May 2013 / \$4.95

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FOOD & RECIPES

Three Ways to Cook Asparagus

LIVING **HEALTHY**

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MEN'S **HEALTH**

FAMILY & PARENTING



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 doctorapproved 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.











WebMD MAY 2013

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Pet Pal

Actor **Katherine Heigi**'s animal instincts run deep. From her beloved childhood dogs, cats, and rabbits to the seven dogs she has now, she has always opened her heart and her home to pets. And with the foundation she started with her mom, the Emmy-Award winner makes it possible for more families to do the same.

Sunday Best

Food is the best way to any mom's heart. Celebrate all the mothers in your life this Mother's Day with a delicious spring feast. Chef, restaurant owner, Food Network star, and mom Alex Guarnaschelli offers up a brunch menu that's light, delicious, and easy to prepare. The kids can help too!









THERE ARE
MORE THAN
10,000
ADOPTABLE
DOGS AND
CATS KILLED
IN THIS
COUNTRY
EVERY
SINGLE DAY.



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TAKE 10

Actor **Don Cheadle** may play a superhero in his latest movie, but he's no stranger to balancing it all in real life. He opens up about how he stays fit, healthy, and grounded.

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HEALTHY START

HOT TOPICS: Can a nightcap really disrupt your sleep? How effective are hand sanitizers? Find out and get more news you can use. • PERSONAL BEST: Actor Mayim Bialik shares her top beauty, food, and workout secrets. • UP CLOSE: What's that smell? We make scents of perfume.

LIVING HEALTHY

WEBMD ON THE STREET: Our experts help a newly retired CEO adjust to a life outside the office. • WOMEN'S HEALTH: Are you a social butterfly or do you sit on the sidelines? What your personality has to do with your health. • MEN'S **HEALTH:** Do you have a beer belly? Why it's time to banish the bulge right now. • **SPOTLIGHT:** Healthy habits to develop for a strong mind and body as you age.

HEALTHY BEAUTY

YOU ASKED: The sun is out! Are you covered? Our experts offer SPF tips and sunscreen product picks to keep you sun safe. • YOUR SMILE: A top dentist opens up about what he wishes every patient knew. Plus: Are your teeth a sensitive subject? What you need to know. • BEAUTY SMARTS: Need Mom's Day gift ideas? We've got the mother lode. **Plus:** Dirty Secret, Aisle Do, Beauty 411, and I Tried It

FAMILY & PARENTING

PARENTING: Actor Chris O'Donnell has a full plate and a full house. He opens up about raising five kids and balancing a career. • PREGNANCY: Here's why—and how—expectant moms need to keep stress under control. • BABY TALK: Want to raise a smart baby? Skip all the bells and whistles. • KIDS' HEALTH: Being a stepparent is no walk in the park, but you can start off on the right foot with these dos and don'ts. • FIT KIDS: Monitoring your kids' social media. • PET HEALTH: Don't forget about your four-legged friends during an emergency. Do you have a plan?

FOOD & RECIPES

3 WAYS TO COOK... Asparagus. Sautéed, steamed, or grilled, this spring staple stands tall at every meal. • OFF THE MENU: Miami chef Michelle Bernstein shares her favorite Mother's Day recipe. • LEARNING TO LOVE...Beans. One reader spills about her newfound love for legumes and how she got her kids on the bandwagon. Plus: Chef Lizzie goes fish.

FITNESS & EXERCISE

PEEKE FITNESS: Do you treasure your chest? We've got must-do moves to better your bust. • FITNESS CHALLENGE: Bikini season is coming. Get your middle ready with these ab-solutely effective toning tips.



WEBMD CHECKUP

SPOTLIGHT: Guys, don't write off problems in the bedroom or the bathroom. Why it might be time to call your doctor. • HEALTH HIGHLIGHTS: Do you sleep tight? Rest easy with tips for better zzz's. • BY THE NUMBERS: A closer look at arthritis. • MY STORY: One reader shares her experience with type 1 diabetes and pregnancy. • LIVING WITH...Heart disease. The signs are different for women. Learn how. • HEALTH CHECK: What's your A1c IQ? Take the quiz to find out.



EDITOR IN CHIEF

Kristy Hammam

EXECUTIVE EDITOR

Colleen Paretty

SENIOR EDITORS

Susan Davis, Sylvia Davis

WEBMD.COM SENIOR DIRECTOR, EDITORIAL

Stephanie Snipes

WEBMD.COM ART DIRECTOR

Noel Triplett

CHIEF MEDICAL EDITOR

Michael W. Smith, MD

MEDICAL EDITORS

Brunilda Nazario, MD Hansa Bhargava, MD

BRAND REVIEW

Heidi Baltes-Braniff, Theresa Saladino, Bill Sims

CONTRIBUTING WRITERS

Christina Boufis, Heather Hatfield. Jodi Helmer, Ayren Jackson-Cannady, Katherine Kam, Lauren Paige Kennedy, Shelley Levitt, Matt McMillen, Erin O'Donnell, Gina Shaw, Stephanie Watson

McMurry/TMG, LLC

EDITORIAL, DESIGN, PRODUCTION MANAGEMENT

EDITOR AT LARGE Kim Caviness

DEPUTY EDITOR Andrea Gabrick

ASSOCIATE EDITOR Rebecca Scherr

BOOKINGS DIRECTOR Wendy Zipes Hunter wendy@celebrity-concepts.com

ART DIRECTORS Melissa H. Miller, Glenn Pierce

PHOTO EDITOR Katie Ellsworth

PRODUCTION DIRECTOR Connie Otto

PRODUCTION MANAGER Jerry Parks

advertising traffic manager Jennifer Morgan

PRODUCTION ARTIST Brenda M. Waugh

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Dawn Carey

GROUP VICE PRESIDENT OF SALES OPERATIONS

Jonathan Katz

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Paul Bar

MANAGER, CIRCULATION

Robin Baas

ASSOCIATE DIRECTOR, BRAND STRATEGY AND MANAGEMENT

Neha Dakwala-Shah

sales operations analyst Kisha Jackson

ADVERTISING SALES

Claudia Fern, cfern@webmd.net, 212-624-3728 Patti Mrozowski, pmrozowski@webmd.net, 212-624-3750 Patria Rodriguez, prodriguez@webmd.net, 212-417-9542

Anna Novinger, anovinger@webmd.net, 312-416-9278 Meghan Rice, mrice@webmd.net, 312-416-9276

WEST COAST

Elise Perlmutter, eperlmutter@webmd.net, 424-248-0616 (pharma) Nicole Ransom, nransom@webmd.net, 310-318-1728 (non-pharma)

SOUTHWEST

Sunday Leek, WNP Media, sunday@wnpmedia.com, 972-365-3666

WebM

111 EIGHTH AVE., SUITE 700, NEW YORK, N.Y. 10011

CHIEF EXECUTIVE OFFICER Cavan M. Redmond CHIEF FINANCIAL OFFICER Anthony Vuolo

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You look to WebMD for all things health, and in a recent survey, you told us that includes beauty, too. Why? Because you see beauty as a reflection of your overall health.

That makes perfect sense to me. Like you, I aspire to live a healthier life—and that means I care about what I eat and how much I exercise as well as finding a good anti-aging moisturizer. As individuals, we are more than just the sum of our parts. That's why WebMD is dedicated to you as a person, not just one aspect of well-being or a single health condition.

This issue is beauty-full, from our experts' pampering picks for mom on Mother's Day to an inside look at perfume. Our beautiful cover star, actor Katherine Heigl, tells us about her love of pets and life with her two adopted daughters. *NCIS: LA* actor Chris O'Donnell finds beauty in his five children, saying his family unit is his own world. I can relate.

Like O'Donnell, my kids are my world and that world is not without its wrinkles (and not just figuratively—enter antiaging cream). But when I get home from a hectic day and get through homework and dirty dishes and arguments over bedtime, one hug smooths everything out.

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



Finding the content you're most interested in is easier than ever.

True Beauty

Dry skin. Botox. Eyes that pop. Whether you need answers to your major beauty hang-ups, or you're on a mission to track down this season's hottest trends, let the new **Healthy Beauty Channel** help you face the day! Get beauty information from top docs, derms, and other experts about caring for your hair, skin, smile, and more. And be sure to check out the **Personal Skin Evaluator**, which will assess your lifestyle and skin type to give you customized recommendations for a healthier look and clear, beautiful skin. Go to **webmd.com/beauty** today.



Download WebMD Magazine for FREE! Get your free iPad subscription in the App Store.

Full Plate Planning ahead for weeknight dinners can be tough. And by Friday (or maybe even by Wednesday). all you want to do is eat out. But, we're here to help. In each issue of WebMD Magazine, we give you three ways to cook a seasonal ingredient-this month we're drooling over asparagus. In Off the Menu, we get up close and personal with chefs who share their favorite recipes to make at home. This month, top chef Michelle Bernstein whets our appetite with her Grilled Leg of Lamb recipe. And, to celebrate Mother's Day, we're bringing you a mouthwatering brunch that will have all the moms



Now it's your turn! What do you cook during the week? Have you tried a recipe from WebMD Magazine? Tell us what you're cookingand share a photo-on your Pinterest page with #webmdmag.





Mother Load

Moms do a lot, most of it behind the scenes. That's why we're putting them center stage this issue. Want to show your mom just how much you care? Post a photo to our Facebook page and be a part of our upcoming Facebook mural. We love you, mom!

We Want to Hear From You!



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asking for seconds.



Top reasons people over age 50 try online dating: to meet a broader range of people (23%), low-pressure environment (20%), and a friend recommended it (14%).

Source: AARP

SMOKING IS MORE COMMON IN ADULTS WITH MENTAL ILLNESS

THAN IN OTHER PEOPLE. **40% OF MEN** WITH MENTAL ILLNESS SMOKE, **AND 34%** OF WOMEN DO.

Sources: CDC Vital Signs; National Survey on Drug Use and Health

EVERY 2 HOURS

How often you should generously reapply sunscreen when outside. You should also reapply after swimming, toweling off, or sweating.

Source: American Cancer Society



Bartenders at the Kentucky Derby will serve about

120,000 MINT JULEPS.

the official drink of the horse race. They will use some 1.000 POUNDS OF FRESH MINT.

Source: kentuckyderby.com

TOP PET-OWNING STATES

Vermont **New Mexico** South Dakota Oregon Maine Washington Arkansas West Virginia Wyoming

CLOCKWISE FROM TOP LEFT: ATOMIC IMAGERY/GETTY IMAGES, CHROMATICA/VEER, MIRKO STELZNER/GETTY IMAGES, CORBIS PHOTOGRAPHY/VEER, COMSTOCK IMAGES/VEER; CRAFTVISION/GETTY IMAGES,



Source: American Veterinary Medical Association's U.S. Pet Ownership & Demographics Sourcebook



In 2012,

18% of adults bought or

consumed

food products

labeled as gluten-free,

compared with

15% in 2010.

Source: Packaged Facts

of chefs say Mediterranean cuisine is hot, 40% say it's a perennial favorite, and 20% think the trend has passed.

Source: National Restaurant Association's What's Hot survey

IF A GIRL DOESN'T **PLAY SPORTS BY AGE 10**, THE CHANCE SHE WILL BE INVOLVED IN SPORTS WHEN SHE IS 25 IS LESS THAN 10%.

Source: National Association for Girls and Women in Sport

of men ages 18 to 34 who buy grooming products say they are more likely to make impulse purchases when shopping online compared with in-store shopping. 26% of women in the same age group agreed.

Source: Mintel





TAKE HEART

Did you switch to corn oil or safflower oil for your heart's sake? A study hints that the omega-6 fatty acids in these oils could actually boost heart disease risk.

Unsaturated fats, which are generally considered heart-healthy, include monounsaturated fats (from olive oil and nuts) and polyunsaturated fats. Since many oils contain both omega-3s and -6s, researchers have had difficulty determining which is healthier. But the study found higher death rates in heart patients who added only omega-6s to their diets.

More research is needed, experts say. In the meantime, limit saturated and trans fats.

Source: British Medical Journal



Shot Clock

Think a nightcap will help you get a better night's sleep?

Think again. A review study found that while alcohol does allow healthy people to fall asleep more quickly and sleep more deeply for some time, it reduces rapid eye movement sleep in the second half of the night. That can rob you of needed zzz's, leading to daytime drowsiness and poor concentration.

And the more you drink before bed, the stronger these effects.

One to two drinks seem to have little effect on sleep, but more than that and you're risking a bleary-eyed morning, experts say.

Source: Alcoholism: Clinical and Experimental Research



FAST LANE

A shorter, faster-paced workout may cut your risk of heart disease and diabetes more than strolling for an hour a day.

In a study of 10,000 Danish adults, fast walkers and joggers who exercised two to four hours a week were up to 50% less likely to develop metabolic syndrome, a cluster of risk factors—including high blood pressure, high blood sugar, and belly fat—that can lead to diabetes and heart disease. Walking at a casual pace for an hour a day made no difference in peoples' risk for the syndrome.

Source: BMJ Open



U.S. AMERICANS
LIVE WITH
LOW VISION
OR EYESIGHT
THAT, EVEN IF
CORRECTED, MAKES
EVERYDAY TASKS
CHALLENGING.

Source: NIH

HANDS OFF



Hand sanitizers are, well, handy, but they're no substitute for a good old-fashioned scrubbing. Workers in long-term care facilities who rely heavily on hand sanitizers report more cases of norovirus, a common culprit in outbreaks of "stomach flu" at schools and nursing homes. Hand sanitizers are effective against viral infections, such as those that cause cold and flu, as well as most bacterial infections. But they aren't very effective against norovirus and don't work at all against the highly infectious stomach bug *C. difficile*, which can lead to life-threatening colon inflammation.

The bottom line: Always wash up after using the bathroom or changing a diaper, and before eating or handling food.

Sources: American Journal of Infection Control, CDC



MOTHER TONGUE

Even before they're born, babies listen to their moms. Just hours after birth, they can tell the difference between their mother's native tongue and a foreign language. "The mother's voice can be heard because it is amplified by her body," says study author Patricia K. Kuhl, PhD. Sorry, Dads: The father's voice can't be heard in the womb.

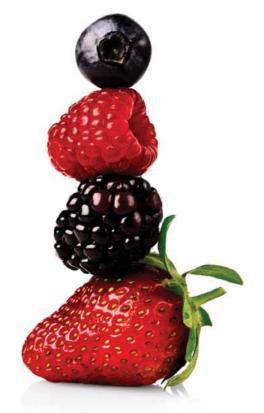
Source: Acta Paediatrica

WebMD.com Hot Hits

What's trending on WebMD.com right now

- 1. What is the Mediterranean diet?
- 2. Seven pains you shouldn't ignore
- 3. Do green coffee beans help you lose weight?
- 4. Spa body wraps: What to expect
- 5. What is bipolar disorder?
- 6. Eight causes of night sweats
- 7. Expecting? Use the due date calculator
- 8. Six sexual health symptoms women can't ignore
- 9. Workouts for a better butt
- 10. Top diet-wrecker restaurant sandwiches

*as of March 1, 2013



Berry Good

Could a handful of berries each day keep the cardiologist away? A study shows that women who eat blueberries and strawberries most days of the week may reduce their risk of heart attack. Researchers followed 93,000 young and middle-aged women for 18 years. Those who ate more than three half-cup servings of blueberries and strawberries a week were 32% less likely to have heart attacks in later years. The health benefits may come from anthocyanins, antioxidants that create the red, blue, and purple color in strawberries, blueberries, and other fruits and vegetables. But women who ate more berries also reported other healthy habits, such as exercising and refraining from smoking.

Source: Circulation

14 MILLION

U.S. WOMEN BINGE DRINK
ABOUT THREE TIMES A MONTH,
CONSUMING AN AVERAGE OF
SIX DRINKS PER BINGE.

Source: CDC Vital Signs





What makes a hero? Each year, we at WebMD Magazine ask you to tell us about the Health Heroes in your life. They can be doctors, nurses, patients, families, groups, even communities. This year, we're looking for:

- A doctor or doctor/ patient duo who changed how people deal with chronic pain or pain management
- · Someone or an organization who improved the health and well-being of U.S. veterans
- A person or group who made a difference reaching people about the new health care reform law
- Someone who helped people lose weight and achieve better health
- A "super" Mom who improved her family's or town's well-being
- A veterinarian who championed or changed pet health in a significant way
- Someone who made strides to help people live better with type 2 diabetes

Anyone come to mind? Ask your family, friends, and community. And then go to the Health Heroes page at WebMD. com to submit your nomination by July 15. We'll announce the winners in our Nov/Dec issue. Thank you!



