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FREE APP

Keep Track Every Day, Until That Special Day

The NEW WebMD Pregnancy app for iPhone gives expectant moms all the info they seek when they need it, easy-to-use tools to help her get organized, plus a pregnancy journal to capture those precious memories.

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WebMD
Pregnancy

Learn More

Available on the
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The Good Fight

Two-time Oscar winner **Hilary Swank** is best known for playing strong characters armed with social messages. Her latest role is no different. In her new film, she takes on malaria, a treatable, preventable disease.

Sneeze the Day

Spring has sprung—and so have your itchy, watery eyes and sniffly, runny nose. But fear not—relief is on the way! Our allergy experts put your nine most-asked questions to rest.



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“
AS A MOVIEGOER AND AN ARTIST, I’M DRAWN TO THE KIND OF WORK THAT SAYS IT’S OUR RESPONSIBILITY TO HELP OTHERS.
”

IN EVERY ISSUE

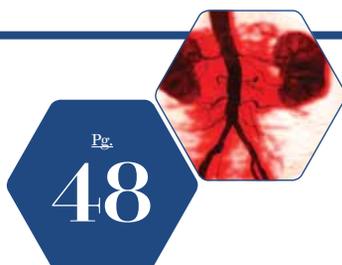
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TAKE 10
Actor **Jessica Alba** steps off the set into a new role: business owner. She opens up about what inspired her to start her natural products company and her passion for the environment.

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WEBMD CHECKUP

BY THE NUMBERS: An up-close look at spring allergies. • **LIVING WITH...**Multiple sclerosis: How to take charge and stay healthy. • **MY STORY:** One reader shares why helping the elderly is so rewarding. • **HEALTH CHECK:** Could you have irritable bowel syndrome? Test your IBS smarts.



WebMD[®] Allergy

Take Control of Your Allergies.

Based on the allergies you have, the free WebMD Allergy app for iPhone will help you prepare for each day with a personalized allergy and weather forecast along with doctor-approved tips that can be customized to your and your family's specific allergies.

The WebMD Allergy app helps you to control your allergy symptoms by showing you the allergy levels in your area before you start your day. Whenever. Wherever.



Free Download

Timely Alerts

One of the keys to managing allergies is knowing when your triggers will be at their highest. WebMD Allergy makes it easy through customizable notifications based on your allergies. With the ability to create alerts based on the severity of the allergy forecast, you have complete control.

Allergy Forecast

The WebMD Allergy app delivers up-to-date allergy information from Accuweather based on your location. Traveling? You can look up the allergy forecast in your destination and even save locations that you frequent.

Allergy 101

Want to learn 12 natural ways to defeat allergies? Or maybe you're not sure how to keep your home allergy-free? WebMD Allergy can help you figure it out! Browse through WebMD's rich library of allergy content that's been broken out into 7 categories: Outdoor, Indoor, Skin, Drug, Food, Insect Bites or Stings, and Latex. Or use search to find exactly what you're looking for.

Personalized Content

Based on the allergies you select, the WebMD Allergy app will give you tips on how to best manage those allergies. Have kids with allergies? You can add them to your app, too! Manage your entire family's allergies from one place, anytime, anywhere.



ARTICLES



QUIZZES



TIPS



VIDEOS



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● Slips and slides. Or maybe off the rails entirely. Does that describe your New Year's resolutions? According to WebMD's recent 2013 Healthy Lifestyle Study, 63% of you who do set goals each January are likely to give up by the end of March. Another 6% throw in the towel by the end of April. (However, 14% of you say you stick with them all year—bravo!)

No one plans to give up. So what's going on? I turned to WebMD expert Patricia A. Farrell, PhD, author of *How to Be Your Own Therapist*, for some insights.

She says the top three resolutions people tend to make—start to exercise or exercise more, lose weight, and eat healthier—are really big goals, so you have to practice portion control, and she doesn't just mean what's on your plate. A dash of realism helps, too.

"Each step toward a goal needs to be seen as a success, no matter how small. There will be slips and slides along the way," she says.

We can help. Go to WebMD.com right now, type your goal into our search box, and find the content, tools, answers, and community you need to succeed. Let us know how it goes—the wins, and, yes, the slips and slides. It's all good.

Colleen

Colleen Paretty
Executive Editor
cparetty@webmd.net

Rites of Spring

Sneezing. Sniffing. Itchy, watery eyes. Do you approach allergy season with dread? This year, take control with the brand-new **WebMD Allergy App**.

Designed to help you proactively manage your allergies, this free iPhone app delivers personalized location-based allergy forecasts and trusted information from WebMD. This is the first free app to provide condition forecasts and doctor-reviewed content—including articles, quizzes, and tips—for people with outdoor, indoor, skin, drug, and food allergies. App users can also track allergies for multiple family members and receive notifications when allergen levels are high. Don't be afraid to go outside—go to the App Store today.

Manage your entire family's allergies from one place, anytime, anywhere.



Pregnant Pause

Nine months might seem like a long time, but the time will fly. Track your incredible journey week by week with the free **WebMD Pregnancy App**.

Whether you're at eight weeks or well into your third trimester, this new iPhone app delivers personalized information at every step of the way to help you get organized and stay stress-free.

Learn what body changes to expect, chart your developing baby's growth, capture key milestones and belly photos, and check in with the kick counter to see how active baby is throughout the day.



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In this month's issue, we talk to actor Eric Stonestreet of *Modern Family* about his beagle-terrier mix Coleman Hawkins. Tell us about your favorite pet—and share a photo—on our Facebook page at facebook.com/webmd.

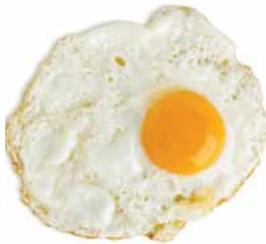


HEALTHY
START



HOT TOPICS!

FACTS AND NEWS YOU CAN USE



U.S. hens produced **6.5 BILLION EGGS FOR HUMAN CONSUMPTION** during April 2012. About 5.7% of the total U.S. flock is raised cage-free and 2.9% organically.

Source: American Egg Board; USDA

25% of children have family members with alcohol-use disorders. Teens who experiment before age 15 are **four times more likely to depend on alcohol** when they are older compared with those who wait until age 20 to drink.

Source: National Council on Alcoholism and Drug Dependence

62% of Americans say spring cleaning is an annual tradition. **PEOPLE FOCUS THE MOST ON WINDOWS (72%).**

Source: American Cleaning Institute



25.3 MINUTES THE AVERAGE COMMUTE FOR AMERICANS. **JUST .5% OF US BIKE TO AND FROM WORK.**

Source: U.S. Census Bureau, Special Edition: 42nd Earth Day, April 12, 2012



The University of Chicago recently announced it will drop a swim requirement for graduation, but **some U.S. colleges' pool tests are still kicking.** At Cornell University and Columbia University, students must swim **75 yards.** At Massachusetts Institute of Technology, students must swim **100 yards.**

Source: Columbia University, Cornell University, MIT, University of Chicago

175 million children worldwide could be affected by the increase in **natural disasters due to climate change.**

Source: Environmental Protection Agency



ONE IN SEVEN DRIVERS AGES 16 TO 24 ADMITTED TO DRIVING WHILE DROWSY AT LEAST ONCE IN THE PAST YEAR, WHILE ONE IN 10 OF ALL LICENSED DRIVERS CONFESSED TO NODDING AT THE WHEEL.

Source: National Sleep Foundation; AAA Foundation for Traffic Safety

34.3% THE PERCENTAGE OF COLLEGE STUDENTS WITH AUTISM SPECTRUM DISORDER STUDYING SCIENCE, TECHNOLOGY, ENGINEERING, OR MATHEMATICS

Source: Journal of Autism and Developmental Disorders

Heartworm disease, a potentially fatal condition in which long worms invade the heart and vessels in the lungs, affects cats and dogs in all 50 states. The disease is nearly 100% preventable with oral or topical medications.

Source: American Veterinary Medical Association



\$32
Average price of a basic pedicure

Source: Nails Magazine, 2011-2012 Industry Highlights



Brain Game

Using a single IQ test to calculate a person's intelligence isn't very smart, a new study indicates.

The study, which tested more than 100,000 people worldwide, found at least three separate components of intelligence: memory, reasoning, and verbal recall. Just one score can't capture all of them, researchers say. Lifestyle factors count, too. Computer gamers score higher on tests of reasoning and short-term memory. Smokers do poorly on short-term memory and vocabulary tests, while test-takers with anxiety falter on short-term memory tests, the study shows.

Source: Neuron

TEEN SCENE

Teen drinking and driving has dropped by more than half in the past 15 to 20 years. Still, there's room for improvement. In 2011, one in 10 students age 16 and up reported driving after drinking during the previous 30 days. Most had consumed five or more alcoholic drinks in a couple of hours. To make sure your teen isn't one of them, you can set a good example and always drive safely yourself, provide your teen with a safe way to get home if he's been drinking, and sign a parent-teen driving agreement.

Source: CDC



**THE OPTIMAL
AMOUNT OF
MILK MOST
PRESCHOOLERS
SHOULD HAVE
IN A DAY**

Source: Pediatrics

WebMD **answers**

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

1. Why am I craving sweets?
2. Help! I'm losing my hair.
3. Is pregnancy after menopause possible?
4. Why am I losing inches but not pounds?
5. What are some tasty snacks that won't wreck my diet?
6. Can guilt cause physical symptoms?
7. Why do I have a rumbling noise in my ears?
8. Do lip plumpers contain toxic ingredients?
9. Is it safe for children to drink tap water?
10. What's the best thing to eat after a workout?

*as of Dec. 1, 2012



CHILD'S PLAY

More schools are eliminating recess and using the time to teach subjects, says the American Academy of Pediatrics (AAP). But all work and no play does not make Johnny and Jane perform better in class, according to a new AAP policy statement. "The child who has regular breaks in the day performs better cognitively in the classroom, and gets a lot of social and emotional benefits," says Robert Murray, MD, co-author of the statement and professor at The Ohio State University.

Source: Pediatrics



HEART AND HOME

If you live in New England or the Western U.S., you're more likely than the average Southerner or Midwesterner to have a healthy heart.

That's one finding of a CDC

survey that asked more than 350,000 people about heart health factors including blood pressure, cholesterol level, and weight. In particular, these four states have the **most residents with no heart disease risk factors**:

1. Washington, D.C.
2. Vermont
3. Virginia
4. Connecticut

The states with the **fewest people with optimal heart health** are:

1. Oklahoma
2. West Virginia
3. Mississippi

Source: Journal of the American Heart Association



Happy Days

Feeling grumpy? Grab an apple. Or a carrot. Or a banana. Repeat daily.

A study that looked at diet and health data on 80,000 men and women in Britain found that the more fruits and vegetables they ate, the happier they reported being. Those who ate seven servings daily—each about 3 ounces—were happiest. And no, french fries did not count as a vegetable.

Source: Social Indicators Research

WebMD Healthy Pets

Tips and tools to keep
your pet healthy!

[Learn More](#)





CHECK, CHECK

More Americans now get their cholesterol levels checked, according to a CDC report. That's good news because high cholesterol is a major risk factor for heart attack and stroke.

The report was based on the CDC's Behavioral Risk Factor Surveillance System, an ongoing telephone survey of more than 350,000 American adults. In 2005, 72.7% said they'd had their cholesterol checked at least once in the previous five years. By 2009, the percentage was 76%.

Among those who had been tested in 2005, a third reported they were told they had high cholesterol at some point in their lives. Four years later, 35% said their cholesterol was high or had been in the past. But that's likely a sign that awareness—rather than high cholesterol itself—is on the rise. In a CDC report, researchers found the overall level of high cholesterol among adults dropped from 18% to 13% between 2000 and 2010.

Source: CDC's Morbidity and Mortality Weekly Report



Can't Be Beet

Drinking a single glass of beet juice appears to lower men's blood pressure almost immediately, a small study finds.

Within hours, the beet juice lowered systolic blood pressure (the top number in a blood pressure reading) by an average of four to five points in 15 healthy male volunteers compared to baseline blood pressures. That decrease may seem small, but on a public health level, it could equate to a 10% reduction in deaths from heart disease, though more research is needed. Fifteen women also participated in the study, and while beet juice lowered their blood pressure a little, the drop was not significant.

Source: Nutrition Journal

SLUMBER NUMBER

Twenty-seven minutes. That's how much extra sleep a school-aged child needs each night to be brighter and more productive the following day. A recent study of 34 healthy children found that those who got the extra minutes of snooze time during a one-week period were less impulsive, less distractible, and less likely to have tantrums or cry often and easily, according to their teachers and parents. By contrast, losing just shy of an hour's worth of sleep had the opposite effect on behavior.

Source: Pediatrics



**OF THE 1.3 MILLION
AMERICANS WITH RHEUMATOID
ARTHRITIS, 75% ARE WOMEN.
FOR MOST PATIENTS, RA STARTS
BETWEEN AGES 40 AND 60.**

Source: American College of Rheumatology

UP CLOSE

Color Splash

AN IN-DEPTH LOOK AT NAIL POLISH

Do or Dye

Fingernail painting emerged in India more than 5,000 years ago. People used henna ink for nail decoration.

First Hand

The original traces of nail polish-like mixtures appeared around 3000 B.C. in China. They included beeswax, gelatin, egg whites, and tree gum.

Color Code

Nail polish color signified social class in ancient Egypt and China. Cleopatra reportedly wore dark red, while women in lower social classes wore paler colors. Chinese royalty in 600 B.C. chose gold and silver tones.

New Coat

Revlon's first product, released in 1932, was nail enamel. The company's chemists based the formulation on high-gloss paint used on cars in the 1920s.

In the Red

In the 1940s, actor Rita Hayworth made red nails all the rage with her signature color to match her red hair.

