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 **WebMD**
MAGAZINE **10**
YEARS



LET'S TOAST!

Robin Roberts helps us
celebrate 10 years with
her heroic story

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Profile of Courage

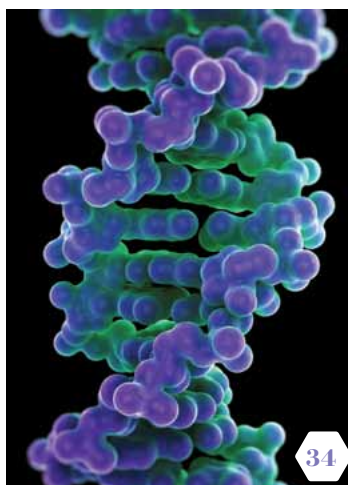
More than two years ago, **Robin Roberts** made headlines for her bravery in fighting back-to-back breast cancer and MDS diagnoses. Today, the *Good Morning America* anchor is better and stronger than ever—and has a lot to celebrate. She reflects on her health heroes—the 10 people and organizations who helped shape the incredible and inspirational woman she is today.

10 Years of Health

We pore through the medical innovations of the past decade and highlight 10 breakthroughs that made headlines and continue to transform lives.

Star Power

For 10 years, *WebMD Magazine* has put celebrity health front and center. We take a look back at some top celebrities and their stories.



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“

MY PARENTS INSTILLED VALUES THAT HAVE HELPED ME IN MY BATTLES. WE USED TO CALL IT THE THREE DS: DISCIPLINE, DETERMINATION, AND ‘DA LORD.’

”

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TAKE 10

Country music legend **Reba McEntire** just released her 27th studio album. We talk to the singer about what keeps her going, her secret to aging well, and why she's helping fight hunger.

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LIVING HEALTHY

WEBMD ON THE STREET: Our experts help a new stay-at-home mom adjust to life outside the hustle and bustle of the office. • **WOMEN'S HEALTH:** Stop dieting, start lifting weights—these are just two of our expert's top 10 tips for a lifetime of wellness. • **MEN'S HEALTH:** Yes, you need to go to the doctor—regularly. But our expert has nine more ways to live longer (and boost your sex life).

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HEALTHY BEAUTY

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FAMILY & PARENTING

PARENTING: Actor and mom of two Debi Mazar dishes on life with her own entourage in the kitchen and on the set of her cooking show. • **PREGNANCY:** Although rare, pregnancy-related strokes are on the rise. We explain what you need to know. • **BABY TALK:** You brought home your new bundle of joy. Now what? This guide to surviving baby's first week can help. • **KIDS' HEALTH:** There's no one-size-fits-all approach to parenting, but some good guiding principles hit the mark. Our expert shares her top 10. • **PET HEALTH:** Does your four-legged friend's anxious or aggressive behavior cross the line? A pet therapist may be the solution.

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FOOD & FITNESS

IN SEASON: Make spinach the chief leaf on your plate with three nutrition-packed recipes. • **OFF THE MENU:** Every day is Mother's Day in the kitchen for mother-daughter chef duo Kirsten and Mandy Dixon. • **FOOD MATTERS:** What's the next hot plate? We explore the top 10 food trends we'll be eating more of. • **FITNESS CHALLENGE:** Spring has sprung and so should you. Take advantage of the great outdoors with moves you can do in the park. • **WORK IT OUT:** Gym junkies and exercise newbies alike will appreciate these top 10 fitness rules to live by.

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WEBMD CHECKUP

May is Hepatitis C Awareness Month. Learn more about this common condition.

• **HEALTH HIGHLIGHTS:** Manage your rheumatoid arthritis with expert tips. • **BY THE NUMBERS:** We take a closer look at WebMD.com's popular Symptom Checker tool. • **LIVING WITH:** Fibromyalgia. Learn how to get relief when everything hurts. • **MY STORY:** Can you get fit after 50? With multiple marathons now under her belt, one reader proves yes, you can. • **HEALTH CHECK:** Is your diabetes in control? Take the quiz to find out.



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● We love each and every issue of our magazine, but this one is cause to celebrate. It's the 10th anniversary of *WebMD Magazine*! We're marking the occasion with a specially themed issue around the number 10.

Our cover story features the radiant Robin Roberts, who shares with us the 10 personal heroes who helped her through her health struggles. The *Good Morning America* host highlights the importance of building a support network after a critical diagnosis.

We also feature 10 former cover celebrities committed to health causes, 10 years of important medical advances, 10 top food trends, 10 fitness tips, and much more.

We could not have made it to our 10th anniversary without you. Whether you've been faithfully reading our magazine for years or just recently started, thank you for your support, encouragement, and delightful letters that keep us inspired and motivated.

This milestone not only marks a decade of *WebMD Magazine*, it's also a jumping off point for the next 10 years to come. We're thrilled you're part of the journey!

Kristy Hammam
Editor in Chief
kristy@webmd.com



BEHIND THE SCENES

Robin Roberts is every bit the enthusiastic, engaging, and fun-



loving woman you imagine she is. She arrived on the set of our photo shoot pumped and ready to have fun, even though she'd been up since 4 a.m. and had just been on the set of *Good Morning America* for three hours. She danced and sang, noshed on healthy snacks, smiled for the camera, hoisted 10s that were heavier than they actually looked, and when it was all over, sat down and shared her incredibly inspiring story. Thanks for celebrating with us, Robin!

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HOT TOPICS!

FACTS AND NEWS YOU CAN USE



ALLERGIES IN THE UNITED STATES COST \$18 BILLION EACH YEAR AND ARE THE 6TH LEADING CAUSE OF CHRONIC ILLNESS.

Source: American College of Allergy, Asthma and Immunology



7 billion

The number of hot dogs Americans will eat from Memorial Day to Labor Day, which is peak hot dog season

Source: National Hot Dog and Sausage Council

Pregnant women who enrolled in a 10-week prenatal yoga program found that the exercise helped alleviate their depression symptoms.

Source: Women's Health Issues



More shut-eye for women leads to better sex. Research shows that an extra hour of sleep per night can improve the odds of next-day sexual activity by 14%.

Source: The Journal of Sexual Medicine



Kids of "helicopter" parents are **less likely to participate** in after-school sports, spend time outside, or ride their bikes.

Source: Preventive Medicine

88%

The five-year survival rate for breast cancer. Two in three patients live five years or more after a diagnosis of invasive cancer.

Source: CDC



IT PAYS TO WORK OUT.

A study of adult male twins shows that the more physically active of the two had lower levels of body fat.

Source: Medicine & Science in Sports & Exercise

Making friends may be essential to your health: Feelings of loneliness raise the risk of early death by about 26%.

Source: Perspectives on Psychological Science



54%

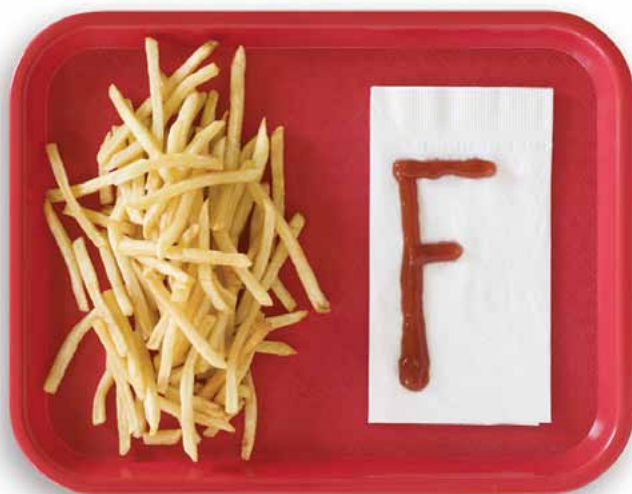
OF AMERICANS BELIEVE **VACCINATIONS ARE EXTREMELY IMPORTANT FOR THEIR KIDS.** THIS IS A 10% DROP FROM 14 YEARS AGO.

Source: Gallup

Heading outside? Don't forget to pack that sunscreen! Each year, about 5 million people in the United States are treated for skin cancer.

Source: CDC





Not So Fast!

Fast food could mean slow progress in school. Researchers asked 11,000 fifth-graders how often they'd eaten fast food in the last week. By eighth grade, those who had eaten fast food daily were behind their fast-food-free peers in reading. Those who ate it at least four times were behind fast-food abstainers in science. And kids who'd eaten any fast food during that week in fifth grade were behind in math. Researchers saw the impact of fast food regardless of other possible academic challenges. Possible reasons? Fast food is low in iron, which kids need for cognitive development. It's also high in fat and sugar, which can hurt memory.

Source: Clinical Pediatrics

63% Increase in sales of **gluten-free foods** in the last two years

Source: Mintel Market Research



SAD STATE

Is Facebook bumming you out? In an experiment, 200 college students completed an assignment on their home computers.

Afterward, they told researchers how much time they had spent on social media during the assignment. They also rated their happiness. The students who had spent the most time on social media gave themselves the lowest happiness ratings. Social media often suggest that our friends' lives are better than ours, the study author said. And dividing your attention between work and social media can also cause stress and make you unhappy.

Source: Computers in Human Behavior

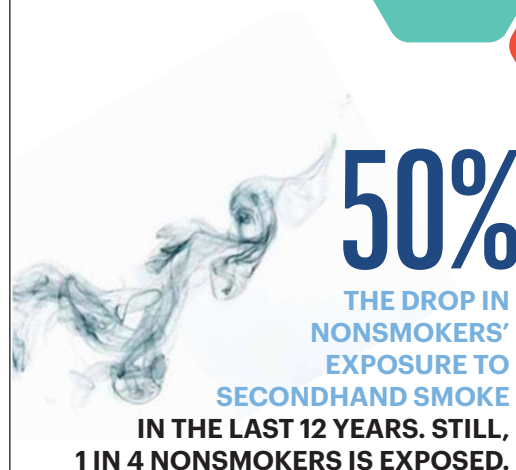


GRAND STAND

Sitting all day may be a bad idea no matter how hard you hit the gym after work. In a comparison of 41 different studies that included more than 800,000 people, those who sat for at least eight consecutive hours each day were more likely to die for any reason over the course of the study than their peers who got up and moved around. This was regardless of what the chair-dwellers did with the rest of their time. The key was breaking up the sitting time. Take a few more walks to the water cooler.

Source: Annals of Internal Medicine

HEALTHY
START



Source: CDC



A NAP TO REMEMBER

Infants spend most of their time napping. And these naps, researchers say, solidify babies' memories. In an experiment, a researcher demonstrated a series of actions with a puppet, such as removing the puppet's mitten, for 216 babies ages 6 months to 12 months old. The babies had the chance to recall these actions from memory and perform them four and 24 hours later. Only the babies who had napped for at least 30 minutes within four hours of learning the actions were able to recall them later.

Source: *Proceedings of the National Academy of Sciences*



Number of Americans who
belong to a health club.
That's an all-time high.

Source: *International Health, Racquet and Sports Club Association*



Mind's Eye

Mindfulness is a simple (but not easy) practice of nonjudgmental awareness of here-and-now experiences. Too often, as days run into years, partners mindlessly repeat patterns, losing sight of their interactions. But you can reinvigorate your relationship by choosing to be more mindful of the comfort and joy it brings to your life. Leslie Becker-Phelps, author of WebMD's Relationships blog, offers some guidance. Rather than just focusing on getting out the door in the morning, consciously take a moment to stop and look at your partner. Acknowledge to yourself that this person is important to you. You can do all of this in a matter of seconds, and it will imbue your good-bye hug or kiss with real affection. Any time you show each other physical affection, pay attention to it rather than allowing your thoughts to wander. By choosing to be aware of touch, even a peck on the cheek can feel like a moment of connection. Listen without multitasking, and pay attention with caring and openness. At these moments, you are deeply appreciating your partner and honoring the connection between you. The more you do this, the closer you are likely to feel toward each other.

Mother Load

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

Photograph by Gregory Miller



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

LIVING HEALTHY

POWER NAP

"Don't worry so much about the laundry. Nap when your baby does. The perfect nap is 90 minutes at 1 p.m. This will allow you to get through a full sleep cycle, when your body is most accepting of sleep. Napping longer will make you tired. A shorter 'power nap' may also be helpful if you don't have enough time in the day for a full 90 minutes."



Michael J. Breus, PhD
author of *The Sleep Doctor's Diet Plan: Lose Weight Through Better Sleep*

GROUP DYNAMIC

"The motivation of group exercise and camaraderie with other new moms is an excellent way to mix up your workout routine and stay connected to others. Plus, it can promote healthy habits in your son, setting him up for a lifetime of fitness. You can find various options in your area with a little Internet digging, including a mom and baby walking/jogging group, boot camp, or yoga workout."



Michael W. Smith, MD
WebMD chief medical editor

ROUTINE OPERATION

"Use patterns you notice in your infant's day-to-day activities to establish a regular routine for both of you. A consistent schedule for bathing, sleeping, eating, and playing is not only good for you, but it's great for the baby, too. However, don't become too rigid about it. If your routine gets thrown off by something—sickness, teething—keep as much of it intact as possible and get back to your full routine when circumstances return to normal."



Sherrie Bourg Carter, PsyD
psychologist, women and stress specialist

THICK AND THIN

"Many women have increased shedding that makes their hair temporarily thinner after childbirth. This usually gets better, but it can take up to six months. In the meantime, maximize the iron and protein in your diet and take an over-the-counter supplement containing biotin. If you notice bald spots, visit your dermatologist to determine which type of hair loss you have and the best treatment."



Mohiba K. Tareen, MD
medical director, Tareen Dermatology, Roseville, Minn.

SIDE EFFECT

"It's important to change sides with your baby to keep your muscles, joints, and soft tissues balanced. Muscles can get strained if you always use the same ones on the same side. Maintain good posture with a neutral spine and your ear-shoulder-hip in line, whether you're standing or sitting."



Mary Ann Wilmarth, DPT
chief of physical therapy, Harvard University Health Services

Read more expert advice in our free iPad app!

WEBMD ON THE STREET

Jennifer Duvall

Stay-at-home mom, 37
Woodstock, Ga.

Jennifer Duvall worked a demanding commercial real estate job in the heart of Atlanta until 14 months ago, when her son, Nolan, was born.

Leaving the professional world wasn't easy. "I was used to working 40 hours a week and being around people all day," Duvall says. "Now, I need to have some sort of regular schedule I can count on." Speaking of schedules, her baby's sleep patterns sometimes make it hard to get anything done around the house.

"He naps for about four hours a day, and I try to get in a nap when he sleeps, but I'm still tired. How can I get more rest, while still accomplishing everything I need to do during the day?" When Nolan's awake, Duvall has to carry him from place to place, but the bigger he grows, the heavier he gets, and she worries about a sore shoulder, arm, and hip. Another issue is her dry skin and brittle nails, a consequence of frequent hand washings after diaper changes. One part of new motherhood she definitely wasn't prepared for was hair loss. "I developed a bald spot after my son was born. What can I do to keep my hair thick and healthy?" Finally, though she doesn't network in the boardroom anymore, she still wants to stay socially connected.

—Stephanie Watson

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WOMEN'S HEALTH

Leading Lady

WANT A CHEAT SHEET FOR HEALTHY LIVING? OUR EXPERT SERVES UP HER TOP 10 TIPS FOR A LIFETIME OF WELLNESS

By Colleen Oakley

Let's face it, Ladies: Doctor visits are short. And they're getting shorter. What if your doctor had more time? She might tell you the same things that OB-GYN Alyssa Dweck, MD, co-author of *V Is for Vagina*, wants you to know. Consider Dweck's tips your prescription for a lifetime of wellness.