Colleen Paretty **Executive Editor** colleen@webmd.com



 $\underbrace{ Veg\ Out}_{\text{A vegetarian diet can cut your risk of being hospitalized or dying}$ from heart disease by one-third, according to one study. Researchers from the University of Oxford in England say this is probably due to lower blood pressure and cholesterol levels among vegetarians. Their study also found that vegetarians tended to have lower BMIs (body mass index) and fewer cases of diabetes than meat-eaters. But experts caution that a vegetarian diet alone is probably not enough to prevent heart disease, the leading cause of death in developed countries.

Source: American Journal of Clinical Nutrition



disorder or **ADHD** stimulant medications **MORE THAN** DOUBLED, from 13,379 visits in 2005 to 31,244 in 2010.

Source: Substance Abuse and Mental Health Services Administration



Trying to find a creative solution to a problem? Instead of sleeping on it, you might want to take a hike. A study of 52 backpackers found they scored 50% better on a creativity test after spending four days in nature, disconnected from electronic devices. It's not clear whether the wilderness or the lack of cellphones was responsible—researchers say it may be a bit of both.

You can get some of the same benefits without decamping to Alaska or Colorado. Experts suggest starting with a 10- to 15-minute walk in a park five days a week.

Source: PLoS One

PERSONAL BEST

Mayim Bialik

THE ACTOR AND AUTHOR SHARES HER HEALTHY LIVING HABITS



"I recently took up jogging, and while I am not quite a marathoner-I generally do about two miles-I do find it relaxing. I also lift weights, which helps me maintain muscle."

"I'd love to go to Japan. I'm fascinated with the art, culture. and history.



Guilty Pleasures

"I so indulge! I eat fries, chocolate, maybe even a Coke...If I really feel I need to drop a pound or two, maybe I'll nix that weekly Coke."



One Fine Day

"My perfect 'me time' is rather mellow stuff: I'd go for a run. I'd make a big green smoothie. I'd head to the craft storethe one I've been going to since I was a kid. I'd also take a nap."



To say it's been a busy couple of years for Mayim Bialik is an understatement. Perhaps still best known for her starring role on the '90s sitcom Blossom, Bialik, 37, has not only resurrected her acting career by playing Amy on the CBS hit show *The Big Bang Theory* but is raising two boys, ages 7 and 4, writing books (Beyond the Sling, about her method of attachment parenting, came out in 2012; a vegan cookbook will be published early next year), and blogging about the intersection of love, life, and Jewish parenting for kveller.com. She's become known for her strong Jewish faith and adherence to certain traditional practices (she keeps kosher, has a very un-Hollywood, modest sense of style, and follows a strictly vegan diet). And somehow Bialik makes everything she does look fresh and easy.-Liz Krieger



Stress Buster

"I don't watch much TV (except for World War II documentaries, lately) but I find cleaning very relaxing. Give me a few hours to myself with a bottle of Dr. Bronner's soap, some plain vinegar, and my microfiber cloth, and I will clean my whole house—totally naturally and healthfully."



Desert-Island Foods

"Avocados, bananas, almonds, some sort of nut butter like almond or sunflower, and dark green leafy veggies, such as kale, mustard greens, or spinach."



Skin Secrets

"I wear so little makeup when I'm not working, but I do stick to vegan products that have no parabens and no fragrance. Aveda makes some of my favorites-I love this one balancing oil they make."

UP CLOSE

Nose Knows

AN IN-DEPTH LOOK AT PERFUME

First Burst

Egyptians were the first culture to use fragrance as a part of religious rituals in the form of incense. They later used it to embalm bodies during mummification.

Mixed Numbers

Perfume is the highest concentration of fragrance oils (20% active ingredients and essential oils) and also the longest lasting and most expensive. Eau de perfume, eau de toilette, and cologne have lower concentrations.

Name Game

During the 18th century, Italian perfumer Giovanni Maria Farina named his fragrance Eau de Cologne for Cologne, Germany, home of his perfumery.

Deer Me

For years, perfumers have attempted to produce musky scents for perfume. The original scent comes from the rare musk deer.

Petal Power

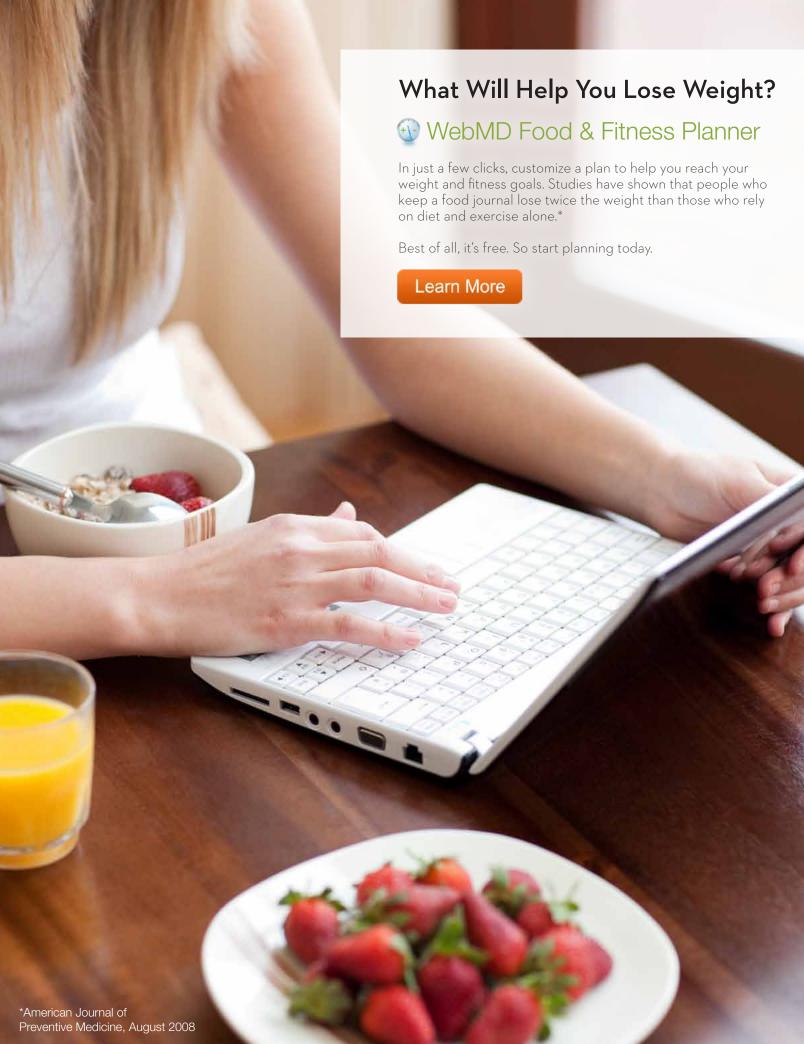
Flowers, such as jasmine and rose, are the leading source of scent used in perfume.

Body Work Dabbing perfume on the inner wrists and neck or a body's pressure points is the most common way to apply it. The warmest parts of the body diffuse the scent over time.

Dollars and Scents

The most expensive perfume in the world is Imperial Majesty, made by Clive Christian. In 2006, the company released 10 16-ounce Baccarat crystal bottles, each with a fivecarat white diamond in an 18-karat gold collar and priced at \$215,000. -Anita Ferrer









Photograph by Robyn Twomey



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

PERFECT FIT

"Don't be embarrassed about being over 30 and having fun with Zumba—be proud! As you've discovered, working out with a group can keep things fun. If you want to try something new, group circuit training classes provide a great cardio and strengthening workout at the same time. You won't get bored because the trainer will mix things up, giving you a whole-body workout each time. And don't dismiss your walks—walking can be a great form of exercise. To pump up the intensity, walk at a speed at which you can still talk, but talking isn't easy."



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

TIME OUT

"Think about your newfound freedom as a means to achieving a different end. Consider volunteering with organizations where your experience can be used and appreciated. The best way to manage your time is to set a schedule (which includes a little flexibility) and keep to it. Using a calendar broken into half-hour blocks, first mark out time for things that MUST be done. Then add what needs to be done, and finally, things you'd like to do. You can use color-coded pens (Red=MUST, Blue=NEED, Green=LIKE). Or write yourself little Post-It notes and switch them around as you need."



Patricia A. Farrell, PhD author; It's Not All In Your Head: Anxiety, Depression, Mood Swings, and MS

SPOT CHECK

"If you already have a spot of discoloration, sun exposure will make it darken faster than the surrounding skin. So sunscreen is key. A micronized mineral-based sunscreen (look for ingredients like zinc or titanium dioxide) gives you broad-spectrum protection. Prescription creams with ingredients like tretinoin and azeleic acid can improve areas of excess pigmentation. With prescription-strength ingredients, you can see a more even and youthful complexion in six weeks."



Mohiba K. Tareen, MD

founder, Tareen Dermatology, and clinical assistant professor of dermatology, University of Minnesota and Columbia University

PILL DRILL

"Many people find it difficult to get all the nutrients they need through food alone. Supplements can help fill the gaps. Look for highly concentrated and purified fish oil supplements, which provide omega-3s in a smaller pill size, such as NatureMade's Ultra Omega-3 Mini or Centrum Pronutrients Omega 3 MiniGels. Try new types of vitamins that are easier to take such as EZ Melts or NatureMade's VitaMelts, which includes vitamin D in a creamy vanilla flavor. They literally melt in your mouth."



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

WEBMD ON THE STREET

Jane Ottenberg

Retired (sort of) CEO, 66 New York City

After more than three decades of owning and running a successful publishing business with her husband, Jane Ottenberg is—in theory—ready for retirement. But getting into the swing of a hands-off life outside the C-suite isn't easy. "We just sold our business, and we're excited to travel and spend more time with our four grown children and grandchild," she says. "But we imagine we'll look at each other in a few months and say, 'Now what?'" Ottenberg also worries about leaving a career where her brain was fully engaged 12 hours a day, as well as about how she'll organize her time. And given her newfound time,

Ottenberg says, "I have no excuse about losing the 10 pounds I've gained over the last few years." Part of that, she knows, is exercise. She walks with friends and has started yoga, but she wants to find something that she *loves* to do. Zumba might be that thing, she says, but "I'm slightly embarrassed to be the only one over 30 in the classes.' And now that she's focusing more on her health, she's wondering about vitamins. "I dread swallowing large pills or drinking powdered vitamins." As a CEO, Ottenberg has certainly had her day in the sun, and as she reflects on her professional life, she's also noticing the literal effects of daylight. "I have sun damage—and don't want any more." Which is a good thing to be mindful of for the golden years ahead.—Andrea Gabrick

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In or Out?

THE SCIENCE BEHIND WHAT MAKES SOME PEOPLE THE LIFE OF THE PARTY AND OTHERS A WALLFLOWER

By Colleen Oakley

Pop quiz: You get an invite to a huge party. What's your initial reaction? (a) I can't wait!, (b) Hmm. I'll have to check my calendar, or (c) Ugh, I'd much rather be at home in my pajamas. If you chose a, you're probably an extrovert, c, you're likely an introvert, and b, you fall somewhere in between.

But why? "Extroverted people have higher levels of and are more sensitive to dopamine, the neurotransmitter that signals reward in the brain," says Colin DeYoung, PhD, associate professor and director of the DeYoung Personality Laboratory at the University of Minnesota. "That's why extroverts are more likely to go up and talk to strangers—they think it might be rewarding and fun." Introverts have less dopamine and therefore are more cautious and reserved, he says.

And like other personality characteristics, there are additional factors, such as genetics (about 50% to 70% of this trait is inherited)

and influences from the enviornment-that is, events in your life that trigger or help shape personality traits.

Research suggests links between each personality type and various health risks. Introversion is associated with depression (clinical depression and general unhappiness), says DeYoung, but it's not clear if being introverted actually causes depression or if depressed people just tend to be introverted. Extroverts, while more likely to be happy, are also more likely to have car accidents, wind up in emergency rooms, and engage in unsafe sex.

Unless you're an extreme introvert or extrovert, which is rare, personality isn't fixed and can subtly shift as you age. "People tend to peak in extroversion in their teens and early 20s—particularly the fun-loving, enthusiastic aspect, which is typically to blame for those risky decisions-and then it diminishes over time," says DeYoung.

EXPERT TIP

"If you're an introvert stuck in a career more suited for outgoing people, just fake it! Researchers find that introverts who act more talkative or energetic are actually happier in those moments."—Colin De Young, PhD

FROM WEBMD.COM

'In college, I took a personality quiz to help determine my best career path, and I was told I was an extrovert. Recently, I took another one for fun and it said I'm an introvert. I don't feel any less outgoing. What gives?



Megan Barner 34, massage therapist, Charlotte, N.C.

EXPERT ANSWER

"It's not you, it's the test. Categorizing people into one type or the other is slightly misguided. Say extreme extroverts score 100 and extreme introverts score 0. In college, you may have scored 51 and recently you could have scored 49. Your personality hasn't really changed, and you're very normal-the majority of people fall somewhere in the middle.

Colin De Young, PhD associate professor and director of the DeYoung Personality Laboratory at the University of Minnesota

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

MEN'S HEALTH

Waist Not

HAVE SOME EXTRA POUNDS AROUND YOUR MIDDLE? WHY THE BEER BELLY IS MORE DANGEROUS THAN YOU THINK

By Matt McMillen

Men, it's time to lose the beer belly. A big gut puts you at high risk of diabetes, heart disease, osteoporosis, and other serious health problems.

Steven E. Feinleib, MD, a preventive medicine and men's health specialist at the Cleveland Clinic, says, "I tell my patients this every single day, all the time. Belly fat is a real culprit."

It's a particular problem for men, he says. Compared with women, men tend to amass more of a type of fat known as visceral fat, which builds up in the abdomen, crowding organs such as the liver and pancreas. Eventually, men acquire a distinctive apple shape, as the fat accumulates and their bellies expand.

How do you know your gut has grown too big? If your pants are size 40 or bigger, chances are you have an unhealthy amount of visceral fat in your middle.

"The waistline is an important vital sign," says Feinleib. "It may be a better indicator for diabetes and heart disease risk than overall weight or BMI."

Recent research backs him up. Last year, a large study suggested that excess belly fat nearly triples a man's risk of dying from heart disease, even if he's not overweight.

Fat that builds up in the gut interferes with the way the body handles insulin, a hormone produced in the pancreas that regulates the amount of sugar in the bloodstream. When insulin can't do its job properly, blood sugar levels rise. Over time, says Feinleib, "you start tilting toward diabetes. Almost invariably, this is going to happen." Diabetes, in turn, ratchets up the risk of heart disease and other health problems.

However, says Feinleib, you can rid yourself of that dangerous fat. You just have to be willing to do the work. He tells his patients to reduce or avoid foods that are high in calories or that have little or no nutritional value, especially beer. Instead, focus on fruits, vegetables, whole grains, lean meats, and healthy sources of fat, such as salmon.



You can rid yourself of that dangerous fat. You just have to be willing to do the work.

You also need to do the right kind of workout, says Feinleib. Cardio is crucial, so hit the treadmill, hop on a bike, or do whatever gets your heart pumping. He recommends 150 minutes a week (30 minutes a day, five days a week is a good approach). Sound like a lot to fit into your schedule? Divide your workout into chunks of 10 to 15 minutes each.

But, he says, you must also make time for high-resistance, low-rep weight training, ideally three times a week. After you warm up, use a weight that allows you to do eight to 12 reps with good form.

"We sometimes underestimate the value of building our muscles," says Feinleib. "What we burn off during the day is based on muscle mass, and the more we have, the more calories we burn throughout the day. That, in turn, is how we reduce belly fat."

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



EXPERT TIP

"Listen to music to get more out of your workout. When you listen to fast music, exercise seems easier and you can go longer, burning even more calories. The faster the beat, the higher the intensity."—Michael W. Smith, MD

HEALTHY AGING

Power Play

WANT TO STAY YOUNG IN MIND AND BODY? DEVELOP THESE HEALTHY HABITS

By Stephanie Watson

Who doesn't wish for a fountain of youth? Magical youth-restoring springs exist only in legend, but science does point to a few simple, healthy habits that really can help extend your life.

Heather Whitson, MD, MHS, assistant professor of medicine (geriatrics) and ophthalmology at Duke University School of Medicine, shares the most effective tips.

Don't slow down. "Exercise and physical activity is where the strongest evidence lies, not just for reducing mortality, but also for across-the-board health benefits," Whitson says. She ticks off exercise's advantages: reduced heart risks, improved sleep and memory, less depression and pain, better bone strength, and fewer falls.

What kind of fitness is best? "If you're only able to do one kind of exercise, aerobic exercise is what you want to do," she says. In other words, walk briskly, ride a stationary bike, or take a dance class. Even better, alternate aerobics with strength and flexibility training for a well-rounded program.

Go Mediterranean. With emphasis on fresh fruits, vegetables, whole grains, and healthy fats, the Mediterranean diet has some solid evidence to show it can help you live longer. One study found that, compared with a low-fat diet, the Mediterranean way of eating can reduce the risk of life-threatening heart attacks and strokes by 30%.