À la Mode

The French manicure—nails painted with nude-colored nail polish with white tips—debuted on Parisian runways in the 1970s.

Pop Art

One of the main ingredients in nail polish, nitrocellulose, is also used to make dynamite.

Price Match

According to a 2011 survey, the average price for a basic manicure is \$19.76.

Set Time

Gel nail polish is the trend du jour and lasts about two weeks. These polishes adhere to the nail when exposed to UV light, which allows the gel to harden and dry quickly.—*Chloe Thompson*



Katharine McPhee

THE SINGER/ACTOR SHARES HER HEALTHY LIVING HABITS



Wind Down

"I have a new apartment in downtown New York City with a big bathtub. It's nice to relax after a long week—to chill out and just soak."

*McPhee stars in NBC's **Smash**, which started its second season in February.*

"Get as much sleep as you can—it really helps keep skin looking fresh."



On the Road

"Life's daily anxieties cause stress. Having a few close friends and my family—that's how I stay balanced. Meditation and prayer give me a way to process things."



Pantry Staples

"Lemons: My mother-in-law taught me to freeze lemons and grate the zest over all kinds of foods like salads and pasta. Eggs: You can always make scrambled eggs and toast. Olive oil."



The second season of NBC's musical drama *Smash* premiered Feb. 5, with fresh stars and characters, new music, and surprising plot lines. Look for singer, songwriter, and actor Katharine McPhee, 28, to stay the musical and dramatic course of her Midwestern character, Karen Cartwright. McPhee herself hails originally from Los Angeles. Since finishing *American Idol*'s 2006 season as runner-up, she's recorded three albums, acted in *Shark Night 3D* and *The House Bunny*, and appeared on TV's *CSI: NY*, *Community*, and *Family Guy*. Between singing and acting gigs, she founded a charitable foundation, McPhee Outreach, that supports the fight against malaria in Africa as well as childhood hunger and pediatric cancer in the United States.—*Stephanie Stephens*



Snack Attack

"I love an apple and peanut butter with granola, or a banana and almond butter—maybe a handful of almonds. Cookie Dough Balance Bars are quick when I'm on the go."



Work It Out

"Sometimes I get busy, making excuses, but I just don't like it until I'm back in my groove, ideally four to five times a week. With my busy schedule, I strive for three times a week. I like to see a trainer twice a week and then do the SoulCycle indoor full-body workout or Barry's Bootcamp."



Me Time

"An ideal day is toast and coffee first, hanging out for a while, then walking in Manhattan's West Village—shopping and just blending in with people—then hopping in a cab to go uptown to the Plaza Hotel's Caudalie Vinotherapie Spa. Another ideal day: See a movie and eat a bucket of popcorn!"

What Will Help You Lose Weight?

WebMD Food & Fitness Planner

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

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

[Learn More](#)



Field Day

Take a moment to slow
down and breathe in
the new season

16 On the Street
A New York
working mom
comes home

18 Work It Out
Do you have what
it takes to be a
good boss?



READER TIP

“I recycle everything I possibly can. Imagine everything that people have recycled in the past 20 years just being dumped in a landfill instead.”

—*cjh1203, WebMD community member*

CHAP ZAP

"Before running, moisturize your hands with a rich cream containing ceramide—Cetaphil Restoraderm and CeraVe Moisturizing Cream are two of my favorites—and slip on some gloves. After your run, your hands will be silky smooth. Similarly, before jumping into the pool, protect your hair with a conditioning mask and a swim cap. I like Aussie 3 Minute Miracle or Kérastase Masquintense. Also before your run, apply a lip balm with petrolatum and sunscreen, like Banana Boat Sport Performance Lip Balm SPF 50 or Panama Jack Lip Balm SPF 45."



Mohiba K. Tareen, MD
founder, Tareen Dermatology
and clinical assistant professor of
dermatology, University of Minnesota
and Columbia University

BACK-UP PLAN

"To prevent back pain, you need a strong core. Start with these two simple—but not easy—exercises. 1. *Bird dog*. On all fours, raise your right arm and left leg straight out and hold for two seconds. Slowly lower. Then raise your left arm and right leg and hold. Repeat eight to 12 times. 2. *Side plank*. Lie on your right side, upper body propped up on your elbow. Lift your hip off the floor to form a straight line from head to toe. Hold up to 20 seconds and lower. Repeat twice on each side. Follow with gentle stretches."



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

KNEE DEEP

"Transition from running to cycling or indoor spin classes. This will also strengthen your quads to better support your knee. Also, eat more fish, like salmon, and gravitate toward a plant-based diet. A diet rich in omega-3 fatty acids and antioxidants can reduce inflammation. And don't sit—at least not for too long. Continuous movement seems to keep the joint better lubricated. If you sit a lot during the day, set up reminders for yourself to stand up and move around at regular intervals."



Peter Abaci, MD
medical director,
Bay Area Pain & Wellness Center

STATIC SHOCK

"If you find that humidity helps your hair, it tells me your hair strands are very thirsty, which means you should seek products with humectants and moisturizers. Use a mild conditioning shampoo like L'Oréal EverCrème Cleansing Conditioner or Wen Cleansing Conditioner instead of a traditional shampoo. A cleansing conditioner will get your hair clean without stripping. It also deposits conditioning ingredients on your strands that reduce the fly-aways and static."



NiKita Wilson
cosmetic chemist and vice president of
product development, Englewood Lab

Home Runner

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

Photograph by Winnie Au

WEBMD ON THE STREET

Lisa Dominici Faries

Marketing exec and
stay-at-home mom, 49
Rye, N.Y.

After earning many titles throughout a long, demanding, and rewarding career, "stay-at-home mom" is a relatively new one for Lisa Dominici Faries. "I worked full time for my kids' entire lives and decided to leave my job last year to spend time with my high schoolers before they go off to college," says the mom of three. "It's been a big transition, but I set several goals to keep myself motivated," including serving on some local philanthropic boards and signing up for running races and triathlons. "But ironically, now that I have a lot more free time, I actually seem to have less time." Faries' active lifestyle has taken a toll on her schedule and her body, too. "I run outside on a regular basis and swim inside a couple times a week. And, after months of cold weather, my skin and cuticles are super dry, chapped, and split and crack easily," she says. And her hair? "Without the humidity, it's limp, flyaway, lots of dry static energy." She says she loves raking leaves and even shoveling snow, but her back has started hurting. Her knee, too. "I've been diagnosed with arthritis under my kneecap and, no surprise, it hurts after I run and when going up the stairs." —**Andrea Gabrick**

Want to be our next WebMD On the Street star? Email us your health issues at webmdmagazineeditors@webmd.net. We might come to your city!



Get stress-reducing insight from **Success Over Stress**, one of WebMD's top 5 Emotional Health videos.

WebMD.com



A bad boss is the No. 1 reason employees quit, according to an International Association of Administrative Professionals survey.

WORK IT OUT

Lead Story

WANT TO BE A BETTER BOSS? TRY THESE 3 GUIDING PRINCIPLES

By Sonya Collins

● If you manage a team, you probably rose through the ranks with some bosses you loved—and some you didn't. Now that you're in charge, how can you lead like your favorite managers?

The best bosses understand a few common components of good leadership, says Shirley Davis Sheppard, PhD, vice president of diversity and inclusion at the Society for Human Resource Management in Alexandria, Va. Here are three:

Trust A great boss is both trustworthy and trusting. You earn trust by giving employees due credit for their work and ideas.

Sheppard once left a job because she didn't trust her boss. "She would ask me about my team members, our projects and strategies, and when I gave her the information, she would go to the head of our department and

act like she had done all the research herself."

On the flip side, if you want to show staff that you trust them, don't micromanage.

Vision Leaders inspire others to follow. That means clearly communicating where you're going and your employees' roles in getting there. It's your job to recognize what talents, skills, strengths, and abilities you have on your team and to put those to work to reach your collective goals, Sheppard says. An effective leader knows when to direct, when to coach, and when to delegate.

Empathy Showing understanding when an employee needs a push is not a sign of weakness. Is an employee struggling with an assignment? Rather than saying, "You should be able to do this," ask, "What can we do to help you get this done?"

BEST PRACTICES

It takes work to become a good manager. Incorporate these three habits from human resources expert Shirley Davis Sheppard, PhD.

Leave the door open. "If your team isn't offering ideas, being innovative, and taking risks, it may be a sign they are threatened or intimidated by you," Sheppard says. Let them know your door is always open.

Learn to delegate. "My problem used to be that I would do all the work because I thought no one could do it better than I could," Sheppard says. But good leaders empower others to do more than they ever thought possible.

Be a lifelong learner. You got to your position because you are an expert at what you do, but leaders have to keep their skills sharp. "Every year, you should take a course, attend a seminar, or go through an executive coaching program on leadership," Sheppard says.

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



**HEALTHY
BEAUTY**

- 20 You Asked**
Expert picks and tips for longer-lasting hair color
- 22 Your Smile**
Do you eat foods that stain your teeth?
- 23 Beauty Smarts**
Dry skin? How to make makeup last

Spring Ahead

Say bye-bye to winter and face the new season with gorgeous skin and hair

READER TIP

“The freedom of not dyeing my hair has given me an almost new lease on life. I’ve changed my makeup to adjust—and I get a ton of compliments all the time on my hair.” —*NJJazz, WebMD community member*

YOU ASKED

True Colors

DON'T LET YOUR NEW SHADE FADE! OUR EXPERTS OFFER
HAIR-DYE TIPS AND PRODUCT PICKS

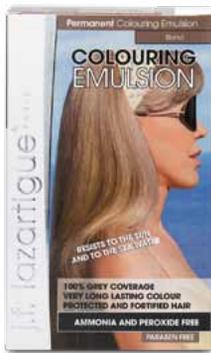
By Ayren Jackson-Cannady

**Liquid Gold**

Phytonectar Oil (\$30) "The sun, environment, and overwashing can lead to fading and can dry out strands. Keep dyed hair healthy and vibrant with a treatment once or twice a week. This oil formula contains egg yolk and sunflower extract to help repair parched and damaged strands."

**Winning Streaks**

L'Oréal Couleur Experte Express Easy 2-in-1 Color + Highlights (\$14.99) "Highlighting kits are a great way to test DIY hair color. Try drying your hair. Then pick the pieces you want to highlight. It's easier to choose the right ones when you can see how your hair falls dry."

**Natural Selection**

J.F. Lazartigue Colouring Emulsion (\$23) "You can dye your hair without causing damage. Use a vegetable dye or color like this one with no peroxide or ammonia. Hair color doesn't necessarily cause split ends. Overprocessing and dyeing incorrectly lead to problems."



Rita Hazan
hair colorist and owner of Rita Hazan Salon,
New York City

**Brass Tactics**

Shu Uemura Full Shimmer Illuminating Shampoo (\$48) "People with dyed hair shouldn't use just any type of shampoo. If your locks are colored, suds up with a cleanser like this, which is packed with vitamin A and fatty acids to hydrate strands and prevent oxidation of your color—that's when it turns brassy."

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.

FROM WEBMD.COM

Q&A

"Help! I've tried everything on my dark circles, but they just won't go away. What should I do?"



Terumi Culmer,
42, minister,
Columbia, Md.

**EXPERT ANSWER**

"The skin around the eyes is very thin to begin with, and as we age it becomes even thinner. That often makes the vessels under the eyes more prominent. This can also create the appearance of dark circles that have a slight bluish tone. Try using an eye cream that contains caffeine. This can help constrict the vessels and reduce their prominence."



Sejal Shah, MD
dermatologist,
New York City



Type Cast

John Frieda Precision Foam Colour (\$12.99)

"The difference between permanent, semipermanent, and demipermanent dyes? Permanent color like this easy-to-handle foam formula won't wash out. Semipermanent lasts for only eight to 12 shampoos. Demipermanent color takes longer to rinse out."



Ray of Hope

Paul Mitchell Color Protect Locking Spray (\$21.49)

"Another hair color destroyer is dehydration or moisture loss from the sun. If you plan on being outdoors for a while, wear a hat or spritz on a conditioning spray like this, which contains sunflower extract that helps protect strands from the sun and prevent dry out and a dull look."



Sealed Deal

Pureology Hydrate Conditioner (\$27)

"One thing you should definitely *not* do when dyeing your hair at home is skip the conditioning. Conditioner can help lock the color into the strands by smoothing down the cuticles after the pigment particles have entered the hair shaft."



Fluid Motion

Alterna Bamboo Color Care UV+ Fade-Proof Fluide (\$24) "Water can be the enemy of dyed hair. Use leave-in products that contain antioxidants to prevent free radicals from accelerating pigment breakdown. This product is lightweight, with vitamins E and A, and melon extract."



Ni'Kita Wilson,
cosmetic chemist and vice president of product development, Englewood Lab, Union, N.J.

Reviewed by Karyn Grossman, MD
WebMD Skin Care Expert



AISLE DO

PRODUCT PICK
Aqua Glycolic Facial Cleanser
(\$17.95)

EXPERT
Julie Pena, MD
dermatologist,
Nashville, Tenn.

"This is a great anti-aging cleanser. It contains glycolic acid, which is a type of alpha hydroxyl acid or AHA. These fruit acids are natural skin exfoliators that remove dead skin cells without the harshness of facial scrubs. AHAs also function as antioxidants to protect skin cells from the damage that's caused when free radicals are produced by sun exposure, smoke, and environmental stress. AHAs stimulate collagen production, and help to decrease fine lines and wrinkles. For best results, apply a pea-size drop with your fingertips. Repeat morning and night. If your skin becomes flakey or dry, cut use to once a day or every other day."

Shopping List



Take a photo with your phone!