1 Reduce your stress. "The biggest issue I see in most of my patients is that they have too much on their plates and want to juggle it all. Stress can have significant health consequences, from infertility to higher risk of depression, anxiety, and heart disease. Find the stress-reduction method that works for you and stick with it."

2 Stop dieting. "Eating healthy doesn't mean you have to forgo your favorite glass of wine or a piece of chocolate cake now and then. The key is moderation. Get a mix of lean proteins, healthy fats, smart carbs, and fiber."

3 Don't OD on calcium. "Too much absorbed calcium can increase the risk of kidney stones and may even increase the risk of heart disease. If you're under 50, shoot for 1,000 milligrams per day, while over-50 women should be getting 1,200 milligrams per day mainly through diet—about three servings of calcium-rich foods such as milk, salmon, and almonds."

4 Do more than cardio. "Women need a mix of cardio and resistance or weight-bearing exercise at least three to five times a week to help prevent osteoporosis, heart disease, cancer, and diabetes. Exercise also promotes good self-image, which is really important to a woman's mental health."



5 Think about fertility. "While many women have no problem getting pregnant in their late 30s and even into their early 40s, a woman's fertility may start to decline as early as 32. So if you want to have kids, talk to your doctor about options, like freezing your eggs."

6 Appreciate birth control. "Birth control gets a bad rap, but not only can it keep you from getting pregnant before you're ready, studies show it can lower the risk of uterine and ovarian cancer as well as regulate your cycle."

7 See your doctor annually. "New recommendations suggest that healthy women now only need Pap smears every three years instead of annually starting at age 21. But don't skip your yearly checkup. Your doctor needs to annually assess many other issues such as potential infection, your need for contraception, and sexual complaints."

8 Have quality sex. "Sex reduces stress and may lower the risk of chronic disease—but only if you enjoy it. If anything prevents you from sexual fulfillment, such as dryness or pain, talk to your doctor to find a solution."

9 Get more sleep. "Sleep needs differ, but if you have trouble getting out of bed, tire easily, or have trouble concentrating, you likely aren't getting enough. Recent studies suggest this can put you at greater risk of heart disease and psychological problems."

10 Consider genetic testing. "Doctors can now screen people with a family history of breast cancer, ovarian cancer, and chronic diseases to assess their risk—and then consider preventive measures. Talk to your doctor."

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

MEN'S HEALTH

Best Man

OUR EXPERT REVEALS THE TOP 10 THINGS YOU CAN DO TO IMPROVE
YOUR HEALTH, BOOST YOUR SEX LIFE, AND LIVE BETTER

By Matt McMillen

● No matter what your age, you need to pay attention to your well-being. "It's not cool for a guy to wait until he's 50 to see a doctor," says Steven Lamm, MD, the medical director of NYU Langone Medical Center's Preston Robert Tisch Center for Men's Health and author of *The Hardness Factor: How to Achieve Your Best Health and Sexual Fitness at Any Age*. "Men need to care about their health above the waistline as well as below." Here are his top 10 tips.

1 Find a doctor. "Make certain that at any age you have a doctor you are comfortable with and with whom you can openly discuss all aspects of your health, from your mental state to your sexual function to your overall wellness."

2 See that doctor. "Just because you are feeling well doesn't mean you are well. Have a tendency toward denial? Don't ignore things like black stools, vision loss, or chest pain. Unfortunately, men have a tendency to do just that."

3 Get informed. "I'm happy when patients have information. It's a great starting point. You do want to be knowledgeable and



understand that you shouldn't ignore symptoms or complaints, but you don't want to self-diagnose."

4 Vary your workouts. "The body gets very comfortable when you always do the same workout. You have got to keep varying your exercises, and they have to be an age-appropriate mix of aerobics, muscle training, and stretching."

5 Eat to thrive. "The single greatest determinant of how healthy a man is is the nutritive value of the food he eats. It's more important than anything else except maybe sleep. Focus on nutrients

rather than calories, and be expansive. You can't achieve optimum nutrition with limited choices."

6 Prioritize sleep. "Get at least seven hours. That's not something you should compromise. Men think they can overcome sleep deprivation by exercising or whatever, but sleep is critical for the restoration of wellness and adjusting hormones."

7 Check your head. "Mental health is really, really important. Think about several things: Are you drinking too much? Are you paying attention to signs of depression or

bipolar disorder, which often get missed? If you have a family history of mental illness, suicide, and/or substance abuse, you really need someone to help you review the signs and symptoms."

8 Stay ready for sex. "When you're stressed out, not sleeping, or drinking too much, you can't get an erection on demand, and a man's erection is a barometer for overall health. Exercising, eating well, and sleeping well are the best ways to be sure you're a stud in the bedroom."

9 Care for your prostate. "The prostate grows as you get older. You'll almost certainly have symptoms, like urinary problems. A really healthy, low-fat diet will reduce the likelihood of prostate growth and may reduce the risk of prostate cancer."

10 Enjoy yourself. "Look forward to every day, to doing something for yourself every day, whether it's a run or listening to an audiobook or practicing meditation or yoga. Don't save up all of your fun for vacation."

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



Smooth Sailing

The weather is warmer, which means shorts, sleeveless tops...and razor bumps. To avoid the latter, Jessica J. Krant, MD, founder of Art of Dermatology in New York City and assistant clinical professor of dermatology at SUNY Downstate Medical Center, says it's important to understand what's going on when you shave your legs, underarms, or bikini line. "Scraping a blade over dry, rough skin will cause inflammation and bumps, so you do want to moisten the area before taking a razor to it." But shaving at the very end of a long hot shower can also lead to a bumpy situation. When the hairs get saturated with warm shower water, they swell. This causes them to soften and lengthen. Translation: When you shave, you'll get super-smooth results—but as the hairs dry, they'll shrink and pull under the skin surface.

Sometimes, as the hairs regrow, they can't find their way back out of the follicle opening and get stuck growing underneath the skin, leading to bumps. Krant suggests moistening and dampening the area a little before you shave, but don't wait too long after you've been in the water.



YOU ASKED

On Guard

SPF—YOU KNOW YOU NEED IT. AND WITH THIS GUIDE TO FINDING THE RIGHT ONE FOR YOUR SKIN TYPE, YOU HAVE NO EXCUSE FOR NOT USING IT EVERY DAY

By Ayren Jackson-Cannady



Shop now for these products!
[LEARN HOW ON PAGE 9](#)

1 Sensitive Skin

La Roche-Posay Anthelios 50 Mineral Ultra Light Sunscreen Fluid (\$33.50) “Keep sensitive skin free of irritation by slathering on a hypoallergenic sunscreen that is fragrance-free. Mineral formulas like this one are made with titanium dioxide or zinc oxide.”

2 Combo Skin

Paula's Choice Skin Balancing Ultra-Sheer Daily Defense Broad Spectrum SPF 30 (\$26) “Use a sheer, fluid formula like this that provides broad-spectrum sun protection while helping to minimize oil and dryness.”

3 Dry Skin

Hawaiian Tropic Silk Hydration Lotion Sunscreen SPF 30 (\$10.79) “Sprays and gels may be convenient, but they often include alcohol that will dry and irritate already parched skin. Skip them, and reach for an SPF like this made with moisturizing ingredients such as glycerin and aloe.”

4 Mature Skin

Olay Pro-X Age Repair Lotion with SPF 30 (\$37.99) “A two-in-one formula like this blocks the sun's harmful rays and helps to improve existing damage with a powerful combination of antioxidants and peptides. This sun blocker also contains vitamin E, green tea, silicones, and glycerin, all of which boost its anti-aging benefits. Remember to apply SPF as a moisturizer or under a moisturizer before makeup.”

5 Oily Skin

Neutrogena Ultra Sheer Dry-Touch Sunscreen Broad Spectrum SPF 30 (\$6.99) “If your skin is regularly greasy or shiny, look for lightweight sunscreens such as this one that dry down to a matte finish. Look for water-based sunscreens with absorbent ingredients like silica or isododecane. Steer clear of mineral oils and fatty acids, which can be too heavy for oily/acne-prone skin.”

6 Acne-Prone Skin

Dermalogica Oil-Free Matte Broad Spectrum SPF 30 (\$48) “Some acne medications increase sun sensitivity, so rigorous daily sun protection is especially important. Try a mineral sunscreen (the active ingredient listed will be zinc oxide, titanium dioxide, or both), since these sit on top of the skin rather than being absorbed, so you're less likely to have a reaction. Also look to see that the label says oil-free and noncomedogenic like this one, which is not only oil-free, but also oil-absorbing.”



Michael Shapiro, MD
medical director, Vanguard Dermatology, New York City

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

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BEAUTY SMARTS

Beat the Clock

ANTI-AGING TREATMENTS KEEP GETTING BETTER WITH TIME. OUR EXPERTS ROUND UP THE 10 BEST WAYS TO KEEP YOUR SKIN YOUTHFUL

By Liesa Goins



BEAUTY 411

What are CC creams?

The initials CC stand for “color correction” or “color control,” so these products are made up of three key elements: a lightweight moisturizer, a sunscreen, and a tint. Unlike a typical tinted moisturizer, however, CC creams are treatment-focused and contain special ingredients designed to help even out red blotches, sallowness, and other skin discolorations or inconsistencies.

Some contain ingredients like vitamin C, arbutin, or soy, which can help reduce pigmentation issues over time and brighten skin. Also, look for anti-inflammatory ingredients like chamomile, aloe, or licorice, which can control redness due to inflammation or blotchiness. Whether you have dry, oily, or combination skin, you can use a CC cream, but they are an especially good choice for people who do not need the coverage of a typical, heavier foundation but still want to have a polished look.

Amy Derick, MD
medical director, Derick
Dermatology, Barrington, Ill.,
and clinical instructor
of dermatology,
Northwestern University

So much can happen in a decade—think how different your phone is now, or how you watch TV. Your skin can also show change in the form of sun spots, wrinkles, and sagging, depending on how you care for it. Luckily, anti-aging products keep up with advances in technology. They can help slow some of the damaging effects of time on your skin, and in some cases, even reverse them. Here are our experts’ top 10 ways to keep your skin looking timeless.

1 SPF with zinc “Using SPF every day—even if you’re not outdoors—is the best way to slow skin aging,” says Leslie Baumann, MD, dermatologist, researcher, and author of *Cosmeceuticals and Cosmetic Ingredients*. While dermatologists are happy if you put on any sunscreen, they’re partial to zinc as the best sun shield. “Zinc is an inert mineral, so it doesn’t irritate sensitive skin and has the broadest-spectrum UVA protection,” says Jessica Wu, MD, an assistant

clinical professor of dermatology at the University of Southern California medical school. Ultraviolet A or UVA rays penetrate deeper into the skin to cause DNA damage that leads to sagging skin and wrinkles, not to mention cancer. One of Baumann’s favorites: EltaMD UV Clear Broad-Spectrum SPF 46, because the fine zinc particles don’t streak or run into your eyes.

2 Retinoids “Retinoids are the No. 1 most studied and most proven anti-aging ingredient,” Wu says. Research shows they increase the production of collagen, a structural protein that helps keep skin firm, while reducing the appearance of wrinkles and preventing new ones. “Everyone should be using a retinoid,” Baumann says. Prescription retinoids like tretinoin and adapalene are both experts’ top picks. But you can also find effective retinols in

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over-the-counter options like RoC Retinol Correxion Deep Wrinkle Night Cream, Wu says.

3 Vitamin C serum

"You should use vitamin C under sunscreen to protect from the sun that slips through your sunscreen," Baumann says. "It increases collagen synthesis, evens skin tone, and neutralizes free radicals." But make sure you find an effective formula. "Look for 15% vitamin C, and make sure it's packaged in an airtight pump," Wu says. She and Baumann like SkinCeuticals CE Ferulic.

4 Omega fatty acids

Omeegas, specifically omega 9s, contain oleic acid and linoleic acid to fight inflammation and improve the skin's ability to retain moisture and defend against outside irritants. "I love argan oil as a moisturizer," Baumann says. "It does not cause acne and is a great antioxidant." Find it in Shea Terra Organics Argan & Rose Complex, she says.

5 Lash treatments

"Both lashes and brows get thinner and paler as you



"Niacinamide increases skin hydration, prevents water loss, strengthens the skin barrier, and has skin-brightening properties."

get older, which makes your eyes look smaller and tired," Wu says. One of the most effective ways to fatten up skimpy lashes is to use the prescription drug Latisse, Wu says. It lengthens the growth cycle of your lashes and stimulates growth of dormant follicles. Wu says you can fight breakage with coconut oil from the grocery store; just dab a thin coat on lashes at night.

6 Niacinamide

Dermatologists praise the multitasking benefits of this form of vitamin B3. "It increases skin hydration, prevents water loss, strengthens the skin barrier, and has skin-brightening properties," Wu says. It works by increasing communication between cells so they're better able to maintain ceramide and fatty acid levels, which helps the skin's upper layer stay healthy and hydrated. Niacinamide can help fade uneven pigment like sun spots or acne scars. Wu likes Olay

Regenerist Instant Fix Wrinkle Revolution Complex.

7 Antioxidant supplements

Not all skin treatments work on the surface. Dermatologists also suggest adding antioxidants to your diet to help neutralize free radicals that can damage healthy cells. "I am a big believer in antioxidants to prevent aging," Baumann says. "When you see the studies that show improvement of the skin's appearance, it's very intriguing." She's impressed by GliSODin Advanced Anti-Aging Dermal Formula and Heliocare.

8 Hyaluronic acid fillers

Over time, fat deposits under the skin can move or degrade, causing sagging and wrinkles, Baumann explains. To combat folds and jowls, Baumann injects Juvéderm Voluma, a synthetic form of hyaluronic acid. "It lasts two years and is reversible—I love it," she says. Though topical

products can't mimic the results of an injected treatment, Baumann says anti-agers containing saccharide can help temporarily plump and firm skin. She recommends Neutrogena Rapid Wrinkle Repair Eye Cream.

9 Alpha hydroxy acids

These gentle acids exfoliate dull, flaky skin to reveal smoother skin. Dermatologists like AHAs because they also improve uneven skin pigmentation and reduce the appearance of fine lines. Plus, AHAs can stimulate the production of hyaluronic acid to create fullness. Baumann is a fan of Aqua Glycolic Face Cream.

10 Botulinum toxin injections

What once seemed like a treatment for celebrities is now a common way to fight deep lines and wrinkles—the number of injections performed has increased nearly 700% since 2000. Botox, Dysport, or Xeomin (people often use Botox as a generic term) are all versions of botulinum toxin type-A. "Botox relaxes the muscles that cause crow's feet, frown lines, and forehead lines," Baumann says. "Preventing movement may prevent future lines."

AISLE DO

PRODUCT PICK

Aquaphor Healing Ointment (\$13)

EXPERT

Jill Waibel, MD

clinical voluntary professor,
University of Miami and owner, Miami
Dermatology and Laser Institute



"Before bed, I apply a thin layer of Aquaphor around my eyes and on my lips—areas that get extra dry in the winter. Aquaphor has one of the highest hydrating quotients, making this a hidden gem when it comes to protecting the skin's barrier function and providing moisture. It's such a great moisturizer for me because I have acne, eczema, and rosacea, which make my skin very challenging. Aquaphor won't irritate my skin. I tell patients they can apply a thin layer all over their face if their skin tolerates it. This ointment is so affordable that I have tubs in every room."

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



Read **10 Toothbrush Mistakes & How to Fix Them** at WebMD.com

[LEARN HOW ON PAGE 5](#)



YOUR SMILE

Inner Tube

YOUR TOOTHPASTE OPTIONS SEEM TO BE ENDLESS NOWADAYS. WHICH ONE SHOULD BE YOUR MAIN SQUEEZE?

