
2. Beat eggs with milk until combined. Heat a large, nonstick skillet, coated with cooking spray, over medium heat. Add eggs, onions, and chilies. Scramble eggs until they're just cooked and still moist.
3. Coat a 9-by-13-inch baking dish with cooking spray, and spread 2-3 tbsp sauce on the bottom of the dish. Set aside.
4. Assemble enchiladas: On each tortilla, spoon 1/8 of the beans and scrambled eggs in a line down the center. Top with 1½ tbsp shredded cheese. Roll each tortilla and place seam-side down in the prepared baking dish. Pour remaining tomato sauce over enchiladas.
5. Cover dish and bake 20 minutes at 350°F. Remove cover, top enchiladas with remaining cheese, and bake 5-7 minutes more until cheese melts.
6. Serve enchiladas garnished with avocado, sour cream, and cilantro.

##### Per serving

266 calories, 17 g protein, 27 g carbohydrate, 10 g fat (3 g saturated fat), 191 mg cholesterol, 7 g fiber, 4 g sugar, 284 mg sodium. Calories from fat: 35%



Most egg-laying hens in the United States are single-comb white leghorns.



## 3

### Skinny Mini

It's hard to beat these muffin-pan strata: The miniature size provides easy portion control and is especially appealing to kids. Serve them with fruit for breakfast or brunch.

#### Goat Cheese and Veggie Mini Strata

Makes 6 servings

##### Ingredients

- 1 tbsp extra virgin olive oil
- 1 medium onion, minced
- 1 cup small broccoli florets
- 1 cup diced portabella mushrooms
- ¼ cup thinly sliced sun-dried tomatoes (not packed in oil)
- 6 large eggs
- ¾ cup low-fat milk (more if needed)
- pinch salt
- ½ tsp white pepper
- 4 oz goat cheese, crumbled
- 5 cups cubed whole grain bread

Egg yolks contain lutein and zeaxanthin, two antioxidant pigments that may help prevent macular degeneration and cataracts.

##### Directions

1. Coat a 12-cup muffin pan with cooking spray and set aside.
2. Heat olive oil in a large nonstick skillet to medium high. Add onion and cook 7-8 minutes until brown and caramelized. Add broccoli, mushrooms, and sun-dried tomatoes and cook 4-5 more minutes until vegetables are soft.
3. In a large bowl, beat eggs with milk, salt, and pepper. Add vegetables, cheese, and bread cubes and mix to combine.
4. Pour egg-and-bread mixture into the muffin pan, dividing evenly to ensure that liquid saturates the bread cubes. Cover the pan tightly with plastic wrap and chill at least 1 hour or overnight.
5. Heat oven to 350°F. Bake strata 20-25 minutes until puffy and golden brown. Loosen with a knife and serve two per person.

##### Per serving

268 calories, 17 g protein, 22 g carbohydrate, 13 g fat (5 g saturated fat), 195 mg cholesterol, 4 g fiber, 6 g sugar, 382 mg sodium. Calories from fat: 43%

## FITNESS & EXERCISE



**52 Workout Wit**  
Improve your workout with yoga

**53 Fitness Challenge**  
Build muscle with resistance bands

# Pole Position

Get into the groove this year with new moves



### EXPERT TIP

"Yoga deepens our connection to ourselves so we can listen to our body's cues. We eat better, sleep better, breathe more fully, and have more energy." —*Kristin McGee, BFA*



WORKOUT WIT

# Om Improvement

HAVE A FAVORITE WORKOUT? BOOST YOUR PERFORMANCE  
BY CROSS-TRAINING WITH YOGA

By Kara Mayer Robinson

● Looking to add more  
● oomph to your regular  
workouts? Power up your  
fitness program by cross-  
training with yoga.

“Yoga is a wonderful  
active-recovery workout  
for non-training days,”  
says Kristin McGee, BFA,  
a certified yoga and Pilates  
instructor in New York City.  
It can improve balance and  
stability, build strength and  
stamina, promote recovery,  
reduce injury risk, and help  
you relax, focus, and control  
your breathing—all of which  
elevate your other workouts.

## Your Workout

**If you run:** Yoga is  
great for runners because  
it stretches your quads, hip  
flexors, and lower back and  
improves your posture and  
breathing. Try power yoga,  
which works your upper body  
and can offset imbalances  
from relying on your legs.