Phytonectar Oil

L'Oréal Couleur Experte Express Easy 2-in-1 Color + Highlights

J.F. Lazartigue Colouring Emulsion

Shu Uemura Full Shimmer Illuminating Shampoo

John Frieda Precision Foam Colour

Paul Mitchell Color Protect Locking Spray

Pureology Hydrate Conditioner

Alterna Bamboo Color Care UV+ Fade-Proof Fluide

19 Habits That Wreck Your Teeth slideshow: 300+ "likes" on WebMD's Facebook page.

YOUR SMILE

Food Fight

WANT TO KEEP YOUR TEETH WHITE? WATCH WHAT YOU EAT

By Colleen Oakley

● It's a fact of life: You do two things every day that stain and yellow your teeth—eat and drink. "Teeth are porous by nature, so they're prone to hang on to the microscopic bits of food and beverage that come in contact with them," says Peter Boulden, DMD, fellow of the Academy of Comprehensive Esthetics and co-owner of Atlanta Dental Spa.

Barring a starvation diet, how can you keep your pearly whites, well, pearly white? "A good rule of thumb is, if it would stain a white T-shirt, it would probably stain your teeth," says Boulden.

A lot of those foods are also good for you, so don't avoid them altogether. Instead, consider these tips to help reduce their staining potential.

Wait before brushing.

After eating dark-colored, acidic foods like tomato sauces and fruits, you may be tempted to immediately pick up your toothbrush. Resist the urge. Some research suggests that the acids in foods may soften your enamel, and brushing immediately after eating



them can cause more harm than good. Experts recommend waiting at least an hour before brushing.

Rinse off. While you shouldn't brush right away, rinse your mouth out with water immediately after an especially pigmented meal, or after sipping on red wine and coffee—two beverages notorious for staining teeth.

Use a straw. The same tannins in tea that can help fight cancer can also stain your teeth, says Boulden.

Drink through a straw to help keep the beverage away from your front teeth and avoid unsightly discoloring.

Skip sodas and sports drinks. The acidic content of your favorite daily soft drink or beverages you have after exercising can erode the enamel of your teeth, making them even more prone to staining. It's a double whammy for your choppers, Boulden says. Your best bet? Just stick with water.

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

FROM WEBMD.COM

Q&A

"My wedding is a month away, and my budget is maxed out. Is there a cheap, easy way to whiten my teeth at home?"



Shannon Jones
39, sales manager,
Atlanta



EXPERT ANSWER

"Yes. Head to your local drugstore for over-the-counter whitening strips. While the hydrogen peroxide concentration (the key bleaching ingredient) is not as strong as professional treatments, they can still make your teeth up to seven shades lighter. Because a lot of the strips are flat, they typically only whiten your front six teeth, but that's all you need for great pictures. Use the strips right after buying them, and store them in your refrigerator."



Peter Boulden,
DMD
co-owner, Atlanta
Dental Spa



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

BEAUTY SMARTS

Dry Season

CAN YOU FIGHT FLAKES AND GET A FLAWLESS FACE? TAKE THESE MOISTURIZING MEASURES TO MAKE YOUR MAKEUP LAST

By Ayren Jackson-Cannady

● If you have dry skin, you know how hard it is to achieve flawless makeup. Whether genetics or the harsh effects of cold weather are to blame for the lack of moisture, the types of cosmetics you choose and how you care for your skin before applying are key. A dermatologist and a makeup artist explain what works and offer six strategies to nourish your skin and keep your makeup looking fresh all day.

1. Look for liquids and creams.

If your skin is prone to flaking or dry patches, use liquid or cream foundations that contain oil. Don't need a lot of coverage? Try a tinted moisturizer, which is like a sheer foundation. However, if your skin is really dry, a tinted moisturizer shouldn't replace a regular moisturizer—you need both, says Elizabeth Tanzi, MD, a cosmetic dermatologist in Washington, D.C. Another option is beauty balm (or "BB cream"). This multitasking product, says Dana Chasen Thomases, owner of Beauty Muse Bridal, a beauty consulting company in Boston, provides a hint of coverage and also delivers good-for-skin hydrating ingredients, such as hyaluronic acid and vitamin B.

2. Provide lip service.

Dead, dry skin can't hold on to moisture—or your lip gloss. Exfoliate your lips once a week with a homemade mixture of sugar and honey, says Thomases. Sugar sloughs off the dead

continued on page 24



Dirty Secret

After a long night, I sometimes fall into bed without washing my face. How bad is this?

Here's what happens while you snuggle against your pillow with an unwashed face: Dirt, makeup, and oil are pushed into your pores. That's exactly where you don't want the day's debris collecting since blocked pores are what lead to pimples, blackheads, and whiteheads. What's more, you're contaminating your pillowcase with that makeup and oil. That means even if you wash your face the next night, there's an ongoing risk of clogging your pores and ending up with pimples.

Skipping a face wash also means you're missing an opportunity to treat your skin with products and ingredients that will protect against premature aging and keep your complexion hydrated. The best thing you can do is develop a simple nighttime skin care regimen that includes a gentle but effective non-soap cleanser, a moisturizer, and treatment products that are appropriate for your age, like a retinol or prescription retinoid, or a serum with peptides.

Likely to skip cleansing your skin now and then? Buy a supply of makeup-removing towelettes that don't require you to rinse your face afterward.

Joshua Zeichner, MD
director of Cosmetic and Clinical Research, Department of Dermatology, Mount Sinai Medical Center, New York City

continued from page 23

skin, while honey hydrates. You can also use a damp toothbrush (without toothpaste) to gently scrub the skin on your lips a few days a week. Be sure to avoid matte lipstick or long-wearing formulas as they will contribute to dryness, she says. Stick to lip gloss or sheer lipstick.

3. Pass on the powder.

No matter what the salesperson at the cosmetics counter tells you, if your skin is prone to flaking you do not need to wear powder, Thomases says. For skin that's dry but occasionally gets shiny in your T-zone (forehead, nose, and chin), you can dust a bit of powder just in the center of your face over those areas. Otherwise, skip it altogether, she says.

4. Polish your face.

It's important to exfoliate to remove some of the dead skin layer and then hydrate the new layers underneath, says Tanzi. If you notice your makeup begins to flake a couple of hours after you've applied it, chances are a buildup of dead skin is to blame. Add a gentle facial exfoliant to your weekly skin care routine and remember to moisturize daily.

5. Tote a toner.

For a refreshing midday moisture boost, carry a travel-sized hydrating toner with you, Thomases suggests. A few spritzes over your makeup will help balance dry skin and keep your makeup from flaking off.

6. Eat and drink wisely.

Studies show a diet filled with caffeine, alcohol, or sugar could contribute to parched skin, including your lips.

Reviewed by **Victoria Barbosa, MD**
WebMD Skin Care Expert



RIGHT: LANE OATLEY/GETTY IMAGES; TOP: WAVEBREAKMEDIA/MICRO/VEER

HEALTHY
BEAUTY



Join 100+ convos
in WebMD's
Skin and Beauty
community.

BEAUTY 411

What are makeup primers and how should I use them?

Think of these products like the primer you'd use for painting a house. The goal is the same: to fill in any bumps, lumps, and uneven spots so that whatever you put on next starts on a smooth, even surface. In the case of your face, that would be concealer, foundation, or powder.

Many women find primers to be especially useful around the eyes, where fine lines can become more prominent when makeup settles into the crevices, as well as in areas with enlarged pores. When you use a primer on areas that tend to be oily, like the eyelid, makeup tends to adhere better and last longer. Also, a thin layer of primer all over can help makeup stay put.

Another primer perk: Whether your skin is oily or dry, acne-prone or

sensitive, you can use a primer since the moisture it imparts comes via silicone, not oil.

But apply sparingly. Less definitely is more. After you apply sunscreen and a moisturizer, then comes the primer. Use your finger to apply only the thinnest dabs around your trouble spots. This way, you create a very fine film but you can blend it out as far as you like.

Finally, because primers have staying power, be diligent about washing your face well each night. Consider an electronic cleansing brush, which gently but effectively gets your face squeaky clean. But any cleanser and water will work, too.

—**Mary Lupo, MD**
board-certified dermatologist
and clinical professor
at Tulane University,
New Orleans

WebMD.com



I Tried It!

My daughter and I both tried CeraVe Renewing Lotion, recommended by your expert in the Nov/Dec 2012 issue. We live at 3,500 foot altitude and deal with dry skin in the winter. She has the occasional breakout, and I'm trying to avoid wrinkles. Amazingly, this product worked for both of us. It cleared up her skin and smoothed out mine. It kept the softness and moisture in my skin all day long. I'm reluctant to try new moisturizers because I have sensitive skin, but I had no negative reaction and happily slathered it on after that.

—**Beth Worsham, Waynesville, N.C.**



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



PET HEALTH

Dog Tales

When he's not playing a gay, stay-at-home father with a wicked sense of humor, *Modern Family's* Eric Stonestreet takes on the role of a straight, working dad to his 13-year-old pup

By *Melanie D.G. Kaplan*

- 27 **Pet Health**
Is your lifestyle harming your pets?
- 28 **Pregnancy**
The facts about natural childbirth
- 29 **Kids' Health**
What to know before you adopt



EXPERT TIP

"Dogs need a lot more attention and companionship than cats. Make sure you're getting the proper pet for the way you live." —*Douglas Aspros, DVM*

PET HEALTH

Pup Tense

“I have full-on conversations with him. I talk to him because he looks at you and listens like a person.”

● **Coleman Hawkins is your 13-year-old half beagle, half Jack Russell terrier mix. Where did the name come from?**

He was already named on the rescue website when I got him in 2001. Coleman Hawkins is a famous tenor saxophonist. And I like the idea that he has a first and last name.

How did you go about training him?

I followed *The Art of Raising a Puppy* by the Monks of New Skete, and I was really strict with him the first six months, so he knows I'm the alpha in the relationship. But if an emergency comes up and I don't get home in time to let him out, and he absolutely has to go No. 2, he always does this in the guest bathroom. We recently moved into a new house, and he's already figured out where the guest bathroom is.

Do you ever give him people food?

If I'm having beef or something he can eat, I'll throw some on the patio when he's not looking and let him scavenge for it. But I never give him anything from the table or hand it to him.

What's your routine when you come home from work?

Typically Coleman meets me at the door, I drop off my keys, he does his business, and he runs around a bit. In the old house, when I'd go on big auditions before *Modern Family*, I'd tell Coleman that I was going off to find work so I could get him a bigger yard. So when we left that house for the last time, I had an emotional moment. I told him I made good on my promise to him. I'm happy I could do that.

ABC's Modern Family, now in its fourth season, airs on Wednesdays.

Read the full Q&A with Stonestreet in our free iPad app!

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

PET HEALTH

Stand Up

DO YOU SMOKE? CONSTANTLY SNACK? TAKE STOCK OF YOUR LIFESTYLE—IT MIGHT BE PUTTING YOUR PET AT RISK

By Linda Formichelli

The same bad health habits that affect people can affect pets, too. Knowing this can be a real motivator to make over your lifestyle. Which unhealthy human habits harm your cat or pup the most? Hands down, our expert says, these are the top four:

Secondhand Smoke

While lung cancer is rare in dogs and uncommon in cats, breathing smoke can cause your pet to develop allergies and chronic respiratory disease, says Douglas Aspros, DVM, president of the American Veterinary Medical Association and partner at Bond Animal Hospital in

If you're sedentary, chances are your dog is too, leading to health risks for both you and her.

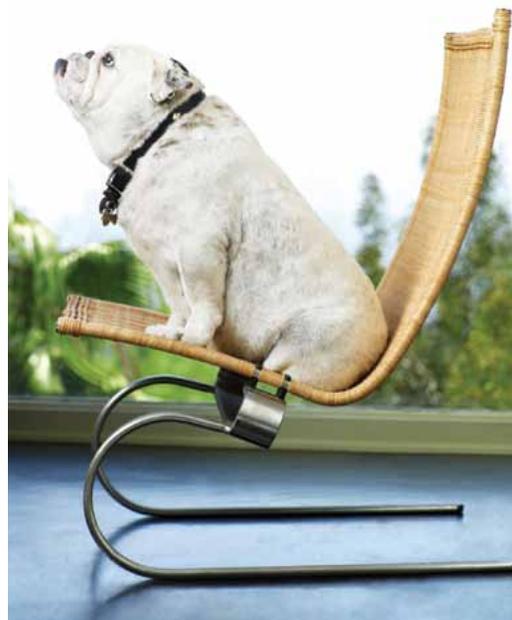
White Plains, N.Y. And cats have been known to develop mouth cancer from licking smoke particles from their fur.

If you or anyone in the household smokes, rub down your cat regularly with a damp towel to remove smoke particles from her coat. (Maybe the prospect of trying to wipe down an angry cat will inspire you to quit!)

Riding Sans Belt

Riding in a car without buckling up is a bad idea for humans—and for pets. “Whether it’s you or your dog, abruptly going from 60 to 0 mph in the length of a car without proper restraint isn’t a recipe for good health,” says Aspros. In fact, legislators in New Jersey are considering a pet seatbelt law.

Cats should be in carriers, not roaming free in the car. Keep your dog safe with a seat belt harness, available online and at some pet stores.



Snack Attacks

Overeating causes humans to pack on the pounds—and sharing goodies with your pets puts them on the path to obesity, too. Some foods, such as chocolate and raisins, can be toxic for pets.

Aspros says to never offer Fluffy or Fido food from your table, and resist snacking when you’re not really hungry. That way your pet will have nothing to beg for.

Living on the Couch

Is your idea of exercise a walk to the mailbox? If so, chances are your dog is sedentary as well.

Regular exercise helps keep your dog’s weight in check, builds muscle mass, and improves lung capacity, says Aspros. Active breeds should get 45 minutes of activity per day. Smaller dogs don’t need as much but still should get out every day.

FROM WEBMD.COM

Q&A

“What’s the best way to get rid of fleas on your pet?”