By Linda Formichelli

● We may argue about how to squeeze it, how much you need, or which brand is most effective, but we all use it at least twice a day: toothpaste. But given the sheer number of types available, from paste to gel, from tartar control to whitening, choosing one can be overwhelming. Our expert helps you figure out which toothpaste is best for you and your family.

What's in it, anyway?

Most of the gooey stuff contains mild abrasives to scrub away debris and surface stains; fluoride to help protect against cavities; humectants, which keep toothpaste from drying out; flavorings such as mint oil for freshness and saccharin

for sweetness; thickening agents like natural gums; and detergents such as sodium lauryl sulfate to create that fizzy feel.

What type should you use?

Choose a toothpaste that fits your particular dental concerns. For example, whitening toothpastes can lighten teeth by one shade, so they can be a good bet for mild surface staining. If you have a problem with hard buildup on your teeth, ask your dentist if you should try a tartar control toothpaste; it's fairly abrasive, so use it only if tartar is an issue, says Richard R. Hoyner, DDS, dental hygiene program director at Carrington College in Mesa, Ariz.

Painful teeth? You may have an exposed root. Teeth contain tiny tubes that can let hot and cold into the middle of the tooth where the nerve is. Toothpaste formulated for sensitive teeth helps plug those tubes.

Gel, paste, or powder?

If you're deciding between paste and gel, pick whatever you like. They're equally effective. But Hoyner doesn't advise tooth powders. While they hark back to the good ol' days for some people, they're so messy and hard to use that you may not get all the benefits of the ingredients.

Natural or conventional?

Organic flavorings, plant extracts, and artificial

sweeteners are all fine. But natural toothpastes don't usually contain fluoride or the other chemical ingredients such as sodium benzoate to keep the toothpaste fresh. "They eliminate things that are time-tested proven to be effective for your teeth," Hoyner says. "But are you definitely going to get gum disease and cavities by using natural toothpaste? No, I don't think so."

Homemade or store-

bought? Some people think fluoride and other chemicals are harmful, so they create their own toothpastes with ingredients like baking soda and coconut oil. But Hoyner says homemade toothpastes are not as effective as commercial ones. As with many natural toothpastes, homemade recipes lack ingredients that fight cavities and gum disease and neutralize harmful acids produced by bacteria in the mouth.

How much should you

use? Hoyner says you need only a smear. "It's like a light coating of butter on a piece of toast," he says. As for how long before you need to toss a tube, the active ingredients have a two-year lifespan, so most toothpaste companies will mark a two-year shelf life on the crimped end of the tube. "However, it is not unsafe to use outdated toothpaste," Hoyner says. "It just means the important ingredients may no longer be working effectively."

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



PARENTING

Kitchen Queen

Lauren Paige Kennedy

If actor Debi Mazar was a brand, the Ultimate New Yorker might be it. She's the Martin Scorsese alum who ran with Madonna on the Lower East Side during their salad days, and the East Coast transplant who went on to rule Hollywood as the wildly cursing, take-no-prisoners publicist Shauna Roberts in HBO's *Entourage*. (The big-screen version of the series hits theaters in June.) But Mazar is more layered than her unmistakable Queens accent. Cooking Channel fans know her from *Extra Virgin*, where she gets real in the kitchen with her Tuscan farmer husband, Gabriele Corcos, and their two daughters, Evelina, 12, and Giulia, 8, and also reveals her surprisingly rural roots. Born in Jamaica, Queens, Mazar lived in upstate New York from ages 7 to 12. Currently splitting their time between a 14th-century house outside Florence, Italy, and home base in Brooklyn, N.Y., the family slices, dices, talks, and tastes together using garden-fresh ingredients and Old World recipes seasoned with laughter and love.



Extra Virgin
airs on
Wednesdays on
the Cooking
Channel.

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

You grew up in the woods?

People think of me as this über city girl. Meanwhile, I have this other side of me. My mother was a hippie. It was just me, without access. No Internet. No friends. Walking through the woods. I learned how to garden. We grew our own vegetables. My mom had a health food store near Woodstock, N.Y. The Alice Waters Slow Food movement? My mother was doing all that. So when people are like, “Oh, another celebrity with a cooking show,” I’m like, “Step back! I’ve been doing this farm-to-table thing since 1970!”

Is that why you married an Italian farmer?

I was traveling [in 2001] to Italy to stay with a French woman I’d met at Madonna’s wedding to Guy Ritchie. She was a classical pianist; Gabriele happened to be working with her that summer as a percussionist. I stayed at her villa... he walked in the door and I was like, “Who’s that?” The rest is history. We fell in love and were never apart again.

How do you make cooking a family affair?

Evelina is cool about tasting everything. One tip I’ll give: Introduce stronger flavors when your kids are about a year old—a little garlic, some greens. Put it in their eggs. Add Swiss chard into their mac and cheese. Giulia has been involved in the kitchen since she was 3, using an 8-inch chef’s knife. Gabriele taught her to guard her fingers. My husband is not a catastrophist; I’m Nervous Nelly. He got her interested in cooking. She can make a full meal, whether it’s helping with the sauce or doing the chopping.

Pasta, bread, cheese, wine...how do you eat so well and stay fit?

I’m 20 pounds heavier than I used to be because of the wine and the carbs! I’m working to bring that down not because I have to—my husband thinks I look sexy—but because on camera I look heavier. And I have a lifetime of amazing clothes that I need to fit into. Also, I’m 50. It’s that

moment in life where it’s like: OK, Girl, it’s time to get it together! The truth is I stopped exercising. So I started again. Besides *Entourage*, I’m also working on [TV Land’s] *Younger* and I want to be in top form. I’m cutting alcohol. Pasta once a week. Grilled fish and chicken, salad and vegetables. More fruit. My secret is sleep and cardio!

If either of your girls wanted to become an actor, would you encourage it?

I’m into letting them do what they want to do—but I’d prefer they didn’t get into acting. We all need a job. I wouldn’t stop them. It’s not what I want for them, but fine. My mother never stopped me from pursuing my dream. And my husband went to medical school to become a neurosurgeon. His father is a top brain surgeon in Italy. After six years in med school Gabriele was so unhappy. He booked a ticket to Brazil to study conga playing. And he changed his life.



Read **Pregnancy-Related Hypertension**, an article at WebMD.com.

LEARN HOW ON PAGE 5

PREGNANCY

Pressure Point

ALTHOUGH STILL RARE, STROKES ARE ON THE RISE DURING AND AFTER PREGNANCY. HERE'S WHAT YOU NEED TO KNOW

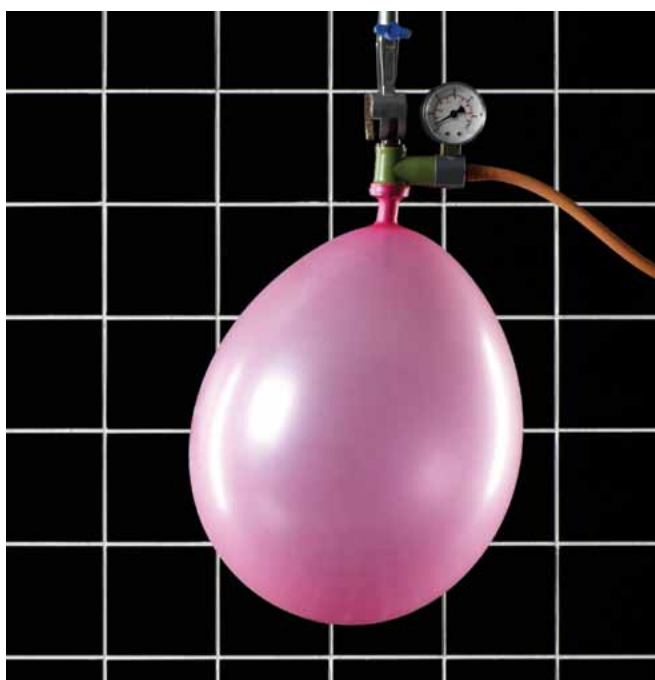
By Michele Cohen Marill

You may not often think about strokes, especially when you're pregnant. But strokes during pregnancy or after childbirth have increased steadily for the past two decades, even while they are declining among older people. Doctors aren't sure why, but they point to trends that lead to higher risk: Women are waiting to have children until they are older, and they are increasingly likely to be overweight or obese.

About one in 12 women develops high blood pressure during pregnancy, which raises the risk of having a stroke. And while stroke remains rare, affecting up to 34 in 100,000 pregnancies, it can be devastating.

Stroke occurs when the blood flow is cut off to part of the brain, because of either a damaged blood vessel or a blood clot. Certain changes during pregnancy make these blood vessel problems more likely, especially if you have high blood pressure, a heart disorder, or other serious medical condition such as diabetes, migraines, or kidney disease.

During pregnancy, the volume of blood in the body



increases, and women are at greater risk of developing a blood clot. After giving birth, a new mother's blood pressure often rises. For most women, this is not a serious concern but for some, blood pressure spikes high enough to cause a stroke. About a third of pregnancy-related strokes happen after childbirth.

Preeclampsia during pregnancy is now more common, affecting one in 20 pregnancies. This blood pressure disorder, which can damage organs such as the kidneys and liver, often appears in the second trimester or later with one or

more of these telltale signs: high blood pressure, sudden weight gain, abdominal pain, swelling of the hands or face, changes in vision, and headaches.

Sometimes those symptoms feel like the normal sensations of pregnancy.

"Certainly a headache that is mild and goes away with Tylenol or rest is not likely to be a stroke," says Arun Jeyabalan, MD, associate professor in the obstetrics, gynecology, and reproductive sciences department at the University of Pittsburgh. "Anything that is more severe or prolonged warrants some attention."

How can you prevent stroke? Jeyabalan suggests starting healthy habits before you become pregnant: Manage your weight, exercise regularly, and eat well. Some women with high blood pressure take a low-dose aspirin pill every day during pregnancy, but you shouldn't take any medicines or supplements—beyond your prenatal vitamin—without asking your doctor first, she advises.

Also be aware of your pre-pregnancy blood pressure and be sure to tell your doctor if it rises.

ASK YOUR DOCTOR

1. What is my blood pressure?
2. Has it gone up during my pregnancy?
3. Am I at risk for preeclampsia?
4. Should I check my blood pressure at home? If so, how often?
5. Should I avoid any foods or over-the-counter medications because they can raise my blood pressure?
6. Would I benefit from taking a low-dose aspirin each day?
7. Should I measure my blood pressure after delivery and before my postpartum visit?

Reviewed by
Nivin Todd, MD
WebMD Pregnancy Expert



Watch **Why Babies Cry**, a top video at WebMD.com.

LEARN HOW ON PAGE 5

BABY TALK

First Daze

BRINGING BABY HOME CAN BE EXCITING AND JUST A BIT DAUNTING. LEARN WHAT TO EXPECT DURING THE FIRST WEEK

By **Stephanie Watson**

● You've brought home your new bundle of joy. Now what? Babies come with lots of needs but not an instruction manual. "No one knows exactly what to expect until they've done it," says Jennifer Shu, MD, an Atlanta-based pediatrician and co-author of *Heading Home With Your Newborn: From Birth to Reality*. She shares newborn care tips to help you make sense of those first few days of life.

Snooze Schedule

Newborns can sleep 16 or more hours a day. Many infants confuse their days and nights, so when you're ready for bed, your baby is up. Within three months, baby should settle into a sleep schedule. Until then, establish bedtime rituals. "Keep your house dark and quiet after about 7 p.m.," Shu suggests. Let her get drowsy in your arms but put her into the crib while she's still awake to learn how to fall asleep on her own. Even more important than when baby sleeps is *how* she sleeps: always on her back on a bare sheet—no pillows or blankets—to protect against sudden infant death syndrome.

Feeding Time

Plan to breast- or bottle-feed every two to three hours.



How do you know if your baby eats enough, especially if you're nursing? "Pay attention to signs and cues," Shu says. Baby should make swallowing noises while nursing and look content after eating. What's in her diaper can also give you clues. Most babies produce about six to eight wet diapers daily, plus regular bowel movements. "There's a natural progression of poop. If it goes quickly to the seedy mustardy yellow, you can feel pretty confident the baby's getting enough to eat."

Cleaning and Care

Until the umbilical cord stump drops off, sponge

baths are all your baby needs. Use a damp washcloth and mild baby soap. To help the stump dry up and fall off (which should happen by about 8 weeks), fold the diaper down under it to expose it to air. Watch for signs of infection, like redness or pus. If your son was circumcised, apply Vaseline or Bacitracin ointment to the tip of the penis, and cover with a piece of gauze during each diaper change, Shu says.

Bonding Basics

You and your baby started to bond even before he was born, when he heard your voice in the womb. Foster the connection with lots of hands-on contact and conversation. "You'll want to hold the baby a lot and attend to his needs whenever he cries or is hungry or wet," Shu says. Talk or sing whenever you can. Babies love the sound of their parents' voices.

Doc Talk

You'll have your first pediatrician visit within the first couple of days, but don't hesitate to call for advice in the meantime. "Parental instincts are very strong," Shu says.

QUESTIONS FOR YOUR PEDIATRICIAN

Is my baby growing enough and gaining enough weight?

Is the umbilical cord (and circumcision site, if it's a boy) healing well?

What vaccinations will my baby need this week?

What can we expect between now and our next visit?

What symptoms (such as fever or a rash) should I call you about?

Who should I call if I have a question after hours?

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

KIDS' HEALTH

Bond Street

WHEN IT COMES TO PARENTING, SOME GOOD GUIDING PRINCIPLES COME IN HANDY. OUR EXPERT SHARES HER TOP 10

By Gina Shaw

Parenting advice changes so often—depending on whom you talk to or whose book you read—that it's easy to feel like you're doing it wrong no matter what.

But clinical psychologist and been-there, done-that mom Laura Markham, PhD, author of *Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*, has her own top 10 parenting tips that have nothing to do with choosing between grounding and the time-out chair. Instead, they're all about your relationship with your child.

1 Connect. Set aside “10 minutes of special time with you every day for each child. Call it ‘Hannah time’ or ‘Ethan time,’ so they know it’s all about them. One day, they pick what to do. The next day, you pick. But focus all your attention on your child, with all your heart. Make sure any siblings are occupied elsewhere—and put your phone away! Ninety percent of your interactions with your child should be about connecting so she can accept the 10 percent about correcting.”

2 Regulate your own emotions first. “No matter what the issue—bad grades at school, temper tantrums, refusal to eat dinner—before you intervene with your child, always start by calming yourself. Most of the time, an issue with your child may *feel* like an emergency, but it isn’t. You can take a deep breath and step away in order to calm yourself and be the parent you want to be.”



3 Reconnect when you set limits. “Don’t yell, ‘Clean up your Legos, it’s time for bed,’ from the kitchen. Go to where he is, get down on his level, and take a look at what he’s doing. We’re always rushing kids through the schedule. Take a minute to sit down and admire what he’s made—*then* talk about bedtime. If you set your limit with empathy, he’s more likely to cooperate.”

4 Don’t shut down the conversation. “If your child says, ‘I hate math! I’m never going to school again!’ he’s probably not just being

difficult. Heightened emotions mean something’s going on. If you just say, ‘Of course you’re going to school, now do your homework,’ you’ve closed the door on finding out what he’s really feeling. Instead, open the door by saying something like, ‘It sounds like you really don’t like math. Can you tell me about it?’ That helps the child feel safe opening up to you.”

5 Welcome tears. “Part of your job as a parent is helping your child manage his or her emotions, and

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sometimes we all need to cry. Parents think that when kids cry you have to quickly calm them down, but it's the opposite. Teach them that those big emotions—like hurt and anger—aren't dangerous. If you see your child getting cranky or aggressive, take a minute to acknowledge your own irritation (see tip No.2) and then shift to compassion and empathy.

“Self-discipline is giving up something you want for something you want more. That's essential as a child grows up.”