**If you swim:** “Vinyasa  
and Ashtanga are perfect  
for swimmers,” McGee says.  
“Each pose is linked to the  
breath and flows together  
just like swimming,” and  
they work your muscles,  
which helps you swim better.



## POWER POSES

TO STRENGTHEN SPECIFIC MUSCLE GROUPS, PERFORM  
THESE YOGA POSES.

**Downward dog:** By holding this position, you’re  
strengthening your arms and legs. It’s great for calves,  
shins, and thighs and targets your buttocks and hips.

**Locust:** The locust strengthens muscles by engaging your  
lower and rear deltoids, back, hamstrings, and buttocks.

**Warrior:** This deep lunge uses your front leg to work your  
quads, hips, and buttocks while engaging your back legs  
to work your inner and outer thighs, hips, and buttocks.

**Chaturanga:** The chaturanga is similar to a narrow push-  
up. It uses your own body weight to improve muscle  
tone in your pectorals, rear deltoids, and triceps.

**If you bike:** Try Bikram  
yoga, aka hot yoga. “The  
sweat factor is high, so hard-  
core spinners and cyclists  
feel like they’re getting a  
good, sweaty workout,”  
McGee says. Plus, many  
poses open up your chest,  
hips, and upper back, which  
can offset those hours you  
spend hunched over a bike.

**If you do cardio:** Cardio  
classes can tighten your  
muscles, so lengthening and  
strengthening are a good  
thing. Try Iyengar yoga,  
a slower style that pairs  
strengthening with deep  
stretching.

## Your Plan

“I tell my clients to do yoga  
two to three days a week  
to keep muscles flexible,”  
McGee says. Do it at home  
with a DVD or an app.

“You don’t have to do yoga  
classes all of the time to reap  
the benefits,” she says. Do a  
few downward dogs, planks,  
chaturangas, warriors, and  
lunges before you work out.  
Post-workout, try static  
stretches like forward bends,  
hip openers, and deep twists.

Remember: Cross-training  
should enhance your fitness  
program, not harm it. Don’t  
push yourself into poses that  
don’t feel right.



## EXPERT TIP

“After I work out, I love to do passive yoga stretches and even meditation  
to reap the benefits and thank my mind, body, and breath for all it does  
for me.” —Kristin McGee, BFA

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

## FITNESS CHALLENGE

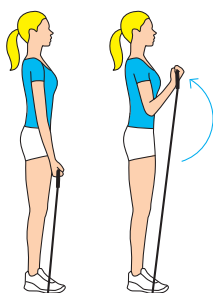
# Band Practice

WANT TO BUILD LEAN MUSCLE? SWAP BARBELLS FOR RESISTANCE BANDS

By Jodi Helmer

**You don't have to use bulky weights to build strength and tone muscles.** Simone De La Rue, personal trainer and founder of Body By Simone Fitness Centers in Los Angeles and New York City, recommends trading free weights for resistance bands.

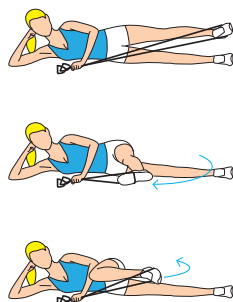
The bands don't put pressure on the joints like free weights do. "They are brilliant for beginners because you are in control so you can make it as easy or difficult as you like," says De La Rue. To build lean muscle, do these three moves at least three times per week.



### Band Curls

De La Rue loves this take on a traditional curl. The band creates resistance on both the up and down portions of the move, providing double the toning for your biceps.

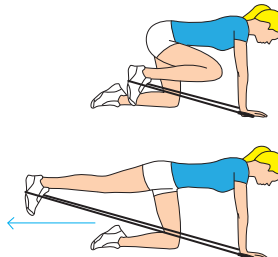
1. Stand with feet shoulder-width apart, holding one handle of the band in each hand.
2. With your hands at your sides, step onto the resistance band so it's anchored beneath your feet.
3. With elbows close to your body and palms facing forward, bend your elbows, curling your hands toward your shoulders. Keep your elbows at your sides—you want to use your biceps, not the shoulder muscles.
4. Lower slowly back to the start, resisting the pull of the band on the return.
5. Repeat 30 times.



### Hip Toner

This move works your glutes, outer thighs, and abs, and helps tone "that most troublesome saddlebag area," says De La Rue.