Bree Normandin
35, farm worker,
Bear Creek, N.C.



EXPERT ANSWER

“When your pet has fleas, you’ve also got larvae living in your environment, feeding on the adult fleas’ fecal matter, plus unhatched eggs in your carpets and your pet’s bedding. You’ll need to vacuum the carpets and wash the bedding as well as treat your pet. To truly get rid of these itchy pests, take into account the stages of the flea life cycle. Talk with your vet about ‘adulticides,’ products that interfere with the development of eggs and larvae into adult fleas.”



Douglas Aspros, DVM
president, American
Veterinary Medical
Association,
and partner, Bond
Animal Hospital,
White Plains, N.Y.

Reviewed by
William Draper, DVM
WebMD Pet Health Expert



Got a baby on board? Make your birth plan and learn the **Signs of Labor**, a top Pregnancy article.

WebMD.com

PREGNANCY

Natural Woman

IS DELIVERING YOUR BABY THE OLD-FASHIONED WAY THE RIGHT METHOD FOR YOU?

By *Stephanie Watson*

● Having a baby is a little like getting married, in the sense that every pregnant woman has a vision of how her labor will unfold. You might picture yourself in a modern hospital delivery room, pain-free and supported by every medical aid available. Or you might envision a more natural



Natural childbirth can counteract a lot of the anxiety attached to the birthing process.

scene—giving birth surrounded by friends and family, with no drugs.

How you deliver is your choice, barring medical complications. But just like a wedding, natural childbirth requires some research and planning, well before your first contractions kick in.

What exactly is natural childbirth? “In general, it implies a nonmedicated birth where you’re letting the natural process of labor and birth take place without any interventions,” says Christine Isaacs, MD, direc-

tor of the General Obstetrics & Gynecology Division at Virginia Commonwealth University Medical Center and director of Midwifery Services for the VCU Health System.

During natural labor, you won’t get an epidural or medicine to relieve pain, although you may use pain-relief methods, such as massage, hypnotherapy, or a warm-water bath. You’ll also avoid medical interventions like an episiotomy, in which a doctor cuts the area

between the vagina and anus to widen it for birth.

Isaacs says she’s a fan of natural childbirth because it counteracts a lot of the anxiety attached to the birthing process. Yet natural childbirth isn’t for everyone—especially if you have a high-risk pregnancy. “The purpose of prenatal care is to determine who is a good candidate for a natural birth versus who might not be,” Isaacs says. “That’s where having a relationship with a trusted provider becomes very important.”

TEAM MOM

If you opt for natural delivery, you’ll want to decide who will be with you. Christine Isaacs, MD, shares her advice for choosing labor partners.

Midwife match
Often in natural childbirth, you’ll be assisted by a midwife instead of a doctor. Make sure the professional you choose is prepared to stick to your birth plan and will not call in the anesthesiologist at your first twinges of pain.

Support person
Have someone by your side who will stay calm and support you through the delivery, no matter what happens. That might be your partner or a friend—a person who is committed to helping you realize your delivery goals.

Safe word
Make one person at the delivery your rescuer. Choose a word only the two of you know, like “April.” When you say the word, it means you’re done with natural childbirth and want pain relief.

READER TIP

“I encourage friends to do a birth plan. I think it leads to parents researching and becoming more educated on choices.”—*BigRed331978, WebMD community member*

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

KIDS' HEALTH

Family Matters

WHAT TO EXPECT WHEN YOU'RE THINKING ABOUT ADOPTION

By Gina Shaw



● “Adoption is created through loss,” says Linda Hageman, executive director of adoption services at The Cradle, an Illinois adoption agency.

That’s a statement you don’t often see among the pretty pictures of giggling babies and happy families in adoption brochures. But it’s true. The child loses his or her first parents, the birth parents face the loss of their child, and the adoptive parents often lose long-cherished dreams and expectations about having biological children.

Some parents consider adoption after they’ve

already built a biological family, but many others come to adoption after struggling with infertility. As a prospective adoptive parent you may wonder: Am I going to love this child as much as I would have loved a biological child? Will I have the same parenting instincts? Will our household feel like a real family?

The answer to all of those questions is a heartfelt *yes*, says Hageman—but it will take some work first.

Most important, talk about those losses rather than sweep them under the rug. “List all the losses you’ve gone through in

getting to adoption and the feelings you have about them. Do you feel anger? Resentment? Guilt or shame?”

Next, connect with the experts who can give you a real picture of what adoption may be like for you: other adoptive families. “The time to join in the adoption community is *before* you adopt, not after,” says Hageman.

Finally, come up with rituals and traditions that reinforce this child’s place in your family. “It’s all about establishing markers that help you envelop this child and make them a part of your whole family system,” says Hageman.

READER TIP

“Always remember: Family is not necessarily who you were born with but who you choose.”
—*fannakyn*, WebMD community member

Reviewed by Roy Benaroch, MD
WebMD Kids’ Health Expert

SQUARE ONE

Thinking about adoption? Expert Linda Hageman and *Adoptive Families* magazine offer these tips.

Choose your path.

Adoptive Families magazine’s online “decision matrix” can help you pick which type of adoption may be right for you based on your age, finances, and the characteristics of the child you would like.

Learn more.

Attend adoptive family meetings to find out more about the type of adoption you’re interested in pursuing. Check local “parent papers” for listings, or call adoption or foster care agencies in your area.

Find a professional.

Adoptive Families has a searchable list of agencies. Do very thorough research on any adoption professional you’re thinking of working with. Calling the Better Business Bureau and state licensing agencies is just a start.

Take off the rose-colored glasses.

Beware of promises to have a baby in your arms in X amount of time. It’s hard to wait, but you’re better off with an ethical agency that doesn’t make too-good-to-be-true claims.

Take time for yourself.

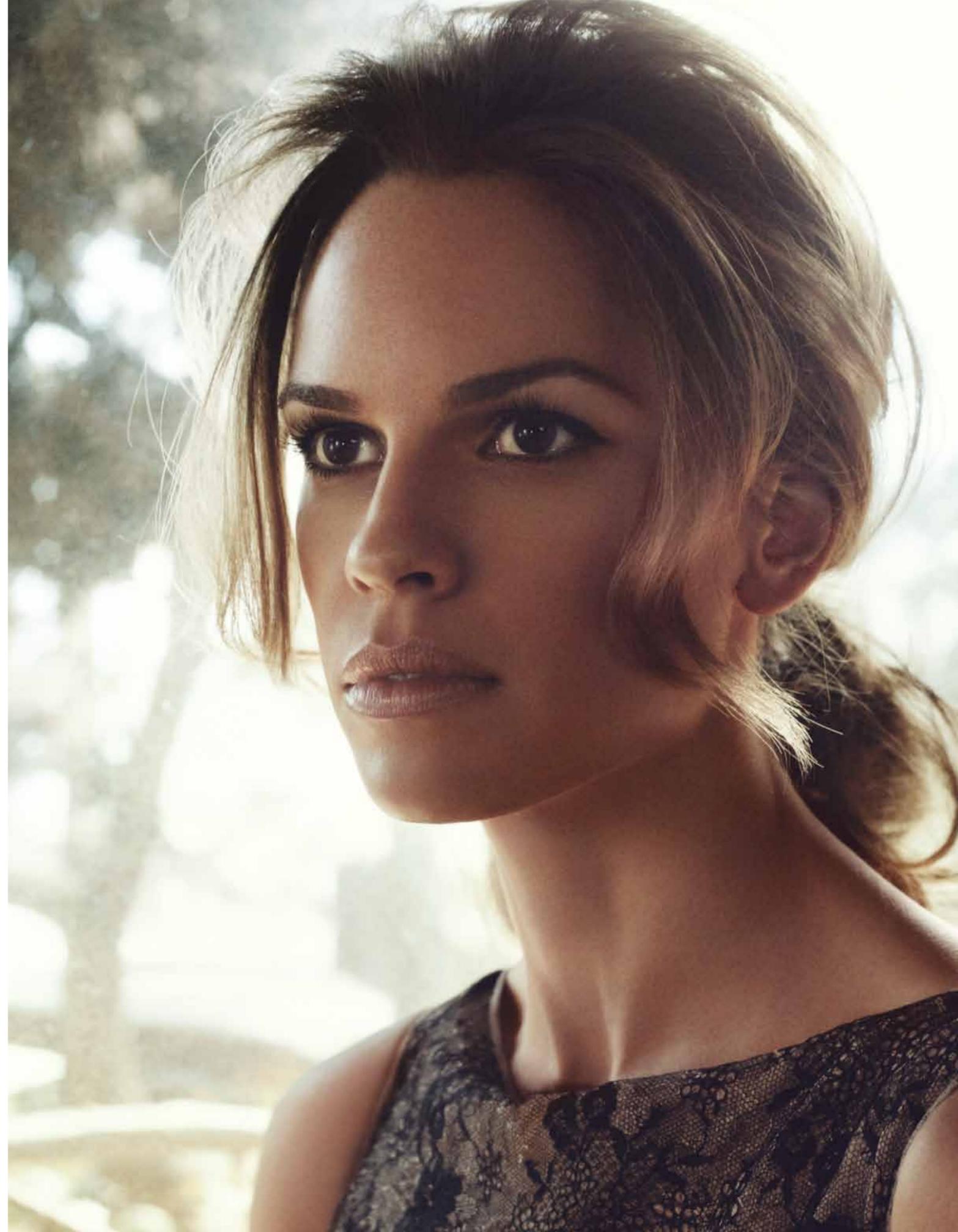
Focus on you and your partner. Embark on that last solo vacation. Read a book not about adoption. Before you know it, a little person will be taking up all that spare time.

THE
FIGHT
GOOD

**ACTOR HILARY SWANK DOES NOT SHY AWAY
FROM STRONG ROLES. IN HER LATEST FILM,
THE OSCAR WINNER TAKES ON MALARIA AND
THE FIGHT TO MAKE SURE THIS TREATABLE, PREVENTABLE
DISEASE IS ERADICATED ACROSS THE GLOBE**

By Lauren Paige Kennedy

Photograph by Michelangelo di Battista





A heartbreaking scene unfolds in the new HBO film *Mary and Martha*.

Hilary Swank (as Mary of the film's title, opposite British actor Brenda Blethyn's Martha) witnesses a grief-stricken mother leaving a South African health clinic with her deceased toddler, who is wrapped from head to toe in a white bed sheet. Malaria has killed the child, and a parent's dreams have died, too.

This tragedy plays out much too frequently, almost 660,000 times each year—every 60 seconds in sub-Saharan Africa and in parts of Asia and South America. Most of these deaths are among children age 5 and under—all victims of a preventable disease.

Two-time Oscar winner Swank, 38, is no stranger to roles that pack a powerful social-message punch. After moving to Los Angeles with her single mother from Bellingham, Wash., in 1990, she made many under-the-radar appearances on television and in the film *The Next Karate Kid*. She broke out 14 years ago as the transgendered Brandon Teena in the heartbreaking independent film *Boys Don't Cry*, for which she won her first Academy Award in 2000.

In the years that followed, she played a suffragette (*Iron Jawed Angels*), a poor woman who tackles legal injustice (*Conviction*), a famously feminist pilot (*Amelia*), a teacher of at-risk kids (*Freedom Writers*), and a female fighter in the male-dominated world of boxing (*Million Dollar Baby*), which earned her a second Oscar in 2005.

Do her acting choices reflect an underlying social conscience? “When you put it like that, it’s true,” Swank says, laughing. “To me, more than finding some big, important message, most of [my roles] come down to love and relationships. But the trajectory of the choices I’ve made over the years—they do have those core values. As a moviegoer and an artist, I’m drawn to the kind of work that says it’s our responsibility to help others. There is an important theme [in *Mary and Martha*] that shows how we can make change in the world, and how we can save lives.”

And what of that terrible scene? Is she aware that British screenwriter Richard Curtis (of *Four Weddings and a Funeral* and *Love, Actually* fame) penned it from personal observations?

“I knew there were moments in the script Richard had experienced,” Swank says. “He’s vocal about eradicating malaria. This is not a true story: It’s fiction, but it’s harrowing to think things like that really happen. [The narrative] is not related to one specific person, but to millions. We could wipe malaria from the face of the earth today if we wanted to—it’s a wakeup call.”

Curtis has been involved in malaria fundraising for years through Malaria No More (malaria.nomore.org) and other charities. “I go to Africa quite often,” he says. “That scene is almost a direct quotation from a real-life scene I witnessed. ...There are big statistics out there about malaria’s mortality rate, and we’re terribly aware of the tragedy of one child dying. But when you have so many dying every day, it somehow has less impact. With the film I wanted to make the statistics more painful...the children in Africa are in agony and in danger.”

“As a moviegoer and an artist, I’m drawn to the kind of work that says it’s our responsibility to help others.”

THE EPIDEMIC

In the movie, American Mary and British Martha lose their sons to malaria while touring South Africa and bordering Mozambique. Despite coming from very different, very Western worlds, the women bond through shared grief and vow to fight the disease after learning that malaria can be eradicated through simple, research-tested methods: insecticide-treated bed nets, mosquito population control, indoor insecticide spraying, rapid diagnostic tests (RDT), ongoing education, and immediate use of new combination therapies for those infected.

Swank, with the rest of the cast and crew, shot much of the movie in South Africa. “We avoided the worst-infected areas, like Mozambique, and we traveled at a low-risk time,” she says, referring to the changing seasons, which bring the highest rates of infection to the area from October through May. “Can you imagine if one of our own contracted malaria while we were trying to tell this story?”