Your job is to help your child feel safe enough to express the big, scary feelings—and yes, even let him have a meltdown in the safety of your arms. If he can't articulate them, you can help him show you by setting kind limits, saying something like ‘Oh sweetie, I see you're so upset. I'm sorry this is so hard.’”

6 Take lots of time for laughter. “Kids need belly laughs. Set aside time for roughhousing and goofiness. Laughter helps kids feel safe, and helps them transition when they have to leave you for school or a babysitter, because they feel connected. But I don't recommend tickling to get kids laughing. It is a different physiological response so it doesn't accomplish the goal of release, and it can make kids feel out of control.”

7 Avoid power struggles. “We are told as parents that we're supposed to be in charge, and children are supposed to do what we say. But no one wins a power struggle, so don't get stuck on showing who's boss. For example, if your child always resists dinner, think about the *real* needs

involved. If she says she's not hungry now but then she's hungry later—maybe she means it. Is it the end of the world if she eats her dinner while you read her bedtime story?”

8 Don't take it personally. “If your child is upset and lashes out, it's usually not about you. Don't attack back. If your child is rude to

you, I would try responding, ‘Ouch! We don't speak to each other that way. You must be very upset to talk to me like that.’ That opens the door for talking instead of escalating.”

9 Help your child learn self-discipline. “Self-discipline is giving up something you want for something you want more. That's essential as a child grows up. If they want to get good at something, they have to learn to manage themselves through the hard spots. If his train tracks won't fit together or her puzzle is too hard, empathize with the frustration and encourage your child to work through the problem.”

10 Never interrupt a playing child. “OK, you can't always follow that rule. But play is a child's work. If they love doing something so much that they lose themselves in it, that's the kind of passion and flow they'll need to be successful in whatever they do as an adult.”



Check out the **Top 12 Behavioral Problems in Dogs** slideshow at WebMD.com.
[LEARN HOW ON PAGE 5](#)

FAMILY & PARENTING

PET HEALTH

In Treatment

STRUGGLING WITH BEHAVIOR PROBLEMS? IT MIGHT BE TIME TO TAKE YOUR FOUR-LEGGED FRIEND TO SEE A THERAPIST

By Lisa Fields

● Lots of dogs and cats develop bad habits. In fact, “10 to 15 percent of owners say they have pet behavior issues,” says Stephen L. Zawistowski, PhD, a certified applied animal behaviorist and a science adviser to the ASPCA.

But does your pet need therapy? If his behavior puts him or others in danger, yes. “Any time the safety or well-being of either the pet or human is in question, a professional should be brought in to determine the best course of action,” says certified dog behavior consultant Michael Shikashio.

Even less serious problems could merit a visit to a pet therapist. “It doesn’t have to be as severe as aggression,” Shikashio says. “An animal exhibiting ‘quirky’ behavior like excessive tail-chasing [could] be suffering from underlying issues.”

The first step is to see your veterinarian, who can diagnose any medical problems that need treatment. If you then decide to meet with a certified pet behavior professional, be prepared to really work with your dog or cat to get the problem corrected. “A pet owner



shouldn’t expect a quick fix,” Shikashio says.

Aggression and anxiety are two of the most common issues that may require therapy.

Aggression

Dogs A pet may become aggressive for many reasons. He may be protective of his

home or family; possessive of his food, bed, or toys; fearful; or feeling a need to be dominant. Signs of aggression include growling, showing the teeth, charging, barking, snarling, snapping, nipping, and biting.

Going for a walk in the neighborhood provides so much stimulation for some

dogs that it makes them feel more alert and aggressive. These dogs may benefit from “growl” classes, or reactive dog classes. In these sessions, behaviorists put two to four dogs together in a controlled situation to teach them social skills, says Zawistowski. The dogs and their owners are under strict supervision and given plenty of space. Each dog is slowly trained to be able to get closer to the other dogs without showing signs of aggression. These classes can help your pooch become more comfortable whenever other dogs or people are around, leading to more enjoyable walks for everyone.

Cats An aggressive cat can bite and scratch. He may also hiss, growl, howl, stare, flatten his ears, swish his tail, or expose his teeth or claws.

Some cats don’t like to be petted—or petted for long periods of time. They may let you know by batting your hand away with a claw. Cats are territorial and may not want certain people or animals in their areas. Mother cats may act aggressively if they think their kittens are threatened. Other cats

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practice “redirected aggression”—they may see another cat through a window, and scratch the people or animals they can reach. Cats that are in pain, for any reason, can be aggressive.

If you can’t figure out why your cat is aggressive, take him to your vet to rule out pain or another medical problem. If a medical issue is not to blame, a behaviorist who works with cats may be able to help.

Anxiety

Anxiety also affects both dogs and cats. Loud noises, being left alone, or even a change in routine can upset your pet. Animals show anxiety in several ways. A dog may pace and pant and whine. A cat may hide or meow.



“An animal exhibiting ‘quirky’ behavior like excessive tail-chasing [could] be suffering from underlying issues.”

Both can also be destructive: relieving themselves where they shouldn’t, and destroying things around the house. Some pets lick themselves so compulsively that their fur comes off and their skin is raw.

Dogs “Dogs are social animals,” Zawistowski says. If you live alone and work long hours, your absence could upset your dog. If your dog is just bored, increasing walks and spending more time with him may help. But if he is truly afraid when you aren’t home, you may need to consult a behaviorist.

Cats “Typical cat behavior issues include litter box problems and clawing at personal belongings,” Shikashio says. A cat may become upset if you’ve moved the litter box, you’ve changed the litter, or someone new joins your

family or shows up at your home—for example, you’ve started dating.

“If you have a very high-anxiety dog or cat, it’s difficult to do behavior modification without [the help of] prescription anxiety medications used to relax the animals,” Zawistowski says. The medication can help get the animals comfortable with the behavior changes, and they can later be weaned off, he says.

To find an animal behavior consultant in your area, see the International Association of Animal Behavior Consultants (iaabc.org) or the American College of Veterinary Behaviorists (dacvb.org).

Reviewed by
Amy Flowers, DVM
WebMD Pet Health Expert

WebMD[®] Pregnancy

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profile of COURAGE

Last November, *Good Morning America* anchor **Robin Roberts** hosted WebMD's first-ever Health Heroes gala. A bona fide hero in her own right, Roberts returns to help celebrate *WebMD Magazine's* 10th anniversary. She reflects on the 10 heroes in her life who helped her through her own health struggles and shaped the incredible and inspirational woman she is today



Photography by Ben Baker

STYLIST: DIANDRE TRISTAN; MAKEUP: ELENA GEORGE; HAIR: PETULA SKETE

By Gina Sharo

“AAH! ABBA!”

Robin Roberts exults,
taking a spin around the floor and waving her arms in the
air as the opening bars of “Dancing Queen” fill the air.



What a difference two and a half years makes. That's when ABC's *Good Morning America* anchor was in isolation at New York City's Memorial Sloan Kettering Cancer Center, her 5-foot-10-inch frame down to a gaunt 115 pounds, fighting her way back from high-dose chemotherapy and a stem cell transplant. Those treatments were the only option for curing myelodysplastic syndrome (MDS), in which the body's bone marrow does not produce enough healthy blood cells.

When she was diagnosed with breast cancer in 2007, Roberts acknowledges that it was a blow. “But breast cancer, you kinda know what that is and you know people who’ve gone through it,” she says. The MDS diagnosis, which came in 2012, was much harder. “I had never heard of it. I didn’t know anyone who had MDS.”

Without fully functional red blood cells, white blood cells, and platelets, people with MDS are vulnerable to anemia, infection, and uncontrolled bleeding. In nearly one in three cases—especially in cases of “secondary MDS,” which follows chemotherapy or radiation for cancer, as Roberts’ did—MDS ultimately progresses to acute myeloid leukemia (AML). But Roberts heartily disagrees with those who refer to it as “pre-leukemia.” “There’s nothing ‘pre’ about it. It’s full on!”

Today, she bubbles over with good health, goofing around in a photo studio in midtown Manhattan. She cheerfully hefts prop numbers “1” and “0” in the air to celebrate *WebMD Magazine*’s 10th anniversary, displaying sculpted delts and triceps that Michelle Obama would envy. An hour later, having changed from a fitted blue dress into jeans and a rust-colored quilted jacket (“you’ll get more out of me this way” she promises), Roberts curls up on a couch to talk about her top 10 “health heroes”—the people and organizations who helped her through her consecutive health battles.

1 HER DOCTORS

“I get weepy when I think about Dr. Giralt,” she says, referring to Sergio Giralt, MD, chief of the adult bone marrow transplantation service at Memorial Sloan Kettering. “I really appreciate that he asked me if I would be a part of a clinical trial. There’s a reason why, as a black woman, you’re told—which is hard

to hear—that you’re less likely to get cancer but more likely to die from it. There are not as many people making themselves available, there’s just not as much research being done.”

Roberts says she and Giralt had “our moment” when he was inserting the syringe containing bone marrow stem cells donated by her sister, Sally-Ann. “I could see his eyes over his mask and

his mouth moving, and he later told me he was praying. He had spent countless hours with me and my sister and her stem cells, almost like a mad scientist, trying to figure out what would give me the best chance of survival.”

2 A chance television appearance led Roberts to choose Gail J. Roboz, MD, director of the leukemia program at Weill Medical College of Cornell University and the New York-Presbyterian Hospital, as her hematologist-oncologist. “I was in my hospital room for my first day of chemotherapy,” she recalls. “That was the day I announced I had MDS, and the networks were running the story, and this doctor pops up and she explains my case better than anyone else ever had. The doctor in the room left and the nurse saw me looking at the TV, and she said, ‘You want her number?’ I called her on my way home from treatment.”

3 HER SISTER

After Roberts’ MDS diagnosis, all three of her older siblings underwent testing to find out if their bone marrow matched Robin’s so that they could donate stem cells. “I just assumed

that if you have a sibling, it's going to be automatic that they're a match," Roberts says. "But then you find out it's only 30% of the time that a family member is an actual match."

Brother Lawrence was not a match. Sister Dorothy was not a match. The family's hope rested with Sally-Ann. "She kept calling me saying, 'Do you have my results?' And the answer was always no," Roberts recalls. "So then I called her. I was just having a regular conversation with her and then at the end I said, 'By the way, Sally-Ann, you're a match!' In the news business, that's called burying the lead."

Sally-Ann and Dorothy flew to New York to be with Roberts on the day of her transplant. "We were playing gospel music. My girlfriend Amber was there, friends and colleagues who are family, like Sam Champion and Diane Sawyer. Dr. Giral't's favorite line is, 'Keep it boring.' He opened the door and he said, 'This isn't boring!' I told him, 'My family doesn't do boring!' It was a room full of love and joy. It was in essence my rebirth."

4 HER PARTNER Roberts' relationship with her partner, massage therapist Amber Laign, has been tested by adversity from the beginning. When they met in 2004, Roberts was grieving for her father, Lawrence Roberts Sr., a pilot with the Tuskegee Airmen and an Air Force colonel who had passed away unexpectedly just months before.

"A month after we met, Hurricane Katrina wiped out my hometown," says Roberts, who grew up in Pass Christian, Miss., a town devastated by Katrina in 2005. "A couple of years after that, I was diagnosed with breast cancer. People feel like if you're going through cancer and you have a husband, a girlfriend, a partner, it's going to bring you closer. But many times I've heard about partners who don't stick around. It's wonderful to have a partner in my life who has always risen to the occasion."

During Roberts' MDS treatment, Laign resolutely protected her from seeing the stress she herself felt. "She

was so good about not letting anybody come in my room who wasn't positive, including herself. I found out later that there was a crying room outside," Roberts says.

When people whose partners are going through a life-threatening diagnosis ask Laign what to do, Roberts says her partner has a simple answer: "She tells them to take care of themselves. They have to have something that's just for them and their own support system. When I was diagnosed with MDS, and my friends asked what they could do for me, I said, 'I'm in the hospital; they're taking care of me. Worry about Amber.'"

5 HER FRIENDS AND FAMILY Those friends took Roberts' request to heart. "They had their own little network going. There was almost a calendar: 'Lois Ann and Cathy are flying in this weekend, when can you come?' I'd look up and a new friend would be there. They did it all on their own, without involving me or making Amber worry about anything," Roberts says.

6 HER NURSES Roberts' nurses were there for her at her lowest points. One night post-transplant, she says, "I was convinced I was slipping away. It was one of those rare moments when I had gotten everybody out of the room for the night. I'm tired, I miss my mom, I'm sick, I can't eat." Roberts' voice breaks at the memory. "And then I heard a voice saying my name over and over again. There was a nurse named Jenny, pleading with me not to slip away. I don't know what would have happened if she wasn't there."

Jenny stands out in her memory, but Roberts praises all the nurses who cared for her. "They're on the front lines, Honey! They know what's working and what's not working before anyone else."

After her transplant, Roberts spent an agonizing month in isolation in the hospital as Sally-Ann's stem cells took up residence in her bone marrow and

her immune system slowly rebuilt. She was itching to escape her hospital room to walk, but if her daily blood counts weren't good, she had to remain confined. "My nurses would draw my blood at 5 each morning, but the new numbers wouldn't be posted until later. They were so cool—if they felt the numbers would be down, they'd say, 'Look, we haven't posted them yet, you better get out of the room now and walk under your old numbers.' I'd be like, 'Thank you!' and I'd scurry out of there."

7 HER COLLEAGUES Diane Sawyer, at the time the anchor of *ABC World News*, "should have been a doctor," Roberts declares.

She was the first colleague to learn about Roberts' MDS. "I didn't want to tell anybody outside the family until I had a good grip on it," she says. "But then I saw her randomly at a luncheon, and I was overwhelmed. I said, 'I have to talk to you; I'm ill again. I'll give you a call later.'"

Roberts had barely stepped into her car when her cell phone rang. "She said, 'Tell me *now*.'" Roberts did, and Sawyer swung into action. "She called doctors all over the world for me."

When it came time to break the news to her bosses at ABC, Roberts went in with her friend Richard Besser, MD, ABC News' chief medical correspondent. "He not only was able to talk to me in terms I could understand, he could talk to them. We were just like this little stealth team. It was good to have people who truly understood, who were also connected with my work."

8 HER CAUSE "My mama always said, 'Make your mess your message,'" Roberts says—a lesson she shares in her most recent book, *Everybody's Got Something*. "When you're going through a mess, find the message in it not just for yourself, but for other people."

Roberts found that message in Be the Match, the national registry for bone marrow transplantation

“THERE WAS A nurse named Jenny. I don't know what would have happened if she wasn't there.”



(bethematch.org). "I didn't know that there were more than 100 illnesses that could potentially be cured by a bone marrow transplant," she says. "So when I made the announcement about my disease, I knew there was going to be an outcry, and I was partnered with Be the Match to channel that. 'You want to know what you can do to help? Join Be the Match!'" In the months following Roberts' announcement, more than 44,000 people joined the Be the Match registry.

9 HER PARENTS Roberts' father died in 2004, three years before she was diagnosed with breast cancer; her mother, Lucimarian Roberts, passed away just a month before her daughter's stem cell transplant. "My parents instilled in me so many values that have helped me in my battles. We used to call it the three Ds: discipline, determination, and 'da Lord.' I remember heading out in high school when I thought I was all that and a bag of chips, and my mama would yell, 'Robin, you know right from wrong!' When I was out with friends and 'wrong' was about to happen, I'd hear her again. 'Guys, I can't do this. I'm out.'"

10 HER FANS AND PRAYER WARRIORS After her transplant, Roberts was off the air for six months, returning to a jubilant welcome in February 2013. "Six months. In morning television, that's an eternity. And they waited for me," she says, tears welling up. "They didn't forget me, and you don't take that for granted. There isn't a day that someone hasn't said, 'I prayed for you.'"

