

WebMD[®]

DOWNLOAD THIS ISSUE
ON YOUR IPAD FOR FREE
FROM THE APP STORE!

November/December 2012 / \$4.95

**GO SOUTH FOR
THE HOLIDAYS
WITH A STAR
CHEF'S FESTIVE
FEAST**
PG. 48

**MEET OUR
2012 WEBMD
HEALTH
HEROES**
PG. 54

**FITNESS
& EXERCISE**

A New Weight-
Loss Rx?
pg. 68

**FAMILY &
PARENTING**

The Scoop on
Teen Moods
pg. 39

**COLD
AND FLU**

Get the Facts
and Stats
pg. 73

**HEALTHY
BEAUTY**

Tips to Protect
Your New Hue
pg. 30

**MEN'S
HEALTH**

How to ID
Depression
pg. 21

**FOOD
& RECIPES**

3 Ways to
Cook Squash
pg. 61

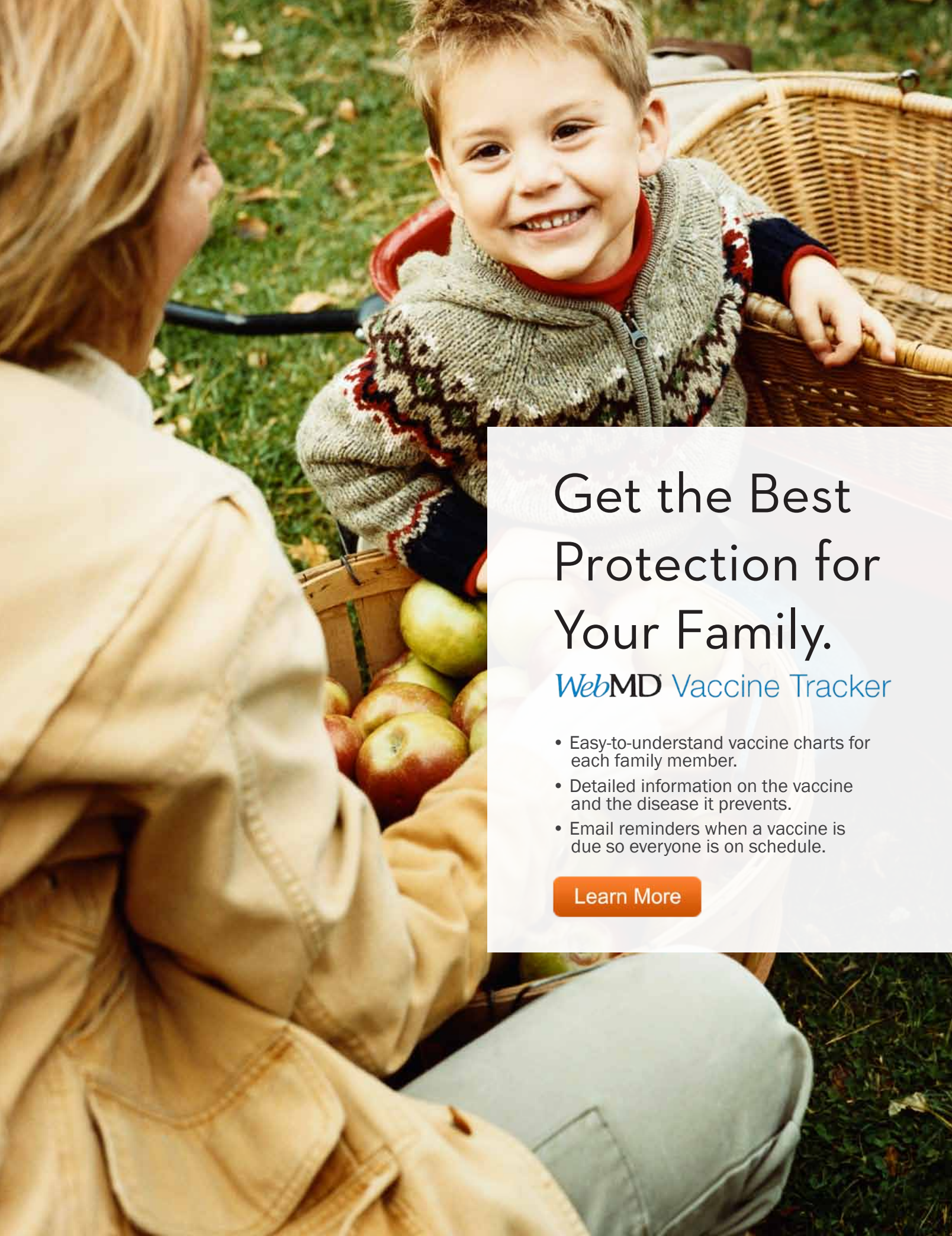
**LIVING
HEALTHY**

Take Control of
Your Fears
pg. 22

TAYLOR MADE

Swift's secrets for staying grounded
on her red-hot rise to the top

PG. 42



Get the Best Protection for Your Family.

WebMD Vaccine Tracker

- Easy-to-understand vaccine charts for each family member.
- Detailed information on the vaccine and the disease it prevents.
- Email reminders when a vaccine is due so everyone is on schedule.

[Learn More](#)

WebMD
NOV/DEC 2012

FEATURES

Pg.
48

Pg.
42

Pg.
54

Red Hot

On the heels of her fourth chart-topping album, we catch up again with singer-songwriter **Taylor Swift** to find that she still gets nervous with every record release. She opens up about how she's stayed grounded on her way to the top and what keeps her going.

Down Home for the Holidays

Southern feasts are notorious for being rich and delicious—and calorie-laden. Atlanta chef **Joe Truex** shares his festive feast featuring slimmed-down holiday classics that are likely to become your new favorites.