The disease is borne by mosquitoes. Breeding near still pools of water, these biting insects spread the infection to people. When an infected mosquito bites a human, a parasite in the insect’s saliva is introduced into the person’s bloodstream, where it quickly destroys red blood cells and can damage vital organs. According to the World Health Organization, “symptoms of malaria appear seven days or more (usually 10 to 15 days) after the infective mosquito bite. The first symptoms—fever, headache, chills, and vomiting—may be mild and difficult to recognize as malaria. If not treated within 24 hours, [symptoms] can progress to severe illness, and often death.”

Swank is an avid traveler and had toured the region long before shooting there on location. “I’ve been all over the continent of Africa. It’s a place I love,” she says. “When I have gone in the past I’ve gotten [vaccinations] and taken those precautions. It’s imperative.”

Reviewed by Hansa Bhargava, MD
WebMD Medical Editor

The movie shoot was harrowing, not just for its malaria theme but because it addresses the shattering heartbreak that occurs when a child dies. “This is the first time that being a mother has been so central to my character’s role—where I was a mother or acted that relationship between a mother and child. I’ve always wanted to,” Swank says.

Does Swank, who was married to actor Chad Lowe from 1997 to 2007 and is now dating (if officially single), dream of motherhood? “I know this movie is going to raise that question now more than ever, now that I’m in my late 30s,” she says. “I put my focus on my career when I was young and married. But it is definitely something I want to experience in my life, and something important to me. When the time is right, it’ll happen.”

Still, Swank expresses a mother’s grief with raw authenticity when her character’s young son quickly advances through the stages of malaria, falls into a coma, and dies in an emergency room days later. “The people I love in my life, I love them completely,” she says. “And yet they haven’t come from my *body*. I can’t imagine...there is probably no worse thing in the world than losing your child.”

Why is malaria so dangerous for children in particular? “Children are most susceptible because their immune systems are not fully developed,” says Phil Thuma, MD, senior associate director at Johns Hopkins Malaria Research Institute. “Pregnant women and anyone with a compromised immune system, including HIV-positive patients, are vulnerable, too.”

RDTs, portable screening tests that offer immediate results, have made a crucial difference in the early detection and treatment of malaria. Just a few years ago, many Africans showed up at hospitals with fevers and were misdiagnosed or were sent home without proper treatment, a potential death sentence. Developed over the last decade, RDTs are becoming available in even the remotest villages. Without microscopes and trained technicians, the test can detect evidence of malaria parasites in human blood, usually from a finger prick.

Fortunately, with increased funding from governments and private charities during the last decade, malaria’s annual death count has been reduced by 25% to 30%. “Not long ago, malaria killed in the millions each year,” says David Bowen, PhD, Malaria No More’s CEO.

There is a precedent for 100% eradication. Many don’t realize the United States once had a malaria problem, with stubborn pockets of the epidemic in southeastern states until it was finally wiped out in 1951 through spraying, nets, and screening. “We have even better therapies in place now,” Bowen maintains. “If the political will is there, it can be done in Africa and around the world.”

BODY OF WORK

Whether trekking through African terrain or altering her body to land a plum part, Swank is known for taking risks with every role. In *Boys Don’t Cry* she fooled millions into believing she was a young man—a role for which she had to first lose much of her body fat (the average woman has 10% more body fat than a man). For *Million Dollar Baby* she reportedly put on 20 pounds of muscle and trained for months to convincingly portray a boxer, and even suffered a life-threatening staph infection from a foot blister that formed due to hours in the ring.

And, while Curtis raves about Swank’s performance in *Mary and Martha*—“Hilary is a performer of immense integrity, and she brings so much of that passion to Mary”—the screenwriter concedes that “physically, it was a tough shoot to do.”

So how does Swank safeguard her health when a role makes such intense bodily demands? “It’s definitely a challenge,” she says. “It has to be done right or you do risk hurting yourself, especially if you do role after role where you’re changing your physical appearance.”

SWANK’S FIT WIT

Hilary Swank is not just a champion when it comes to acting. A born athlete, Swank competed in the Junior Olympics as a teenager—“swimming was my sport; I used to train four hours a day”—and she also pursued competitive gymnastics. “Exercise for me is like breathing or eating,” Swank says.

The Female Factor

“There are so many great things about sports for everyone, particularly for women. I think you realize what you’re capable of achieving physically, and how you can be strong and still be feminine.”

Weather or Not

“I change my workout steadily. I don’t like to be bored. When I do different things, my body reacts the best.”

Wherever I am, I find a trainer at least two times a week. And I switch it up. In the summer I’m hiking, playing tennis, swimming in the ocean, water skiing, anything I can do outdoors. In the winter I play squash, and I love to snow ski.”

Core Strength

“I love Pilates. I’ve done it for years. I do Power Pilates in New York with a stupendous teacher. She sees everything.”

You can breathe through the moves and not get much of a workout, or you can do the move right and barely be able to get up out of a chair the next day!”

Fighting Form

“I try to work out at least four times a week. Sometimes I can’t do more, but I try never to do less. When I don’t exercise, I feel sluggish. And when I feel that way, I know it’s time to get moving.”



“When are you going to play a pretty girl? I get that all the time. To me, the characters I play are beautiful!”

She also takes a balanced approach to her diet. “It’s clear when you’re eating right, you feel better. If I feel sluggish, I know I’m missing something,” she says. “That does not mean I don’t do desserts or sugar. Everything in moderation! I have something sugary every day. I don’t eat perfectly, but when I do eat something that’s not healthy, I don’t overdo it.”

One thing she’s adamant about is setting a positive and healthful example for her female fans. “I choose roles that don’t involve a lot of vanity,” she says. “I’m not the girl on the guy’s arm; that’s not my MO. One of the things that bothers me the most is when the press asks, ‘When are you going to play a pretty girl?’ I get that all the time. To me, the characters I play are beautiful!”

There are few good role models available for girls, she says. “When I see young girls struggling with what they look like—as if that’s the most important thing in life—who think they can’t be successful or achieve their goals if they don’t look a certain way...it’s the most misrepresented ideal! You see [unattainable expectations for women] on billboards, on television, in movies, on magazine covers...give me a break! I’m just trying to find a way to get that message out there.”

GOOD GRIEF

EXPERT TIPS ON COPING WITH LOSS

In *Mary and Martha*, two mothers each face the death of their child. Licensed psychologist Patricia A. Farrell, PhD, author of *How to Be Your Own Therapist: A Step-by-Step Guide to Building a Competent, Confident Life*, shares ways parents can weather intense grief.

How can a parent face the sudden loss of a child without becoming clinically depressed or even suicidal?

The loss of a child can be overwhelming, and certainly depression and even guilt are part of the process of loss. There are no easy solutions, but what can be helpful is to know that remaining active in your life is a way of providing the structure that will act as a “life raft” through this terrible storm of emotion. Loving a child is a great gift, and remembering the joy rather than the loss is another way to make it through.

Can a parent grieve for too long or too intensely?

There is no hard-and-fast answer. It takes as long as it takes. But if it’s disabling, it’s time for professional help.

How do couples cope and not blame one another when a child dies?

This is a time of intense emotion that can lead to misunderstandings, accusations, and a change in the relationship. To survive, the couple needs to be prepared for the ebb and flow of emotion, and to maintain communication. A parents’ grief support group may be helpful.

DAVID BLOOMER



Spring has sprung and with it comes brighter days, beautiful blossoms, and...agonizing allergies. But don't let them overpower you. Our experts answer **your most-asked allergy questions** to help you survive the season

Sneeze *the Day*



Ah, spring. Flowers bloom, trees sprout leaves, and grass begins to grow.

And for millions of people come serious allergy symptoms: a runny nose, sneezing, itchy and watery eyes, and a constant feeling of ick that won't go away until spring turns to summer. But relief is within reach. We asked our allergy experts to answer your top questions and also tell us how they and their families cope.

1 How do I know if my misery is caused by allergies, not a cold?

An allergy to springtime pollen can affect your eyes, your nose, and your throat with nasal drip. But so can a cold.

"One of the first things we do is ask if these symptoms appear once a year at about the same time," says Neil Kao, MD, a specialist at the Allergic Disease and Asthma Center in Greenville, S.C. "If the answer is yes, that's your first indicator that allergies might be to blame."

Once your doctor suspects allergies, he or she can refer you to an allergist for a skin test to confirm an allergic reaction and identify your problem pollens.

Kao's Insider Tip: "My wife has pollen allergies in the spring, with all the classic symptoms like itchy eyes and

runny nose. One trick that helps her is to shower when she gets home from work—it rinses off all the pollen that's causing these symptoms."

2 So I have spring allergies. Now what?

Treating spring allergies is not a one-size-fits-all proposition, Kao explains. Finding an over-the-counter (OTC) medicine that brings real relief might take a few tries.

"OTC allergy medicines help treat the symptoms of spring allergies in about two in three people," Kao says. "And you can really start anywhere, with an antihistamine or a saline nasal rinse, for instance. If these don't work, try something else."

If nothing on the pharmacy shelves does the trick, talk to your doctor about prescription allergy medicine

and allergy shots for long-term relief.

Kao's Insider Tip: "I tell my wife to watch the pollen count and minimize her time outside when it creeps up."

3 Should I just move to a region where there is no pollen?

"There is almost nowhere in the United States where pollen doesn't exist," says Timothy Craig, DO, chief of allergy and immunology at the Milton S. Hershey Medical Center in Hershey, Pa.

While you might escape the pollen that's aggravating you in your current ZIP code, the pollen at your new address could be just as bad or worse. And you might not know it at first, Craig explains, because your new doctor may only test for pollens native to the area.

Craig's Insider Tip: "If someone in my family asked me if they should relocate, my answer would be, 'You can run from pollen, but you can't hide.'"

4 Should I cut down the trees in my yard and rip up my grass?

Once pollen is released, it's light enough to travel by air—and travel it does. "Some types of pollen have been found hundreds of miles out to sea, or miles high in the atmosphere," Craig says.

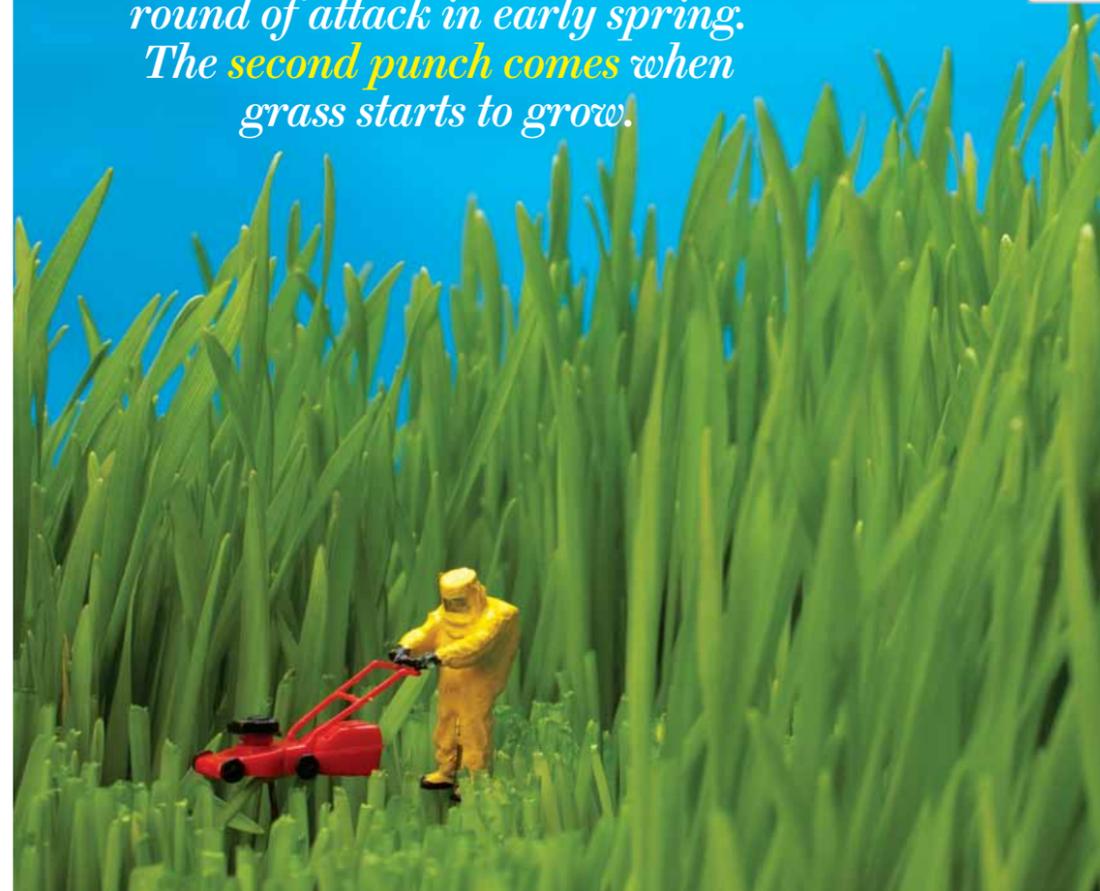
With the average oak tree, for example, producing billions of grains of pollen, all the greenery growing in your neighbor's yard is undoubtedly close enough to do you in.

Craig's Insider Tip: "I tell my friends and family not to line-dry their laundry. It's giving the tree and grass pollen within a hundred-mile radius, at least, a free ride into your home."

5 What are the most common springtime allergy culprits?

"While you might see the flowering trees and think 'allergy attack,' it's really trees like oak, maple, elm, and hickory that are the major pollen producers,"

Trees generally bring the first round of attack in early spring. The **second punch comes** when grass starts to grow.



says Kathleen Sheerin, MD, a specialist at the Atlanta Allergy & Asthma Clinic.

Trees generally bring the first round of attack in early spring. The second punch comes when grass starts to grow. The problem with grass is that it has to be mowed, plus you walk on it, sit on it, have picnics on it.

Sheerin's Insider Tip: "Talk to your allergist. Between OTC or prescription medications or allergy shots, there is an answer."