Stay connected. As family moves away and friends move on, you can lose touch and get isolated. Loneliness isn't just a state of mind. It takes a toll on the body, too. One study linked loneliness with a 45% increased risk



MEAL PLAN

THE MEDITERRANEAN DIET HAS BEEN LINKED TO BETTER HEART HEALTH AND GREATER LONGEVITY. HEATHER WHITSON, MD, MHS, RECOMMENDS IT TO HER PATIENTS.

Ban Butter

Switch to unsaturated olive oil for cooking, and use olive oil for salad dressings. Vegetable oils such as canola and grape seed are also healthy.

Switch to Fish

Twice a week, substitute a serving of salmon, herring, or albacore tuna for red meat.

Load Up on Veggies

Leave more room on your plate for vegetables like broccoli, kale, carrots, and tomatoes. Grill or steam them, or serve them raw, instead of frying. of death. "The more connectedness people have, the better outcomes they have," Whitson says. Build a support network through your doctor, community center, or religious organization. Learn to use social networking websites like Facebook and voice/imaging technologies such as Skype.

No butts. Whether heart disease, lung disease, or cancer eventually develops, a smoker's life will be cut short by roughly 13 to 14 years. It takes an average of seven attempts to ditch the habit for good. "Just because you've tried in the past doesn't mean you're incapable of quitting. It just means you're closer to the time when you succeed," Whitson says.

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

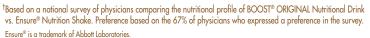


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YOU ASKED

Screen Test

HERE COMES THE SUN! GET READY WITH OUR DERMATOLOGISTS' HEAD-TO-TOE SPF PRODUCT PICKS AND TIPS

By Ayren Jackson-Cannady



Higher Power

Hawaiian Tropic Silk Hydration Lotion Sunscreen SPF 30 (\$8.99) "Sunscreen with SPF 30 filters out about 97% of all incoming UVB rays, and SPF 50, 98%. Sunscreens like this one with SPF values in the 30 to 50 range offer some safety for people who don't apply enough, apply it unevenly, or fail to reapply."



Pretty Cool

Yes to Cucumbers Daily Calming Moisturizer With SPF 30 (\$9.99) "I prefer sunscreens like this, infused with physical blockers (titanium dioxide and zinc oxide), that tend

to work immediately, unlike chemical sunscreens, which need to be absorbed before they start to work."



Maritza Perez, MD director of cosmetic dermatology, St. Luke's Roosevelt Medical Center, New York City



Clock Work

Mary Kay TimeWise Age-Fighting Moisturizer **Sunscreen Broad Spectrum SPF 30** (\$22)

"Sun exposure accounts for up to 90% of the visible changes commonly attributed to aging, including wrinkles and brown spots. This daily sunscreen helps firm skin and fight fine lines and additional sun damage."



Heads Up

Coolibar Sun Hat With UPF 50+ (\$35) "Even with sunscreen on, everyone should seek shade and stay out of direct sunlight between 10 a.m. and 4 p.m. (generally the sun's most intense hours). If shade is hard to come by, take precautions by wearing sun-protective clothing, including a wide-brimmed hat."

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FROM WEBMD.COM



"Are laser skin treatments safe for darker skin tones



Manoja Seneviratne 32, physical therapist, Montgomery Village, Md.



"Because cosmetic laser treatments focus on the color of the skin to correct imperfections (think sunspots and acne scars). darker-skinned people are at higher risk for complications like burns, postinflammatory hyperpigmentation, and permanent lightening of the skin. Certain lasers are safer for dark skin than others, so make sure to consult with a doctor who has experience with this procedure.



Anthony Youn, MD cosmetic plastic surgeon, Troy, Mich.



Red Alert

CeraVe Facial Moisturizing Lotion SPF 30 (\$13.99) "If you have sensitive skin, look for a sunscreen that contains a physical blocker like titanium dioxide or zinc oxide, which filters out 97% of the sun's rays without causing irritation. If you're redness-prone, other key words to look for on the bottle include 'fragrance-free' and 'paraben-free.'"



Wet Blanket

Neutrogena Wet Skin Sunscreen Spray Broad Spectrum SPF 50 (\$10.99) "If you're a swimmer (or a sweat-er), it can be a huge hassle to reapply sunscreen over wet skin. I like this spray SPF because it's water resistant and you don't have to rub it in."



Application Form

La Roche-Posav Anthelios 40 Sunscreen Cream (\$34.95) "A shot glass amount of SPF this one is so light and leaves no white film should be slathered over any exposed skin of the face and body every two hours. Sunscreen only lasts for two hours, regardless of weather conditions or skin color, so reapply, reapply!"

> Reviewed by Karyn Grossman, MD WebMD Skin Care Expert



Powder Play

Colorescience Pro Sunforgettable Mineral Powder Brush SPF 30 (\$50) "While you touch up your makeup, you also reapply sunscreen with this brush-on powder that's composed of cosmetically elegant, sun-blocking titanium dioxide. So easy!"



Mona Gohara, MD assistant clinical professor of dermatology, Yale School of Medicine

Shopping List



Hawaiian Tropic Silk Hydration Lotion Sunscreen SPF 30

Yes to Cucumbers Daily Calming **Moisturizer With SPF 30**

Mary Kay TimeWise Age-Fighting **Moisturizer Sunscreen Broad Spectrum SPF 30**

Coolibar Sun Hat With UPF 50+

CeraVe Facial Moisturizing Lotion SPF 30

Colorescience Pro Sunforgettable **Mineral Powder Brush SPF 30**

Neutrogena Wet Skin Sunscreen Spray Broad Spectrum SPF 50

AISLE DO

PRODUCT PICK Olay **Regenerist Eye** Regenerating Cream + Touch of Concealer (\$24.99)

EXPERT Marina Peredo,

MD.

dermatologist.

Smithtown, N.Y., and associate clinical

professor, Mount

Sinai Hospital,

New York City

the most important products to

include in your

daily skin care regimen. I love

the formulation of this all-in-one

cream. It contains B3 complex (with vitamin B3), which does a great job of

> hydrating the skin. Amino-

peptides have an

anti-inflammatory

effect to promote

new tissue growth.

And the touch of

concealer that's

left on the skin provides instant

brightening."

"The thin and sensitive skin in the under-eye area is one of the first places to show signs of aging. That's why an anti-aging eye cream is one of

La Roche-Posay **Anthelios 40 Sunscreen Cream**

YOUR SMILE

Word of Mouth

EVERY PATIENT KNEW

By Liz Krieger

You probably don't often think of dentistry and sports in the same breath, but Oakland, Calif.-based dentist Eric Yabu, DDS, certainly does. Yabu does double duty as team dentist for the sports medicine program at the

"Nothing beats traditional floss for really getting at every crevice."

University of California, Berkeley, where he's tasked with making custom mouth guards for the athletes as well as providing emergency care. Away from the playing field, Yabu, who is also an assistant clinical professor at the University of California, San Francisco, sees patients of all ages and walks of life. Since 1996, he has shared a dental practice with his wife, Geraldine Lim, DDS, Here he gives us the inside scoop on what dentists wish every patient knew.

Flossing may be more important than brush-

ing. Yes, you need to brush twice a day, but if you're not flossing, you're missing a lot of debris. Flossing cleans the sides of the teeth that face neighboring teeth, and even under the gums. This is where decay and gum disease are most likely to occur. The

Read the full **Q&A** with Dr. Yabu in our free iPad app! truth is, brushing just won't effectively reach these areas. And while the floss picks and other flossing devices are good, nothing beats traditional floss for really getting at every crevice.

Bleeding gums are not **normal.** Some patients will say that their gums bleed only when they floss. But healthy gums don't bleed during proper brushing or flossing. If yours do, talk to your dentist. During a routine cleaning, some bleeding is normal because dental hygienists are doing such

a thorough job and using instruments.

The mouth is a part of the body. That may sound obvious, but somehow the mouth is isolated from the rest of the body in many people's minds and even by our health care system. To wit: Why are there separate insurances for medical and dental care? Disease in the mouth affects the rest of the body and vice versa, particularly when it comes to problems like diabetes and gum disease as well as oral cancers.

THE GOOD

WE ASKED DENTIST ERIC YABU, DDS, TO SPILL ABOUT HIS OWN DENTAL HABITS.

How often do you replace your toothbrush? In truth, a bit less often than I recommend—but only because I know I am using a gentle and proper technique. You should replace your toothbrush about every three months because the tips of the bristles become blunted with use. A new brush has bristles with rounded ends, which minimizes damage to the teeth and gums. By the way: If your toothbrush bristles are splaying out,

What do you do when you can't brush? I have actually found myself backpacking without a toothbrush. In those cases, I have rinsed out with water as best I could and used a napkin or cloth to scrub my teeth. Better than nothing!

you're brushing too hard.

What's the biggest misconception about dentists?

Some people assume we're only about teeth, when we can find many more serious issues in the mouth. Other folks think we find problems that don't exist just to make money. But make no mistake: We don't enjoy telling patients they have a problem. That said, every time I get on a plane, if I say I'm a dentist, people immediately start detailing all their mouth issuespartly, I think, because they are happy to have a more impartial audience.

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

YOUR SMILE

Case Sensitive

DO HEAT AND COLD LEAVE YOUR TEETH ACHING? HERE'S HOW TO BANISH THE PAIN

By Liz Krieger

Perhaps you've taken a swig of a cold drink and winced in pain. Or inhaled on a chilly day and felt a jolt when the air hit your teeth. Maybe you found yourself unable to enjoy a cup of hot tea without a sharp ache punctuating each sip. If any of these situations sounds familiar, you probably have sensitive teeth.

The reasons for the discomfort are many, says Mark S. Wolff, DDS, PhD, a professor and chair of the Department of Cariology and Comprehensive Care

Your favorite beverages can worsen enamel erosion and discomfort.

at New York University College of Dentistry. First, the root structure of one or more teeth may have become exposed. Normally covered by gum tissue, this layer just underneath—called dentin—contains millions of tiny tubules, each of which is connected to a nerve ending. It's when the tubules are left unprotected by gum recession or enamel erosion that problems arise. Receding gums, tooth grinding, a diet high in acidic beverages, and overaggressive brushing can all leave dentin exposed.

Brushing too hard is a surprisingly big problem for a lot of people, Wolff says. "Harsh strokes wear away at the gum tissue as well as the tooth's enamel layer, leaving each dentin tubule vulnerable to whatever it comes in contact with—hot, cold, soft, or hard."

Your favorite beverages can make a big difference, too. Anything with a high acid level—sodas, coffee, tea, almost all



juices, wine, and many popular energy drinks—can worsen enamel erosion and discomfort. Carbonated water is OK, says Wolff, but watch out for flavored seltzer, which may have citric acid.

Dentin can also become irritated if you overuse tooth-whitening agents, which contain harsh ingredients to strip away stains. Unfortunately, they can also thin the enamel layer around dentin, exposing the tender tubules.

For severe sensitivity, talk to your dentist about bonding the problematic areas. This is essentially a very fine varnish your dentist applies to the tooth. It's not a permanent fix, though.

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



HEALTHY BEAUTY



BEAUTY SMARTS

Present Tense

LOOKING FOR A GIFT THAT WILL MAKE MOM LOOK AND FEEL HER BEST THIS MOTHER'S DAY? EXPERTS OFFER THEIR PRETTIFYING PICKS

By Shelley Levitt

What better way to celebrate mom this Mother's Day than with a little something to make her feel pampered and pretty? Whether she's warm or cool—we're talking skin tone here—and whatever her complexion concerns, we've got gorgeous gift ideas. Indulgent yet practical, they were selected by two top experts: Tina Alster, MD, a Washington, D.C., dermatologist and clinical professor at Georgetown University Medical Center, and makeup artist Emma Willis, director of artistry for Blushington makeup studios in Los Angeles and Dallas.

Skin Care

La Roche-Posay Anthelios SPF 50 Mineral Tinted Ultra Light Sunscreen Fluid (\$32.95) Chemical sunblocks can cause allergic reactions even in people who don't have sensitive skin, and physical sunblocks often leave a masklike white residue. Now you can help Mom protect her skin without the mask. This tinted formulation contains titanium oxide so finely micronized it can double as continued on page 26

A Healthy Way to Look and Feel Beautiful

WebMD healthy BEAUTY"

Learn More



NEIL C. ROBINSON/GLOW IMAGES



continued from page 25

makeup. "It feels good on your skin," Alster says.

Vichy Detoxifying Cleansing Milk (\$18) "After you're 40, you want to clean your skin without stripping it of oils," Alster says. "One of the biggest mistakes women make is using skin care products that are too harsh." This milky cleanser thoroughly removes makeup and daily debris "without overdrying the skin," she says.

Kiehl's Lip Balm SPF 15 (\$7) "Some lip balms look pretty in the package but they're so waxy they come off immediately," Alster says. Formulated with sweet almond oil, this balm "has a nice texture," she says, noting that she keeps it on her nightstand. "It's the last thing I put on before bed."

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

Lumene Rejuvenating Night Cream (\$29.99) From a top-selling Nordic skin care line, this night treatment is a dream come true. "It's a peptide-rich cream that strengthens, softens, and hydrates the skin while you sleep," Alster says.

Crabtree & Evelyn Gardeners Hand Therapy Cream (\$7 to \$30, depending on size) Mom doesn't need to be growing petunias to enjoy this clover and lavender scented cream that "soothes and hydrates without feeling greasy," Alster says.

WebMD.com



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

I Tried It!

I tried St. Ives Fresh Skin Apricot Scrub (recommended by your skin care expert in the November/December 2012 issue), and I really liked it! I've been using a department store brand for more than 30 years, and I was surprised at how comparable the St. Ives is. It made my skin feel soft and smooth, and it wasn't scratchy, which I was afraid of. Also, I'm allergic to lanolin, and one of the ingredients on the label is "acetylated lanolin alcohol," which may have been why my face got a little red the first time I used it. But it only lasted a couple of days (I exfoliate every three days) then went away. -Louise Cote, North Attleborough, Mass.



Dirty Secret

I know doctors say to never pick a pimple—but I do. Sometimes it's impossible to resist. How bad is it?

Popping a pimple is risky business. Done right, you can help an unwanted zit heal faster because you're draining a collection of trapped pus. Done wrong, however, you might turn that zit into a scar or, worse yet, an infection. If you absolutely can't fight the pop-it urge, at least do it in a way that's less likely to make things worse.

Don't pop a pimple before its time. Wait until your pimple has a firm white head, indicating the white blood cells are grouped in the pore and ready to be extracted.

Wash your fingers with warm water, soap, and a fingernail brush.

Sterilize a straight pin with a match or lighter. Let the pin cool and then wipe off the black carbon char with rubbing alcohol. Either pour some alcohol on your fingers too, or wrap them with clean tissue as an extra precaution against introducing dirt or bacteria into the burst head of the blemish.

Use the pin to gently pierce the head of the pimple. Approaching the pimple parallel to your skin surface, pass the pin through the very tip of the white center, then lift up the skin with the pin to open a hole.

Gently squeeze and press around—not on—the white tip of the zit so the pus comes to the surface.

Finish by applying rubbing alcohol (it will sting!) or a very small amount of bacitracin ointment to the now-deflated pimple.

Cynthia Bailey, MD Advanced Skin Care and Dermatology Physicians, Sebastopol, Calif.

Makeup

Physicians Formula Happy Booster Glow & Mood Boosting Blush (\$11.95) When Mom sweeps this on the apples of her cheeks, she'll get a believable flushedfrom-within glow and a little pick-meup too, Willis says. The soft powder is infused with natural plant extracts and comes in a pretty package, with hearts pressed right into the powder and a sweet violet scent that instantly lifts your spirits.

Bite Beauty Color and Shine to Go (\$36) This purse-friendly trio includes burntorange and burgundy-red lipsticks, along with a shimmery nude gloss you can layer on top or wear alone. From a Toronto-based cosmetics company that makes only lipsticks-"a makeup artist's secret," according to Willis-it's an especially loving gift for Mom because

the flattering shades are made from food-grade ingredients and packed with age-fighting antioxidants.

Eco-Tools by Alicia Silverstone Brush Set & Bag (\$14.99) Show Mother Earth some love while showering Mom with affection. The Clueless star and eco-activist designed this five-piece brush set, which is made from bamboo, recycled aluminum, and cruelty-free synthetic Talkon bristles. "I keep some of these brushes in my makeup kit," Willis says. "The bristles are soft against the skin and great for applying makeup. They have a fab professional feel."

Urban Decay Naked Palette (\$50) Never leave Mom with nothing to wear ...on her eyes. This versatile set of 12 neutral-but not boring-eye shadows will take her from office-sedate to glam-night dazzle.