"When I came back, oh gosh, it was so wonderful. There was a great crowd outside, people with signs, people who called in sick that day and stayed home to watch. And I feel the love."

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

10 Years OF HEALTH

2005
November

FIRST HUMAN FACE TRANSPLANT

Surgeons in France completed the first partial human face transplant on a 38-year-old woman who was disfigured in a dog attack. They took the chin, lips, and nose from a deceased donor and grafted them onto the woman.



When we launched *WebMD Magazine* in 2005, we had no idea how many significant medical advances would make headlines in the 10 years to come. Researchers announced groundbreaking therapies for conditions like cancer, heart disease, and diabetes. They identified key genes, transplanted a human face, and helped paralyzed people move again. Here we highlight 10 of the past decade's many health breakthroughs that made news and continue to transform lives today.

By Stephanie Watson

2006
June

CANCER VACCINE APPROVED

The FDA approved Gardasil, the first vaccine to protect young women against human papillomavirus (HPV), the virus that causes most cases of cervical cancer and genital warts. Experts say the HPV vaccination, now recommended for boys too, could reduce worldwide cervical cancer deaths by as much as two-thirds.



2008
October

FIRST DOUBLE-ARM TRANSPLANT

Doctors in Germany performed the first double-arm transplant on a farmer whose arms had been cut off in an accident. The arms came from a donor who had died hours before. After the operation, the recipient said he felt like a "whole man" again.

2007
April

NEW TYPE 2 DIABETES GENES IDENTIFIED

Researchers discovered four new genetic variants associated with type 2 diabetes risk and confirmed the existence of six others, dramatically increasing scientists' understanding of diabetes risk factors. Since then, researchers have identified more than 70 gene variants that increase diabetes risk by up to 30 percent. Most of these affect the release of insulin, the hormone that controls blood sugar levels.

2009
September

NEW ALZHEIMER'S GENES DISCOVERED

Researchers identified three mutations to genes that may contribute to Alzheimer's disease. The genes protect the brain from damage and help nerve cells work properly. The finding represented a major step toward new tests and treatments. Researchers are now studying other genes that may contribute to Alzheimer's risk.

2010
July

FIRST HUMAN STEM CELL TRIAL LAUNCHED

The FDA cleared the first human study of embryonic stem cells to treat spinal cord injury. Geron, the company that conducted the study, abruptly halted it in 2011 to focus on cancer research. But a new company, Asterias Biotherapeutics, announced in 2014 that it would re-launch stem cell research for spinal cord repair.

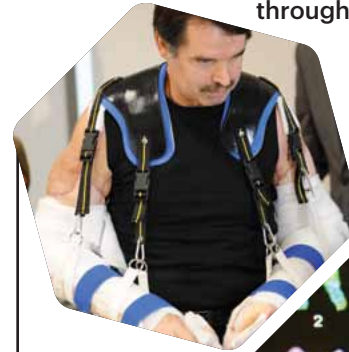
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2013
February

ROBOT LETS DOCTORS MAKE REMOTE PATIENT VISITS

Doctors can now meet with patients from another building—or even another state. The remote-presence (RP) robot, RP-VITA (iRobot), brings doctors into patient rooms remotely. The auto-drive device has a video screen on the top, through which the doctor can interact with patients and perform an exam.



2014
June

FIRST BIONIC PANCREAS DEVELOPED

Scientists developed a bionic pancreas that monitors blood sugar levels and automatically pumps the correct amount of insulin and glucagon into the blood. By mimicking the action of a real pancreas, the device can help people with type 1 diabetes avoid constant blood sugar monitoring and manual insulin injections.



2011
May

SPINAL STIMULATION HELPS PARALYZED MAN MOVE

A medical journal first reported that a man who was paralyzed below the chest in an accident was able to stand, move his legs, and take a few steps on a treadmill when his spinal cord was electrically stimulated. The technique is called epidural spinal cord stimulation. Three years later during a follow-up study, spinal stimulation helped three other paralyzed men regain movement.

Reviewed by Arefa Cassoobhoy
WebMD Medical Editor

STARPOWER

For 10 years, WebMD Magazine has put celebrity health stories front and center. Here, we take a look back and highlight 10 celebrities committed to major health and medical causes. We found that their words still ring true—and in some ways are more important than ever.

2005

BROOKE SHIELDS
Postpartum Depression

“I try to take care of myself, but I don't spend my time worrying about things. More than ever I appreciate getting up and feeling well. When you and your family are healthy, that's such a gift. I try to be mindful of that all the time.”

2009

PADMA LAKSHMI
Endometriosis

“Having a mastectomy is an amputation. A lot of doctors will tell you that your breasts will be prettier or perkier, and maybe that's true. But they're not going to be the same as what you had. Your body and your emotions and your soul and your spirit are all going through an amputation. I wasn't as prepared as I thought for that aspect.”

2011

JEFF BRIDGES
Childhood Hunger

“To end hunger, there needs to be political will. There are programs in place that we know work. The problem isn't having enough programs in place. The problem is they are not reaching enough kids.”

“I was empathetic to the young people I met [in Africa]. To have to deal with the things a teenager has to deal with on top of being the 'parent' and breadwinner for younger brothers and sisters. It wasn't about how impossible it was, but, rather, if I can help one person, 10 people, 100, 200, 10,000 people...that's what's real.”

2011

BARBRA STREISAND
Women's Heart Health

“We want the kids to have and to understand gratitude...to open doors to new things coming into your life. When kids finally get comfortable enough to be part of the gratitude circle [an integral part of the J.K. Livin' program], I was most surprised when they were thankful for the foundation, that they now had a safe place to go.”

2011

ALICIA KEYS
AIDS in Africa

“I want women to know that their hearts are physiologically different from men's and that heart disease in women doesn't always present the same as heart disease in men. Women with heart problems need risk assessment, and diagnostic testing designed for women.”

2012

MATTHEW MCCONAUGHEY
At-risk Youth

“I was lucky that surgery was all I needed. That kind of cancer is very quiet, and usually you only realize you have it after it's already spread and it's much harder to treat. ... Of course every time I cough or feel something, I'm a little paranoid. But I want people to know that you can live a normal life with hypothyroidism.”

2013

SOFIA VERGARA
Thyroid Cancer

“I needed every bit of those seven years [after diagnosis] to say, 'I want to be out there.' But at a certain point I woke up and said, 'What's the risk? That people will judge you? So I talk funny or shake—why should I restrict myself?' When you arrive at a place where you are no longer judging, where there's no good or bad, and it just is what it is, you accept it.”

2014

MICHAEL J. FOX
Parkinson's Disease

“There is a really unfortunate and not-so-pretty part of going through this, and nobody wants to admit it. I figured, let me blow the lid off this, and hopefully [her book, *Down Came the Rain*] will be able to speak to somebody.”

2007

KATIE COURIC
Colon Cancer and Grief

“I was balled up in bed with a heating pad... to get through the worst. I thought this was my lot in life.”

2010

CHRISTINA APPEGATE
Breast Cancer

FROM LEFT: ALL GETTY IMAGES: SLAVEN VLASIC; BEN GABBE; JENNY ANDERSON; MIKE WINDLE; KEVIN WINTER

FROM LEFT: ALL GETTY IMAGES: JOHN LAMPARSKI; DAVID BUCHAN; ERNESTO RUSCIO; ERNESTO RUSCIO; JASON MERRITT

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INSIDE

expert tips & smarts from

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SUMMER SAFETY

TIPS

SWIMSUIT SEASON

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SUMMERTIME

RECIPES

Reality Check

Bachelor stars Sean & Catherine Lowe
get and stay healthy together

Ask the
Pharmacist!

Get summer wellness
solutions and tips.

TURN TO PAGE W10

Walmart 
Pharmacy



Take the lead in your health

Walmart Pharmacy

health information from **WebMD**

Dear Walmart Customer,
Looking to stay healthy and be more active this summer? Then this issue is for you!

Whether you're planning a family vacation or looking forward to spending time in your backyard, this issue is full of tips and solutions to help you and your family make this the healthiest summer yet. For example, you'll find summer picnic recipes on page W11 and the latest fitness moves to get you toned for swimsuit season on page W9.



If you don't find answers to all your summer health-related questions, I encourage you to always feel free to talk to your local Walmart pharmacists. They will not only help you understand your prescriptions, but also help you choose the right products for your lifestyle. From groceries to our \$4 prescriptions, over-the-counter medicine, and vision centers, our pharmacists and associates are committed to helping you live better.

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President, Walmart Health & Wellness

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Reality Check P. W8

Sean and Catherine Lowe, newlyweds and stars of *The Bachelor*, are adjusting to married life and a new joint healthy living routine



P. W5
BEAT THE HEAT
Have fun and play it safe this summer with tips and essentials for the great outdoors



P. W9
THE TONE ZONE
Get ready for swimsuit season with an easy and effective at-home workout routine

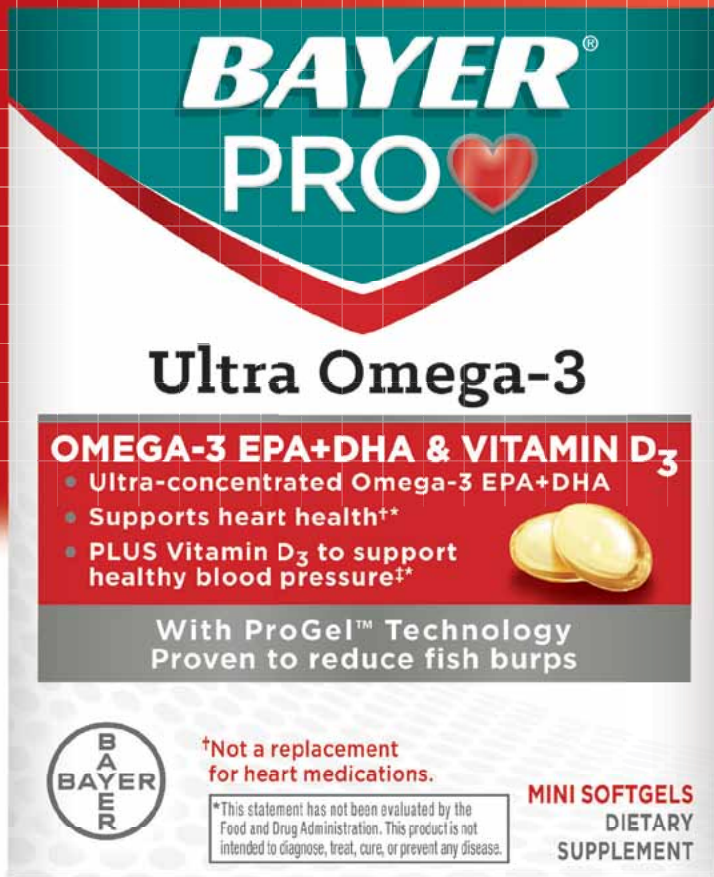


P. W11
SUN DAY FARE
Think beyond hot dogs and hamburgers this season with these recipes

COVER: PHOTO COURTESY OF HYDROXYCLUT

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Beat the Heat

Enjoy the great outdoors this summer and play it safe with these tips and must-haves

BY HEATHER HATFIELD

REVIEWED BY AREFA CASSOOBHROY, MD, WEBMD MEDICAL EDITOR

How can you safely enjoy the summer months and have fun at the same time? “Don’t underestimate the power of the sun and heat, and the risks that both bring,” says Nancy Keating, MD, a primary care specialist at Brigham and Women’s Hospital in Boston. From sunscreen to life jackets to staying hydrated, Keating recommends some top summer essentials you’ll want to have on hand when the temperature starts to rise.

Sunscreen Sunscreen is a year-round staple and especially important for the summer. Short of staying indoors from sunup to sundown or wearing clothes from head to toe, sunscreen is key to protecting your skin from harmful ultraviolet rays. Both UVA and UVB rays cause damage and increase your risk of skin cancer. A sunscreen protection factor, or SPF, of 30 or higher will give you good protection (although an SPF of more than 30 gives you very little additional benefit, Keating notes). Make sure you use enough—about 2 ounces, or enough to fill the palm of your hand—to cover your whole body and face sufficiently, and re-apply about every two hours, or after swimming or heavy sweating.

Bug spray Bugs love summer; the hot and humid weather promotes breeding. Avoid pesky, biting bugs with bug spray—the kind that contains the insect repellent DEET is the most effective, Keating says, but keep it away from your face and don’t use it near cuts or scrapes, or on infants younger than 2 months of age. Stay inside at dusk and dawn when mosquitoes are active, avoid standing water, and wear lightweight protective clothing to help keep bothersome bugs off your skin.

Sunglasses The same UVA and UVB rays that hurt your skin can damage your eyes, too. Over a lifetime, sun exposure can lead to cataracts, which cloud the lens of your eye, causing vision problems. You can protect your eyes from the powerful rays of the sun and reduce your risk of impairing your vision later in life by wearing sunglasses when



you’re outside. Both adults and children can benefit from sunglasses that provide UVA/UVB protection.

Life jackets Hot summer weather and cool, clear water go hand in hand, which means proper safety can be a lifesaver. When you’re boating, a life jacket should be available for every person on board, and generally, kids under 13 must wear a life jacket on open water. Consider swimming lessons for your kids too, Keating suggests. And whether or not they know how to swim or are wearing a life jacket, kids should not be near water without adult supervision.

Water bottles Keep a reusable water bottle handy and sip from it often as the mercury rises. Drink at least enough water or non-alcoholic fluids to make you use the bathroom every three hours or so, Keating says. Typically, that means consuming eight to 10 8-ounce bottles of water during the day. If you’re outside and active, you lose body fluids faster. To make up for what you’re sweating out, drink 8 ounces of water before you start your activity, and drink another half cup every 15 minutes while you’re having fun in the sun.



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REALITY CHECK



After recently tying the knot, Sean and Catherine Lowe, stars of ABC's popular show *The Bachelor*, adjust to married life and share a new joint healthy living routine

Sean Lowe is the most successful bachelor of them all. Star of the 17th season of the hit reality show *The Bachelor*, he was the first—and so far only—guy in the program's 10-year history to marry the winning woman. On January 26, 2014, Sean and Catherine (nee Giudici) wed in front of 6 million live TV viewers. There were tears. They were Sean's.

Since then, the couple has settled down in Sean's hometown of Dallas, where they're adapting to married life and facing the same issues as couples everywhere, such as what to order on their next pizza.

He's a pepperoni fan. She likes shrimp and goat cheese. They find a middle ground with mushrooms and olives. Sean, 31, calls pizza the health-conscious couple's go-to cheat meal. Though Catherine also confesses a weakness for Thai noodles, most days they focus their meals on whole grains like brown rice and greens such as kale. Sean says Catherine has command of the stove.

"Catherine is far and away the best cook," he says. "She has a knack for making amazing meals with the most random ingredients she can find in our pantry."

Catherine, 29, says the move to Dallas triggered a bit of culture shock. "When I lived in Seattle, I was a vegan, I did yoga, I was running," she says, "and now it's not as easy to be vegan, and a lot more people here go to the gym."

She's become one of those people. She and Sean work out together five to six

days a week, and their routine features a lot of weight lifting. "I still do yoga here sometimes, and I do interval running routines on the treadmill, and that's pretty much the opposite of what I used to do," Catherine says, "but I really enjoy learning about weights and how you can transform your body."

Each day at the gym, Sean works one muscle group for about an hour, and then he hits the treadmill or the stair climber for 30 minutes of cardio. Catherine says what works for Sean also works for her.

"When we are in the gym together, I enjoy the cardio with Sean and tend to follow his lead because he is such a great training partner and he helps guide me through some of his workouts," she says. "I know I'll be sore the next day!"