6 Do allergy shots really help?

"Allergy shots work by building an immune tolerance against your known triggers," Sheerin

says. You start with frequent injections and slowly taper down over three to five years. The results can be impressive.

"About 70% of people have a lifelong improvement after allergy shots," she says. "Although they may not be entirely allergy-free, it usually makes a big difference in quality of life."

Sheerin's Insider Tip: "Allergy shots might be right for you if spring is intolerable. My son got them for four years starting at age 8, and the improvement was dramatic."

7 How long does spring allergy season last?

In the South, spring allergy

season starts as early as February, Kao explains. In colder climates, it might not begin until March or April. Cold and rainy springs mean lower pollen counts, and warm and dry springs mean higher ones.

"From start to finish, spring allergy season runs about six to eight weeks," Kao says. "When you start to see the pollen count spike above 1,500 grains, you know you're getting into spring allergy season—that's how you know the clock is running," Kao says.

Kao's Insider Tip: "I tell patients to wear a face mask when they see the pollen count creep up. It really helps."

8 Do you have any nonmedicine ideas for reducing spring allergies?

Avoidance is key to keeping allergies in check—that means don't give in to the temptation of spring air, which contains high levels of pollen. "Keep your windows shut during the spring," says Sheerin. "I know it can be tempting when it starts to get warm to throw open the windows and let the fresh air in, but don't do it."

Sheerin's Insider Tip: "Change your air filters in the spring if you have air conditioning so you can run the fan for 'fresh' air, and help keep a lot of the pollen out."

9 What types of nasal sprays can I use?

Saline nasal rinses are great at washing away the pollen that's irritating your nose, Kao explains. They can be used as often as needed.

But Kao says you should avoid OTC nasal spray decongestants. "These might provide short-term relief, but the congestion will come back after you stop using the spray and the stuffiness could be worse."

Kao's Insider Tip: "My wife doesn't like the feeling of the rinse, but her nose gets so stuffy during spring allergy season that she uses a prescription spray. This is a good option too, so talk to your doctor."



Kid Stuff A PARENTS' GUIDE TO ALLERGIES

A skin prick test seems scary. Will it hurt my child?

To do a skin test, your doctor puts a drop of solution containing a possible allergen onto the skin and then scratches it to allow the allergen to enter, explains Kathleen Sheerin, MD, a specialist at the Atlanta Allergy & Asthma Clinic.

"The good news is the scratching of the skin is over pretty quickly," says Sheerin. "And while it's not painful, it can be very itchy if your child is allergic." After the test is done, you wait to see if the skin becomes red and raised—and itchy like Sheerin describes—which means an allergic reaction.

Will my child outgrow her allergies?

There's no way to predict it, explains Timothy Craig, DO, chief of allergy and immunology at the Milton S. Hershey Medical Center in Hershey, Pa.

Without allergy shots—which are the only way to change the immune system's reaction to known allergens—most people live with the allergies they're born with all their lives, he explains.

Yet some kids do outgrow them, just as some adults develop allergies later in life.



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IN SEASON

Mass A-peel

Onions, with more than 5,000 years of history, may be one of the earliest crops people cultivated. From

Egypt to Greece, and later, America, the onion took root as a food but was also used for medicinal purposes and even in mummification. Onions, often used to add flavor to a variety of foods, are packed with vitamin C, fiber, and other nutrients; one cup sliced has 46 calories. Fresh yellow, red, or white onions are always available this time of year.

THREE WAYS TO COOK

Whole in One

STIR UP YOUR PASTA STANDBYS. ADD WHEAT

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

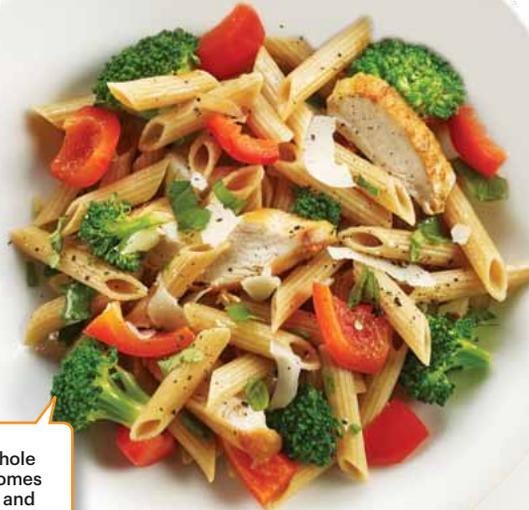
Whole wheat pasta used to be quite a mouthful—a gritty, mushy mouthful. But all that's changed. "Whole wheat pasta has come a long way," says Gina Neill, MS, RD, LDN, a clinical dietitian for Loyola University Health System in Illinois.

That's good news because whole wheat pasta is a simple way to get the bountiful benefits of whole grains. Dietary guidelines recommend you make at least half your grains whole. Evidence suggests they protect against heart disease and stroke, reduce your risk of high blood pressure and diabetes, and help you maintain a healthy weight.

Whole wheat pasta contains extra fiber, so it's more filling and may help you eat less, Neill says. Plus, scientists say whole grain foods contain vitamins, minerals, and plant chemicals known as lignans and flavonoids, all of which may help ward off disease.

Neill suggests experimenting with a variety of brands. "Some taste better than others," she says. But given that whole wheat pasta is a healthy, fast option for weeknight meals, it's smart to find your favorite.

The fiber in whole wheat pasta comes from its germ and bran, both lacking in white pasta.



PANTRY PICKS

You'll need these three healthy ingredients to whip up our whole wheat pasta recipes. **Kathleen Zelman, MPH, RD, LD**, WebMD's director of nutrition, offers her take on what to look for on your next trip to the grocery store.



Best Blends: If you're suspicious of whole wheat pasta, Zelman recommends new whole grain blends to ease the transition from white pasta. Her faves include Ronzoni Healthy Harvest and Barilla Whole Grain pastas.



Natural Nut Butters: The healthiest peanut butters contain no added sugars or partially hydrogenated oils. Zelman likes Whole Foods 365 Creamy Peanut Butter and Smucker's Natural Chunky Peanut Butter.



Good Soy: Soy sauce is one of the oldest condiments in the world. Zelman likes Kikkoman Less Sodium Soy Sauce and Target Market Pantry Low Sodium Soy Sauce in marinades and basting sauces.

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.

I

Penne From Heaven

This simple, family-friendly dish is a snap to prepare and one way to get kids to eat their veggies.

Primo Chicken Penne Pasta
Makes 6 servings

Ingredients

- 8 oz uncooked whole wheat blend penne
- 2 (6 oz) boneless, skinless chicken breasts
- 1 large onion, minced
- 2 cloves garlic, minced
- 1 large red bell pepper, chopped
- ½ cup low-sodium chicken broth
- 1 cup broccoli florets
- ¼ tsp salt
- freshly ground pepper
- 2 tbsp olive oil
- 3 tbsp chopped fresh basil
- 3 oz shredded Parmesan cheese

Directions

1. Cook pasta according to package directions, but omit salt.
2. Coat a large skillet with cooking spray and heat over medium-high heat. Add chicken and cook 4 minutes on each side or until done. Remove chicken from pan, slice into strips, and keep warm.
3. In the same skillet, sauté onion, garlic, and red pepper 5–7 minutes. Add chicken broth and broccoli. Cover and cook 3–5 minutes, stirring occasionally, until broccoli is lightly steamed.
4. In a large serving bowl, toss together pasta, vegetables, and chicken. Season with salt, pepper, and olive oil. Garnish each serving with fresh basil and cheese.

Per serving

319 calories, 25 g protein, 34 g carbohydrate, 10 g fat (3 g saturated fat), 43 mg cholesterol, 5 g fiber, 3 g sugar, 387 mg sodium. Calories from fat: 27%

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

2

Nuts for Noodles

This vegetarian-friendly noodle dish is a healthy alternative to takeout.

Asian Peanut Sesame Noodles

Makes 6 servings

Ingredients

- 8 oz whole wheat linguini
- 1 cup shredded carrots
- 1 cup snow peas, sliced
- 5 scallions, sliced
- 2 cups thinly sliced Napa cabbage
- 2 tsp canola oil
- 1 (12.3 oz) package firm tofu, drained
- ½ cup natural peanut butter
- 2 tbsp low-sodium soy sauce
- 1 tsp dark sesame oil
- 2 tsp minced garlic
- 1 tsp minced fresh ginger
- 2 tbsp toasted sesame seeds

Thomas Jefferson brought the first macaroni-making machine to America in 1789.

½ cup chopped fresh cilantro

Directions

1. Cook pasta according to package directions, but omit salt. Drain, reserving 1 cup of the pasta water, and set aside.
2. Heat a large skillet coated with cooking spray over medium-high heat. Add carrots, snow peas, and scallions and cook 4–5 minutes just until soft.

Add cabbage and cook an additional minute. Remove vegetables from the pan and set aside.

3. Add 2 tsp canola oil and heat over medium-high heat. Add the block of tofu and cook about 4 minutes on each side or until golden. Remove and cut into 1-inch cubes.
4. Whisk together peanut butter, soy sauce, sesame oil, garlic, ginger, and sesame seeds in a large

bowl. Gradually add reserved cooking water, just until sauce achieves a consistency that will easily coat the pasta. Add pasta, vegetables, and tofu and toss well. Garnish with cilantro.

Per serving

388 calories, 21 g protein, 40 g carbohydrate, 19 g fat (3 g saturated fat), 7 g fiber, 4 g sugar, 317 mg sodium. Calories from fat: 41%

The average American consumes 20 pounds of pasta annually.



3

Upward Spiral

Brimming with fresh flavor and plenty of protein, this pasta salad makes a perfect spring lunch or dinner.

Pasta Salad With Shrimp, Feta, Arugula, and Cherry Tomatoes

Makes 6 servings

Ingredients

- 8 oz whole wheat fusilli
- 2 tbsp olive oil
- 1 lb raw shrimp, (16–20 per pound),

- peeled and deveined
- ¼ cup clam juice
- 1 tsp cornstarch
- ½ cup frozen, shelled edamame, thawed
- 1 cup grape tomatoes, halved
- 3 scallions, chopped
- 1 cup arugula, chopped
- ½ cup crumbled feta cheese
- ¼ tsp crushed red pepper
- ¼ tsp salt
- freshly ground pepper
- 1 tbsp fresh lemon juice

Directions

1. Cook pasta according to package directions, but omit salt. Drain, reserving ½ cup of the pasta water, and set aside.
2. Heat a large skillet over medium-high heat. Add 1 tbsp olive oil and shrimp in single layer. Cook 2–3 minutes per side until shrimp are pink and curled. Remove shrimp from heat, cool, and cut each into 3–4 pieces.

3. Whisk clam juice with cornstarch. Add to the skillet and simmer over medium-high heat until slightly thickened, about 2 minutes.
4. In a large bowl, combine pasta, edamame, tomatoes, scallions, arugula, shrimp, feta cheese, red pepper, salt, and pepper. Drizzle with clam juice, lemon juice, and remaining olive oil and mix thoroughly. Add reserved pasta water, if desired, for additional moisture. Chill 2–3 hours before serving.

Per serving

312 calories, 24 g protein, 33 g carbohydrate, 10 g fat (3 g saturated fat), 125 mg cholesterol, 4 g fiber, 2 g sugar, 386 mg sodium. Calories from fat: 28%

Whole wheat pasta is a little less forgiving than other noodles. Near the end of the cooking time, taste a piece every minute or two until the pasta achieves the texture you like.



OFF THE MENU

Barbara Lynch

CHEF/OWNER, MENTON
BOSTON

Chef Barbara Lynch owns and oversees Menton, one of Boston's most revered kitchens. In 2010, both *Esquire* and *Bon Appétit* magazines named the French-Italian hybrid one of the best new restaurants in America. Lynch opened her first restaurant, No. 9 Park in her native city's Beacon Hill neighborhood, to similar accolades in 1998.

Lynch's latest venture, the Barbara Lynch Foundation, introduces kids to fresh, healthy foods and the farms that produce them via field trips to nearby Siena Farms as well as other locales. Its Meet the Worms! program brings gardening and cooking demonstrations to the 200 or so third-graders at Blackstone Elementary School in Boston's South End.

"My mission is to work with kids and parents, not to change the whole food system. I grew up in an urban setting. I had no garden, and I never saw a farm. I want kids to have a different experience."

For spring, Lynch likes this fresh, crunchy salad with yogurt cream. "It's a welcome change from the heavier dishes of winter, yet it's substantial enough for the sometimes cooler days of spring," says Lynch, who says she enjoys the salad on its own or alongside a rack of lamb.—**Matt McMillen**

BARBARA'S
BEST

Her go-to comfort food: "Pizza or cold pasta with a spicy marinara sauce and red pepper flakes."

The one food she could eat every day: "Chocolate. Right now, I'm into 45% cacao milk chocolate. One square satisfies me, so I don't have to eat a lot."

When she wants to lose 5 pounds, she eats: "Lots of protein in the morning, soups, cranberry juice in water, and powdered psyllium husks mixed in water or in a smoothie."

Where she gets her best recipe ideas: "I look at lots of books; I'm an avid book collector. The seasons inspire me, too. And whenever I have down time, I think about food."

The one lesson she thinks every home cook should learn: "Cook with your kids. It makes them more adventurous eaters. Plus, it makes a great play date for when you have your kids' friends over."

Her kid's fave snack: "My 9-year-old daughter loves to snack on blueberries and apples."



Got a dinner date? Learn **10 Ways to Romance a Tomato**, a top Food & Recipes slideshow.