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

What types of hair extensions are available and how do they work?

Extensions have come a long way since the days of bulky chunks awkwardly pinned against the scalp. Today you can find a type to suit every hair type, hair color, and budget-and in most cases, no one will know that all those strands aren't all you.

To start, there are clipin extensions—which you can buy at salons, beauty supply stores, and some mall kiosks. They're great for the occasional fancy event or to add volume to an updo, and best for someone with a solid hair color. On the down side, you can't shower or swim with them, and those with fine hair will want to opt for something

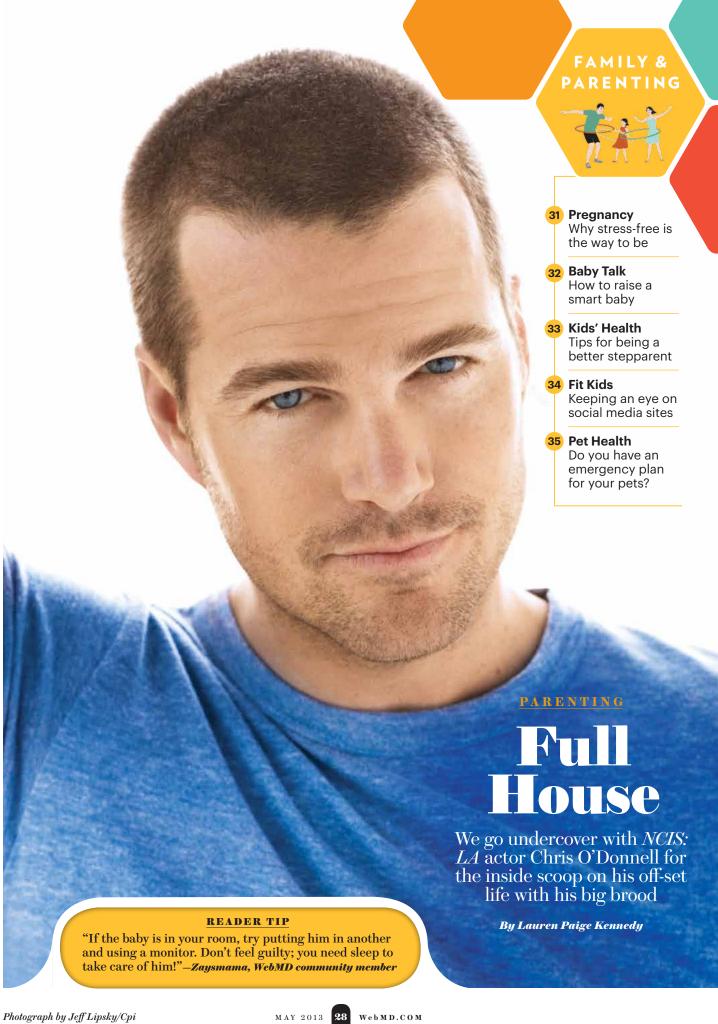
more subtle, as the clips could show through the thinnest patches. A head of clip-in pieces can cost about \$200, depending on the type and quantity of hair.

Two popular in-salon options are glue-in and tape-in extensions. The glue-in, or "warm fusion," technique uses a keratin-based bonding agent to attach-strand by strand—the extensions close to the roots of your own locks. Once they're secured, you can do everything you normally would-swim, shower, and brush and style your hair (albeit with care). The down side of this method: It's timeconsuming, not cheap

(from \$1,500-\$2,500 for a full head), and the little "beads" of glue where each strand is attached can become unsightly during regrowth.

"Cold fusion" or tapein extensions involve applying small, smooth "curtains" of hair all around the head. The wefts have the advantage of lying perfectly flat-which is great for those with super-thin hair—and as your hair regrows, they can be less noticeable than the glue-in method. Plus, this technique is generally a bit cheaper, starting at about \$500 for a full head.

-Jet Rhys, hairstylist and owner, Jet Rhys salon, San Diego





Take Five

You're the youngest of seven kids, and now you're father to a brood of five, ranging from 5 to 13. What's the best part about belonging to a big family?

Your family unit is your own world, all the drama and hilarity, all the personalities. Yes, you'll have close friends, but your family's on a different level. You fight, you have ups and downs, but you know it'll wash over because it's your family. With my kids, it's just a completely different love. Until I had my first child I didn't realize there was this other level of love-your kids are a part of you. I always wanted to have a bunch of kids...when we got to four, we

thought, "This is insane!" We were done. But then we had a little surprise, and now five years on we can't imagine life without our youngest, Maeve.

Do you and your wife, Caroline, ever feel overwhelmed as parents?

Very! Anyone who has kids does. But Caroline is a full-time mom, and we have a nanny, so we're lucky-and it's still overwhelming. [There's a lot of] chaos—it's just that time in their lives right now, the age when they're so fun. Even on the mornings when you're tired and you have to get up to take your kids here or there, I have constant reminders from friends 10 years older who say, "It

goes by so fast. Soak up every bit of it." Already, I only have one left who's small enough to pick up and cuddle—the rest of them are too big! I can't believe it.

Mother's Day is coming up. Do you help your kids honor their Mom in some special way?

They do it on their own. It's more special when [a gift] is generated by the kids. My oldest daughter is the ringleader when it comes to stuff like that. You just have to be careful what her ambitions are. She fancies herself a chef and makes some pretty elaborate concoctions in the kitchen—some shockingly good, but usually with a really big mess.



What's a typical weekend like at your house?

The older ones are into sports, and we'll have Saturdays where we might have six or seven games in one day. So Caroline and I divide and conquer. We split up. And the kids, they each lobby to see which parent is going to which game. We also spend a lot of time at the beach, surf a bit, and play volleyball together.

At the height of your career, you turned down big Hollywood roles to spend time with your family. Looking back now, are you content with how everything turned out?

Family is something I always really wanted. So it's a matter of balance. Had I continued to crank out films, I would not be sitting in my house right now with five kids and living the life I'm living. I would never trade the children we have or the family setup we have. I'm so fortunate to have a steady job in such a competitive industry. Forget the fame success can be very fleeting. To be working on a show at a point where I need to be locked down and stable in one place because this is where the kids go to school...I feel incredibly fortunate.

Now you star in a hit TV series, and you even direct episodes. How do you balance the pressures of the set with the demands of family life?

It's an amazing schedule for a one-hour show. We keep it to 12 hours a day. It's a credit to the production team. I hear so many stories of other weekly shows going 14, 16 hours every day, where Friday nights usually extend as late as two or three in the morning, so they call it "Fraturday." That never happens on our show. I'm either home for dinner, or I drive the kids to school in the morning.

You share a lot of screen time with ultra-buff LL Cool J. Feel the pressure to stay in tip-top shape?

I will never be in the condition he is he's a rare human physical specimen! I'm more concerned [about exercising] in order to maintain my energy level. We're doing 25 episodes this year. That's 200 days of filming. You gotta watch it, and get in workouts simply to recharge your batteries.

While playing Robin during your Batman & Robin days, you injured your back doing a stunt. Does this injury still plague you?

My back pain is not going away. Like anything, it gets worse when I don't take care of myself. It's all about core muscles. If I feel back pain, it's a

we're all at the beach together. It's a great workout, and the sand is much easier on my back.

What's your perfect day look like, when you have no place to be and no calls to return?

There's something about being in your own house. You don't have to be on some exotic vacation. The greatest thing is when something is canceled, and now you don't have plans and you think, "Wow, I've got nothing to do!" But as far as what I dream about, it's the summertime. We spend our summers in Maine on a little island. Just long days, time on the water, great family time and memories, and getting a full day out of life with the kids. Great company, food, and wine. It's pretty perfect.

"Had I continued to crank out films, I would not be sitting in my house right now with five kids and living the life I'm living."

reminder that I need to get back into the gym. If I can stretch out in the morning and get a 30-minute workout in, I'm a new man. Yoga is the greatest thing for it. For me, two days a week of traditional cardio and weightlifting, plus one day of yoga—that's the perfect way to take care of my back and body.

You often hit the links for celebrity golf tournaments. Is golf your prescription for de-stressing and unwinding?

It is—more so when I was younger and traveling on location around the world. I feel at home on a golf course. But lately I spend more time playing beach volleyball. The kids are with me, and

You've long worked with nutritionist Derek Johnson. He puts you on cleanses-no sugar, alcohol, or caffeine. How difficult are they to do?

I always feel better when I work with Derek. It's been six months, and I'm due for a cleanse. The first couple of days are hard: the withdrawal of the caffeine, dairy, and sugar, getting it all out of your system. You get headaches for the first day or two. But then it's amazing after the third day how great you sleep, how good you feel. Like a new person. Also, when you do a cleanse, with one small meal a day plus healthy snacks and [protein] shakes, another benefit is that you really appreciate how great food tastes afterward, all the things you love to eat.

EXPERT TIP

"Create a list of every job it takes to keep a family going. Have kids pick out the chores they'd like to do the most—and make sure each family member is capable of handling the tasks he or she signed up for."-Jim Fay, parenting expert and author

Reviewed by Hansa Bhargava, MD WebMD Medical Editor

PREGNANCY

Stress Marks

HOW CONSTANT PRESSURE COULD PUT YOUR BABY AT RISK

By Stephanie Watson



Bringing a new person into the world is no easy task. You worry about everything. Are the foods you eat healthy enough? Is it safe to exercise? How will you juggle work and parenthood once baby arrives?

Some stress during pregnancy is normal, just as it is during other times of life. But if stress becomes constant, the effects on you and your baby could be lasting.

When you're stressed, your body goes into "fight or flight" mode, sending out a burst of cortisol and other stress hormones. These are the same hormones that surge when you are in danger. They prepare you to run by sending a blast of fuel to your muscles and making your heart pump faster.

If you can deal with your stress and move on, your stress response will recede and your body will go back into balance. But "the kind of stress that's really damaging is the kind that doesn't let up," says Susan Andrews, PhD, a clinical neuropsychologist and author of the book Stress Solutions for Pregnant Moms: How Breaking Free From Stress Can Boost Your Baby's Potential. In fact, constant exposure to stress could alter your body's stress management system, causing it to overreact and trigger an inflammatory response.

Inflammation, in turn, has been linked to poorer pregnancy health and developmental problems in babies down the road. "There are some data to show that higher chronic

CHILL PILL

NEUROPSYCHOLOGIST SUSAN ANDREWS, PHD, OFFERS A FEW WAYS TO MANAGE STRESS DURING PREGNANCY.

Take stock. Talk to your doctor about what's causing you to feel stressed. Together you can look for solutions, which might include meditation, prenatal yoga, or talk therapy.

Sing a song. Even if you can't carry a tune, hum in your head. Music helps control cortisol levels.

Relax. Take a warm bath. Have a cup of tea. Curl up with a book. You'll have precious few chances to pamper yourself once baby arrives.

stressors in women and poor coping skills to deal with those stressors may be associated with lower birth weight and with delivering earlier," says Ann Borders, MD, MPH, MSc, an OB/ GYN in the obstetrics and gynecology department, Division of Maternal-Fetal Medicine, at Evanston Hospital, NorthShore University HealthSystem.

Chronic stress may also contribute to subtle differences in brain development that might lead to behavioral issues as the baby grows, she adds.

Research in this area is preliminary, and doctors still need to figure out the exact link between stress and pregnancy outcomes. Even so, it's an important factor for pregnant women to consider, especially if they're dealing with chronic stress—for example, from financial or relationship troubles.

"We know that we want to think about how to reduce unhealthy stress and find ways to help women have better coping mechanisms to deal with the stress in their lives," Borders says. You shouldn't feel guilty about stress, she adds, but you should try to control it as much as you can.

Reviewed by Hansa Bhargava, MD WebMD Medical Editor

Follow all your little one's firsts with Your Child's First Year of Development, a top slideshow.

WebMD.com Q



BABY TALK

Brain Child

WANT TO RAISE A SMART BABY? TOYS AND GADGETS MIGHT NOT BE THE ANSWER FOR YOUR BUDDING GENIUS

By Liz Krieger

No one expects his or her baby to emerge from the womb singing the alphabet or reciting the Declaration of Independence. Yet many modern moms and dads are eager to set their little ones on the path to intellectual greatness. And, from itty-bitty flashcards to rainbow-hued stroller accessories, there's no shortage of products that claim to help you raise a brainier baby.

But the truth is, you don't need any single gadget, book, video, or teaching toy, says developmental psychologist Roberta Golinkoff, PhD, co-author of Einstein Never Used Flash Cards: How Our Children Really Learn—and Why They Need to Play More and Memorize Less and a professor and director of the Infant Language Project at the University of Delaware. An early education requires one thing—you.

So how can you boost baby's brainpower? "Parents need to realize it's often the most ordinary, run-of-the-mill experiences that stimulate brain development," Golinkoff says. This means talking, walking, singing, dancing, and pointing out objects and concepts as your child comes across them.

Luckily for your wallet, even the most ordinary objects can thrill little ones. Roll a tennis ball with your baby. Give your toddler plastic containers and wooden spoons to drum. Place a box of tissues in front of a small child and watch what happens. These real-world interactions will help your child process information—rather than just teach her to recite specific things from memory.

"The bottom line is: You are more interesting-and educational-than anything else out there," Golinkoff says.

FROM WEBMD.COM



"My baby loves those apps that are supposed to help him learn. Do they really teach, or are they just fun?



Lauren Goldberg 37, teacher, Brooklyn, N.Y.



"I hate to break it to you, but those colorful apps (which I imagine may buy you a few minutes of peace and quiet) simply aren't a great idea. While the skills and drills in some of the apps seem vital, what's even more important in the long run is teaching your child how to play with others, how to be imaginative, how to be creative. When they're plugged in to an app, they're consuming someone else's creative vision, not engaging with all the opportunities for learning and creativity around them."



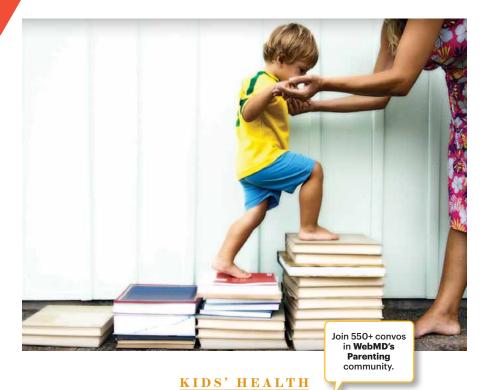
Roberta Golinkoff, PhD

professor and director, Infant Language Project, University of Delaware



"Read to your baby every day. It's good for both of you—listening to your voice helps her learn language, while you spend quality bonding time with her."*–Hansa Bhargava, MD*

Reviewed by Hansa Bhargava, MD WebMD Medical Editor



Watch Your Step

PARENTING SOMEONE ELSE'S KIDS? HERE'S HOW TO DO IT WITHOUT OVERSTEPPING YOUR BOUNDS

By Colleen Oakley

Despite what TV shows like The Brady Bunch and Modern Family would have you believe, stepparenting is hard. "Blending a family is like a dish that takes a long time to cook," says Molly Barrow, PhD, author of How to Survive Step Parenting. "You can't force it before it's ready."

But if you're patient and take the following tips to heart, the rewards are well worth the effort.

Don't come on too strong. "Many stepparents try too hard to create an instant bond," says Christina Steinorth, MA, MFT, author of Cue Cards for Life: Thoughtful Tips for Better Relationships. "Many stepparents try to buy their stepchild's love through lots of gifts or by being the really cool parent. Kids can see right through that."

Get on the same page with your new spouse—and his or her ex. "All the parents need to discuss their methods—rewards, punishments, chores, allowances, bedtimes, homework-and come to an agreement about the rules," says Tina B. Tessina, PhD, author of Money, Sex, and Kids: Stop Fighting About the Three Things That Can Ruin Your Marriage.

Set modest expectations. "What new stepparents seem to forget is that they have a shared history with their biological children that they don't have with their stepchildren," Steinorth says. "Give your 'new family' time to develop its own unique dynamic."

Know your boundaries. "A big mistake many stepparents make is overdisciplining a child in an attempt

FAMILY MATTERS

BLENDING A FAMILY IS EASIER IF YOU FOLLOW THESE DO'S, SAY RELATIONSHIP EXPERT CHRISTINA STEINORTH, MA MFT, AND THERAPIST TINA B. TESSINA, PHD.

Meet weekly. "Give everyone, including the kids, a chance to share how they feel—and ask them to share both positive and negative opinions," Tessina says. "Ask for suggestions about how to make things better."

Share time. "Some stepparents are threatened by their stepchildren spending time alone with their biological parent—especially their spouse's ex-but they shouldn't be," Steinorth says. "When you're supportive of it, you're sending the message that this isn't a competition for affection and that you truly want to see your stepchildren happy."