Called to Care

In our **seventh annual WebMD Health Heroes** tribute, we honor four everyday Americans who do extraordinary work to give back and help others.



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

“
YOU ONLY HAVE SO MANY HOURS A DAY, AND IF YOU CAN FOCUS THE ENERGY ON ONLY THE THINGS YOU CAN CONTROL, IT'S MORE PRODUCTIVE.
”



IN EVERY ISSUE

Pg. 7
EDITOR'S NOTE

Pg. 76
TAKE 10
Comedian and actor **Sarah Silverman** puts all jokes aside to talk with us about her battle with depression, her health habits, and why finding happiness is a worthy pursuit.

WebMD Contents

NOV/DEC 2012

Pg.

9

HEALTHY START

HOT TOPICS: Is your iPad to blame for insomnia? Can pets help kids with autism? Is it ever too late to get healthy? Find out, and get more health news you can use. **Plus:** the hottest health reads • **PERSONAL BEST:** Actor Archie Panjabi shares her best beauty, food, and workout secrets. • **UP CLOSE:** We raise the bar on soap.

Pg.

17

LIVING HEALTHY

WEBMD ON THE STREET: Our experts pool their beauty, diet, and nutrition advice for a college swimmer. • **WOMEN'S HEALTH:** Are you an early bird or a night owl? Find out why. • **MEN'S HEALTH:** Learn the classic signs of depression for guys. It's not what you think. • **MIND MATTERS:** What are your fear factors? Know what's a real risk and what's not. • **WORK IT OUT:** Feeling overloaded at work? Learn to just say "no." • **SPOTLIGHT:** Stay active in your 60s and beyond.

Pg.

27

HEALTHY BEAUTY

YOU ASKED: Say goodbye to dry skin with our expert product picks to fight flakes from head to toe all winter long. • **BEAUTY SMARTS:** Can you *really* keep your hair color from fading? Learn the dye-job do's and don'ts. • **YOUR SMILE:** You could be wrecking your teeth and not even know it. Examine your everyday habits. **Plus:** Beauty 411, Dirty Secret, Aisle Do, and I Tried It

Pg.

35

FAMILY & PARENTING

BABY TALK: Actor Taye Diggs opens up about how fatherhood changed him and shares advice for dealing with the "terrible twos." • **FIT KIDS:** Teens giving you attitude? Find out if it's a typical mood swing or something else. • **PET HEALTH:** Brushing and bathing your four-legged friends might feel like a challenge, but it's good for them and you.

Pg.

61

FOOD & RECIPES

3 WAYS TO COOK... Butternut squash. This seasonal favorite wins nutritional gold. • **OFF THE MENU:** Houston chef Bryan Caswell shares his Thanksgiving traditions and his favorite at-home dish. • **KIDS IN THE KITCHEN:** Chef Lizzie talks turkey and gives leftovers a new twist.

Pg.

67

FITNESS & EXERCISE

PEEKE FITNESS: The next prescription your doctor writes might not take you to the pharmacy. • **FITNESS CHALLENGE:** Think your only exercise option this holiday season is the shop-till-you-drop workout? Our expert offers three moves you can squeeze in anytime.

WEBMD CHECKUP

HEALTH HIGHLIGHTS: It's Diabetes Awareness Month. Get lifestyle tips to stay healthy all year long. • **BY THE NUMBERS:** A closer look at cold and flu. • **LIVING WITH...** Obstructive sleep apnea. Learn why snoring can be a matter of life or death. • **HEALTH CHECK:** What's your back pain IQ? Take the quiz to find out.

Pg.

71

WebMD
symptomchecker

Now better than ever!

- Save symptom lists for yourself and loved ones.
- Detailed information based on possible conditions.
- Print reports to share with your doctor.

Learn More

EDITOR IN CHIEF
Clare Martorana

EXECUTIVE EDITOR
Colleen Paretty

SENIOR EDITOR
Susan Davis

WEBMD.COM SENIOR DIRECTOR, EDITORIAL
Stephanie Snipes

WEBMD.COM VPs OF PRODUCT MANAGEMENT
Kimberly Kovacs, Katherine Leopold

WEBMD.COM ART DIRECTOR
John Kay

CHIEF MEDICAL EDITOR
Michael W. Smith, MD

MEDICAL EDITORS
Brunilda Nazario, MD; Louise Chang, MD;
Hansa Bhargava, MD; Laura J. Martin, MD

CONTRIBUTING WRITERS
Christina Boufis, Daniel J. DeNoon,
Heather Hatfield, Ayren Jackson-Cannady,
Katherine Kam, Lauren Paige Kennedy,
Susan Kuchinskias, Shelley Levitt,
Matt McMillen, Erin O'Donnell, Monica Kass
Rogers, Gina Shaw, Stephanie Watson



EDITORIAL, DESIGN, PRODUCTION MANAGEMENT

EDITOR AT LARGE Kim Caviness

DEPUTY EDITOR Andrea Gabrick

ASSOCIATE EDITOR Rebecca Scherr

ASSISTANT EDITOR Chloe Thompson

BOOKINGS DIRECTOR Wendy Zipes Hunter
wendy@celebrity.concepts.com 954-344-0912

ART DIRECTORS Glenn Pierce, Melissa H. Miller

CREATIVE DIRECTION Priest + Grace

PHOTO EDITOR Katie Ellsworth

PRODUCTION DIRECTOR Connie Otto

PRODUCTION MANAGER Jerry Parks

ADVERTISING TRAFFIC MANAGER Jennifer Morgan

PRODUCTION ARTIST Brenda M. Waugh

COPY EDITOR Sharon K. Congdon

MARKETING DIRECTOR Rebecca Loveridge

MARKETING COORDINATOR Kara Batt

WebMD

CUSTOMER SERVICE & SUBSCRIPTIONS

PROFESSIONALS To manage your subscription, go to WebMD.com/magazine/subscribe.