1. Lie on your right side with your hips stacked.
2. Loop the band across the instep of your left shoe and flex your left foot.
3. Hold both ends of the band in front of you on the floor.
4. Extend your left leg away from your body, parallel to the floor, pressing against the band until it's straight.
5. Bring your left knee toward your chest.
6. Return your leg to the starting position.
7. Repeat 30 times.
8. Switch sides and do 30 reps with the right leg.



### Glute Kick

De La Rue uses this move to help celebrity clients work their glutes, hamstrings, and abs to prep for a photo shoot or red carpet event.

1. Get down on your hands and knees and loop the band across the bottom of your right shoe.
2. Hold one handle in each hand.
3. Keeping your back straight, flex your right foot. Lift your right leg 1 inch off the floor, and draw your knee toward your chest.
4. Extend your right leg back out behind you until it's parallel to the floor.
5. Return to the starting position.
6. Repeat 30 times on each leg.

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

# Q

"I'd like to run my first 5K in 2014. How should I train to make sure I cross the finish line?"

**Shannon McKinnon, 35,**  
caseworker, Bowmanville, Ontario



# A

"A 5K is a great fitness goal!

If you're new to running, you need to prepare. New runners need six to eight weeks of training. For the first two weeks, run at least one mile three times per week. Then, increase to two miles. Use one run to focus on speed and another to focus on distance. During the third run, do walk/jog intervals to build endurance. A good pair of shoes is essential. Without the right shoes for your gait, you'll end up with shin splints and hip and ankle pain. Go to a shop that specializes in running and get a fit consultation."

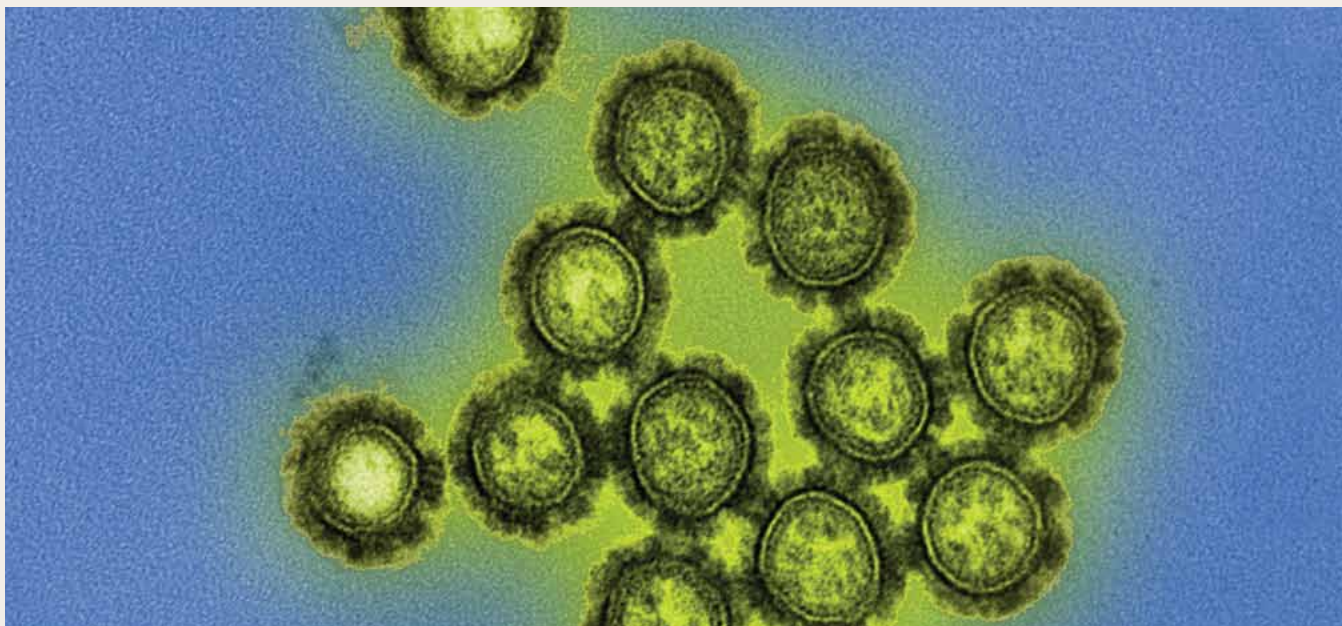


**Michael George, personal trainer in Beverly Hills, Calif., and author of Body Express Makeover: Trim and Sculpt Your Body in Less Than Six Weeks**



# WebMD<sup>®</sup> Checkup

TAKING CARE, LIVING WELL



## Cold and flu season is in full swing.

In fact, January and February is the time of year that respiratory illnesses peak.