Plan activities. Bike, go bowling, take an art class, or even go grocery shopping and cook dinner together once or twice a week. "Try to carve out one-on-one time together at least once a month," Steinorth says.

to gain respect," Barrow says. "I recommend stepping back and allowing the primary parent to discipline their own children for at least the first year. After you've spent time earning a child's affection and respect, then you have a much better chance of being listened to."

Don't take it personally. "When parents divorce, many children still hold out hope that their parents will work things out and get back together," Steinorth says. "But when a stepparent comes into the picture, kids mourn the loss of what they had hoped could be, and those feelings take time to work through."

> Reviewed by Hansa Bhargava, MD WebMD Medical Editor

Some 80% of teens use social media websites, and the average teen spends more than 7.5 hours a day using various media and technology.

FIT KIDS

Social Study

SPENDING TIME ONLINE IS PART OF LIFE FOR TODAY'S TEENS, BUT HOW MUCH IS TOO MUCH? LEARN HOW TO MONITOR SOCIAL MEDIA

By Hansa Bhargava, MD

The 14-year-old girl's mother knew something was up when she got the phone bills—thousands of dollars' worth. When she questioned her daughter, the girl admitted she'd been calling someone she'd met online. She'd also given him personal information about herself and her family.

As a pediatrician, I get lots of questions from parents about the Internet and social media. How much online time is too much? How can I keep my kids safe from predators and bullies? And what exactly are people doing on those sites, anyway? (As the story above illustrates, it's not always healthy.)

The Internet and social media are a fact of life for teenagers, even more than they are for adults. They can be a positive way to interact with friends, but as a parent and doctor, I have these concerns.

Safety The FBI estimates more than half a million pedophiles are online every day targeting teens and children. Make sure your teen never meets with, or

An innocent comment about

gives personal information to, someone they met online, even if they seem harmless. (Thankfully, the girl with the massive phone bills refused to meet the man she'd been chatting with online, despite his requests.)

Privacy Teens may not realize that once they post something, it's "out there" and can be easily reposted hundreds of times. Also, geotagging software on some photos gives away the location where they were taken. And posting an innocent comment about what your family is doing can reveal when you're out of the house.

Online bullying Bullying doesn't happen only at school. It can be just as devastating on social media.

Here's my advice: Set ground rules early on to help your kids take advantage of the good social media offers and avoid the pitfalls. Start with these steps.

First, know the technology. Get your own account on each social media site

what your family is doing can reveal when you're out of the house.

> your teen uses, and make sure you understand how it works. "Friend" your teens so you can see what they're doing on the site, but be aware they can still block you from viewing some things.

Also, don't sign your child up for a social media account if she's too young. Many sites require kids to be at least 13. Breaking that rule sends the wrong message and exposes your child to older people and advertisers.

Teach your kids never to post, email, text, or talk to people they don't know. And, make sure your kids understand what kind of language and photos are inappropriate to post.

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



EXPERT TIP

"Schedule some offline downtime, Make sure your teen knows how to interact in real time, with real people."

Hansa Bhargava, MD

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PET HEALTH

To the Rescue

KNOW WHAT TO DO TO KEEP YOUR 4-LEGGED FRIENDS SAFE DURING AN EMERGENCY

By Katherine Kam

Natural disasters routinely grab the headlines, yet most of us don't really prepare for them—even though a fire, hurricane, or hazardous spill can send you and your pets fleeing. Have

For an evacuation, you want to have about two weeks of

you taken steps to safeguard your cat or dog in an emergency?

food and water.

"Think about the weather and geological hazards in your area as well as technological things, like blackouts," says Cheryl Eia, JD, DVM, MPH, a veterinarian and coordinator of emergency preparedness and response for the American Veterinary Medical Association. Then prepare without delay.

Lay the groundwork. Be sure your cat or dog has some ID, whether it's an implanted microchip, tattoo, or waterproof pouch with your contact information attached to his collar. Before a crisis strikes, figure out who can take your pet in an emergency. Ask your veterinarian for boarding recommendations or a nearby animal care center if it provides emergency shelter.

Prepare a pet emergency kit. Include pet food and water in secure bottles and no-spill bowls. "For an evacuation, you want to have about two weeks of food and water," Eia says.

Add all pet medications, along with a pet first-aid kit. Record the dose and frequency for each drug. Provide a contact list that includes your veterinarian.

Add toys, treats, and blankets-things "that are familiar to your pet," Eia says. Pack a leash, collar, or harness as well as a muzzle to prevent your pet from biting strangers who handle him. To transport

your pet, get a collapsible cage with bedding. Label all carriers with your identification and contact information.

Your pet evacuation kit should also contain proof of ownership: pet registration information, adoption papers, proof of purchase, microchip information, and a description of your pet, Eia says. Write down breed, age, gender, color, and any distinguishing characteristics.

Finally, for easy reunions, Eia says, "take photographs of you and your animals and put them in your kit."

FROM WEBMD.COM

Q&A

dog visited our home, our dog now urinates all over the yard. How do we train him to do his business in just one corner?



David Trujillo 50, San Leandro, Calif.



"Your dog is 'marking'—he's claiming his territory. A dog that hasn't been neutered is more likely to mark. With time and patience, you can train your dog to go in one location. Block off forbidden areas in your yard, then take him on leash to the designated potty spot and stav out there until he goes. Afterward, praise him and give him a small food treat.



Melissa Bain, DVM. DACVB, MS veterinarian and assistant professor of clinical behavior, University of California, Davis School of Veterinary Medicine

Reviewed by William Draper, DVM WebMD Pet Health Expert



Katherine Heigl STILL REMEMBERS HER FIRST LOVE.

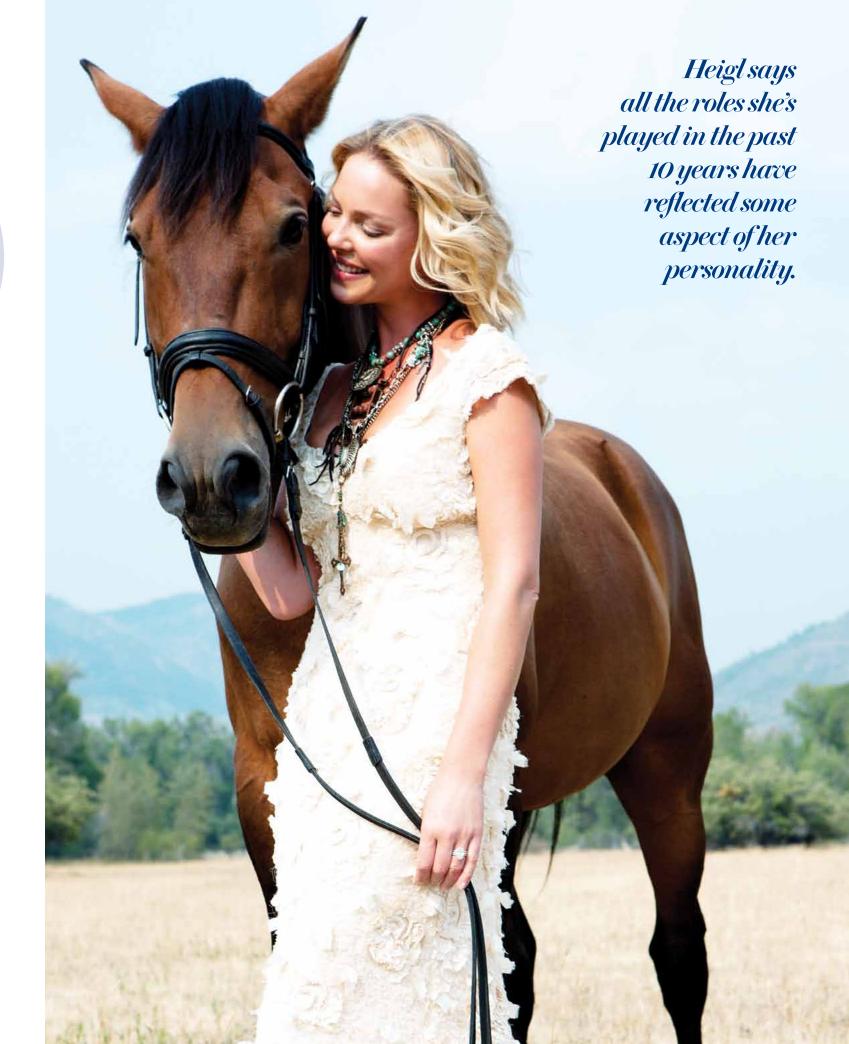
He was older, dark-haired, and infinitely patient and known by the Southern-gentlemanly moniker "Ben Davis." For years, he was Heigl's best friend. He even tolerated it when "Katie" stole his food and chewed on his ears.

> Ben Davis was a black Labrador retriever. "He was really more my brother Jason's dog than anything," she says. "But I would lie on him and teethe on his ears, and he would just put up with anything. I'd even go into his dog bowl and eat his kibble because it tasted salty and I liked it!"

> Over the years, Heigl's childhood home in Connecticut was filled with all kinds of animals—dogs, cats, rabbits. "One day Jason decided we needed a companion for Ben so we went to a pet store," she remembers. "That's how we got Pippin, because my brother wanted the dog in the back of the crate peeing on herself, and so that's the dog we got. I can't even fathom that my parents paid for her, but they did. She and Ben Davis used to always get out of the yard and get skunked every single time. I think they liked it."

> So when Heigl and her mom, Nancy, moved to Los Angeles to pursue Heigl's acting career after her early success as a model and in films like My Father the Hero, there was no question that they'd have pets. At 18, Heigh bought the first dog that was fully hers, a miniature schnauzer named Romeo, from a breeder. Some time later, Stella, another mini schnauzer joined Romeo.

> They might have gone on that way, buying pampered purebreds from breeders as many celebrities do, but for a couple of chance encounters. "I was walking down the street in my neighborhood and there was a woman with these two beautiful, black, fluffy puppies, and I stopped," says Heigl, who co-stars with Robert De Niro and Diane Keaton in Heigl's latest film, The Big Wedding, released in April. "They'd been pulled from somebody's backyard, where they'd been tied up without food or water for several days. I couldn't even fathom someone doing that. I immediately rescued Piper, and I wanted her brother too—but someone else had already adopted him. That was the beginning of my rescuing dogs."



SHELTER LIFE

Heigl soon had a houseful: Oscar, the potcake; shepherd mixes Tamber and Flora May, and another schnauzer, Wheezer. While shooting 27 Dresses in 2007 in Rhode Island, instead of coming home with a few costumes from the set. she brought a 116-pound shepherd-collie mix named Mojo, whose owner wouldn't be able to keep him after she moved and feared he'd be euthanized in a shelter. (Mojo died in 2011 and Heigl still chokes up when she talks about how he'd move from door to door each night, "guarding" each one in turn.)

But Heigl and her mom knew they couldn't adopt every homeless dog out there. After writing a series of increasingly large checks to local rescue groups, they decided, with characteristic ambition, that it was time to take on the massive problem of homeless animals and animal cruelty with their own organization. "There are more than 10,000 adoptable dogs and cats killed in this country every single day," says Heigl. "Those aren't vicious dogs, or sick cats, or animals with behavior problems. Those are animals that would make great family pets. A lot of them are purebred, and a lot of them are puppies and kittens."

So in 2008, at the height of Heigl's Emmy-winning five-year turn as Izzie Stevens on ABC's medical drama, Grey's Anatomy, the mom/daughter duo founded the Jason Debus Heigl Foundation (iasonheiglfoundation.org). Named in honor of Katherine's brother, who died in a car accident at the age of 15, the charity funds local animal rescue groups, helps transport animals from high-kill shelters to communities where they have waiting homes, and-its most important long-term strategy-holds free spay-neuter clinics in designated ZIP codes and low-income areas.

"Some programs require you to prove that you're low income or that you qualify in some other way for free spay and neuter services," says Heigl. "We don't. We don't need to see your tax stub. Just come, and if you come, we'll pay for it."

The foundation holds a couple of free spay/neuter days in various Southern California communities every month. "At first we weren't sure if people would



Adopting Change

HELPING YOUR NEW FAMILY MEMBERS ADJUST

Katherine Heigl and Josh Kelley were among more than 1,000 U.S. families who adopted children from South Korea in 2009. Just two years later, there were only 736 such adoptions—and the number will continue to drop as South Korea phases out international adoptions.

Many other countries have also slowed adoptions to the United States. Now, many children adopted from overseas have medical needs, and even those who don't are at least toddler age, says Abbie Smith, LCSW, director of clinical social services at Holt International Children's Services. "Almost all the kids coming home now are at least 18 months, and that changes the whole ball game," she says, "They've left everything they know: the smells, the sounds, the food of their culture, all the

people in their lives." To help a newly adopted child adjust

Put him in charge of play

for at least 15 minutes each day. Ask him what he wants to play (you may need to use gestures), and follow his lead.

Understand the trauma your child may have suffered and how that affects his behavior now. Authoritarian-style parenting is usually counterproductive with a child who's been adopted past infancy, Smith says.

Let him set the pace, especially for physical affection. "One dad told me that his elementaryage daughter didn't want to be near any of them. She'd sit on one end of the sofa watching TV, and he'd sit at the other end," says Smith. "Eventually, he'd sit a little closer. Gradually over time it worked up to being able to sit next to her, and then to putting his arm around her. If he'd tried to force hugging and affection on her, it would have driven her away."

bother," says Heigl. "But on the first day, there was a line around the block. One man walked a couple of miles with three small dachshunds and waited for hours holding those three dogs, waiting to get them spayed and neutered. People really

do want what's best for their animals, but surgery is expensive and they can't always put their needs before their family's."

The spay/neuter effort seems to be working. In the three communities the foundation has targeted because of their high proportions of euthanasia in animal shelters, the rate of dogs and cats being left at shelters decreased by an average of 19% in the second half of 2012. (The Heigls' program was the only one targeting these communities at the time.)

Now the foundation has launched its Just One line of pet products—collars, leads, and food bowls, along with human apparel and accessories, available at just1pet.com to help pay for more spaying and neutering. The product line gets its name from its mission of saving "just one" pet at a time. "We do our best to get the animals out of the shelters and find them homes," says Nancy Heigl. "But we can really only get so many out. If we can limit the breeding, our shelters can really be shelters and not places where animals go to die."

FULL HOUSE

As if seven dogs weren't enough, Heiglwho also owns and rides horses-and her husband, country musician Josh Kelley, now have two daughters at home: Naleigh, 4, adopted from South Korea at 9 months, and Adalaide Marie Hope, 13 months, adopted in the United States at birth in April 2012. It's a level of chaos that she's said she wouldn't recommend to everyone, but Heigl handles it by keeping her expectations low key.

"It's a lot. I'm not going to lie. It's a lot," she says. (Heigl and Kelley split their clan's time between Los Angeles and a home in Utah.) "My goal is that everybody gets attention every day. Naleigh's at that really talkative age, so she talks to you all day long, and Josh built her this step stool box for the kitchen so she can help. She washes dishes with me while I cook and bake. And the baby will just sit with us in her bouncy, doing her own thing."

With Naleigh now in preschool several days a week, Heigl has a little downtime



Pets to Kids

Katherine Heigl says it never would have occurred to her to give up any of her dogs when she adopted her daughters. But in any shelter, you'll find pets that arrived because their families were expecting a baby. That's a tragedy, says Sharon Crowell-Davis, DVM, PhD, a professor of behavior and anatomy at The University of Georgia College of Veterinary Medicine, because animals given up at most shelters will likely be euthanized. The key, says Crowell-Davis, is to prepare the pet, especially if it's a dog, before the child arrives.

Finish the child's room well ahead of time. Give your dog a chance to sniff around. Then stop letting him in there a couple of weeks before the child arrives, so he won't consider that room his "territory."

If your dog is really attached to one of you-especially if it's the parent who'll be spending more time with the baby-have other family members spend time walking and feeding the dog.

Carry a baby-sized doll around the house in the weeks before you bring baby home. "The dog will learn that his humans will sometimes be carrying this little thing around, and it's normal," Crowell-Davis says.

When you bring the child home for the first time, put someone in charge of controlling the dog. (That someone shouldn't be the parent watching the child.) Make introductions slowly, and give treats generously. "Don't force the interaction," Crowell-Davis says. "Recognize that it may take time."



to focus on the baby and the dogs-and occasionally squeeze in some time for herself. She confesses to struggling with the discipline needed to commit to regular exercise, but before starting filming on a new project, she cranks it into high gear. "I work with two different trainers, one in Utah and one in L.A., and they both use circuit training to keep the workout interesting and me in serious pain!"