READERS Download a free subscription to **WebMD the Magazine** on your iPad. Go to the App Store® (www.apple.com). Comments? Questions? Go to CustomerCare.WebMD.com or "Contact Us" at the bottom of every page on WebMD.com.

WebMD the Magazine is distributed to doctors' offices throughout the U.S., online at WebMD.com, and by download from the App Store. WebMD the Magazine is not responsible for advertising claims. WebMD the Magazine (ISSN 1553-9946), Vol. 8, No. 8, is published by WebMD, LLC and may not be reproduced in whole or in part without written permission of WebMD, LLC. All editorial content is reviewed by our board-certified physicians, is for informational purposes only, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. WebMD does not endorse any specific product, service, or treatment. Always seek the advice of your health care provider with any questions regarding a medical condition and never disregard professional medical advice or delay seeking it because of something you have read in WebMD the Magazine. If you think you have a medical emergency, call your doctor or 911 immediately. © 2012 WebMD, LLC. All rights reserved.



Audit Bureau of Circulations

VICE PRESIDENT, PUBLISHER
Heidi Anderson

ASSOCIATE PUBLISHER
Dawn Carey

GROUP VICE PRESIDENT OF SALES OPERATIONS
Jonathan Katz

SENIOR DIRECTOR, CIRCULATION
Jonathan Deaner

SENIOR DIRECTOR, MARKETING Tara Wacks

ASSOCIATE DIRECTOR, STRATEGIC DEVELOPMENT
Neha Dakwala-Shah

SALES OPERATIONS ANALYST Kisha Jackson

ADVERTISING SALES

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

CHICAGO

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

WEST COAST

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

WebMD

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

CHIEF EXECUTIVE OFFICER Cavan M. Redmond

CHIEF FINANCIAL OFFICER Anthony Vuolo

CHIEF OPERATING OFFICER & CHIEF TECHNOLOGY OFFICER
William E. Pence

EXECUTIVE VICE PRESIDENT, CONSUMER SERVICES Dave Marek

CO-GENERAL COUNSEL & SECRETARY Doug Wamsley

CO-GENERAL COUNSEL Michael Glick

SENIOR VICE PRESIDENT, CONSUMER MARKET SALES
Tracy Roy Hankin

VICE PRESIDENT, FINANCE James McCann

VICE PRESIDENT, BEST PRACTICES John Hopkins

VICE PRESIDENT, EDITORIAL & PROGRAMMING
Kristy Hammam

EXECUTIVE DIRECTOR, PR Katherine Hahn



This is the time of the year I long to pause and reflect on all that has happened in the previous 12 months—except I'm too busy. That's why I'm giving myself the best gift of all—a gratitude adjustment. I'm going to do more than just list the dozens of things I am grateful for every day, while en route to somewhere else. This holiday season, I'm going to stop and take the time to appreciate each gratitude-inspiring item on my list.

All of us at WebMD appreciate our 2012 WebMD Health Heroes featured on page 54 and hope you find their stories as gratitude-inspiring as we do.

We are also so delighted that Taylor Swift is gracing our cover for the second time. We were thrilled to talk to her about how she stays balanced on and off the road by focusing on healthy eating, exercise, friends, and family.

And who isn't grateful for a down-home-cooked meal during the holidays? We've got a fresh and lighter take on classic holiday foods from the South with tips from a top chef in my hometown, Atlanta.

What are you grateful for these days? Go to our Facebook page at www.facebook.com/webmdmagazine and tell us!

Clare

Clare Martorana
Editor in Chief
clare@webmd.com

EDITOR'S NOTE

Main Menu

No doubt you've got a lot on your plate this holiday season, including planning your everyday and entertaining menus. Let the new-and-improved **WebMD Healthy Recipe Finder** help you get it done with hundreds of doctor-approved recipes that meet our per-serving guidelines for calories, fat, sodium, fiber, and more. Avoiding gluten? Feeding the kids? You can customize your search by meal, dietary restrictions, and lifestyle. Take a photo of what you're cooking over the holidays and share it with us at www.facebook.com/webmdmagazine, or by tagging us on your Facebook wall.



Healthy appetites encouraged! Search "Healthy Recipe Finder" to get started.

"What a game changer. I can finally define my pain in my terms."

—Dragon Slayer 1,
iTunes review



Cold Comfort

Does the cold weather make your chronic pain better or worse? What can you do to manage it this season? Find out by tracking your symptoms with our free **WebMD Pain Coach** app. Designed for people with chronic pain such as back, migraine, osteoarthritis, or rheumatoid arthritis, the app delivers in-depth information, daily personalized tips, and a custom journal you can use to track triggers and pain level day to day. You can also set up custom pain-management goals and track your progress.



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

Ask Away

Need help finding answers to your most burning health questions? WebMD.com has always had all the answers when you need them—and now we've got even more. We're excited to announce a new experience, **WebMD Answers**, which lets you do more than a keyword search. Now, you can actually ask your question and get replies from top docs, organizations, and other people who are facing the same issues. It's not only a place to go for answers: Stay up to date about the latest health information that's important to you and follow topics, people, groups, and trending questions that you can relate to. Ask away at answers.webmd.com.



WebMD answers

NEW!

Health Questions?



This recipe helps me sneak greens into my diet...

Exercises after baby? I have a great routine to share...

I had a heart attack at 40. It can happen! This is what it felt like...

This is how I get a car seat in and out of a taxi...



Ask your question and get answers from leading doctors, organizations, and people like you.