Much as Catherine likes exercising with her husband, she also likes to do her own thing. "I'm less of a 'regimented'

workout partner," she says. "I take ballet lessons, which is more of a toning exercise, and I also love to run marathons."

To stay motivated to eat well and exercise regularly, Sean and Catherine set goals. A friend's wedding in Mexico, for example, inspired them to stick to their routine so that they would look their best on the beach.

"We're both goal-oriented people, and that helps motivate us to avoid slipping into a routine of ordering pizzas and skipping the gym," says Sean, who recently published his memoir, *For the Right Reasons: America's Favorite Bachelor on Faith, Love, Marriage, and Why Nice Guys Finish First*.

In June, the couple is off to Switzerland, where they look forward to beautiful landscapes and the great outdoors. They look forward to children as well, but not until the honeymoon has ended. "Right now we're really enjoying being new-lyweds," Sean says. "Kids are definitely coming. We're just not sure when."

BY MATT McMILLEN

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

PHOTOGRAPHY COURTESY OF HYDROXYCUT

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The Tone Zone

Get ready for bathing-suit season with these easy shape-shifting moves and at-home workout routine

BY KARA MAYER ROBINSON

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

If you can spare 30 minutes, two or three days a week, you can start toning your body for swim-suit season. Try this at-home workout designed by fitness expert Aimee Nicotera, MS. It targets each major body zone and will help you tighten up and get stronger. “Do this three times a week for two months and you’ll definitely see changes,” Nicotera says.

LEGS & GLUTES

Reverse Lunges

Target: legs, glutes

Stand with your feet hip-width apart. Take a large step back so your front foot is anchored to the ground and your back foot is touching down at the ball of your foot. Lower your body, stopping before your back knee touches the ground. Return to start position, standing upright. Do two to three sets of 15 on each side.

Jump Squats

Target: legs, glutes

Stand with your feet shoulder-width apart. Sit back and down, as if you’re sitting down, while keeping your chest lifted. Your weight should be on your heels, not your toes. Go as low as you can while keeping your feet flat. Then explode up into the air. Return to the start position. Repeat 10 times. Do two to three sets.

ABS & CORE

Rotating Planks

Target: core

Start in the top position of a push-up. Rotate your body to the left. Your left leg will go in front of your right leg, and your toes will point in the same direction. Keep your right arm anchored to the ground. Extend your left arm to the sky. Keep your body tight and hold for five seconds. Come back to the center. Repeat on the other side. Keep alternating sides, stopping after 30 to 90 seconds. Do this two to three times.



Bicycle

Target: obliques, abs

Lie on your back. Place your hands at the base of your skull. Lift your shoulders off the floor and keep your low back on the floor. Bring your left knee into your chest and extend your right leg, bringing your right elbow to your left knee. Alternate. Do two to three sets of 20 complete reps.

ARMS

Push-Up Planks

Target: chest, triceps, shoulders

Start in a full plank position, with your arms extended, either on your toes or your knees. Lower down on your right elbow, then your left elbow. Push back up to the starting position. Do 10 push-up planks starting with your right elbow, then 10 starting with your left elbow. Do two to three sets.

Lateral Raises

Target: shoulders

Stand tall with legs shoulder-width apart. Hold a weight in each hand. Keep your arms straight and raise them out to the side to form the shape of the letter “T.” Slowly lower to start position. Repeat 15 times. Try two to three sets.



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5 SUMMER WELLNESS QUESTIONS

with a Walmart Pharmacist



Ryan Brent
Walmart Pharmacy Manager
Store 58: Russellville, AR

Q. What are some must-have products I should have in my medicine cabinet this summer?

A. I definitely suggest an antihistamine if you get stung by a bee or have allergic reactions to things like poison ivy. Having a first-aid kit can be helpful for those unexpected emergencies. Find one that includes antiseptic wipes, bandages, and hydrocortisone. Hydrocortisone reduces the swelling, itching, and redness that occur with a variety of skin conditions such as rashes

and insect bites. Sunscreen and aloe vera for sunburns are definite must-haves. Sunburns are the biggest thing we get asked about during the summertime.

Q. How do I choose the right sunscreen?

A. I'd like everyone to have at least an SPF of 30. Look for a sunscreen labeled "broad spectrum," which offers protection against both UVA and UVB rays. If you spend a lot of time outdoors or you're very active, definitely consider a water-resistant sunscreen. The biggest thing is reapplying. You need to reapply every couple of hours or immediately after swimming to be sure you're still getting that protection.

Q. What is the best way to treat a sunburn?

A. I like aloe vera plants, but not everyone has access to those. There are over-the-counter products that contain aloe vera and lidocaine, which will keep the skin from getting dried out as well as help with the pain. When the skin burns, it gets really dry, and then wants to peel off. Aloe helps moisten the skin so that it doesn't dry out. A topical anesthetic,

like lidocaine, will numb the pain in the skin. Acetaminophen, ibuprofen, or Aleve will help with the pain, too.

Q. I spend a lot of time in the sun during the summer. What precautions should I take for my eyes?

A. The best thing is to get a very good pair of UV-reflective or polarized eyeglasses or sunglasses. That way the UV rays can't reach your eyes. UV rays can cause cell mutation and can lead to an increased risk of cataracts, loss of color vision, or even blindness.

Q. What do I need for family road trips this summer?

A. You definitely need sunscreen and lip balm for sun protection, and acetaminophen or ibuprofen for sprained muscles. If you take a prescription and it's at Walmart, and it's not a controlled substance, we can actually transfer your prescription from Walmart to Walmart. So if you forget your prescription while you're on the road, you can stop at any Walmart wherever you are for your medication.

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Sun Day Fare

It's summertime and the cooking's easy! Think beyond hot dogs and hamburgers this season with these recipes

BY KERRI-ANN JENNINGS

REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR

Not that you need an excuse to fire up the grill or pack a picnic, but summer is full of occasions that beg celebration—Father's Day, Fourth of July, or just a sunny Sunday afternoon. These recipes offer a delicious twist on the classic cheeseburger and a patriotic take on a parfait—perfect warm-weather fare. A bonus? They're healthy, too, focusing on fruits and vegetables, lean proteins, and whole grains.



Red, White & Blue Berry Parfaits

MAKES 4 SERVINGS

Tangy sour cream and sweet brown sugar are a perfect complement for summer's berries. Layering strawberries, blueberries and the whipped cream/sour cream mixture makes a red, white and blue treat that's all American.

INGREDIENTS:

1½ cups light whipped cream (use the pre-whipped kind in a can)
½ cup light sour cream
2 cups strawberries, sliced
3 tbsp brown sugar
2 cups blueberries

DIRECTIONS:

1. Gently fold sour cream into whipped cream in a large measuring cup.
2. In small glass cups, layer strawberries, whipped cream mixture, brown sugar, and blueberries. Repeat to create two complete red, white and blue layers.

NUTRITION INFO: 145 calories, 2 g protein, 19 g carbohydrate, 7 g fat (5 g saturated fat), 21 mg cholesterol, 6 g fiber, 15 grams sugar, 15 mg sodium. Calories from fat: 43%

Inside-Out Burgers

MAKES 4 SERVINGS

This burger takes inspiration from French onion soup. It's stuffed with caramelized onions and Gruyère cheese. For extra oomph, brush split whole-wheat burger buns with olive oil, grill them, and rub with a cut garlic clove. Serve with Dijon mustard.

INGREDIENTS:

1 tbsp olive oil
1 small yellow onion, peeled, halved, and sliced
1 lb 90% lean ground beef
¼ tsp thyme
1 tsp Worcestershire sauce
1 clove garlic, minced
2 oz Gruyère cheese, cut into cubes
¼ tsp salt

DIRECTIONS:

1. In a small pan, heat olive oil over medium heat. Add onions and let them cook slowly until soft and lightly browned, about 10 minutes. Set aside and let cool.
2. In a medium bowl, combine ground beef with thyme, Worcestershire sauce, and garlic. Form into 8 equal-sized, thin patties.



3. Top four of the patties with reserved onions and cheese. Cover with the other 4 patties and press edges together to seal. Try to flatten them, so they're not bulging in the middle. Right before grilling, sprinkle with a pinch of salt.
4. Grill for about 4 minutes per side for medium.

NUTRITION INFO: 274 calories, 26 g protein, 2 g carbohydrate, 17 g fat (7 g saturated fat), 86 mg cholesterol, 0 g fiber, 1 g sugar, 417 mg sodium. Calories from fat: 57%



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IN SEASON

Spin Cycle

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

Want to power up your plate? Supercharge it with nutrient-rich spinach. “You get so much bang for your buck with spinach,” says Lona Sandon, RD, LD, assistant professor of clinical nutrition at the University of Texas Southwestern Medical Center. “It has so many nutrients for so little cost, not only in terms of money, but also in terms of calories.” A half cup of cooked spinach contains a mere 20 calories, but almost two times an adult’s recommended daily value of immune-building vitamin A, and more than 30% of the daily value for heart-protective folate. Spinach also contains glycolglycerolipids, plant compounds that preliminary studies suggest may prevent the replication of genes that promote cancer. Plus, spinach is a supermarket staple and a snap to prepare: Toss it in salads or soups, or use it to top sandwiches.



California, Arizona, and Texas are the largest producers of fresh spinach in the United States.

Beet Street

This pretty salad offers an impressive array of colors and nutrients. The recipe calls for a Chioggia beet, a sweet, candy-striped variety in season now, but any type of beet will do. Turn the salad into a meal by topping it with grilled shrimp, chicken, or tofu.

Baby Spinach Salad With Grapefruit, Fennel, and Beets

Makes 4 servings

Ingredients

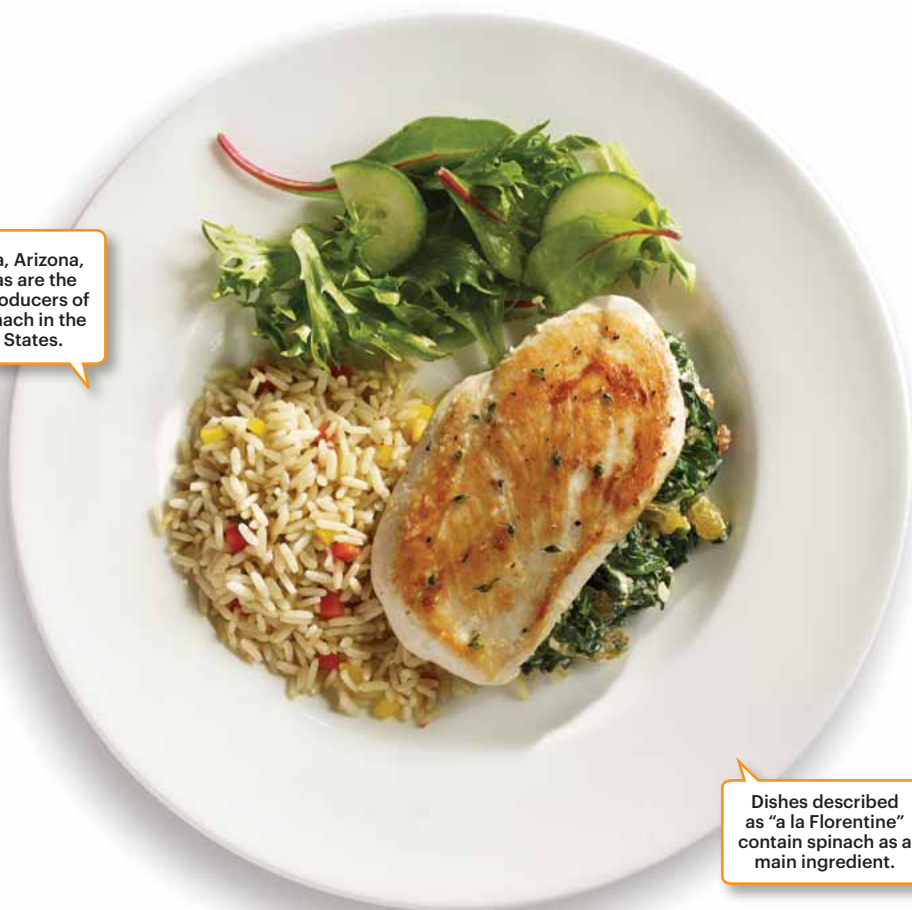
- 4 cups (5 oz) baby spinach, washed and dried
- 1 small fennel bulb, quartered lengthwise, cored, and thinly sliced
- 1 small Chioggia beet, peeled and thinly sliced
- 1 red grapefruit, sectioned with membranes removed
- 2 tbsp extra virgin olive oil
- 1 tbsp champagne, balsamic, or sherry vinegar
- 1 tbsp grapefruit juice
- 1 shallot, minced
- 2 tsp honey mustard
- ¼ tsp sea salt
- freshly ground black pepper to taste
- 2 tbsp chopped, toasted walnuts

Directions

1. In a large salad bowl, combine spinach, fennel, beet, and grapefruit.
2. In a small bowl, whisk together olive oil, vinegar, grapefruit juice, shallot, and mustard. Season with salt and pepper.
3. Add dressing to spinach mixture and toss gently. Garnish with walnuts and serve immediately.

Per serving

174 calories, 3 g protein, 13 g carbohydrate, 13 g fat (2 g saturated fat), 1 mg cholesterol, 4 g fiber, 6 g sugar, 221 mg sodium. Calories from fat: 65%



Dishes described as "à la Florentine" contain spinach as a main ingredient.

Hot Stuff

These colorful chicken breasts make a satisfying, healthy meal. Serve them with brown rice and a salad. Have toothpicks on hand to secure the stuffed chicken breasts as they cook.

Spinach-Stuffed Chicken Breasts

Makes 4 servings

Ingredients

- 3 cups (4 oz) lightly packed fresh spinach
- 4 tsp olive oil, divided
- 2 tbsp chopped leeks (can substitute green scallions)
- 2–3 cloves garlic, minced
- ½ cup part-skim ricotta cheese
- 1 tsp lemon zest
- 1 tsp lemon juice
- 2 tbsp golden raisins
- ½ tsp nutmeg
- 4 (6-oz each) skinless, boneless chicken breasts
- ¼ tsp sea salt
- ½ tsp freshly ground pepper

Directions

1. Preheat oven to 350°F. Spray an 8-inch-square baking dish with cooking spray.
2. In a large, nonstick skillet, sauté spinach for 2 minutes to cook the water out; drain and remove from pan. In the same skillet, heat 1 tsp oil, add leeks, and cook 4–5 minutes. Add garlic and cook 2–3 more minutes.

3. In a medium bowl, thoroughly combine spinach, leeks, ricotta, lemon zest, lemon juice, raisins, and nutmeg.
4. Season chicken with salt and pepper. Cut a horizontal slit through each chicken breast to form a pocket for the stuffing. Place ¼ of the spinach-cheese mixture in the center of each chicken breast and secure with toothpicks.
5. Use the skillet to heat remaining oil over medium-high heat. Add stuffed chicken breasts and cook 3–4 minutes on each side. Place breasts in the prepared baking dish and bake 15–20 minutes or until an instant-read thermometer registers 170°F. Serve immediately.

Per serving

309 calories, 44 g protein, 11 g carbohydrate, 9 g fat (3 g saturated fat), 107 mg cholesterol, 1 g fiber, 5 g sugar, 314 mg sodium. Calories from fat: 26%

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



Spinach originated in the Middle East. The name comes from the Persian word *ispanai*, which means "green hand."

Spinach is one of the richest plant sources of folate, a B vitamin that reduces risk of birth defects in pregnancy and benefits heart health.

Skinny Dip

This dip is a universal party favorite, but our version cuts the calories and fat in the traditional recipe. It's so yummy that even the spinach-averse will love it (and get the benefits of these nutrient-rich greens). After you defrost the frozen spinach, use your hands to wring all liquid out of the leaves before adding them to the dip.