Heigl got a lot of flak for criticizing the character she played in Knocked Up as "humorless and uptight" in an interview with Vanity Fair, but says all the roles she's played in the past 10 years have reflected some aspect of her personality. Most like her, she thinks, was Holly in Life As We Know It, who winds up sharing guardianship of a toddler with a seemingly incompatible dude (played by Josh Duhamel) when the girl's parents, their respective best friends, die in a car crash. "She's the closest to who I am when I'm at my best." Heigl muses. "She was strong, independent but had a lot of compassion and heart. She could be controlling and uptight when things got stressful, but she was honest about herself and able to change."

Would Heigl want her two daughters to follow in their parents' footsteps and pursue a career in acting or music? She's torn. "Both are tough industries to break into and can be full of rejection and criticism, but if they have passion for it like Josh and I do, I would never deny them taking their shot," she says. "I might try encouraging law school or med school first, though, and see if it takes!"

Heigl's favorite bonding time with her human and furry family is in the evening, stretched out on the sofa in the media room that was Heigl's dream for their Utah house, watching animated movies. "The dogs are sofa dogs, so they're all up in my grill," she laughs. "Part of me wishes I hadn't allowed that, but it's too late now. Everyone gets kissed and petted and loved."

> Reviewed by William Draper, DVM WebMD Pet Health Expert

WebMD.COM 40









♦ On Mother's Day,

what could be more fitting than celebrating with a home-cooked meal your children helped prepare?

It sure beats queuing up at a crowded restaurant. What's more, it's a great opportunity for your kids to learn about choosing fresh ingredients and cooking healthy meals.

Chef Alex Guarnaschelli knows this firsthand. While the *Chopped* judge (and recently crowned "Iron Chef" on *Iron Chef America*) trained and worked in France, then went on to her current role as executive chef of New York City restaurants Butter and The Darby, her first exposure to cooking came at her parents' knees.

"My parents equally influenced me, for different reasons. They cooked out of passion, and it was their hobby. I didn't have a choice," she says, laughing. "Cooking with my parents—making the food and sitting down and evaluating it and eating it—thrilled me," she says. Plus, the kinds of foods kids are exposed to early on (like fresh vs. processed and home-cooked vs. fast food) matter. "More than anything, my parents shopped for and cooked with great ingredients. Within a realistic budget, buying good ingredients is important. Also, you make the healthiest food when you cook it yourself."

Now that Guarnaschelli is a starring member of the Food Network's stable of chefs, she's been able to cook on TV with her mom a few times. She also cooks with her 5-year-old daughter, but takes a laid-back approach, knowing that every child needs space to discover his or her own interests.

Try it at home. The whole family can get involved making our fresh, seasonal brunch menu featuring recipes from Guarnaschelli's new cookbook, *Old-School Comfort Food: The Way I Learned to Cook.* Who knows? You might discover a budding chef or two right under your own roof.

Pea Salad With Tarragon and Pea Shoots Makes 6 servings

Ingredients

Dressing

1 tbsp plus 2 tsp Dijon mustard

juice of ½ lemon

1 tbsp sherry vinegar ½ tsp capers, roughly

their brine dash kosher salt and white pepper

chopped, plus 1 tsp of

½ cup extra virgin olive oil 8 sprigs fresh tarragon,

Peas

kosher salt

34 lb sugar snap peas, ends trimmed

1 cup shelled peas

leaves chopped

white pepper ½ cup pea shoots sprinkle of sugar (optional)

Directions

- Make dressing: In a medium bowl, whisk together mustard, lemon juice, and vinegar. Add capers and brine, and a pinch each of salt and pepper. Slowly whisk in olive oil and add tarragon. Taste for seasoning.
- 2. Cook peas: Bring a large pot of water to a boil.
 Prepare an ice bath: Fill a large bowl halfway with ice cubes and add some cold water. Set a colander inside the ice bath. Add

sugar snap peas to boiling water and cook until bright green and crisp-tender, about 2 minutes. Use a strainer to remove peas from water and transfer them to the colander in the ice bath.

Presenting one ingredient

in many different forms

makes you taste the

and uniquely,"

Guarnaschelli says.

- 3. Bring water back to a boil and add shelled peas.
 Cook until they float back to the surface, 1 minute.
 Use the strainer to remove them and plunge them into the ice bath with the sugar snaps. Allow them to sit in the ice water for a couple of minutes to cool thoroughly.
- 4. Lift the colander to drain peas, then spread them out on a kitchen towel. Use another kitchen towel to gently pat them dry and then let them air-dry.
- 5. Serve salad: Transfer peas to a medium bowl and season with a little salt and pepper and, if you like, a sprinkle of sugar. Stir to blend. Toss with dressing and pea shoots. Taste for seasoning. Serve immediately.

Per serving

162 calories, 4 g protein, 10 g carbohydrate, 13 g fat (2 g saturated fat), 3 g fiber, 4 g sugar, 284 mg sodium. Calories from fat: 68%

STYLIST DAN MACEY, PROP STYLIST BETTY WALKE

Omelet With Gruyère and Sage

Makes 4 servings

Ingredients

- 2 tbsp canola oil 16-20 fresh sage leaves, to taste
- 1/4 tsp kosher salt (for sage leaves)
- 6 large eggs
- 2 tsp water
- 1/4 tsp kosher salt (for eggs)
- 2 tbsp unsalted butter1 cup grated Gruyère cheese

Directions

- 1. Fry sage leaves: Heat a 6-inch nonstick skillet over high heat and add oil. Have a tray lined with paper towels and a slotted spoon ready. When oil begins to look thinner and spreads to the sides of the pan, shut off the heat and add sage leaves. Stir to coat with oil and cook, stirring constantly, until sage pales slightly and gets slightly crisp, 45 seconds to 1½ minutes. Use the slotted spoon to transfer leaves to the paper towels. Season immediately with 1/4 tsp salt and allow to cool. Reserve the skillet.
- 2. Blend eggs: In a medium bowl, whisk together 3 eggs, 1 tsp water, and ¼ tsp salt. Whisk only enough to mix the eggs—you don't want to make them frothy. Cook each omelet separately (each 3-egg omelet serves two people).
- 3. Cook omelet: Remove excess oil from the skillet and heat it over medium heat. Add 1 tbsp butter. Swirl butter around as it melts to coat the whole surface of the pan. When butter is melted (but not browned), lower the heat and pour in egg mixture. Stir eggs slightly with a fork, as if you were scrambling them. Then, allow them to cook, undisturbed, until the egg starts to set in the middle and the edges brown slightly, 15 to 30 seconds. Sprinkle half the cheese and

8–10 sage leaves over them. Cook until eggs look almost fully cooked and only slightly loose, 1–2 minutes. (Guarnaschelli says she likes an omelet that is slightly loose in the center and not so browned on the exterior.)

4. Serve: Lift the handle of the pan, tilting the pan away from you and toward the heat. This should cause the omelet to slide down the pan a little. Using a heatproof spatula, fold the edge closest to you toward the center and turn the pan over a plate so the omelet lands seam side down. Repeat steps 2 through 4 for second omelet. Cut each omelet in half and serve immediately.

Per serving

322 calories, 17 g protein, 2 g carbohydrate, 28 g fat (11 g saturated fat), 318 mg cholesterol, 1 g sugar, 303 mg sodium. Calories from fat: 76%



Guarnaschelli says omelets are a

great, classic dish novice cooks should master.

In this recipe, lightly frying the sage leaves is key, as it mellows their flavor and creates an appealing texture.

Chilled Cantaloupe Soup *Makes 6 servings*

Ingredients

2 medium cantaloupes, cold, flesh cut into small pieces (about 3 cups, packed)

pinch kosher salt
1 cup apple cider
juice of 1–2 lemons
½–1 cup ice water, if
needed
1–2 tsp honey (optional)

Directions

1. Blend ingredients: Working in two batches, purée cantaloupes with salt,

cider, and lemon juice to taste in a blender on medium speed until completely smooth. Keep the blender on medium speed to avoid whipping unnecessary air into the melon and lightening the flavor along with the color. Add some ice water if needed to blend the mixture and, if you feel the melons lack sweetness, a little honey to taste.

2. Serve: Transfer soup to a large bowl and chill. Add a squeeze of lemon juice if the flavor needs brightening. Serve very cold.



Per serving

89 calories, 2 g protein, 23 g carbohydrate, 0 g fat, 2 g fiber, 128 mg sodium. Calories from fat: 0%

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4 MAY

Quickie Strawberry Tartlets

Makes 30 tartlets

Ingredients

- 1 lemon
- 1/4 cup granulated sugar
- 1 lb small to medium-size strawberries, hulled and sliced ¼ inch thick
- 1 cup confectioners' sugar
- ½ cup all-purpose flour
- 2 tbsp unsalted butter, melted
- ¼ cup orange juice (from concentrate, not freshly squeezed)

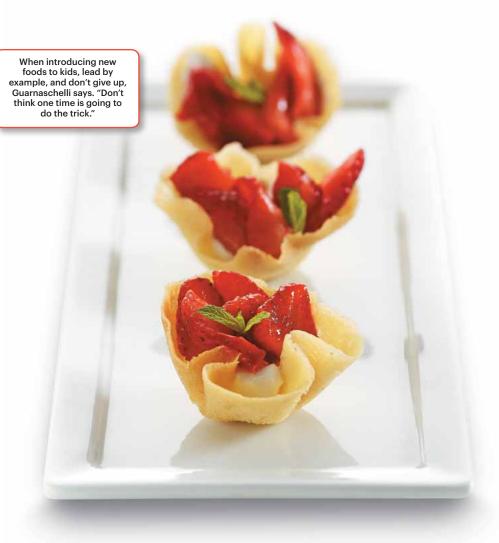
cooking spray

34 cup sour cream

Directions

- 1. Preheat oven to 375°F.
- 2. Prepare fruit: Using a vegetable peeler and a light touch, remove zest from half the lemon. Try to remove it in small pieces, leaving the pith (the white part) behind. Juice lemon into a medium bowl and mix in zest, granulated sugar, and strawberries. Cover the bowl and refrigerate.
- 3. Make batter: Using a finemesh strainer or sifter, sift together confectioners' sugar and flour into a medium bowl. Whisk in butter and orange juice. Use a cookie sheet or invert a rimmed baking sheet onto the counter, making sure the bottom is clean. Coat with a thin layer of cooking spray. Spoon a generous teaspoon of batter near the corner of the sheet and use a small spatula to spread it thinly into a small, imperfect oval, about 3½ by 2½ inches. Leave about an inch between the ovals because they will spread when baked. You should be able to fit about 10 on a sheet.
- 4. Bake tart shells (also called tuiles): Have a mini muffin tin or clean egg carton ready. Put tuiles in oven and bake until

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



"Here's a really light dessert that's also a cool way to have fresh fruit," Guarnaschelli says.

And of course, kids absolutely love bite-sized things.



light brown, 8-11 minutes. Remove from oven and, while tuiles are still warm, use a spatula to transfer them, one at a time, from the baking sheet to the muffin tin or egg carton. Using your fingers, press down in the center to create a shell that mimics the shape of each muffin cup (the sides will overlap or be higher than the cup). Repeat with remaining tuiles. If tuiles cool too much on the baking sheet and aren't flexible, return the sheet to the

- warm oven for a minute to loosen them before continuing. Let tart shells cool completely.
- 5. Glaze berries: Strain liquid from the strawberry mixture and pour it into a small pan. Simmer over medium heat until it becomes syrupy and reduced by half, about 4 minutes. Allow liquid to cool slightly, then pour back over strawberries and toss to blend.
- **6.** Serve tarts: Remove shells from the muffin tin. Put a small dollop of sour cream

in the bottom of each and top with some of the strawberries. Assemble and eat immediately; they become soggy quickly.

Per serving (one tartlet)

54 calories, 9 g carbohydrate, 2 g fat (1 g saturated fat), 5 mg cholesterol, 1 g fiber, 7 g sugar, 5 mg sodium. Calories from fat: 31%

Recipes adapted and reprinted from Old-School Comfort Food: The Way I Learned to Cook by Alex Guarnaschelli by permission of Clarkson Potter



Green Giant

TAKE ASPARAGUS TO NEW HEIGHTS THIS SEASON WITH EASY MAIN-DISH RECIPES

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

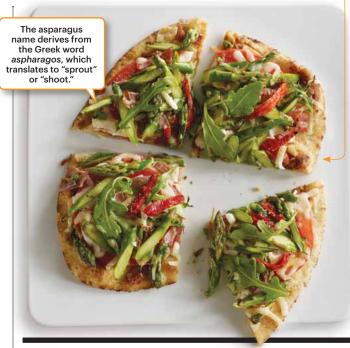
It's one of the most enticing signs of spring: bunches of fresh asparagus at your grocery store and farmers market. Especially plentiful from March through June, these slender spears are delicious and healthy, too.

Asparagus is a good source of vitamin K, which allows blood to clot and helps bones maintain their mineral stores, says Hee-Jung Song, PhD, assistant professor of nutrition and food science at University of Maryland, College Park.

Asparagus is also full of folate, a vitamin that helps prevent birth defects in developing fetuses and reduces blood levels of homocysteine, an amino acid linked to heart disease. Plus, folate helps the body produce glutathione, a powerful free-radical fighter that may protect against diseases associated with aging.

Prepare asparagus by snapping off the tough woody ends and then cook it quickly, by steaming or stirfrying, until crisp-tender and bright green. Whatever you do, don't overcook it. "Asparagus becomes wrinkled and mushy, and develops a bitter flavor," Song says.

Reviewed by Laura J. Martin, MD WebMD Medical Editor



PANTRY PICKS

Fast, healthy meals are a snap when you keep certain ingredients in your kitchen. Kathleen Zelman, MPH, RD, LD, suggests a few of her must-haves for your pantry.



Pizza Pizazz: Premade flatbreads and pizza crusts allow you to throw together healthier, homemade pizzas in a flash and are a kidfriendly source of whole grains. Zelman likes Toufavan Whole Wheat Flatbread and Boboli 100% Whole Wheat Thin Pizza Crust.



Quality Quinoa: This ancient whole grain is gluten-free, protein-rich, and easy to make. Quinoa contains a layer of bitter compounds called saponins, so find a brand that's been wellwashed. Zelman uses Eden Organic Red Quinoa, Bob's Red Mill, and Trader Joe's brands.



Mighty Shrimp. Zelman always keeps frozen shrimp in her freezer, giving her a fast, low-fat, high-protein option to add to salads and stirfries. Her favorites include the store brand sold at The Fresh Market and Kirkland Signature (sold at Costco), which come in a variety of sizes.

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Flat Feat

Asparagus-Prosciutto Flatbread

Asparagus pairs well with flavorful prosciutto in these fast, Mediterranean-inspired flatbreads. If you want to reduce the sodium in this dish, skip the prosciutto. Makes 6 servings

Ingredients

- 1-2 cloves garlic, minced 1 oz thinly sliced prosciutto, finely chopped
- ½ lb fresh asparagus spears, trimmed and cut into 1-inch pieces
- 2 (6-inch) or 1 (12-inch) whole wheat flatbreads, pitas, or pizza crusts
- 1 large tomato, thinly sliced
- cup shredded part-skim mozzarella cheese
- 1 cup arugula
- ½ cup sun-dried tomatoes (not oil packed), sliced thin freshly ground pepper to taste
- 2 tsp extra virgin olive oil

Directions

- 1. Preheat oven to 400°F.
- 2. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add garlic and prosciutto and sauté 2-3 minutes. Add asparagus and cook 3-5 minutes until crisp-tender.
- 3. Place flatbreads or pizza crusts on a rimless baking sheet. Distribute fresh tomato slices, asparagus mixture, and mozzarella cheese evenly over each one. Bake 10 minutes, until golden brown.
- 4. Remove pizzas from the oven. Sprinkle arugula and sun-dried tomatoes evenly over the top of each one, followed with pepper and a drizzle of olive oil. Slice and serve.

Per serving

212 calories, 14 g protein, 18 g carbohydrate, 8 g fat (4 g saturated fat), 26 mg cholesterol, 3 g fiber, 4 g sugar, 492 mg sodium. Calories from fat: 38%





Nothing says spring like asparagus! Pin recipes from our WebMD Magazine board at pinterest.com/webmd/ webmd-magazine.

Directions

- 1. Combine balsamic vinegar, 11/2 tbsp of olive oil, lemon juice, soy sauce, and black pepper in large zip-top plastic bag. Add asparagus, red and yellow peppers, and mushrooms, seal the bag, and shake gently to coat vegetables. Marinate 30 minutes.
- 2. Preheat the grill to medium high. Lightly spray the grill rack with cooking spray. Remove vegetables from marinade and arrange on the grill rack. Cook 5 minutes on each side or until done.
- 3. Lightly brush bread with remaining oil and grill about 2 minutes on each side until golden brown.
- 4. Spread each slice of grilled bread with 1 tbsp goat cheese. Top with veggies. Garnish sandwiches with Parmesan cheese and basil. Serve immediately.