When you come with questions, you also bring answers. Share your experience and assist others.

GET HELP. GIVE HELP.

Ask Your Question

HOT TOPICS!

FACTS AND NEWS YOU CAN USE



PETS

MORE U.S. PRESIDENTS—12 TOTAL—HAVE OWNED TERRIERS AND SPANIELS THAN ANY OTHER DOG. FOUR PRESIDENTS HAD THE MOST POPULAR UNCONVENTIONAL PET, A GOAT.

Source: Vetstreet.com

SOME 40% OF PARENTS CONSIDER THEMSELVES “CLOSE SUPERVISORS,” HOVERING OVER THEIR CHILDREN AND TAKING PRECAUTIONS TO KEEP THEM SAFE.


31% CONSIDER THEMSELVES “PROTECTIVE,” CONSTANTLY ON WATCH AND CONCERNED ABOUT THEIR KIDS’ WELL-BEING.

Source: VTech Communications

FAMILY & PARENTING

8 in 10 caregivers use the Internet; 29% say their last Web search was based on their own health or medical situation, compared with 40% of noncaregivers who go online for health info.

Source: Pew Internet & American Life Project



THE CDC RECOMMENDS PEOPLE HUM “HAPPY BIRTHDAY” TWICE (AT LEAST 20 SECONDS) AS PART OF A HEALTHY HAND WASHING ROUTINE BUT 57% OF AMERICANS SAY THEY WASH THEIR HANDS FOR JUST FIVE TO 15 SECONDS.

Source: CDC; Bradley Corp.



LIVING HEALTHY

The American Cancer Society’s Great American Smokeout is Nov. 15. Cigarette smoking is at an all-time low, based on trends since 1944;

20%

of adults said they lit up in the past week, compared with

22%

last year.

Source: Gallup

FITNESS & EXERCISE

The New York City Marathon, a 26.2-mile race, is Nov. 4. Portable toilets are at every mile starting at the third.

Source: New York Road Runners



HEALTHY BEAUTY

BY THEIR MID-TEENS, MORE THAN 40% OF ADOLESCENTS HAVE ACNE OR ACNE SCARRING THAT REQUIRES TREATMENT BY A DERMATOLOGIST.

Source: American Academy of Dermatology



FOOD & RECIPES

102%

The amount Americans’ turkey consumption has increased since 1970

Source: National Turkey Federation

CHECKUP

November is AMERICAN DIABETES MONTH. The condition is the leading cause of new cases of blindness among adults ages 20 to 74.

Source: American Diabetes Association

8,800

The number of U.S. letter carriers who deliver mail entirely on foot.

Source: United States Postal Service

CLOCKWISE FROM UPPER LEFT: LIFE ON WHITE/GETTY IMAGES; MARCELLE FAUCHER/GETTY IMAGES; TS/VEER; MAREN CARUSO/GETTY IMAGES; ZMKSTUDIO/VEER; MICHAEL HITOSHI/GETTY IMAGES



It's a Boy!

The benefits of circumcision—which include reduced risks for urinary tract infections and sexually transmitted diseases—outweigh the risks, says the American Academy of Pediatrics in an updated policy statement. The AAP, however, stops short of recommending the surgery, which removes the foreskin of the penis, for every newborn boy. The statement advises parents to weigh the medical information along with ethical, cultural, and religious beliefs when making the decision. The AAP's previous policy, published in 1999, suggested circumcision offers few proven health benefits.

Source: Pediatrics

LIFE BOOST

It's never too late to get healthier. Even people in their mid-70s can add years to their lives by working out, staying engaged with friends and family, and not smoking, a study finds. These healthy habits appeared to add an average of five years to women's lives and six years to men's, say researchers from Sweden's Karolinska Institutet and Stockholm University, who followed 1,800 seniors for nearly two decades. The top healthy habit? Regular exercise. Active seniors lived about two years longer than sedentary ones.

Source: BMJ

9.4%
OF U.S. CHILDREN
HAVE ASTHMA

Source: Asthma and Allergy Foundation of America



Temper Tamer

Need a good reason to chill out? Consider this: People who are quick-tempered, impatient, aggressive, or hostile may be more likely to have a stroke. A Spanish study of 450 people indicated that type A personality traits nearly doubled a person's risk of having a stroke. Even worse, living with chronic stress increased stroke risk almost fourfold.

Source: Journal of Neurology, Neurosurgery & Psychiatry

1 IN 7
THE NUMBER OF
PEOPLE WITH
ALZHEIMER'S
DISEASE WHO
LIVE ALONE. AS
MANY AS HALF
DON'T HAVE
AN APPOINTED
CAREGIVER

Source: 2012 Alzheimer's Disease Facts and Figures

BRAIN DRAIN

"Stoners" aren't just people you see in the movies. Teens who smoke lots of pot really could end up with lower IQs, a study finds. Duke University researchers analyzed a New Zealand study that followed 1,000 people from birth to age 38. They concluded that people who began smoking pot heavily in their teens and kept it up for years lost an average of eight IQ points and also suffered memory and attention problems. People who started smoking pot in early adulthood or later, though, did not see a similar decline in IQ.

Source: PNAS Early Edition



**\$52.87
BILLION**
THE ESTIMATED
AMOUNT
AMERICANS
WILL HAVE SPENT
ON THEIR PETS
IN 2012

Source: American Pet Products Association

POWER WALK

Exercising not only builds your muscles, it can build your brain—and might even help ward off Alzheimer's disease. University of Pittsburgh researchers asked a group of people without Alzheimer's ages 60 to 80 to walk for 30 to 45 minutes, three days a week. After a year, the walkers had a 2% increase in the volume of their hippocampus, a brain region important for memory. "This is only after one year of exercise and moderate intensity at that," says Kirk I. Erickson, PhD, an assistant professor of psychology.