WebMD.com

Cucumber, Fennel, and Fingerling Potato Salad With Yogurt Cream

Makes 6 servings

Ingredients

Salad

- 1 lb fingerling potatoes, unpeeled
- ¼ cup extra virgin olive oil
- ¼ tsp kosher salt
- freshly ground black pepper
- ½ lb haricots verts (green beans), trimmed
- 4 stalks celery, trimmed, peeled, and very thinly sliced on the diagonal
- 1 fennel bulb, trimmed, cut in half, core removed, and very thinly sliced
- 1 English cucumber peeled, cut in half, seeds removed, and very thinly sliced diagonally
- 2 to 3 tsp fresh lemon juice
- dash of salt and pepper

Dressing

- 1 cup plain nonfat Greek-style yogurt
- 1 tbsp chopped fresh parsley
- dash of salt and pepper

Directions

1. Heat the oven to 350°F. On a small, sided sheet pan, toss potatoes with 1 tbsp of oil and season with salt and pepper. Bake until tender when pierced, about 30 minutes. Cool and reserve. (You can serve the potatoes hot, warm, or completely cooled in this salad.)
2. Meanwhile, blanch haricots verts in boiling water until just tender. Cool rapidly by plunging them into a bowl of ice water, drain well, and slice in half on the diagonal.
3. To prepare dressing, combine yogurt and parsley and season with dash of salt and pepper. Keep chilled until ready to serve.
4. Slice larger fingerlings but leave any tiny ones whole. Combine all the vegetables in a bowl and toss with the remaining 3 tbsp of oil and a squeeze of lemon juice. Add a dash of salt and a few grinds of pepper and toss again.
5. Divide the yogurt dressing among six plates, putting a spoonful of it toward the center of the plate, and top with the salad.

Per serving

195 calories, 5 g protein, 25 g carbohydrate, 10 g fat (1 g saturated fat), 1 mg cholesterol, 5 g fiber, 6 g sugar, 288 mg sodium. Calories from fat: 44%



TOP LEFT: MIKE TOTH; DEBORAH JONES

LEARNING TO LOVE

How I Learned to Love Dried Fruit

KATHI SHIELDS, 58,
INPATIENT MEDICAL CODER, LEBANON, N.H.



● Shriveled, gummy goblets. That was Kathi Shields' first take on the raisins and prunes her grandma put in her school lunch. "I just never could tolerate them straight out of the box," she says. "Yuk!"

But over the years, Shields learned to love dried fruits added to other foods—raisins mixed into salads, for example, or dates wrapped in bacon, and almost all dried fruits in baked goods. "I've really come to appreciate dried fruits in cooking. They are a sweet joy to eat," Shields says.

In fact, the texture, moisture, natural sweetness, and nutritional boost dried fruits add to both sweet and savory dishes have made them a versatile cooking ingredient for generations. Holiday classics from Charles Dickens' *A Christmas Carol* to Clement

Clarke Moore's *'Twas the Night Before Christmas* describe fruit-stuffed meat, plum puddings, mincemeat pies, figgy puddings, sugar plums, and rum-soaked fruitcakes.

Some of these retro treats are enjoying a revival. Shields loves her family's once-a-year plum pudding. But dried fruits also have a place in everyday dishes, mixed into salads, added to grains (farro, brown rice, quinoa, couscous), chopped into chutneys and salsas, and sautéed with greens such as kale and broccoli rabe.

"I've always been one to try foods multiple times to see if my taste buds have matured any, even now," Shields says. "Who'd have thought an early raisin-hater like me would end up liking them in salads and Swiss chard—but there it is!"—*Monica Kass Rogers*

Potent Potential

Because dried fruits have less water, they deliver concentrated nutrients compared with fresh fruit, and servings can be smaller and more potent. A quarter cup of raisins is nutritionally equal to one cup of fresh grapes. While the raisins have more calories and sugar, they also deliver double the fiber, carbs, calcium, and potassium.

Dried fruits are extremely low in fat and sodium and contain important nutrients. Many are high in antioxidants, which reduce free radicals and protect against heart disease, cancer, and other diseases; potassium, which is associated with heart health and blood pressure control; and both soluble and insoluble fiber, which aids in bowel health and helps lower blood cholesterol levels. One serving of dried figs, for example, provides 5 grams of dietary fiber—20% of the recommended daily amount for women.

Plump It Up

Dried fruits can add chew and texture or a soft burst of sweet flavor. For the former, just mix them in with cereals, granola bars, trail mixes, grain and salad dishes, and recipes such as chutneys or conserves where the fruit will plump during preparation. For the latter? A simple soak in hot liquid (juice, water, rum, Grand Marnier) for as little as a half hour and as long as overnight will rehydrate dried fruits to soft, juicy plumpness with flavor. Add dried fruits to rice dishes, stuffings, ice creams, and puddings.

Reviewed by
Kathleen Zelman, MPH, RD, LD
WebMD Director of Nutrition

FITNESS & EXERCISE



46 Peeke Fitness
The real reason
you're not losing
weight

47 Fitness Challenge
A call to arms!
Upper-body moves
for tank-top season

Run For It

Put a spring in your
step this season and
and get on a new
path to fitness



EXPERT TIP

“To get rid of love handles, try 3 to 5 days a week of cardio for at least 25 to 30 minutes and 2 to 3 days of resistance exercise.”—*Rich Weil, MD, CDE*

Find out the truth: **Weight a Minute: Being Overweight Is OK?**, a top post on WebMD's Everyday Fitness blog.

WebMD.com



PEEKE FITNESS

Mind Games

AT A WEIGHT-LOSS STANDSTILL? FAST EATING COULD BE THE CULPRIT

By Pamela Peeke, MD

You hear it all the time: *Eat mindfully and you'll not only enjoy your meal, but also it'll be easier to shed weight.* Sounds like a win-win.

But most of us hop out of bed at o'dark hundred and hit the ground running. We race out the front door and skip breakfast, do a grab-and-go, or engage in dashboard dining. It's hard to taste and savor when within seconds a meal or snack is gulped and out of sight.

It's also hard to drop that excess weight when frenzied feasting doesn't allow enough time—20 minutes—for the mind to register you've eaten enough to satisfy your body's needs. That's why when you slow your eating, you allow your body and brain chemicals to work optimally. Your reward is better enjoyment of your food, fewer calories consumed, and—some studies show—more weight loss.

Want to boost your weight goals by eating more mindfully? First, you need to *pay attention* to what you put in your mouth—and when. Start here.



Unplug. Turn off the TV, don't answer the phone, and get away from the computer (that includes your smartphone) while you're eating. Distractions of any kind foster mindlessness, making it easier to overeat.

Switch hands. To become aware of your pace of eating, use your nondominant hand or switch to a smaller utensil and a smaller plate. A timer will help you see how long you can go between bites.

Monitor portions. Control portion sizes by using measuring cups (try one-quarter and one-half cup sizes). Most people underestimate how much they really dole out on a plate.

Enjoy the moment. Close your eyes and breathe in the smell of your food. Really taste and feel it in your mouth. Notice how quickly that urge for another mouthful arises, and wait for that moment when you realize you've had enough.

HOME COOK

Practice mindful eating at home, where there are fewer distractions than in restaurants. Plus, research shows that people who cook at home take in fewer calories, eat healthier food, and gain less weight than those who eat out regularly.

What to do if you're not an experienced cook? Chad Luethje, executive chef at Red Mountain Resort in St. George, Utah, shares some tips.

Simplify. Cooking doesn't have to be complicated. Start with a few easy recipes such as pasta with pesto, grilled chicken, or poached salmon. (Or search for "simple recipes" or "beginner recipes" online.) Add a salad or steamed veggies and you've got a healthy, low-cal meal.

De-clutter. Get rid of the processed foods in your life. Purge your cupboards and freezer of anything made with ingredients you can't pronounce or that list hydrogenated oils (the trans fats that have been linked to cancer and heart disease) on the label.

Focus on fresh. Produce, whole grains, and low-fat meats and dairy form the basis of a healthy diet. Learn to cook with those.

READER TIP

"When I crave something 'not so good' for me, I grab a few baby carrots and a bottle of water. After consuming those, I wait a full 10 minutes. Usually I find I no longer have that 'I'd kill for some chocolate' craving." —*TotallyWiggedOut*

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

CHLOE SMITH/GETTY IMAGES

Interval Training, Anyone?: One of WebMD's most-retweeted items on Twitter.

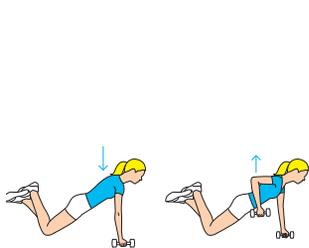
FITNESS CHALLENGE

Arm Candy

DAYDREAMING OF SUNDRESSES AND TANK TOPS?
SCULPT A SIZZLING UPPER BODY IN TIME FOR SUMMER

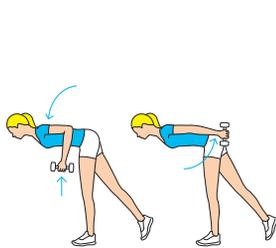
By Jodi Helmer

Who doesn't want to celebrate the arrival of spring with sleeveless shirts that show off sculpted arms? For definition even first lady Michelle Obama would admire, Juliet Kaska, founder of Zen Fitness in Los Angeles and fitness trainer to star clients such as Kerry Washington and Pink, suggests these great moves. Start with 5-pound weights and shift to heavier ones as you get stronger, she says.



Push-Up With Row

1. On the floor, get into a modified push-up position (hands wider than shoulder-width apart, knees bent, and feet raised in the air with ankles crossed), and hold a 5-pound weight under each hand.
2. Inhale and lower your chest toward the floor, keeping your back straight until your collarbone is just above the floor.
3. Exhale while pushing back into the starting position.
4. With the weight in your right hand and palm facing toward your body, exhale as you lift your bent elbow toward the ceiling to waist height.
5. Inhale while lowering the weight back to the floor.
6. Repeat on the left side.
7. Do 10 repetitions on each side, switching from side to side (push up, row right, row left, repeat).



Stork With Tricep Extension

1. Stand with feet shoulder-width apart, with a 5-pound weight in your left hand, palm facing your body.
2. Bend forward at the hips until your spine is parallel with the floor. Stretch your left leg out behind you, with your toes resting on the floor. Your weight should be on the right leg.
3. Put your right hand on your hip, and bend your left arm at the elbow. Bring your left elbow back alongside your body so your upper arm is parallel to the floor.
4. Exhale and extend your left arm back until it's straight (do not lock your elbow).
5. Inhale, bend your elbow, and return to the starting position.
6. Repeat 10 times on each side. Work up to 20 reps.



Hammer Curls and Overhead Shoulder Press

1. Stand with feet shoulder-width apart, holding a 5-pound weight in each hand, palms facing your thighs.
2. Exhale and bend your elbows, raising the weights toward your shoulders.
3. Press the weights toward the ceiling until your arms are almost fully extended.
4. Inhale and bring your elbows down to a 90-degree angle.
5. Lower your arms to the starting position.
6. Repeat 10 times. Work up to 20 repetitions.

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

Q

“What’s a good exercise for working multiple muscle groups that I can do when pressed for time?”

Celeste Joye, 43,
photographer, Brooklyn, N.Y.

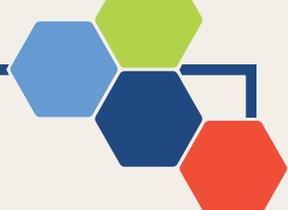


A

“For a no-gym, equipment-free move that gives you lots of bang for your buck, I love the tried-and-true push-up, which works the shoulders, triceps, chest, core, and glutes. Always squeeze the abs and glutes for stabilization and a more intense workout. To work the chest more, set hands wider than shoulder-width apart, with elbows pointing out to the sides as they bend. To work the triceps, bring hands to shoulder-width and pull elbows in next to the body. You can do them on your knees, on your toes, or on a stability ball.”



Kathy Kaehler, celebrity fitness trainer and author of *Fit and Sexy for Life: The Hormone-Free Plan for Staying Slim, Strong, and Fabulous in Your Forties, Fifties, and Beyond*



WebMD[®] Checkup

TAKING CARE, LIVING WELL

March is **National Kidney Month**. Learn the importance of early detection and prevention

Your two kidneys serve as your body's filters. But when they no longer function properly, waste that would normally be flushed out in the urine builds up, damaging other organs and causing symptoms such as fatigue, poor appetite, and cramping at night. This is called chronic kidney disease. In time, the kidneys may progressively stop working, a serious and fatal condition known as kidney failure. (A separate condition, acute kidney injury, happens quickly, such as after a traumatic injury. Chronic kidney disease usually develops slowly.) Types 1 and 2 diabetes and high blood pressure are the two most common causes of chronic kidney disease.

Some 26 million American adults have the disease, and millions more are at increased risk. According to the latest data, it's the eighth leading cause of death in the United States. People with kidney disease usually don't know they have it—blood and urine tests are the only way to be sure. These tests are crucial, because early detection means delaying and possibly preventing kidney failure. In the United States today, 170,000 people who had kidney failure live with a transplanted kidney, while 400,000 depend on dialysis (when a machine filters the body's blood to remove harmful waste).

Well-known people have been affected and are helping raise awareness about kidney disease. Actor and rapper Nick Cannon was hospitalized a year ago for kidney failure. Actor Denise Richards, retired professional boxer Laila Ali, and lifestyle maven B. Smith also help spread the word about the prevention and early detection of chronic kidney disease.—*Heather Hatfield*



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Learn about multiple sclerosis and why it's important to stay in control.

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How a WebMD community member gives the elderly a hand.

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Could you have irritable bowel syndrome? Take the quiz to find out.