Better Spinach Artichoke Dip

Makes 12 appetizer servings

Ingredients

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 1 jalapeño pepper, deseeded and finely minced (optional)
- 1 (10-oz) package frozen artichoke hearts, defrosted and finely chopped
- 1 (10-oz) package frozen chopped spinach, defrosted and squeezed dry
- 1 (8-oz) brick 1/3-less-fat cream cheese, softened
- 8 oz plain, nonfat Greek yogurt
- ¼ cup (1 oz) Parmesan cheese
- 1 cup (4 oz) shredded, part-skim mozzarella cheese, divided
- dash of sea salt
- freshly ground pepper to taste

Directions

1. Preheat oven to 350°F. Place a medium skillet over medium-high heat. Add oil and onion and sauté 4–5 minutes. Add jalapeño and continue cooking 3–4 minutes.
2. In a large bowl, thoroughly combine onion mixture, artichoke hearts, spinach, cream cheese, yogurt, Parmesan cheese, 2/3 cup of mozzarella cheese, salt, and pepper. Spoon the mixture into a 1½-quart baking dish that has been lightly sprayed with cooking spray. Top with the remaining mozzarella, and bake 20–30 minutes or until golden brown.
3. Serve dip warm with baked tortilla chips, whole grain pita wedges, or veggies such as baby carrots and red pepper strips (not included in nutrient analysis).

Per serving

100 calories, 7 g protein, 6 g carbohydrate, 6 g fat (3 g saturated fat), 16 mg cholesterol, 2 g fiber, 2 g sugar, 192 mg sodium. Calories from fat: 50%

WebMD.com

What's Cooking!

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

Slow Cooker Lemon Garlic Chicken

Lemon Dill Chicken

Vegetarian Spinach Enchiladas

French Beef Stew

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*as of March 1, 2015

OFF THE MENU

Kirsten & Mandy Dixon

CHEFS/OWNERS
WINTERLAKE LODGE, TUTKA BAY LODGE
ALASKA

By Matt McMillen

In the Alaskan wilderness, mother-and-daughter chefs Kirsten and Mandy Dixon split the cooking chores between Winterlake Lodge and Tutka Bay Lodge, the two inns owned by Kirsten and her husband, Carl. Both are near the city of Homer, north of Anchorage.

Kirsten, 58, came to Alaska to work as a nurse. She didn't plan to stay and get married, but she did both, and an adventure the newlyweds took on shortly after their wedding is now in its 35th year.

"I mostly learned to cook on my own and from guests, many of whom were European chefs and restaurateurs who came for the salmon fishing. Later on, I studied at Le Cordon Bleu in Paris."

Daughter Mandy, 31, was at her side from the start.



"The day after she was born, I placed her in a rocking crib and put her in the kitchen," Kirsten recalls.

Though Mandy left for several years to attend culinary school and work in restaurants in California, she chose to return in 2010. She's

now Winterlake's chef and teaches at Tutka Bay's cooking school.

"Our lifestyle in a remote wilderness lodge is arduous and all-encompassing, and we never demanded that our children do this work," Kirsten says.

The lodges' menus showcase Alaska but often borrow from the family's global travels. They serve wild sockeye salmon atop polenta, reindeer tenderloin with potatoes cooked in duck fat, and house-made ramen noodles with halibut. The salmon burger the Dixons share here is a menu regular at both lodges and at their café, La Baleine, also in nearby Homer.

"The café's just opening in May, and we're usually all down there for Mother's Day, serving crab cakes Benedict and giving away bags of beignets as gifts," Mandy says. It's a day for mother and daughter to celebrate their kitchen partnership and to say farewell to Alaska's long winter. "The first of the fresh flowers arrive, the shore birds are coming back—spring is here," Kirsten says.



Alaska Salmon Burgers

Makes 4 quarter-pound salmon burgers

Ingredients

- 1 lb sockeye salmon fillet
- ½ cup chopped cilantro
- ½ cup thinly sliced green onion
- juice of half a lime
- 1 tbsp soy sauce
- 1 tsp minced garlic
- 1 pinch smoked paprika
- ½ tsp sesame oil
- 1 shallot, thinly sliced
- 2 tbsp unsalted butter
- salt and freshly ground pepper to taste

Directions

1. Dice half the salmon. Purée the other half in a food processor. Combine in a bowl. Stir in cilantro, green onion, lime juice, soy sauce, garlic, paprika, and sesame oil.
2. Slice the shallot into thin slices. Sauté in butter over low heat until the shallot caramelizes and browns. Allow to cool slightly, then add to salmon.
3. Season the salmon mixture with salt and pepper. Shape the mixture into 4 (or more) patties and chill.

4. To cook, heat the grill to medium (or, alternately, use a nonstick pan over medium heat). Place salmon patties on the grill or in the pan and cook 3–4 minutes on each side, just until the meat is opaque throughout. Serve open-faced on toasted bread, buns, or a salad.

Per serving

231 calories, 25 g protein, 3 g carbohydrate, 13 g fat (5 g saturated fat), 75 mg cholesterol, 1 g fiber, 552 mg sodium. Calories from fat: 51%

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor

FOOD MATTERS

Hot Plates

MOVE OVER, KALE! WE EXPLORE WHAT'S NEXT AND THE 10 BIGGEST FOOD TRENDS ON THE HORIZON

By Kerri-Ann Jennings

We've seen a lot of trendy foods over the last 10 years. Kale and quinoa are now staples but were virtual unknowns when we started this magazine. What's the next hot thing? David Sax, author of *The Tastemakers: Why We're Crazy for Cupcakes but Fed Up With Fondue*, weighs in on the new food trends to watch.

1 Tree-flavored foods Maple syrup has long been the “forest” on your plate, but now pine, birch, and other conifers are showing up in syrups, in drinks, and as seasonings. Sax says this references the foraged foods trend and other culinary traditions, such as Japanese pine mushroom soup.

2 Matcha lattes Goodbye, plain green tea. Vibrantly colored, full-bodied matcha is here. Matcha is a green tea made from ground whole tea leaves. It's full of antioxidants and can stand up to steamed milk, Sax says. “It's kind of like a drinkable green-tea ice cream.”

3 Wood-fired cooking Wood fires impart tremendous smoky flavor to all sorts of food, including Latin American-style barbecue and pizza. Sax says this trend plays into the



growing passion for Slow Food, plus it adds rich flavor without extra calories.

4 Seaweed snacks Nutrient-rich seaweed is getting more shelf space in the snack aisles. But the taste has really evolved, says Sax, from toasted, salty sheets of nori to “seaweed snacks that are more akin to other snacks—puffed up with air and made crunchy.”

5 Healthy granola As health foods get trendy, they typically get less simple and healthy, Sax says. Granola is now set to reclaim

its healthy image. More small-batch producers are coming to market with shorter ingredient lists.

6 Single-origin honey There's lots of buzz around fancy honey and the threatened bees that produce it. Two kinds to look for: single-origin honey, a honey produced from very specific regions, and flavored honey, which derives flavor from neighboring crops.

7 Better snacks “‘Healthy’ snacks now taste better,” says Sax. Today's vegan snack foods,

in particular, take advantage of coconut oil and its flesh, giving foods such as vegan ice cream and butterless toffee a better mouth feel and improved taste.

8 Savory peanut butters America's great love now meets its passion for spice: jalapeño-, chipotle-, and masala-flavored peanut butters play up the spread's savory flavor. It gets bonus health points: Natural peanut butter is super satiating, thanks to fat, protein, and fiber.

9 Chic Chinese Chinese food moves beyond Kung Pao chicken and egg rolls. Lots of hip Chinese restaurants are opening around North America, according to Sax. Look for everything from artisanal dim sum to fried rice with shaved truffles.

10 More yogurt As the Greek yogurt trend has progressed, it's gotten farther from its roots: unsweetened and good for you. What's next? Icelandic skyr and Middle Eastern kefir, but Sax thinks fromage blanc, with its rich texture and smooth flavor, will take the Greek throne.

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor



Read **Turn Your Walk Into a Workout** at WebMD.com.

LEARN HOW ON PAGE 5

FOOD & FITNESS

FITNESS CHALLENGE

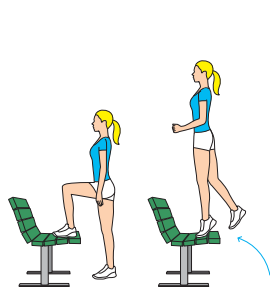
Double Park

WHAT'S THE HOTTEST WORKOUT OF THE SEASON?
HERE'S A HINT: GET OUT!

By Jodi Helmer

● Spring is in full swing. This month, skip the gym and celebrate the arrival of warmer weather with an outdoor workout. “You can get a great workout in the park and have the added benefits of fresh air,” says Jade Alexis, a New York City-based certified personal trainer whose celebrity clients include Jennifer Garner, Alicia Keys, and Jordin Sparks.

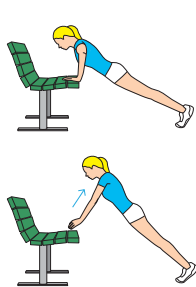
Try these three moves at least three times per week. For best results, do them in a circuit, moving from one exercise to the next, and completing three sets of each move.



Step Up, Jump Switch

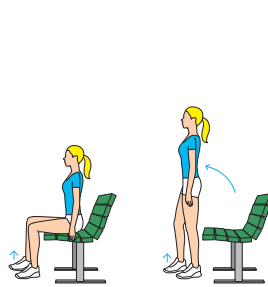
This move improves balance and coordination, and, Alexis says: “You get cardio and strength training in one move.”

1. Stand facing a park bench with your feet shoulder-width apart and knees about 6 inches from the bench seat.
2. Raise your left foot and place it on the seat of the bench. Make sure your heel is not hanging over the edge.
3. Push through your left heel to straighten your left leg, propelling your right foot off the ground.
4. With a slight jump, put your right foot on the bench and lower your left leg to the ground.
5. Repeat 10 times on each side.



Plyo Push-Up

1. Using a park bench, prepare to do an incline push-up with your hands shoulder-width apart on the bench and feet on the ground. Your body should form a straight line.
2. Bend your elbows and lower your chest toward the bench.
3. Using your arms, forcefully push yourself up and away from the bench. Your hands should leave the bench and “land” on it again close together and side by side. Keep a slight bend in your elbows.
4. Stay in the top of the push-up, jump your hands back out to shoulder-width apart, bend your elbows, and lower your chest toward the bench.
5. Repeat 10 times.



Single-Leg Sit to Stand

This move helps build balance while working the glutes, quads, and hamstrings. If it's too challenging to rise to a standing position on one leg, use the toes of the opposite foot for balance.

1. Sit on the park bench with knees bent and both feet on the ground.
2. Raise your right leg an inch off the ground.
3. Pushing through the heel of your left foot, raise yourself to a standing position.
4. Keeping your right leg off the ground, return to a seated position.
5. Repeat 10 times.
6. Repeat on the opposite side.

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

WORK IT OUT

Fit Starts

NO MATTER WHAT YOUR EXERCISE PHILOSOPHY OR ROUTINE, THIS TRAINER'S TOP 10 TIPS WILL KEEP YOU LOOKING AND FEELING GOOD

By Kara Mayer Robinson

● Celebrity trainer Craig Ramsay has shaped up A-listers from Hollywood to Broadway. He gives you his ultimate tips for getting fit, whether you're new to working out or a dedicated gym junkie.

1 Let the good times roll. Dialing up the fun helps you exercise longer and harder and puts the kibosh on dreading workouts. Crank up the music and dance like nobody's watching. Take a Zumba or pole-dancing class. Play tag with your kids.

2 Go social. Social media can boost your motivation and keep you on track. Announce your fitness goals on Facebook, Twitter, and Instagram. "You'll be surprised how many people help," Ramsay says. They'll rally behind you, offer tips, and steer you away from missing a workout.

3 Make the world your gym. Do stretches in the grocery line. Do ballet *tendus* while pumping gas. Take the stairs. Sitting in traffic? Squeeze your lower abs, then release. "You'll be amazed at how much you can develop your core strength while driving," Ramsay says.

4 Pump yourself up. Positive self-talk can bolster motivation. Look in



the mirror and observe how strong your muscles are. Applaud yourself for getting fit. Recognize the goals you've already met.

5 Break up your workouts. If you dread a long workout, break it into small chunks. "Five minutes here, five minutes there—it all adds up," Ramsay says. Stretch for 10 minutes before your morning shower. Take a brisk, 20-minute walk at lunch. Lift weights while waiting for your pasta water to boil.

6 Stretch. Stretching boosts flexibility, relieves muscle tension, and improves posture. It also helps you tune in to your body, Ramsay says. No time? No problem. Stretch while watching TV or lying in bed.

7 Say no to sports drinks. "Unless you're a pro athlete, they're not necessary," Ramsay says. "I see it all the time at the gym." Sports drinks are loaded with extra calories. Try water with lemon instead.

8 Pair cardio with weight resistance for fast results. "For my celebrity clients who need quick results, I combine cardio and resistance training," Ramsay says. While pedaling on an exercise bike, add 30-second sets of bicep curls and overhead tricep extensions. Add bursts of shoulder presses while you walk on the treadmill.

9 Embrace the next level. Don't balk at super-challenging workouts. They're tough for a reason: They work. When Ramsay asked actor Cheyenne Jackson which exercise he dreaded most, he said burpees. "So I put him on a 30-minute burpee routine, five times a week," Ramsay says. "In six weeks, he was a different man."

10 Challenge yourself. Step it up. Work out five minutes longer. Raise the incline level on your treadmill. Go for a few extra repetitions. It makes a difference. "We should always be pushing ourselves," Ramsay says. But if it feels too intense or you can't hold a conversation, slow down.

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

WebMD[®] Checkup

TAKING CARE, LIVING WELL



May is **Hepatitis** Awareness Month

Hepatitis is a liver disease most often caused by one of the five hepatitis viruses. Hepatitis A, B, and C most commonly affect Americans. Hepatitis C is the only one of these for which there is no vaccine, but an experimental vaccine is currently in clinical trials.

At least 4 million Americans have hepatitis C, and many do not know they have it. For some, the virus stays in the body for years without any symptoms. Medication can completely cure it. But without treatment, the disease can cause cirrhosis, cancer, or liver failure.

Hepatitis C spreads through

contact with infected blood, such as through dirty needles used for piercings, tattoos, and injected drugs. Mothers with hepatitis C can pass it to their babies during childbirth. Sexual transmission, though possible, is less common for most monogamous long-term couples. But the risk of hepatitis C increases if a person has multiple sexual partners, a sexually transmitted disease, or HIV.

Doctors recommend a blood test for hepatitis C for anyone born between 1945 and 1965. Three in four people with the disease were born during this time though

doctors are not sure why this age group is more at risk. Anyone who has ever injected drugs as well as people who received blood products or organ transplants before 1992 should also have the test.

Musician Lou Reed died in 2013 of liver cancer, a consequence of hepatitis C. Doctors declared rock star Steven Tyler hepatitis-free after 11 months of intensive treatment. And Natasha Lyonne, who appears in



Netflix's *Orange Is the New Black*, recovered from a heroin addiction and hepatitis C.

—Sonya Collins

HEALTH HIGHLIGHTS

RHEUMATOID ARTHRITIS

TIPS FOR MANAGING AND LIVING WITH RA

By **Matt McMillen**

1 *Don't wait*

Start RA treatment right away. The sooner you begin a regimen, the better you'll be able to control the disease.

2 *Be active*

Exercise to help ease RA symptoms and protect your joints. Ask your doctor to tailor a workout for you.

3 *Happy helps*

Stay positive. Be an active participant in your treatment, and maintain a sense of humor.