Source: Alzheimer's Association 2012 meeting; the study has not appeared in a peer-reviewed journal



Sweet Nothings

If you're a woman age 50 or older who wants to lose weight, start with this simple two-step formula: Say no to dessert and yes to more fruits and veggies. A University of Pittsburgh study that followed 500 overweight and obese postmenopausal women for four years found those who were most successful at losing weight for the long term ate fewer desserts and drank fewer sugary beverages. They also ate more fruits and vegetables and fewer meats and cheeses.

Source: Journal of the Academy of Nutrition and Dietetics

WebMD.com

Hot Hits

What's trending on WebMD.com right now

1. Healthy Diet Basics for Diabetes
2. Ideal Weight or Happy Weight?
3. Identifying Bug Bites
4. Crazy Dreams: What They Mean
5. What Are My Birth Control Options?
6. Cold vs. Flu Symptoms
7. Choosing a Vitamin Supplement
8. Cancer Symptoms Men Ignore
9. Least Effective Exercises
10. Ovulation Calculator

*as of Oct. 1, 2012

Up All Night

Your tablet computer might be keeping you up at night and not just because you're watching funny cat videos until the wee hours. Researchers from Rensselaer Polytechnic Institute found that using a tablet for two hours on the brightest setting suppressed melatonin—a hormone that affects sleep and wake cycles—by about 22%. During late-night use, try a glare filter or the automatic dimmer function. Don't hold the tablet too close to your face, and avoid use right before bedtime.

Source: Applied Ergonomics



503

THE NUMBER OF
CALORIES IN A SLICE
(1/8 OF A 9" DIAMETER
PIE) OF HOMEMADE
PECAN PIE

Source: USDA Nutrition Database



PUPPY LOVE

Owning a dog or cat may help autistic children develop socially, a study indicates.

Researchers in France tested 260 autistic children.

The children who became pet owners after age 5 did better than those without pets on two key measures of socialization—offering comfort and offering to share. Having a pet from birth didn't appear to offer the same benefit. And the more strongly the children bonded with the new pet, the more it influenced their social interactions.

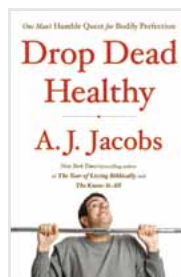
Source: PLOS ONE

GOOD READS



Small Change

As an organizing principle for a better life, you could do a lot worse than the idea behind this charming book: Do one good deed every day. It doesn't have to be a grand gesture; it's the tiny grace notes that come when you pay attention, even just for few minutes, to the world around you. Former publishing executive and author Erin McHugh decided on her birthday one year to lift her head, "try not to look at the sidewalk," and record what happened. The result is *One Good Deed: 365 Days of Trying to Be Just a Little Bit Better*, each daily entry a petite, satisfying morsel of a story that provokes plenty of thought, if not action. "Little is fine. Little and constant is life-changing," McHugh writes, and she has a year's worth of proof within the pages of her wise little book.



Body of Work

Can we attain perfect health? *New York Times* bestselling author A.J. Jacobs attempts to find out in *Drop Dead Healthy: One Man's Humble Quest for Bodily Perfection*, which chronicles his two-year search for head-to-toe wellness nirvana. After a freak bout of pneumonia, Jacobs creates a 70-page list of actions for fixing everything from his sleepless nights to his "python-that-swallowed-a-goat" physique. He seeks advice from an army of health experts and tasks himself with following that advice to the letter. The result? "Caveman" workouts, which have him tossing boulders, barechested, in a national park, and "chewdaism," which requires chewing each bite of food 50 times to quell hunger. Perfection will always be out of reach, but anyone looking to change will find health wealth—and laughs—in Jacobs' journey.

FROM LEFT: SARAH SMALLS/GETTY IMAGES; MACIEJ FROLOW/GETTY IMAGES



Kitchen Confidential

"I always have on hand a few spices like turmeric and whole peppercorns, as well as fresh ginger, garlic, and extra virgin olive oil. With just those few things, you can add flavor and kick to everything."



Slim Secret

"Hot water. After meals I make a cup of hot water, drop in a slice of lemon and a squeeze of honey. It helps me digest my food and also sort of puts an end cap to the meal—so I don't continue snacking or searching for something sweet when I really don't need or want it."



Take It Off

"I am very good about taking my makeup off after work. It's sort of a ritual. I use a muslin cloth instead of a washcloth. I also recently started using baby shampoo to take off eye makeup—it's amazing."

CLOCKWISE FROM TOP CENTER: GRANT DELIN/CORBIS OUTLINE; CULTURA PHOTOGRAPHY/VEER; STEVE SHOTT/GETTY IMAGES; LAURIA/VEER; MAXIMILIAN STOCK/GETTY IMAGES

PERSONAL BEST

Archie Panjabi

THE GOOD WIFE STAR SHARES HER HEALTHY LIVING HABITS



Panjabi stars in CBS's *The Good Wife*, which airs Sundays.



Beauty Musts

"I always have lip gloss, and I love this one from Le Métier de Beauté—it never gets sticky, and it doesn't dry out my lips. It took me a long time to find it, but when I get something I love, I stick with it. Also: Epicuren Zinc Oxide Sunscreen, for daily sun protection on my face and neck. And I never leave home without Chanel mascara."

"Sometimes the best thing when you're really stressed is to just sleep it off."



Mask Appeal

"Coming from India, my parents have a huge connection with herbs and spices—in both cooking and skin care. So like my mom, I make a lot of my own skin care concoctions, like face packs—thick masks. I mix turmeric with chickpea flour, yogurt, and lemon. It's fantastic in warmer weather for freshening your face. Honestly, it's better than anything I've found in stores."