Cold and flu symptoms are similar. A cold, which is typically not as bad as the flu, tends to bring a runny or stuffy nose, while flu symptoms more often include fever, body aches, fatigue, and dry cough. The flu can lead to pneumonia, bacterial infections, hospitalization, and sometimes even death. Children under 5, adults over 65, pregnant women, and people with certain chronic medical conditions

such as diabetes, asthma, and heart disease are at the greatest risk of these complications.

Colds tend to go away in a few days with rest. Flu symptoms can last up to two weeks, but some medications can shorten the flu's duration and reduce the fever and body aches.

The most effective way to prevent the flu is with an annual flu vaccination. You can also protect yourself and others from germs that cause colds and flu by avoiding people who are sick, washing

your hands often, covering your nose and mouth when you cough and sneeze, and staying home from work or school if you are sick.

Celebrities help spread the word about the importance of the flu vaccine. This flu season, actor Lee Majors, who starred in the 1970s TV series *The Six Million Dollar Man*, appears in a National Council on Aging public service announcement about the importance of flu shots for adults over 65.—*Sonya Collins*



### 55 Health Highlights

Do rosacea flare-ups have you seeing red? These expert tips can help you keep cool.

### 56 By the Numbers

It's American Heart Month. Take a closer look at heart disease with facts, figures, and more.

### 57 Health Check

How much do you know about chronic pain? Take the quiz to find out.



Wondering what that rash is? View **Common Adult Skin Problems**, a top slideshow in the Skin Problems channel.

WebMD.com

## HEALTH HIGHLIGHTS

# SEEING RED

GET ROSACEA RELIEF WITH THESE TIPS

By **Heather Hatfield**

### 1 *Be proactive*

See a dermatologist if you notice redness and flushing around your nose, cheeks, or neck; red bumps or pimples; or visible blood vessels.

### 2 *Take notes*

Use a journal to track flare-ups so you can figure out what factors may be to blame.

### 3 *Stay warm*

On chilly days, cover your skin to minimize exposure.

### 4 *Calm down*

Stress can cause inflammation. Try deep breathing to relax and control your rosacea.

### 5 *Avoid hot water*

A steaming bath can be tempting, but hot water can cause your face to flush, which can lead to a flare.



### 6 *Exercise right*

Short periods of exercise and low-intensity workouts keep your face cool.

### 7 *Keep it clean*

Wash your face twice a day with a mild cleanser and lukewarm water.

### 8 *Use mild makeup*

Try mineral-based products, which have natural ingredients that may be gentler.

### 9 *Go green*

Use a green-tinted mineral makeup or moisturizer to tone down the red.

### 10 *Shave carefully*

Men get rosacea, too. To reduce flare-ups, shave with an electric razor. It might be less irritating.

## EXPERT TIPS



### **Karyn Grossman, MD**

dermatologist and chief of the Division of Dermatology, St. John's Health Center, Santa Monica, Calif.

I have rosacea, and cold weather really aggravates my skin. So when I'm outside during colder months, even briefly, I cover my face completely. If my face gets overheated at the gym or after a run, I use cool compresses. I often apply a washcloth soaked with cool water to my face. It soothes the sting and cools down my face.



### **Rachel Reynolds, MD**

dermatologist and faculty member, Department of Dermatology, Beth Israel Deaconess Medical Center, Boston

Hot, steamy conditions are a common trigger for people with rosacea, causing the face to overheat and flush. Although you can't always avoid the weather on a hot, humid summer day, you can avoid situations that combine heat and moisture intentionally, like hot tubs and saunas.



### **David Pariser, MD**

dermatologist and professor, Department of Dermatology, Eastern Virginia Medical School, Norfolk, Va.

Here's how to help identify your rosacea triggers: Avoid those you suspect for a couple of weeks. Then reintroduce them one at a time. If you have a flare, you know what to avoid. Caffeine, alcohol, and hot spices like chili powder can aggravate rosacea, so stay away from them if you think they're a trigger.