4 *Accept a hand*

Don't be afraid to ask for help. Accept that you will have trouble with some activities.

5 *Get moving*

Don't sit still too long. Every quarter hour, take a break to move around and stretch.



6 *Lighten the load*

Slim down and take some of the burden off your joints. RA symptoms are likely to remain in remission if you do.

7 *Shop around*

If you don't click with the first rheumatologist you see, get another opinion. Find one you like and trust.

8 *Floss daily*

RA can up the odds of heart disease, but good dental hygiene may help lower that risk.

9 *Snooze well*

Get a full night's sleep to guard against pain, fatigue, and depression.

10 *Warm up*

Use heating pads, electric blankets, and warm water soaks to ease aching joints and relieve inflammation.

EXPERT TIPS



Waseem Mir, MD
rheumatologist, Lenox Hill Hospital,
New York City

"Help curb your RA symptoms by changing your diet and eliminating foods that are inflammatory for you. Different patients have different food sensitivities."

"Reduce stress. Most of the RA patients I see benefit from some type of meditation, and I also encourage yoga, tai chi, breathing exercises, and regular cardio."



Scott Zashin, MD
rheumatologist, private practice, Dallas

"To sleep well, get a comfortable pillow, set the bedroom thermostat to 66 to 68°F at night, and avoid caffeine after 3 p.m., and alcohol three hours before bed."

"For pain, try moist heat, ice, or over-the-counter rubs. Ask your doctor about prescription anti-inflammatory creams, which relieve pain and have fewer potential side effects than pills."



Kelly Weselman, MD, FACP
rheumatologist, WellStar Health System,
Marietta, Ga.

"Make exercise a priority. It's as important as taking your medications, so don't wait until you 'have time.' Try different low-impact exercises to find which feel best, then make them part of your daily routine."

"Know your limits and learn to say 'no.' Don't try to do everything. You need to give yourself a break."

BY THE NUMBERS

SYMPTOM CHECKER

WEBMD'S POPULAR ONLINE TOOL GETS AN AVERAGE 4 MILLION SEARCHES A MONTH. WE TAKE A CLOSER LOOK AT THE TOP SYMPTOMS

Top 10 Symptoms *by Women*

#1

Pain or discomfort

2

Tenderness to touch



3



Headache

4

Muscle cramps or spasms (painful)

5

Nausea or vomiting

6

Numbness or tingling

7



Fatigue

8

Bloating or fullness

9

Itching or burning



10

Swelling

Top 10 Symptoms *by Men*

#1

Pain or discomfort

2

Numbness or tingling

3

Lump or bulge



4

Tenderness to touch

5

Headache



6



Cough

7

Muscle cramps or spasms (painful)

8

Swelling

9



Joint pain

10



Dizziness

Source: WebMD Symptom Checker data, as of February 2015



Check out **A Visual Guide to Fibromyalgia**, a No. 1 slideshow at WebMD.com.
LEARN HOW ON PAGE 5

LIVING WITH FIBROMYALGIA

HOW TO FIND RELIEF WHEN EVERYTHING HURTS

By Christina Boufis

Jennifer Della’Zanna of Woodbine, Md., was in constant pain. “All of my joints—my toes, fingers, everything—hurt. Reaching to get a dish hurt. Leaning over the washing machine hurt.” In addition, the mother of two young children, then 41, often had “brain fuzziness,” forgetting words. Lab tests revealed nothing wrong.

Della’Zanna was referred to a rheumatologist and eventually diagnosed with fibromyalgia, a disease whose main symptoms include widespread chronic body pain, exhaustion, and memory and sleep problems.

“Fibromyalgia develops when there’s a miscommunication between signals coming from your body, spinal cord, and brain,” explains Leslie J. Crofford, MD, professor of pathology, microbiology, and immunology and director of the division of rheumatology and immunology at Vanderbilt University Medical Center. “The signals get amplified, so even things that shouldn’t be painful, like soft touch, are sent to the brain as pain signals.” Crofford shares tips for how to cope with fibromyalgia, a complex disease with no known cure.

Get moving. “First and foremost, physical exercise is one of the most effective [treatments] for fibromyalgia,” Crofford says. “I tell people just to start—five or 10 minutes of walking on a treadmill [or biking, swimming, or walking in water] at low intensity is good enough.” Build aerobic activity slowly, increasing just a few minutes per week until you can exercise for 30 minutes three times a week, she advises.

Sleep well. Exhaustion is a major fibromyalgia symptom. Getting enough



quality sleep can help. “Go to bed and wake up at the same time” every day, Crofford says. “Don’t nap during the day. Turn off electronics before bed, and keep pets out of the bedroom.” Being active during the day and creating a cool, dark bedroom can help prepare your body for slumber.

Zap stress. “Stress exacerbates fibromyalgia symptoms,” Crofford explains. What can you do to help manage stress? “Deep breathing exercises work really well,” Crofford says. “Do them at your desk—it just takes a minute. Breathe in

and out slowly, focus on your breathing, and try to relax your muscles.”

Eat more fresh foods. Though there’s no solid evidence that following a particular diet eases fibromyalgia symptoms, limiting processed foods and eating healthy foods—including whole grains, lean meats, and lots of fresh, colorful fruits and vegetables—may make you feel more in control of your health, Crofford says. You may also have more energy, helping you to feel better overall.

As for Della’Zanna, five years after her diagnosis, still in pain, she began walking and jogging. At first, she could walk only very slowly. “I’d do whatever I could stand that day,” she says. Eventually she could run three days a week. Today she’s mostly pain free. “Tiny changes, little by little,” she says, worked for her.

? ASK YOUR DOCTOR

1. Is there a test for fibromyalgia?
2. How can I take control of my fibromyalgia?
3. What can I do to reduce flares?
4. What can I do to improve my sleep?
5. How does exercise help?



MY STORY

THE LONG RUN

YES, YOU CAN GET FIT AFTER 50. THIS READER TELLS US HOW SHE DID IT

By Margaret Webb
WebMD.com community member

A few years ago, I was staring down age 50 and feeling really depressed. I'd gained weight and stupidly started smoking again. My dad developed Parkinson's dementia at 50, and even though I was pretty certain I wasn't going to develop the disease, I thought, "Is this what 50 is going to be like?"

I felt too young to be in a downward spiral. I wanted a lot more life, more adventures, and travel. As a writer, I felt I was just hitting my stride. I wanted to write and accomplish so much more, and I knew to have the energy to do it, I needed to get fit.

That's when the idea of running a marathon popped into my head. It was never on my bucket list. I never considered myself a serious runner, though I had run a half marathon before. I didn't have any confidence that I'd be able to train by myself, so I joined a running club. I also went to a really good shoe store and had myself properly outfitted for running shoes—that was the No.1 thing. And I got myself a proper pair of orthotics for my flat feet.



MARGARET'S LIFE LESSONS

"Find an activity that makes you happy. If you enjoy doing it, you'll stick with it."

"Studies say exercise is one of the best things you can do to maintain your memory and cognitive function. If you want to avoid dementia, exercise."

"It's never too late to start exercising. At any age, you can turn back the clock. Don't wait."

I trained hard and ran my first marathon just after I turned 49. And I realized, the more I ran, the younger I felt—and the better I felt. I lost weight. I stopped smoking. My mood improved. Everything changed for the better. I had way more energy. I was invited to climb Mount Kilimanjaro with a group of women and never doubted I could do it.

When the opportunity came up to write a book

about women's running, I set a new goal: Could I get in the best shape of my life after 50? Get even faster? Get super fit?

I worked with a nutritionist and cut out all grains, pasta, rice, cereal, and legumes and reduced dairy. I focused on gaining muscle. When I cut the grains, I felt fantastic. I had more energy throughout the day. And I lost those last few stubborn pounds.

I worked with my coach to tweak my running program. And since I wanted to be overall strong—I didn't want to become a scrawny, skinny runner but to have good upper-body strength—I lifted weights two days a week and did yoga to keep limber and flexible. I was probably running and working out 13 to 15 hours per week.

It paid off. Tests showed I had the cardio fitness of a 20-year-old athlete. And I achieved personal best times in all my race distances that super-fit year.

Now I'm 52, and I work out about nine hours a week. I continue weight training two days a week and do yoga. It's not something I feel I have to do—it's something I want to do. I just love it.

HEALTH CHECK

DIABETES: ARE YOU IN CONTROL?



If you have diabetes, monitoring and managing your blood sugar levels to keep the disease from getting worse are crucial. “Diabetes complications are preventable,” notes WebMD diabetes community member **Nutri-Joy**, “but that requires a genuine commitment on your part to make whatever lifestyle changes are needed to lower your blood glucose levels as close to ‘normal’ as possible.” Is your diabetes under control? Take this quiz to find out.

QUIZ

1. I follow a diabetes food plan:
 - ☐ Every day
 - ☐ Some days
 - ☐ I don't have a food plan
2. I check my feet for cuts and sores:
 - ☐ Daily
 - ☐ Sometimes
 - ☐ When my doctor reminds me
3. I exercise:
 - ☐ Regularly, checking my blood sugar before and after
 - ☐ Rarely or not at all
4. I check my blood sugar levels:
 - ☐ Per my doctor's instructions
 - ☐ When it's convenient
 - ☐ I rarely remember

Answers: 1. A healthy diet and regular exercise are the cornerstones to maintaining good blood sugar levels and controlling type 2 diabetes. If you don't have a diabetes food plan, ask your doctor about seeing a dietitian or nutritionist who specializes in creating these. 2. Chronically elevated blood sugars can damage the nerves, including those in your feet, which can make it hard to feel pain. Diabetes can also damage circulation to your feet, making it harder for sores to heal. To prevent foot problems, check your feet every day for cuts, blisters, red spots, and swelling. Take care of your nails and skin and wear shoes that fit properly. 3. Regular exercise helps maintain blood sugar levels and keep you fit. Get 30 to 60 minutes of activity on most days of the week. Before changing your level of routine physical activity, however, check with your doctor. 4. Monitor your blood glucose the way your doctor tells you to. High blood sugar can make you feel thirsty and tired, cause blurry vision, or make you urinate often. Low blood sugar can make you feel weak, tired, confused, or shaky.

SOURCES:

American National Diabetes Education Program, WebMD Diabetes Health Center



ASK YOUR DOCTOR

1. What kinds of dietary and fitness changes should I make to stay healthy?
2. What other doctors and medical professionals should I see? How often?
3. Will I need to have injections like insulin or take medications? If so, how often?
4. How do I avoid complications? What do I need to be aware of?

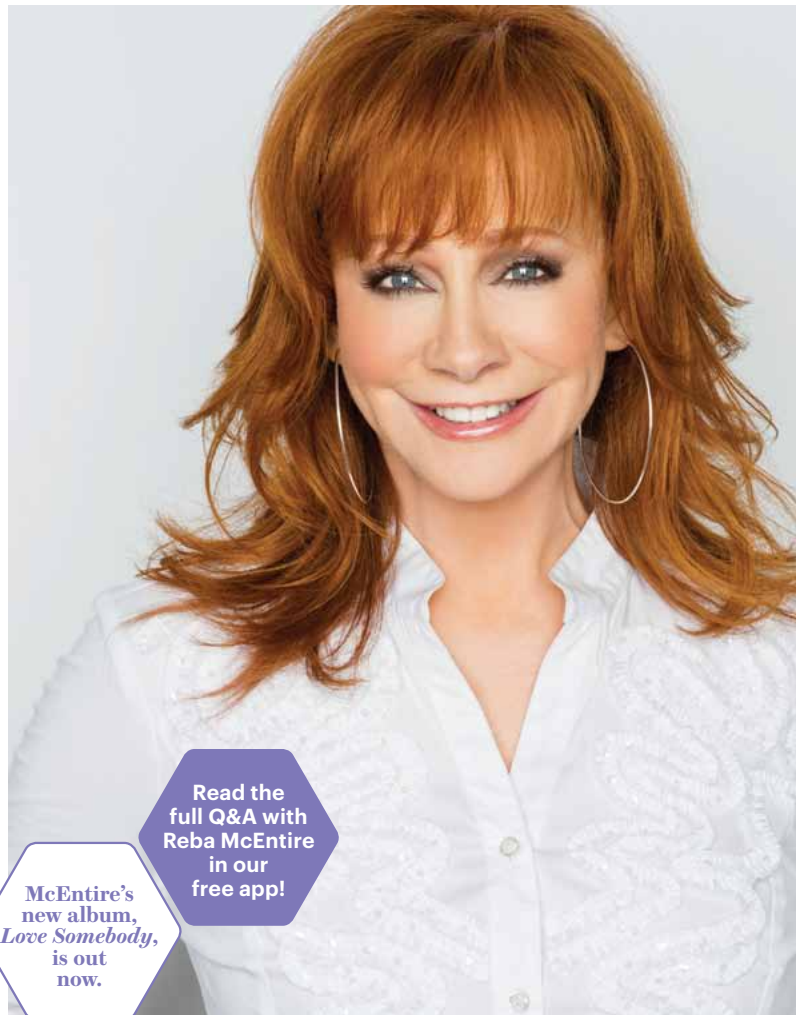
Reba McEntire

Musician, Actor

1 **The first single, "Going Out Like That," from your new album is about a woman who won't give up when a man breaks her heart. Why is this an important message for women?** I think it's a relatable song. It gives them hope. It gives them courage. They think, "Well, if that woman can do it, I can too. I'm gonna stand up and I'm not gonna let myself be beaten down."

2 **This is your 27th studio album. How do you continue to evolve as an artist, album after album?** I look to the songwriters to guide me, to help me see what's current. And then out of those songs, I have to find the song that touches my heart and makes me feel some sort of emotion. If I sing a song that is not touching any emotion in me, when I sing it to you, you won't feel emotion either.

3 **You're doing a residency in Las Vegas with Brooks & Dunn this summer. Do you like the idea of playing in one place for a period of time?** It's easier on my crews, my band, everybody involved. It's familiarity. It's consistency. I like consistency. That's something that has been lacking in my life.



4 **You're the new spokesperson for Outnumber Hunger. Why?** It's important to help people who are hungry. Outnumber Hunger is a partnership between General Mills and Big Machine Label Group, which is my label. I'm trying to get this out so people can help. And they can help Feeding America secure five meals on behalf of their local food bank by entering

codes from specially marked packages at outnumberhunger.com.

5 **How do you stay fit?** I do my little routine of stretching, sit-ups, push-ups, and planks every morning. When the weather gets warmer I'll be outside walking, my favorite type of exercise.

6 **And what about your diet?** I try to

drink coconut water, which I love, and aloe vera juice. I eat fruits and vegetables. I love salmon for my omega-3s. I take supplements. And I try to stay away from sugar.

7 **Are there any splurge foods you can't live without?** Heck, yeah! I love Mexican food. Chips and salsa—I absolutely love it. I do love me a whiskey and 7UP.

8 **The entertainment industry puts a lot of pressure on women to stay thin and look young. How do you deal with those pressures?** I haven't had to deal with that. But I get very angry with people who judge women with weight issues. You know what? When I make a mistake or I'm having a hard time with something, nobody has to tell me. I know it.

9 **What's your secret to aging gracefully?** You gotta be happy with yourself. Love yourself. Love your body. Surround yourself with positive people. Willie Nelson once said, "If there's one rotten apple in the bucket, everything will go rotten." If you stay around negative people, you're gonna become negative. I like to stay around positive, loving people.

10 **In addition to music, you've acted on TV, film, and stage. What's next?** Nothing's in the works right now. We did *Malibu Country* [on ABC] for one season, and now it's being played on CMT Canada. I'd love to do another sitcom. I'd love to do a drama. I'd love to do another movie. But right now, it's music.
—*Stephanie Watson*