With her British upbringing, a degree in management, her ballet training, and her Emmy-award-winning portrayal of the tough-as-nails investigator Kalinda on CBS' *The Good Wife*, one might assume Archie Panjabi's approach to health, fitness, and beauty walks a similarly ambitious line. In fact, this is a case where Panjabi, 40, plays against type. Panjabi, who also appeared in films like *Bend It Like Beckham* and *The Constant Gardener*, opened up to us on a much-needed day off from filming the hit drama's fourth season and made no mention of punishing boot camps, gimmicky cleanses, or other quick fixes. She embraces a decidedly peaceful, balanced lifestyle, refreshingly un-Hollywood, totally sane, and obviously effective.—*Liz Kreiger*



**MOMENTS LIKE THESE ARE PRECIOUS.
DON'T LET THEM FADE AWAY.**

Age-related macular degeneration, or AMD, is the leading cause of blindness in people 55 and older. Don't miss life's precious moments because you or a loved one didn't recognize the warning signs, like blurry vision or needing more light to read. AMD is a chronic disease affecting more than 10 million Americans, and early detection is key to saving your sight.

Protect your vision from fading away. Contact the Foundation Fighting Blindness today for a free info packet about preventing and managing AMD. There is hope. We're funding promising research that will lead to more effective treatments and a cure.

**FOUNDATION
FIGHTING
BLINDNESS**

**A CURE IS IN SIGHT
800-610-4558
FightBlindness.org**



A proud member



**HEALTHY
START**

Over the Hill

Legend has it that soap was discovered by women who washed clothes at the bottom of Rome's Sapo Hill, which was used for animal sacrifices. The animal fats, ashes, and rain that washed into the Tiber River below created soap, which led to cleaner clothes.

Come Clean

At first, people used soap for washing clothes and cooking utensils or for medicinal purposes. It wasn't widely used for personal hygiene until the 1700s.

Dynamic Duo

Pure soaps have two main ingredients: animal oils or fats and an alkaline base.

Three's Company

The word "soap" refers to laundry detergents, bathing products, and some household cleaning products. Soap has multiple forms, including bar, liquid, and powder.

Dirty Work

When soap lathers, dirt separates from the skin or fabric and attaches to molecules in soap that are attracted to oil and not water. This makes the dirt easier to rinse off.

Eau No

Queen Isabella of Spain seemed to have little use for soap—reportedly she only bathed at birth and at her wedding.

Test Tube

The term "soap opera" was coined because the first advertisers during these daytime TV shows were largely household cleaning product companies.

Bubble Rap

In 2011, 118 people fit inside a soap bubble during a special exhibit, setting a new world record.—Chloe Thompson

NEW

WebMD® the Magazine

Now get complete issues plus bonus features on your iPad, FREE.



The Power of WebMD

Access top resources from WebMD, including the Symptom Checker and the Physician Finder.

Bonus Celebrity Content

Discover digital exclusives from your favorite stars.

Test Yourself

Take interactive quizzes on must-know health topics.

WebMD Expert Extras

Exclusive tips and advice from the WebMD experts you trust.

You've Got Mail

Email recipes and expert beauty product picks to yourself and your friends.



Visit the App Store to get your free subscription today.



LIVING HEALTHY



18 On the Street
A college swimmer gets expert head-to-toe help

20 Women's Health
Can you change your early bird or night owl ways?

21 Men's Health
What depression looks like

22 Mind Matters
Learn to take control of your fears

23 Work It Out
Why just saying no might save you

24 Healthy Aging
Stay active in your 60s and beyond

Chill Out

The holidays are here!
'Tis the season to relax,
slow down, and live fully



EXPERT TIP

"Schedule a time you'll stop work to focus on yourself, your home, and family. Write it down, and stick to it. Anticipate and prepare for upsets to your schedule."
—Allan Cohen, PsyD

CAVAN IMAGES/GETTY IMAGES

LIVING HEALTHY

HAIRY SITUATION

“Excess chlorine can damage hair and also combine with the metal salts used to treat pool water that give tresses a green hue. I recommend a swimmers’ shampoo like Ultrawim that contains a reducing agent (sodium thiosulfate) to remove chlorine more effectively than a general-use shampoo. Keep up the frequent conditioning—apply conditioner and cover with a swim cap before jumping into the pool, and apply again after your post-swim shampoo.”



Mort Westman
*cosmetic chemist; president,
Westman Associates Inc.*

FOOD FIX

“Canned tuna is a go-to protein food for your pantry. Try a Mediterranean-inspired dish, like tuna with canned white beans on top of a big salad. Nuts, especially almonds, walnuts, and pecans, are tasty additions to salads and make good snacks—and they contain heart-healthy fats along with protein. In your fridge, keep some boiled eggs (one of the best sources of protein) for an easy addition to salads or a quick egg salad sandwich. Milk, cheese, and yogurt—especially Greek yogurt—are good protein foods to have on hand, too.”



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

WEBMD ON THE STREET

Noelle Anderson

Student, 21
University of Wisconsin, La Crosse

Between classes and extracurricular activities, most college students find it hard to keep their heads above water. For Noelle Anderson, a junior majoring in broadcast and digital media, it's even more challenging to stay afloat. Anderson is on the university swim team, practices every day—twice a day three times a week—and travels regularly for a week—and loves swimming, but it really takes a toll on my skin, hair, sleep, nutrition, and schedule,” she says. “My hair is tortured daily by the chlorine in the pool, and though I try my best to condition, it isn't always easy!” The chlorine also wreaks havoc on her skin. “It gets even worse in the winter, and I always forget to moisturize after practice.” And the pool doesn't just stress out her skin and hair. “With swim practice, studying, and trying to have a social life, there are definitely times when I get especially stressed. I always have to make sure I am getting enough sleep and that I am on a set schedule.” Anderson also strives to make sure she fuels her body properly. “I don't always have time to make something healthy. I often take the easy route and make spaghetti. I have really tried to stick to a meal plan with plenty of protein, but I'm having a hard time finding the right balance.”