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

## BY THE NUMBERS

# HEART HEALTH

FACTS AND STATS ON TOP HEALTH CONDITIONS

By Heather Hatfield

Number of people in the U.S. who will die this year because of cardiovascular disease: 800,000



2,200

Number of people in the U.S. who will die per day this year because of cardiovascular disease

17 million

Number of people around the world who will die this year because of cardiovascular disease



23 million

Number of people around the world who will die in 2030 because of cardiovascular disease

49

Percentage of Americans who have at least 1 of the 3 leading risk factors for heart disease—smoking, high blood pressure, high LDL

#1

Ranking of cardiovascular disease as a cause of death in the U.S.

\$108.9 billion

Annual cost of coronary heart disease in the U.S., including health care services, medications, and lost productivity



98.9 million

Number of Americans with high cholesterol levels (above 200 mg/dL)

Increased risk of heart disease among smokers vs. that of nonsmokers

2-4X



Reduction in risk of heart disease one year after quitting smoking

50%

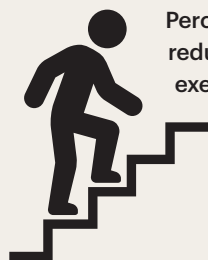


20

Percentage of global cardiovascular disease attributed to diets high in saturated fats and low in fruits and vegetables

31.9 million

Number of Americans with very high cholesterol levels (above 240 mg/dL)



Percentage heart disease risk is reduced by moderate-intensity exercise for about 20 minutes every day

15%

2-4X

Increased risk of cardiovascular disease if you have diabetes

Sources: American Heart Association; CDC; Circulation; Journal of the American Medical Association; National Heart, Lung, and Blood Institute; U.S. Department of Health and Human Services; World Health Organization; World Heart Federation



## HEALTH CHECK

# ARE YOU PAIN AWARE?

● Millions of people live with chronic pain, which can make their daily lives seem unbearable. “Simple tasks like vacuuming or lifting a case of water are really painful,” **mf1229** writes in WebMD’s pain management community. For many, the social and emotional symptoms can sometimes feel as bad as the physical ones. “I have severe depression and I’m worried about my future,” mf1229 says. How much do you know about chronic pain? Take this quiz to find out.



### ASK YOUR DOCTOR

1

What causes my chronic pain?  
Should I see a specialist?

3

Are there alternative therapies  
that can help me?

2

Will medication, steroid injections, or  
surgery help my type of pain?

4

Can counseling help me address pain-  
related emotional issues?

## QUIZ

1. Men get back pain more often than women.  
☐ True ☐ False
2. Migraines and severe headaches are most common among postmenopausal women.  
☐ True ☐ False
3. The most common site of joint pain due to osteoarthritis is the shoulder.  
☐ True ☐ False
4. Uncontrolled diabetes can lead to chronic pain.  
☐ True ☐ False

**Answers:** **1. False.** Men and women get back pain equally. Back pain is most common between the ages of 30 to 60. **2. False.** Migraines and severe headaches affect twice as many women as men, but they are more common during women’s childbearing years. **3. False.** The most common sites of joint pain due to osteoarthritis are the knees, hips, and hands, though the disease can affect the shoulders. **4. True.** Uncontrolled diabetes can lead to nerve damage that leads to chronic pain in the hands, arms, feet, legs, and other areas.

### SOURCES:

CDC, NIH, WebMD Pain Management Health Center

### DID YOU KNOW?

PEOPLE WITH  
**CHRONIC PAIN**  
ARE AT RISK FOR  
SLEEP DISORDERS,  
DEPRESSION,  
AND DRUG ABUSE.