Reviewed by **Louise Chang, MD**, WebMD Senior Medical Editor

BY THE NUMBERS

SPRING ALLERGIES

FACTS AND STATS ON TOP HEALTH CONDITIONS

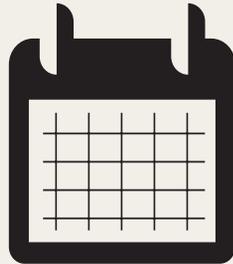
By **Heather Hatfield**



Days by which **spring arrives early** compared with 20 years ago, extending spring allergy season: **10 to 14**

Age that **seasonal allergies** typically develop:

6
YEARS



Duration of the **typical spring allergy season**, depending on location:

6-8
WEEKS

Number of **workdays lost or with low productivity** each year due to seasonal allergies:

4 million

Percentage of people whose hay fever symptoms **significantly improve** after allergy shots:



Rank of **Knoxville, Tenn.**, in "most challenging places to live with spring allergies":

No. 1

Rank of **Portland, Ore.**, in "most challenging places to live with spring allergies":

No. 100



Average **course of allergy shots**:

3-5
YEARS



People in the U.S. who are affected by pollen allergies: **35 million**



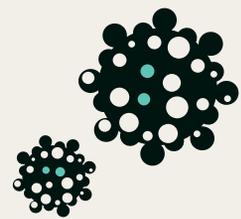
Rank of trees (such as birch, cedar, and cottonwood) as airborne pollen offenders in spring



Time of day **tree pollen count** tends to be highest: 5 a.m. to 10 a.m.

Tree pollen count level considered **very high**:

1,500+



Time it takes to **collect a pollen count** (grains of pollen per cubic meter of air):

24
HOURS

Sources: Allergic Disease and Asthma Center; American Academy of Allergy, Asthma and Immunology; Asthma and Allergy Foundation of America; Marshfield Clinic; National Institute of Allergy and Infectious Diseases; National Institute of Environmental Health Sciences; National Wildlife Federation; New York Presbyterian Hospital; U.S. Food and Drug Administration

Reviewed by **Brunilda Nazario, MD**, WebMD Lead Medical Editor

LIVING WITH

MULTIPLE SCLEROSIS

4 WAYS TO TAKE CHARGE AND STAY HEALTHY

By **Christina Boufis**

● Andrea Lindsley was age 24 and had just started her career as a TV anchor when she noticed numbness in her right hand. “I thought it was stress and lack of sleep,” she says. But then the numbness spread to her right arm and leg. Within two months, her speech became slurred. She went blind in her right eye. “I had to be taken off the air,” says Lindsley. “It was a very scary time for me.”

Lindsley was diagnosed with multiple sclerosis (MS), a chronic, often disabling disease that develops when the body’s immune system attacks the insulation of the nerves (myelin)

“What’s very important is to try to get control as much as possible rather than to feel controlled by the disease.”

in the brain and spinal cord, forming scars or lesions. The disease varies from person to person, but in general is marked by periods of relapse and remission in some people and gradual worsening in others.

Symptoms include vision problems, numbness and tingling in the limbs, and problems with walking, balance, and coordination. “And then there are the silent symptoms, the ones you can’t see, like fatigue, sleep problems, depression,” says Lauren Krupp, MD, professor of neurology and co-director of the adult Comprehensive MS Center at Stony Brook University in Long Island, N.Y.

How can you live well with MS? “What’s very important is to try to get control as much as possible rather than to feel controlled by the disease,” says Krupp. Here’s how:

Get moving. “The more you exercise, the better—for symptoms such as stiffness or weakness and for enhancing stamina,” Krupp says. Pick an exercise you enjoy, whether that’s swimming, bicycling, or walking, she says.

READER TIP

“Take it day by day for now—do not be afraid to ask for help, as ‘pushing through’ can cause more problems in the long run.” —*Rory26312, WebMD community member*



Doing mindful meditation several hours a week reduced depression by 30% and improved quality of life in people with MS, compared with those who did not meditate.

Beat the heat. Since most people with MS notice symptoms worsen in hot weather, Krupp advises exercising in air conditioning or under a fan in the warmer months. Take a cool shower, or just use ice cubes to cool yourself down, she says.

Plan ahead. “There’s a certain amount of planning and thinking about one’s body and health that is really useful,” Krupp says. Take a shower at night rather than in the morning, use a shower chair, or have someone else cook breakfast—all can help you get to work in the morning without feeling too tired, she says. Enlist help from your spouse or family members, and rest when you need to, she adds.

Check vitamin D. While researchers aren’t sure what causes MS, “one thing we do know is there are relationships between vitamin D levels and disease activity,” says Krupp. Maintaining normal levels of vitamin D is important, she says. “Sometimes that means supplementing, but that needs to be discussed with your physician.”



Are you a caregiver? Check out this slideshow to get **14 Ways to Avoid Caregiver Burnout**.

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MY STORY

CLOSE TO HOME

ONE READER'S PERSONAL EXPERIENCE BRINGS EVEN GREATER MEANING TO HER WORK

By Linda Schutte, RN
WebMD.com community member



I grew up north of Vona, Colo., on a ranch 45 miles from the nearest town. My parents bought the land and built the house from a two-room dwelling into a sturdy, comfortable country home where they lived for 62 years. My father always said, "I built this place and I'm going to get buried here!" Unfortunately, he didn't quite make it. After a hip fracture and pneumonia, he was admitted to a nursing home for the last two months of his life.

"Elderly patients have so much wisdom and experience to share."

My dad's attitude is a lot like many of the people I work with. I'm a registered nurse. My partner, a geriatric nurse practitioner, and I operate a service that provides in-home care in our underserved region. This county is so rural, so sparsely populated that the government designated it "frontier." Many of the people who live here are from families who have worked the land from one generation to the next. They are independent and self-reliant, and devoted to staying in their homes. They just

LINDA'S LESSONS

Respect the patient. "The most important thing families can do is make patients feel like they are still people. Understand their level of functioning and respect that."

Independence or time to step in? "Recognize when it is safe for someone to stay in the same routine and when that person really needs help."

Plan for change. "Be alert for signs that a treatment plan needs to be altered to accommodate a patient's changing needs."

need a little help to do so safely.

My partner and I help them with physician appointments, daily living activities, exercise plans, shopping, meal preparation, and socializing. Because we're so rural and the distances are so great, I am on the road much of the time. We are trying to get nonprofit status so we can employ more people by obtaining grants.

This work is very rewarding. Elderly patients have so much wisdom and experience to share—and it's often the best medicine for them. I love providing care and comfort where I can and supplementing and enhancing their abilities so they can remain wherever they call home.



ASK YOUR DOCTOR

1

What nearby services are available for my aging parent?

3

Where can I learn more about help for vision and hearing problems?

2

How can I help my aging parent remember to take medications?

4

When will I know if my parent can no longer live at home safely?

HEALTH CHECK

WHAT'S YOUR DIGESTIVE HEALTH IQ?



Plenty of people have trouble with their digestive systems, but it's not always easy to diagnose what's going on. Take irritable bowel syndrome (IBS), a gastrointestinal tract disorder that is not well understood. "Researchers are slowly trying to figure IBS out," **CalGal37** writes to the WebMD digestive disorders community. "But the symptoms overlap with so many conditions that it can be hard—and take one heck of a long time—to try to find out what each individual 'has.'" How much do you know about IBS?



ASK YOUR DOCTOR

1

What types of things will trigger my IBS symptoms? How can I prevent them?

3

What dietary, fitness, and other lifestyle changes should I consider?

2

How does stress contribute to my condition? What can I do about it?

4

What types of treatments are available? Are they right for me?

QUIZ

- Abdominal pain or discomfort is a primary symptom of IBS.
 True False
- People with IBS always have more frequent bowel movements.
 True False
- If you have loose watery stool, you probably have IBS.
 True False
- Stress causes IBS.
 True False
- Lifestyle changes can help relieve the symptoms of IBS.
 True False

Answers: **1. True.** The primary symptom of IBS is abdominal pain or discomfort that lasts at least three days a month for three months or longer and cannot be explained by another condition or injury. This is accompanied by at least two of the following symptoms: relief with bowel movement, a change in the frequency of bowel movements, and a change in the form of the stool. **2. False.** A change in frequency of bowel movements—either more often or less often—is a symptom of the syndrome but does not necessarily mean you have IBS. **3. False.** Loose, watery stool is a non-specific symptom that can have multiple causes. Both loose, watery stool and hard, lumpy stool can be symptoms of IBS. **4. False.** Stress may aggravate IBS symptoms, but it doesn't cause the syndrome itself. Researchers still aren't entirely sure what causes IBS. **5. True.** Eating more frequent, smaller meals and avoiding foods that trigger your symptoms can help ease IBS symptoms. Exercise, plenty of sleep, and stress reduction therapies can help if your IBS is aggravated by stress.

SOURCES:

American Gastroenterological Association;
WebMD IBS Health Center

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Learn More



Jessica Alba

Actor, Entrepreneur

1 Your daughters, Honor and Haven, inspired you to launch The Honest Company, a line of natural home cleaners, body washes and lotions, and baby items. When did the whole concept come together for you?

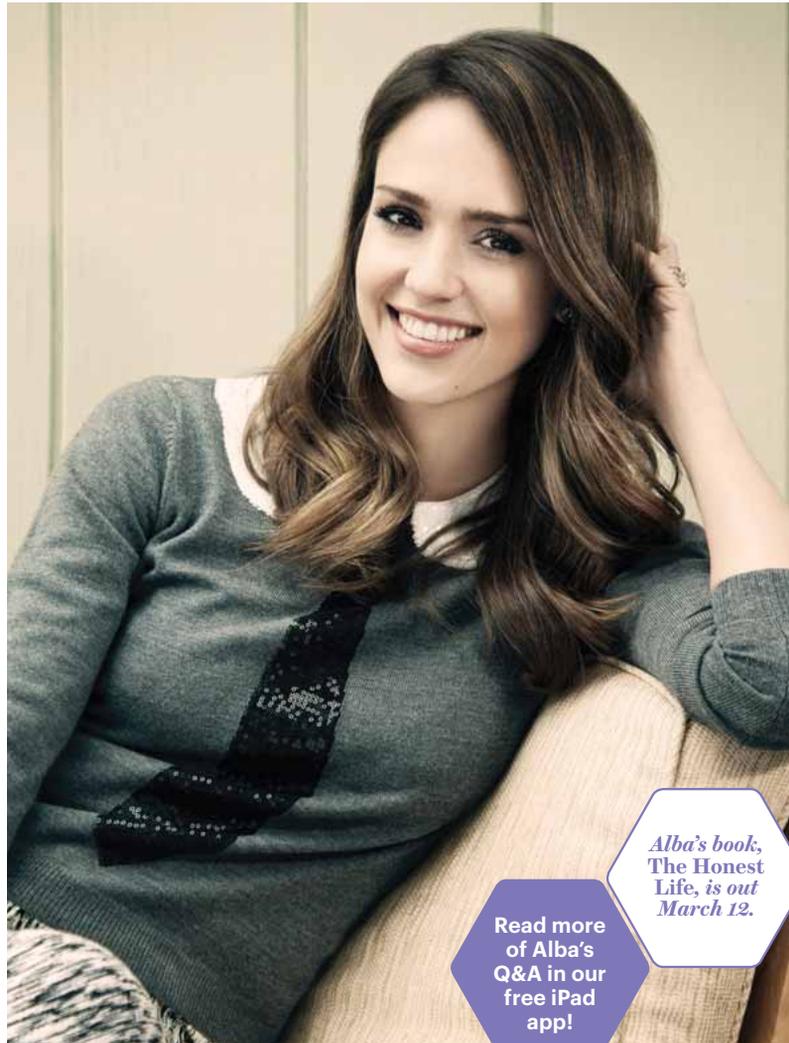
When I was pregnant with Honor, I tried to find the healthiest versions of everything. I wanted one brand I could trust because there was so much confusion in the marketplace. I felt like the more I read, the more confusing and difficult it was to find the best-quality products. I did so much research and hit a lot of walls, so I decided I had to do it myself.

2 How hard was it going from actor to business owner?

It took three and a half years to put this together! It took a year and a half to write a business plan and flesh out a concept. Many times I thought, "There's no way this is going to happen." But every day I wanted this for my family, so I knew I had to keep on keeping on.

3 Shopping organic and buying local seems like a lot of work. How can we make it easier?

That's why I wrote *The Honest Life*. Look,



Alba's book, *The Honest Life*, is out March 12.

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

you don't have to be perfect at it. I'm not! I just wanted to give all the information in the simplest version, and you take what you can. Everything isn't safe, and there really isn't legislation in place to protect us from many of these toxic things. We have to protect ourselves.

4 What are the top three changes parents can

make so their families' lives will be more natural and healthy?

Read labels. Take your shoes off before you enter your house. Get an organic allergen cover for your mattress.

5 Where did you get your passion for the environ-

ment? Maybe my grandmother. Everything was homemade and

upcycled. She would say, "I lived through the Depression. This is called survival." She was very creative in the way she reused things. If a shoelace was broken on one shoe, she'd use the other shoelace as a ribbon for my ponytail. And it was cute!

6 Do you have any secret health vices or guilty pleasures? I am not

the healthiest! Not at all. Honestly, I don't think there are absolute "shouldn'ts." Have your Fritos sometimes if you want them. I like an In-N-Out burger once in a while. And I wear high heels, which is not good for my feet.

7 What's the best health advice anyone has ever given you? Read labels. Know what you're buying and what you're bringing into your home.

8 Which of your five senses do you value most and why? Sight. I just love looking at my kids!

9 What does a perfect day off look like? I'd probably take the girls for a hike at a nature preserve nearby and have a picnic.

10 Did having children change your relationship with your own body?

For sure. I didn't even realize I had a cute figure before. I wouldn't change anything at all. I love the way it all has fallen into place. I love what's happened. Now, I wear short skirts once in a while. Don't know how much longer I can do that, but I'll wear sexy clothes when I go on a date with my husband.—Gina Shaw