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

SLEEP TIGHT

“Try to keep a consistent bedtime, even on the weekends. You may want to sleep in by 30 to 60 minutes on Saturdays and Sundays to try to catch up on lost sleep. Consider instead a 20- to 30-minute nap during any daytime down time. (No longer than 30 minutes, or you'll feel worse than when you started.) Eliminate alcohol within three hours of lights-out to increase the quality of your sleep. Go to bed by 2 p.m. to allow all caffeine to leave your system by bedtime.”



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

Student Body

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

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

Photograph by David Nevada

SKIN DEEP

“Before hitting the pool, moisturize with a product that contains dimethicone, a derivative of silicone that prevents water loss from the skin by forming a hydrating barrier. It also acts as a mild water repellent while protecting skin from irritation. Two to try are Aveeno Daily Moisturizing Lotion and Neostatra Problem Dry Skin Cream. After your swim, rinse off in fresh water. While skin is still damp, reach for a spray bottle filled with olive oil, spritz on, and massage. Olive oil is inexpensive, readily available, and hydrates while protecting the skin.”



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

WOMEN'S HEALTH

Clock Wise

EARLY BIRD OR NIGHT OWL—WHICH ONE ARE YOU?

By Colleen Oakley

● Jeri Solomon is a morning person. Jim, her husband of 11 years, is not. Early in their relationship, it posed quite a problem. “When we were planning our wedding, I wanted to have these big discussions at 8 a.m., when I had been up for two hours and was fresh, but Jim would just be getting out of bed,” says the 46-year-old floral designer from Melrose, Mass. “We ended up getting into a lot of arguments because I took his shrugs to be disinterest, when really he was just still half-asleep.”

The couple learned to work around their differences over the years, but their situation is not uncommon, says Katherine Sharkey, MD, PhD, assistant professor of internal medicine and psychiatry and human behavior at Brown University and associate director of the Sleep for Science Research Lab. “More women tend to be larks, while men lean toward being night owls,” she says.

The question is: Why? The answer lies in each individual's biological internal clock—or circadian rhythm, as scientists call it. “The human clock is about 24 hours, thanks to Earth's 24-hour light-dark cycle,” Sharkey says. “But some people have a slightly longer



natural cycle, and some are slightly shorter.” If your circadian rhythm is on the long side, you're more likely to be a night owl. If it runs short, you're probably an early riser.

But your circadian rhythm can change over your lifetime. “There's a developmental piece to this puzzle—school-age children are generally early birds, while teenagers tend to be night owls, and then as they age, adults gradually transition back into morning people,” Sharkey says.

Besides the obvious problems with being a night owl if you have a day job, “night owls tend to be more depressed, have a higher

dependence on caffeine, and use alcohol more,” Sharkey says. But the news isn't all bad. A recent study in Belgium found that night owls are able to stay more focused as the day goes on, compared with early risers.

Morning people, however, also have advantages. “Larks generally sleep better, have more regular sleep patterns, and have more flexible personalities,” Sharkey says. They also tend to be happier and feel healthier than night owls, according to a recent study from the University of Toronto.

Reviewed by
Michael Breus, PhD
WebMD Sleep Expert



Short on shut-eye? Find out why in a blog post, **Why Are We So Bad About Getting a Good Night's Sleep?**

WebMD.com

FROM WEBMD.COM

Q&A

“All her life my daughter has been a morning person. But since high school, she's a night owl, not going to bed until 1 or 2 a.m. each night. Is there a reason she's changed?”



Kim Olen, 45, marketing and public relations manager, Knoxville, Tenn.

EXPERT
ANSWER

“Ah, teenagers. Her late nights are partly biologically driven. Hormonal changes during puberty affect the body's internal clock, which means most high schoolers—even ones who used to be early risers—tend to stay up well after dark and sleep until noon. But fortunately, their clocks can be adjusted. Some tips to try: Have them stick to a schedule, and ban bright lights such as smartphones before bed.”



Katherine Sharkey, MD, PhD, assistant professor of medicine, Brown University, and associate director, Sleep for Science Research Lab

PIER/GETTY IMAGES



Our expert explains the differences between the sexes in the video **How Stress Affects Men and Women.**

WebMD.com

MEN'S HEALTH

Man Down

THE SIGNS OF DEPRESSION AREN'T CLASSIC IN GUYS

By Matt McMillen

● Happy holidays? Not for men with depression. Many guys deny they have this illness, both to themselves and to friends and family, and it often hits hardest this time of the year. “That's when it can be most painful,” says clinical

“They're out mountain biking, having more sex, working harder, running from their feelings.”

psychologist David Wexler, PhD, executive director of the Relationship Training Institute in San Diego and author of *Is He Depressed or What? What to Do When the Man You Love Is Irritable, Moody, and Withdrawn*. “At the holidays, we are supposed to be at our happiest—in our marriages, with our families, in our lives. For a lot of men, though, it's a time spent looking at the gap between expectations and how things really are.”

Depression among men is common—about one in 20 men has an episode each year—but it's not always easy to recognize. Wexler says about half of men with the disease don't display classic symptoms, such as lack of motivation or diminished zest for life. Instead, they often hurl themselves at life, work, exercise, sex,



alcohol, and high-risk activities like gambling.