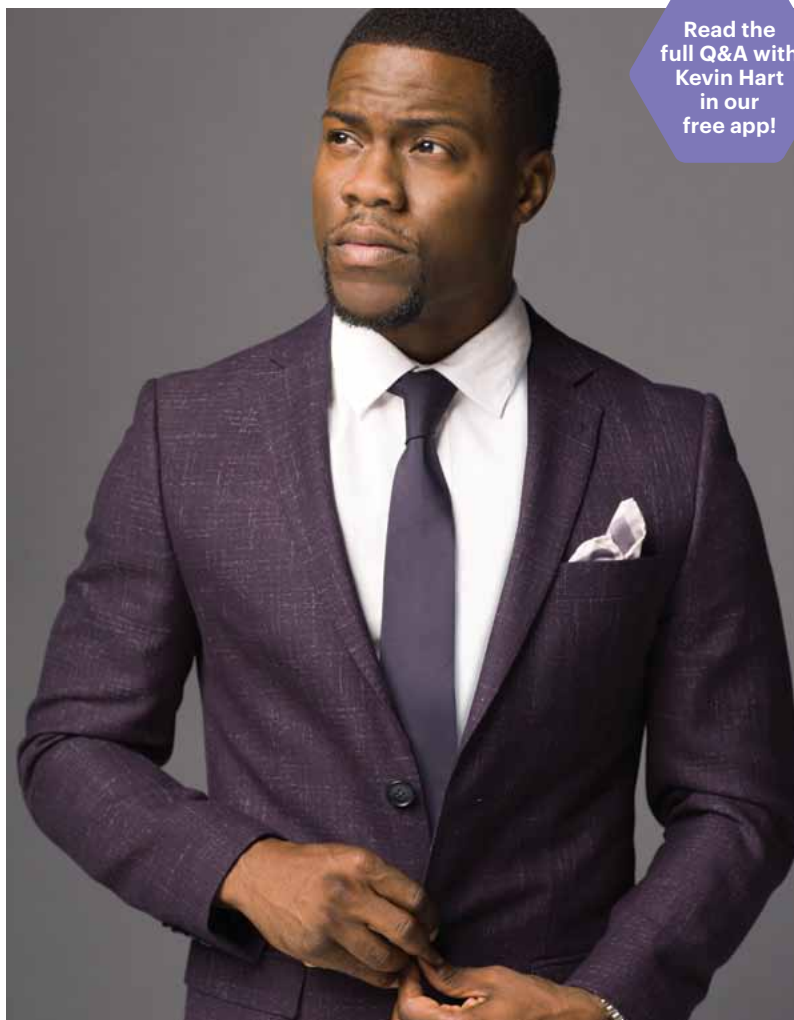
# Kevin Hart

Comedian/Actor

**1** You're the star of two upcoming comedies, *About Last Night* and *Ride Along*. How does it feel to be the leading man? I'm just in a great place right now. My workload is definitely going up, and right now I'm at a place where my opportunities are growing. It's really time for me to step up to the plate rather than not being ready for the situation. I'm going to continue to do that.

**2** What do you look for when considering a role? Right now, it's all about progression. It's all about challenging yourself. You don't want to do the same thing over and over. Take *About Last Night*. I'd never been in a movie where I was the guy in the relationship, and that's one thing that attracted me to the role. It's a great movie, based on a great movie that people love, and to try and modernize it and do it right was a good thing for me.

**3** When did you first discover you were funny? I've always been a funny guy, but when I was at community college and working at the same time, I was known as the guy who would hold court. It kind of hit me when some of my friends



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kept suggesting that I pursue comedy. You hear that kind of thing enough and eventually you're going to try it. When I did, I fell in love with it and knew it would be my career.

**4** You've talked about your early experiences on stage, getting booed and dodging half-eaten chicken wings. What drove you to keep going? At that point comedy was not

yet something I had really adapted to. But it was something I respected, something I wanted to be good at, and I had never had anything like that in my life, that I put my all into. When I found comedy, I fell in love.

**5** How do you prepare to perform? When I first started there were rituals and meditation, but now I kind of have it down. It's a different

kind of excitement for me now. To get to do something I love and make people laugh, to have fun getting to talk about what I want to talk about, there just isn't that same pressure on me.

**6** What's the biggest difference between performing live and for the camera? Having a live audience, having that immediate feedback, hearing that

laughter—that's what you live for. When you hear that reaction, it is motivation not just to go on, but to keep hearing that laughter grow. I don't think there's a better feeling in the world.

**7** Is there anything you won't joke about? I'm not big on joking about politics or jokes pointed at the gay community. That's not my agenda. Things have really changed between where comedy is now and where it used to be.

**8** You have two young children. Did either of them get the funny gene? My daughter—her personality just makes me laugh. But I'd say both my kids have got my funny gene.

**9** Is there any joke you've told about your kids that you hope they will never hear? No, everything that I have said comes from a funny place, and I think my kids will understand it as they grow older and respect it.

**10** Has being a father changed how you view your work? No, it's just given me a different level of being focused, that's all.—**Matt McMillen**