Per serving

Given the proper conditions, an asparagus plant can grow up to 10

254 calories, 9 g protein, 28 g carbohydrate, 12 g fat (4 g saturated fat), 9 mg cholesterol, 5 g fiber, 8 g sugar, 318 mg sodium. Calories from fat: 42%

Face Off

Open-Faced Grilled Veggie Sandwiches

Grilled veggies are a flavorful way to welcome warmer temperatures. These tasty sandwiches make a light supper or filling lunch.

Makes 4 servings

Ingredients

- 2 tbsp balsamic vinegar
- 2 tbsp olive oil, divided
- 1 tsp lemon juice
- 1 tsp low-sodium soy sauce freshly ground pepper to taste
- ½ lb asparagus, trimmed
- 1 large red bell pepper, cut into strips
- 1 large yellow bell pepper, cut into strips
- 4 small whole Portobello mushrooms, stems removed
- 4 thick slices sourdough or Italian bread
- 4 tbsp softened goat cheese
- 2 tbsp shaved Parmesan cheese
- 4 tbsp chopped fresh basil

Stir Crazy

Asparagus and Shrimp Stir-Fry Over Quinoa

Stir-frying is the perfect way to cook asparagus, keeping it tender and vibrant green. Serve the stir-fry over quinoa instead of rice for more protein.

Makes 4 servings

Ingredients

- 2 tbsp low-sodium soy sauce
- 2 tbsp rice wine vinegar
- 2 tsp dark sesame oil
- 1 tbsp peeled, grated ginger
- 4 tsp canola oil, divided
- 1 small onion, sliced
- 2 cloves garlic, minced
- 8 oz asparagus, trimmed and cut into 1-inch
- 1 lb shrimp, peeled
- 1 pint red and/or yellow cherry tomatoes, halved



2 tbsp toasted sesame seeds

- dash of crushed red pepper
- 2 cups cooked quinoa
- 2 scallions, thinly sliced

Directions

- 1. In a small bowl, combine first four ingredients and set aside.
- 2. Heat a large nonstick skillet or wok over medium-

high heat, and then coat the pan with 2 tsp canola oil. Add onion, garlic, and asparagus and sauté 3-5 minutes, stirring freauently. Remove vegaies from pan and cover with foil to keep warm.

- 3. Place remaining 2 tsp of oil in pan. Add shrimp and sauté 3 minutes or until pink, stirring occasionally.
- 4. Return asparagus mixture to pan, along with cherry tomatoes, sesame seeds, and red pepper. Pour in sov sauce mixture and sauté 2-3 minutes to heat.
- 5. Serve over hot quinoa and garnish with scallions.

Per serving

360 calories, 30 g protein, 31 g carbohydrate, 13 g fat (1 g saturated fat), 170 mg cholesterol, 6 g fiber, 4 g sugar, 417 mg sodium. Calories from fat: 32%

OFF THE MENU

Michelle Bernstein

CHEF/OWNER, MICHY'S MIAMI



Miami chef Michelle Bernstein celebrates her second Mother's Day this month. Her son, Zachary, who was born in September 2011, isn't yet able to cook her a Mother's Day lunch, but he has taught her two important lessons.

"I was always allergic to keeping a schedule, but it's something I had to start to do," says Bernstein, 44, who was named Best Chef in the South in 2008 by the James Beard Foundation for her restaurant Michy's. "I now pencil in playtime with my son, cooking time, and so on. I have more time with him when I do things in an organized fashion." Bernstein says the learning curve was a tough one, but now she can better manage her family and her restaurants. In addition to the upscale, Latin-inspired Michy's, Bernstein and her husband, David Martinez, own and operate Crumb on Parchment, a café and bakery in her native Miami's Design District.

As for a Mother's Day menu, she says, "I don't know any mom who wants to cook on the day that's supposed to be her day." But for those who plan to cook—or better still, those kitchen-savvy dads who will cook for mom-Bernstein recommends her roasted leg of lamb. "It's perfect for Mother's Day. Not only is it easy and approachable, but it's delicious, smells amazing, and goes well with pretty much anything."

For her Mother's Day feast, she's dining on the foods that make her swoon: soft scrambled eggs topped with American caviar, crème fraîche, and chives. "I want something that's just for me."-Matt McMillen

MICHELLE'S

Her go-to comfort food:

"I know it sounds crazy, but salad. I cook so much, so I want something that I don't have to heat up or stand over the stove to make. A big green salad like my mom makes—that makes me very happy."

The one food she could not live without and could eat every day: "Anything Asian: Chinese, Vietnamese, Korean—as long as I'm not cooking it and it's traditional."

The one lesson every home cook should learn:

"Clean as you go. For me, it keeps me organized as I work, and I don't have to look over at the sink and see a huge job for my husband to do."

WebMD.com

Cooking!

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

- 1. Spanish Rice Bake
- 2. Loaded Veggie Sandwich
- 3. Chicken Paprikash
- 4. Apple-Oat Tart
- 5. Cauliflower Gratin

*as of March 1, 2013

Grilled Leg of Lamb

Makes 8 servings

Ingredients

- 1½ cups finely chopped fresh flat-leaf parsley
- 2 tbsp fresh rosemary leaves, chopped
- ½ cup mint leaves, roughly chopped
- ½ cup basil leaves, roughly chopped
- 3 tbsp minced garlic
- tsp crushed red pepper
- 2 tbsp red wine vinegar
- ½ cup olive oil
- 1 tbsp kosher salt
- 1 butterflied leg of lamb (about 5 lbs), seasoned lightly with salt and pepper

Directions

- 1. Put parsley, rosemary, mint, basil, garlic, pepper flakes, and vinegar into a blender or food processor and process to a coarse paste. Use a rubber spatula to scrape mixture into a bowl or other container and stir in oil and salt. Reserve a little of the marinade in a separate container for serving the lamb. Pour remaining marinade into a large freezer bag and add lamb leg. Seal and refrigerate for at least 2 hours or overnight.
- 2. Remove lamb leg and discard marinade. Preheat arill to medium, then arill lamb fat side down about 5 minutes. Flip over and grill another 5 minutes. Cover the grill, reduce heat to low, and cook lamb until the internal temperature reaches 140°F on an instant-read thermometer, about 30 minutes, or place in a 350°F oven about 25-30 minutes.
- 3. Take lamb from the oven and allow it to rest about 10 minutes before slicing. Serve with reserved marinade.

Per serving

448 calories, 58 g protein, 1 g carbohydrate, 22 g fat (7 g saturated fat), 181 mg cholesterol, 671 mg sodium. Calories from fat: 44%



LEARNING TO LOVE

How I Learned to Love Beans

MERI MAYES, 34, PHYSICAL THERAPY CLINIC CO-OWNER CALDWELL, N.J.

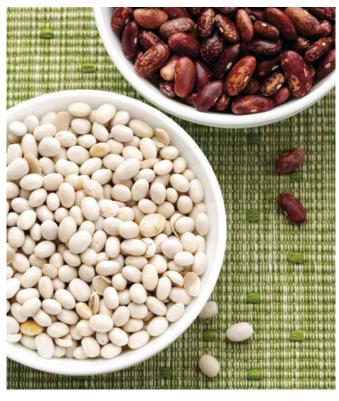
For the first 25 years of her life, Meri Mayes steered clear of beans. "White, black, kidney, or garbanzo, it didn't matter," she says. "I wasn't having any of it."

But Mayes' relationship with beans abruptly changed in 2002 when she and her husband moved to Costa Rica for half a year. "I quickly learned that if I wasn't eating beans, I wasn't eating," Mayes says, laughing. "They were served breakfast, lunch, and dinner." At first, Mayes says, she just choked the beans down, but after a few weeks, she began to crave them.

Mayes brought her newfound love of beans back to the States. When she had kids a few years later, "I was determined to introduce beans early, to help them like them from the start," she says. It worked. Mayes sprinkled halved, cooked beans on her daughters' high-chair trays from the time they were 6 months old. "Now. the oldest one is 4 and eats beans like they're M&Ms—by the fistful! My friends have to see it to believe it."

-Monica Kass Rogers

Reviewed by Kathleen Zelman, MPH, RD, LD WebMD Food & Nutrition Expert



Fiber Loaded

Beans are comparable to meats calorie-wise (210 to 260 per cupful) but, unlike meat, beans have zero cholesterol, almost no fat, and a much lower price tag.

Beans are also loaded with fiber, while meat has none. Just one cup of most beans offers half the USDA's recommended 22- to 34gram daily dose of fiber for adults. And all that fiber helps you feel full for a long time. It may reduce blood cholesterol too, lowering the risk of heart disease. Many beans are high in iron and folic acid—a B vitamin that might promote heart health.

The Magical Fruit?

Beans do make you "toot." The cause? Human digestive enzymes can't process beans' complex sugars called oligosaccharides. A solution? Soak dried beans for four hours, changing the soaking water two or three times, and fill the bean pot with fresh water before cooking. One caveat: Absolutely do not add salt, molasses, or acidic ingredients (tomato, lemon) to the cooking pot of dried beans until after the beans are tender. Adding salt or acid too soon makes for tough beans that no amount of extra cooking will soften.



By Chef Lizzie

Think your kids don't like fish? Here are some ideas to get them to cast their food nets wider.

Start with something mild, like tilapia or flounder. Neither has a strong flavor, and you can cook both a lot of different ways.

One of my favorite recipes is panko breaded fish sticks. Fish sticks are usually made with lots of oils and fat, so instead of frying them, I coat them in panko, a Japanesestyle breadcrumb, and bake them in the oven. They're lighter, healthier, and tastier than fried, greasy fish sticks.

Mashed cauliflower makes a yummy side for fish. Just boil one chopped cauliflower in 4 cups chicken broth until tender, then purée in a blender or use a handheld immersion blender. Add wild rice and you have a well-balanced, low-fat, delicious meal.

Another one of my favorite fish recipes is for salmon turtles. I call them turtles because I steam the fish in pouches, a trick I learned in the Girl Scouts. Get the recipe at WebMD.com and in our iPad app.

Watch Chef Lizzie in action at fit. WebMD.com!







PEEKE FITNESS

Treasure Chest

FEEL LIKE YOUR BREASTS NEED A LIFT? PICK UP THE DUMBBELLS AND TRY THIS MOVE

By Pamela Peeke, MD

Lotions, potions, and creams galore. Some of us will slap anything on our chests to try to optimize that décolletage. Whether you're skinny, average, or hauling around a few too many fat cells, you can ditch the bottles and try a simple workout to get real results.

First, a little anatomy. Your breasts consist of connective tissue, lobes, lymph nodes, ducts, and fat cells. You can't make the breasts themselves bigger or smaller (unless you gain or lose weight). Nor can you make them firmer (as breasts contain no muscle tissue). But if you strengthen the two pectoral muscles—pectoralis major and pectoralis minor that lie beneath your breasts, you can give your breasts some lift, some shape, and even a dose of perkiness.

All you need are hand weights and a floor mat. Start light and work your way up as you get stronger.

Pec Press: This is a terrific exercise you can do with just dumbbells, lying on the floor. (You can also lie on a stability ball, workout bench, aerobic step, or ottoman.)



Strengthen the two pectoral muscles beneath your breasts to give them some lift, some shape, and even a dose of perkiness.

- 1. Lie on your back on the floor with a dumbbell in each hand, your feet flat on the floor.
- 2. With your arms extended on the floor out to the side, keeping elbows slightly below your shoulders (to reduce stress on that joint), bend your elbows 90 degrees so your
- forearms are vertical.
- 3. Hold the dumbbells with your palms facing forward, away from your face.
- 4. Keeping your chin slightly tilted toward your chest, contract your abs and slowly push the dumbbells up in an arc until your arms are almost fully extended. But don't lock

- your elbows! That can stress the joint.
- 5. Hold the weights there for a moment or two, squeezing your pecs. Keep your head, upper body, and butt on the floor.
- 6. Lower your weights back down smoothly and carefully, maintaining control of your arms, until you're almost to the floor.
- 7. Without touching the floor, raise the weights in an arc again to meet above your chest.
- 8. Do three sets of 10 repetitions, resting 30 to 40 seconds between sets.

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

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



FITNESS CHALLENGE

Core Values

BIKINI SEASON IS COMING, WHITTLE YOUR MIDDLE WITH THESE TONING MOVES

By Jodi Helmer

Jackie Warner, a Los Angeles-based fitness trainer and author of 10 Pounds in 10 Days: The Secret Celebrity Program for Losing Weight Fast, has helped clients such as singer Alanis Morissette and hip-hop artist Eve achieve their fitness goals. The star of the Bravo series Thintervention suggests 30 minutes of cardio at least five times per week and these three moves to tighten your core.

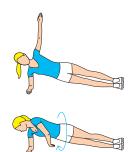


Double Crunch

"It's a great move because it engages two muscle groups in a single move," says Warner.

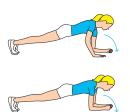
Unlike traditional crunches that tone the upper abdominals, this move works the muscles in both the upper and lower abs-all the ones you'll want to tone before bikini season.

- 1. Lie on your back with your hands behind your head, knees bent, and feet flat on the floor.
- 2. Exhale, tighten your abs, and slowly lift both your shoulders-being careful not to jerk your neck forward-and feet off the floor until your elbows touch your knees. Shoulders should be raised off the floor.
- 3. Inhale and return to the start position.
- 4. Repeat 20 times.



Side Plank With Reach Under

- 1. Lie on your right side with your knees straight and feet stacked.
- 2. Prop your upper body up on your right forearm. keeping your elbow in line with your shoulder at a 90-degree angle.
- 3. Tighten your abs and raise your hips until your body forms a straight line from your shoulder to your ankles.
- 4. Straighten your left arm and raise it into the air.
- **5.** Exhale, twist your left shoulder forward toward the floor while reaching your left arm under your torso, stretching your hand as far under your body as possible.
- 6. Inhale and return to the starting position.
- 7. Repeat 10 times.
- 8. Switch to your left side and repeat 10 times.



Up-Down Plank

This move targets the entire core, toning and tightening the upper and lower abdominals as well as the chest. It also strengthens your arms and gets your heart pumping.

- 1. Get into push-up position (hands shoulder-width apart, arms straight, balancing on the balls of your feet with your body in a straight line from your shoulders to your heels).
- 2. Inhale, squeeze your glutes, flex your abs, and lower your left forearm to the floor, followed by your right forearm.
- 3. Keeping your back straight, return hands to starting position.
- 4. Repeat 20 times.

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



"I'd like to be more flexible, but where do I start?"

> Julie Sczerbinski, 41, stay-at-home mom, Meadows of Dan, Va.



"A lack of flexibility causes muscles to become tight and puts a strain on the body. Improving flexibility is all about practice. Classes like yoga and Pilates are great.

Or you can buy a DVD. Remember: Never force a stretch. If you feel pain, ease up. You want to feel tightness (not pain) in the muscle. Pushing too hard could cause injuries. Aim to hold each stretch for at least 30 seconds (as you gain flexibility, increase the amount of time you hold the pose; for a deep stretch, hold up to five minutes).

For a noticeable difference. set aside at least 15 minutes each day to stretch. Above all, be patient."



Mandy Ingber, author of Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover and personal trainer to clients such as actors Jennifer Aniston, Kate Beckinsale, and Helen Hunt

OR CECIL H FOX/GETTY IMAGES; MICHAEL TRAN/GETTY IMAGES

Checkup

TAKING CARE, LIVING WELL

Melanoma Monday puts a spotlight on this deadly form of skin cancer

May 6 is Melanoma Monday, a day to raise awareness about the deadliest form of skin cancer. Doctors will diagnose more than 76,000 new cases of melanoma this year, and more than 9,000 people will die from the disease, according to the American Cancer Society. On the rise for 30 years, melanoma is the most common cancer in the United States among people ages 25 to 29.

UV exposure from the sun poses one of the greatest risks for melanoma, and tanning beds are no safer. But when melanoma is detected early, survival rates are almost 100%. That's why experts recommend regular skin self-checks and screenings during routine physicals. But melanomas that first appear in the eye or in mucous membranes, such as the mouth, are harder to detect until they advance.

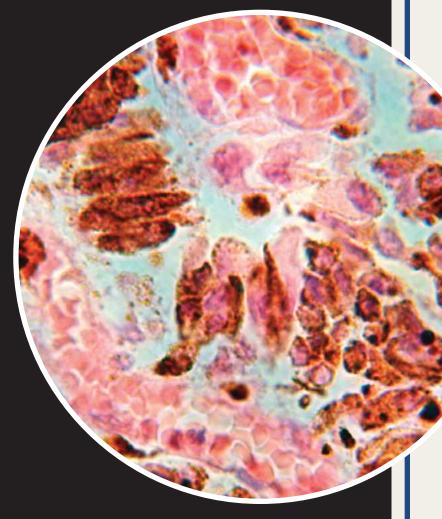
Few treatment options exist for advanced stages of melanoma. Some current research looks at essentially putting melanoma cells to sleep rather than destroying them.

Actor Laura Linney and former Pittsburgh



Steelers coach Bill Cowher have campaigned for melanoma awareness. Football great Troy Aikman, newscaster Sam Donaldson, and Sen. John McCain

are all survivors.—Sonya Collins





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Highlights Our experts offer tips for a better night's sleep.

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Health Check

What do you know about the A1c test? Take the quiz to find out.

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

MEN'S HEALTH

MALE CALL

SEX NOT WHAT IT USED TO BE? RUNNING TO THE BATHROOM A LOT? IT MAY BE TIME TO CALL YOUR DOCTOR

By Matt McMillen

Guys, you may be getting older, but problems in the bedroom and bathroom are not as inevitable as gray hair. Your body can continue to perform well, especially if you pay attention to your health now.

"I see many men who haven't been to the doctor since they were in high school," says urologist Bruce Gilbert, MD, PhD, director of reproductive and sexual medicine at the Smith Institute for Urology of the North Shore-Long Island Jewish Health System. "Now, they are 45 and having problems. They think it's aging, but I don't buy that."

That's particularly true for conditions that can affect your ability to have satisfying sex, such as erectile dysfunction (ED) and low testosterone.

ED becomes increasingly common in middle age and beyond, but age alone isn't to blame. In fact, Gilbert says it can be a tip-off to serious underlying health problems. "The biggest issue is metabolic syndrome, which means hypertension, high cholesterol, pre-diabetes, a big belly—it



all goes along with ED and sexual dysfunction," Gilbert says.

Testosterone, the hormone responsible for a man's sex drive, declines very gradually as men age, starting around age 30. For some men, though, it can dip below healthy levels, leading to libido loss, erection problems, and other health concerns. Like ED, it has many possible causes, but poor diet, lack of exercise, and being overweight, says Gilbert, can make low testosterone worse.

For both, a diagnosis is important so you and your doctor can determine what's bladder, two common—and treatable—issues for men in middle age and beyond.

Your prostate starts to grow around age 25—a normal part of getting older, it's called benign prostatic hyperplasia (BPH). Benign or not, the condition can make it tough to pee. It can also make you have to urinate more urgently and frequently.

Overactive bladder, another benign condition, shares some of the symptoms of BPH. It can also cause incontinence.

Erectile dysfunction becomes increasingly common in middle age and beyond, but age alone isn't to blame.

at the root of your problem and the best treatment for you. It won't just improve your sex life. It might help you live longer.

Urinary function is another big blip on a man's health radar. If you have trouble urinating, you urinate more often than feels normal, or you can't always get to the toilet in time, the trouble might be prostate growth or overactive As troublesome and embarrassing as such problems may be, effective treatments do exist to curb your symptoms and get you back to normal. Whether you have trouble in the bedroom or the bathroom or you are so far sailing through middle age without problems, get a checkup. "Every man should have a primary care doctor whom they see regularly," says Gilbert. "That's basic."



Checkup

Reviewed by Brunilda Nazario, MD, WebMD Lead Medical Editor



HEALTH HIGHLIGHTS

SLEEP TIGHT

GET A GOOD NIGHT'S REST WITH THESE TIPS

By Matt McMillen

- Be your best A good night's sleep sharpens your focus and keeps your mind agile.
- Take heart Cheating yourself of sleep may lead to chronic conditions such as heart disease, high blood pressure, and diabetes.
- Slim down Solid sleep may curb daytime food cravings and help you lose weight.
- Live longer -People who get just enough sleep tend to live longer.
- Drive safely Sleepiness causes 8,000 fatal car crashes each year and half a million injuries.

- Fight sickness A full night's sleep aids your immune system so you're less likely to get sick. Study and learn
 - Even a brief nap can boost the brain's ability to absorb and remember information.
 - Up your game Peak performance on the court or field requires a good night's sleep.
 - Look healthy New skin cells form as we sleep, and that means fresher faces in the morning.
 - Stay happy Over time, inadequate sleep can up your risk of depression.

EXPERT TIPS



Michael J. Decker, PhD, RN, RRT diplomate, American Board of Sleep Medicine and Byrdine F. Lewis Chair in Nursing, Georgia State University

I like to "schedule" my sleep time just like I do meetings or other activities. Knowing I have a scheduled sleep time motivates me to organize my evening hours.

Make sure your mattress is comfortable and not too old. I replace our home mattresses at least every 10 years.



Alon Y. Avidan, MD, MPH director, UCLA's Neurology Clinic and Sleep Disorders Center

I ask patients to avoid doing work at home in the evenings. This can make it hard for them to unwind, and can also keep them preoccupied when it comes time to sleep.

Turn off the light from phones, tablets, and computers. These can make your brain more alert by stimulating the circadian clock.



Harneet Walia, MD sleep medicine doctor, Cleveland Clinic Sleep Disorders Center

Establish the same routine for going to bed at night and waking up in the morning, including on the weekend and other days off.

I avoid any kind of stimulants such as coffee, tea, and cola for at least four to six hours before bedtime, and I don't take naps during the day.



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

BY THE NUMBERS

ARTHRITIS

FACTS AND STATS ON TOP HEALTH CONDITIONS

By Heather Hatfield

People in the U.S. affected by all types of arthritis:

50 million

20-fold: Increased risk of developing osteoarthritis in the knee if a person's body.

if a person's body mass index is more than 30





Weight taken
off the knee
for every
pound of weight
loss:
4 pounds

People in the U.S. with osteoarthritis:

27 million

Projected number of people in the U.S. who will have arthritis by 2030:



People in the U.S. with rheumatoid arthritis:

1.3 million



Percentage of people with rheumatoid arthritis who are women: 70%

Sources: Arthritis Foundation, American Journal of Orthopedics, Hopkins Arthritis Center

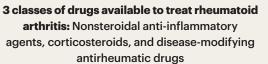


Proportion of people with arthritis who also have heart disease or diabetes: more than half

Ranking of arthritis as a cause of disability in the U.S.:



People
with arthritis who
are limited in
their ability to
work:
1 in 3





Ranking of

nonsteroidal

anti-inflammatory

agents as a way to treat osteoarthritis

pain:

50%

People **over age 65** with an arthritis diagnosis

Age at which arthritis becomes a risk factor for both men and women: 45



Deaths
each year attributed
to arthritis:









Reviewed by Brunilda Nazario, MD, WebMD Lead Medical Editor

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MY STORY

BABY FORMULA

HOW PREGNANCY HELPED ONE READER MANAGE HER DIABETES

By Melissa Jeffries WebMD.com community member

It took me a long time to come to terms with having type 1 diabetes. When I was younger, I wanted to be a normal teen, a normal college student. I didn't want to deal with finger pricks and insulin and counting carbohydrates. My resistance—and my complacency resulted in hundreds of seizures and one dramatic coma.

Eight years ago, I realized I was being selfish when I saw how worried my boyfriend was. I got an insulin pump and started to really pay attention to how many carbs I was putting in my mouth. A year later, we got married. When I became pregnant and gave birth to an adorable baby son last year, I felt even more



responsible for managing the disease.

My diabetes is "brittle," meaning that sometimes, no matter what I do, my blood sugar swings out of control. I knew this, but when I got pregnant I thought, "If I do this perfectly, I can keep my glucose perfectly controlled."

But during my pregnancy my blood sugar dropped much faster than it did before. Sometimes, within two minutes, it fell to levels that left me shaky, sweaty, and disoriented. Despite my best efforts (I even kept pre-measured snacks in my desk at work), my blood sugar fell so low one time that I ended up in the hospital.

Now with the baby, who is more than a year old, I realize I have to continue to take the best care of myself that I can. I know I have to call for help as soon as my blood sugar starts dropping. I strap baby Nolan in his favorite swing so he'll be safe if I pass out. I suck down some juice or syrup, anything sweet. Then I call my sister or my best friend, both of whom live nearby, to come and stay with me until my blood sugar is back up and I'm making sense. If it were just me, I probably wouldn't have a backup plan. But now that I'm tasked with keeping this little boy alive. I've made new rules for myself.

BIRTH PLAN

Be your own advocate. When you go to the hospital to have your baby, realize that the medical staff may not know how to manage diabetes during pregnancy. Bring your own supply of insulin, take care of yourself, and keep in constant touch with your endocrinologist.

Have a backup plan. Pregnancy and breastfeeding can make your blood sugar go crazy. Check your levels more regularly, take in extra calories. and have a plan in place in case you get into trouble. Know the friends or relatives to call. and have their numbers on your speed dial.

Treat breastfeeding like exercise. You're burning calories when you're feeding your baby, so keep glucose nearby, just as you would during a workout.



How will pregnancy affect my blood sugar? 2

How can my diabetes affect my baby?
Or delivery?

Ç

What happens to my baby during pregnancy when I have a drop or increase in my sugar? 4

How often should I check my blood sugar while I'm pregnant?

Checkup

Reviewed by James Beckerman, MD, WebMD Heart Health Expert

Join 492+ convos at WebMD's Heart Disease community.

LIVING WITH

HEART DISEASE

WHAT DO HEART ATTACKS IN WOMEN LOOK LIKE? CHANGE YOUR LIFESTYLE BEFORE YOU FIND OUT

By Christina Boufis

After Patti Bednarik, 54, a lawyer in Enola, Pa., spent the day mulching her yard, she felt a pain in her chest. "I just assumed I pulled a muscle," she says. The next day, still in discomfort and also short of breath, Bednarik asked her husband to drive her to the hospital just in case it was some-

"Women don't often have that traditional 'Hollywood' heart attack—grabbing the chest and falling over

thing serious. Doctors told her she was having a massive heart attack.

Bednarik was lucky. Women under 55 are less likely to seek help for atypical heart attack symptoms—shortness of breath, fatigue, nausea, back pain and more likely than men to die from a heart attack, according to a recent study in the Journal of the American Medical Association.

"Women don't often have that traditional 'Hollywood' heart attack-grabbing the chest and falling over," says Suzanne Steinbaum, DO, director of Women and Heart Disease at Lenox Hill Hospital in New York City and author of Dr. Suzanne Steinbaum's Heart Book: Every Woman's Guide to a Heart-Healthy Life. "Women's symptoms could be much more subtle. Sometimes



women do get chest pressure or chest pain. But the symptoms could be misinterpreted for muscular pain."

Still, "80% to 90% of heart disease is preventable," says Steinbaum-even for women who have had a heart attack. She says the key is to know and address your risk factors: high blood pressure, high cholesterol, diabetes, smoking, a sedentary lifestyle, and stress. Here's how to do that:

Work out. Aim for 150 minutes of moderate aerobic exercise a week and get your heart rate up each time, Steinbaum says, "so you're a little short of breath, but you can finish a sentence."

Chill out. Try yoga, meditation, or deep breathing. "When you breathe, your body responds by decreasing your heart rate and your blood pressure," Steinbaum explains.

Reach out. While researchers aren't sure of the cause, "we do know there's a connection between the mind and the heart," she says. Reach out to friends and family, join a support group, or seek help if you have or think you might have depression.

DID YOU KNOW?

WOMEN WHO ARE DEPRESSED HAVE A TWO TO THREE TIMES OF HEART DISEASE THAN OTHER WOMEN.



EXPERT TIP

"Women are more likely to call 911 for their husbands than they are for themselves, and if you're not thinking about the possibility of a heart attack, it's likely other people won't either."-James Beckerman, MD

Checkup

HEALTH CHECK

DO YOU KNOW YOUR A1C?



Even if you don't have diabetes, you've probably heard about the HbA1c—or A1c—test, even in casual conversations. Flutetooter, a WebMD diabetes community member, asked another member, "What does your fasting sugar usually run, and what was your latest A1c?" The A1c test provides an average of your blood glucose measurements over the past two to three months. It allows your doctor to see how well your blood sugar is controlled over the long term and can help you reduce your risk of diabetes-related complications. Take our quiz to learn more about this important test.

QUIZ

- 1. The target A1c number is:
 - a. Below 5
 - b. Below 7
 - c. Below 9
 - d. 10 to 12
- 2. You should have vour A1c level tested:
 - a. Every five years
 - b. Every two years
 - c. Once a year
 - d. Several times a year
- **3.** If your A1c level is too high, your doctor will:
 - a. Suggest you take insulin injections
 - b. Suggest you change your diet
 - c. Suggest you exercise more
 - d. All or any of the above
- 4. You should have an A1c test if you have:
 - a. Type 1 diabetes
 - b. Type 2 diabetes
 - c. Prediabetes
 - d. All of the above



ASK YOUR DOCTOR



Are there lifestyle changes I can adopt to lower my blood sugar?



Do I need to make a change in my medications to achieve better control?

If I'm overweight, how much weight should I lose to improve my health?

How often should I have my A1c level tested?

Answers: 1. b. In general, the target A1c is below 7, although this depends on many factors, including your medical history. Each gradation matters because each drop in your A1c number lowers your risk of diabetes-related complications (such as eye disease, heart disease, nerve damage, stroke, and kidney disease) by 40%. 2. d. You should get your A1c tested at least two times a year. It should be checked quarterly if your blood sugar control is not adequate. 3. d. Depending on your medical history, your doctor may prescribe lifestyle changes (such as a healthier diet or more exercise) and/or insulin or other therapies to control your blood sugar levels. 4. d. Doctors recommend the A1c test for people who have type 1 or type 2 diabetes as well as those at risk for diabetes (prediabetes).

Sources:

WebMD Diabetes Health Center; Cleveland Clinic; and NIH

10 QUESTIONS

Don Cheadle

Actor

In Iron Man 3. you reprise vour role as War Machine. How is portraying a superhero different from other roles you have played?

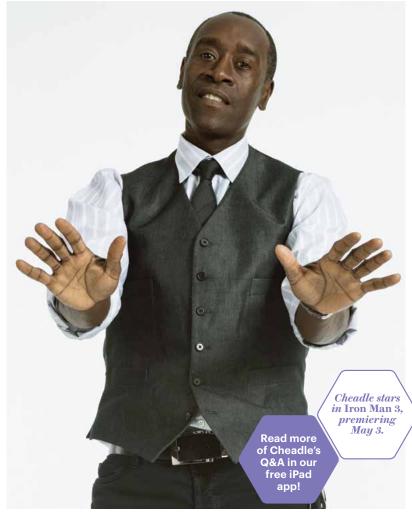
The bia difference is that I didn't have to get in a metal suit for my other roles. My character fits into established Iron Man lore, and Marvel takes care of that, but I tried to flesh it out.

Are there times in real life when you wish you had War Machine's superpowers?

When I was in the suit, I felt like a turtle on its back. As for War Machine's powers, I sometimes wish I could fly. That's a childhood fantasy, but it's something adults would want as well.

If you could choose your own superpower, what would it be and what would you use it for? I don't know. To be able to see into the future? If I could do that, I'd like to say that I'd use it for good, but honestly I probably wouldn't always.

How did you prepare for your role? You do have to get in shape for superhero movies, but I was lucky. I've had a lot of roles that I had to hit the gym for, so I already knew my way.



Do you have a personal health philosophy?

Vanity helps, especially if I have to be naked on-set [laughs]. But I'm not sure that's the best prescription. To live a healthy life takes discipline. It's a matter of how you eat, of how you rest.

How do you stay fit? I have no groundbreaking moves that

I do. I bike, I use free weights, I do Pilates, and I use a reformer [exercise equipment].

What's your best health habit? Worst? I don't drink soda. I stay away from that. The worst thing I do is work 14-hour days and then not get enough rest afterward. That's the most insidious thing. It tears you down. You get sick and you can't get better. That's a bad habit—not

getting enough restso I try to be really mindful of that.

You and your partner, actor **Bridgid** Coulter, have been together more than 20 years, and you have two teenage daughters. Has juggling family life with the demands of being a movie star been difficult? It's a very challenging thing to manage. With actors, family life is

often feast or famine. I'll be three months on-set for a movie and never see anyone, and then I have three months off.

You've been acting for three decades, and you've won awards throughout your career. How do you measure your success, personally and professionally? Money. And gold watches. Seriously, longevity will dictate to me how successful I have been. If I

can keep acting, keep going with this, and in 20 or 30 years I can look back and say, "Wow, people are still checking for me," then I made it.

You're a co-founder of Not On **Our Watch** and committed to efforts to end mass atrocities globally. Why is this cause so important to you?

We [Cheadle, George Clooney, Matt Damon, Brad Pitt. David Pressman, Jerry Weintraub] started it around the issue of Darfur, Sudan. The 2003 genocide going on there was running out of control when we founded Not On Our Watch. We wanted to try to do something about that. If you want to get involved, go to www. notonourwatch project.org.-Matt McMillen