“This hyperactive behavior is counterintuitive,” Wexler says, “but it's a particularly male way of coping with feelings of emptiness and unhappiness.” It also allows men to mask their disease so they don't have to talk about it—or admit they have a problem. “They're out mountain biking, having more sex, working harder. They're running away from their feelings, but if you peel away the layers, you'll find the same profound unhappiness that all depressed people experience.”

Wexler says this kind of overzealous behavior often comes packaged with irritability, anger, and aggression.

MAN
UP

Clinical psychologist David Wexler, PhD, offers pointers on how guys can get help.

Face it. Wound-up, stressed-out, short-fused, worn-down—no matter what you call how you feel, depression is a real disease that requires real treatment.

Get help. Acknowledging and seeking treatment can save your marriage—and possibly your life—so take responsibility and seek someone to talk to.

Talk it out. If you hurt, you can be certain your spouse knows it. Open up about what's going on and be willing to work through it together.

It's an insidious combo that can corrode a marriage and strain family life.

In fact, “guys who are depressed can become very difficult to live with,” says Wexler. “We feel compassion for and want to help loved ones who are sad, but when someone is being difficult, it can be hard to see past that.”

However, depression is a highly treatable disease, and Wexler says once a man starts therapy, he often responds to it quickly. “The most typical story is that as soon as he starts unburdening himself, he feels relief,” Wexler says.

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

Join 250+ convos in WebMD's Men's Health community.

MIND MATTERS

High Anxiety

AFRAID OF CLOSED SPACES? GETTING ON A PLANE?
TAKE CONTROL OF YOUR FEARS

By Michele Cohen Marill

● Your heart pounds, your palms sweat, and you begin to tremble. These physical reactions to danger put your body on high alert. But if you're gripped with fear when there is little or no real danger, like when you're on a plane taxiing down a runway to take off, the real culprit may be anxiety.

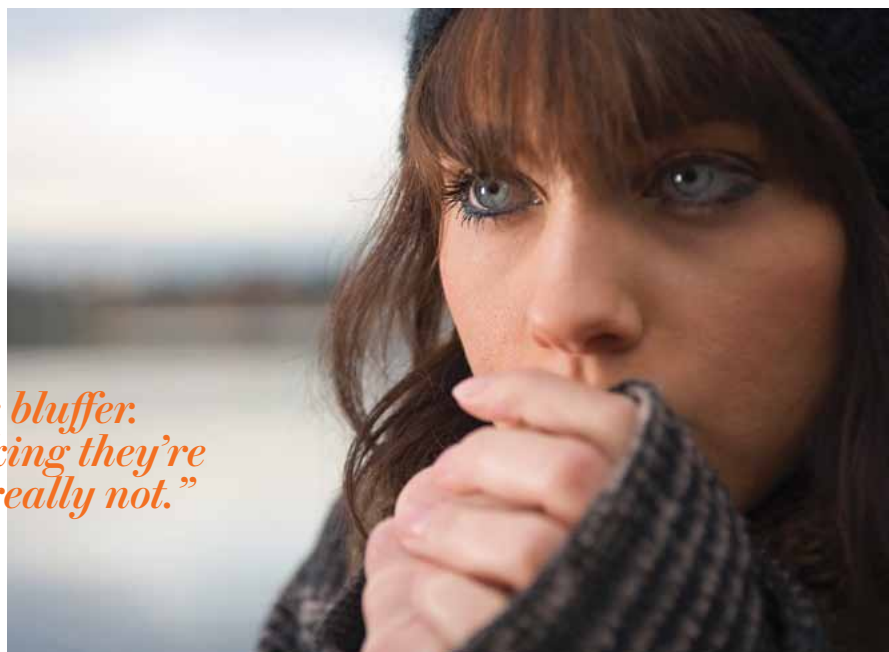
"Anxiety is a world-class bluffer. It bluffs people into thinking they're in danger when they're really not," says

"Anxiety is a world-class bluffer. It bluffs people into thinking they're in danger when they're really not."

Martin N. Seif, PhD, a psychologist in New York City and Greenwich, Conn., who co-founded the Anxiety Disorders Association of America.

About 19 million Americans have irrational fears, also called specific phobias, which can bring on anxiety. They're afraid of closed spaces or heights. They feel panicky during thunderstorms or around dogs. Some irrational fears double up, further increasing the anxiety. For instance, people who dread flying may also be uncomfortable sitting in a narrow tube, confined to their seat and surrounded by strangers, and they may worry about turbulence and storms.

Even people who don't suffer from phobias tend to misjudge risks. We're



wary of the scanning machines at the airport, but 1 million people visit tanning salons each day, soaking up ultra-violet radiation that raises the risk of skin cancer. Women worry most about breast cancer even though they're more likely to develop heart disease: About 40,000 women in the U.S. die each year from breast cancer, while more than 300,000 die from heart attacks. We fear things we can't control—and cancer seems more out of our control.

When our fears interfere with our daily lives, truth is an antidote. For

example, Seif advises people who are afraid of flying to research the actual risks. In the past two years, there has not been a single death on a commercial U.S. airliner, while *every day* about 90 people die in motor vehicle accidents.

But facts alone aren't enough. You have to outsmart your anxiety by focusing on the present rather than "what if," Seif says. Many people just avoid whatever makes them uncomfortable. But Seif, who once had a fear of heights and of flying, says that doesn't work. "If you avoid the anxiety sensations, you're just reinforcing the anxiety," he says.

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

IAN COBLE/GETTY IMAGES



WORK IT OUT

In the No

FEELING OVERWHELMED? GET TO KNOW YOUR LIMITS

By Sonya Collins

● It's 9 p.m., and you're still at work. You can't relax at home with unfinished work on your desk. And if you don't get this done, your boss will be upset. At least, that's what you think.

It isn't the work that leaves you unable to relax. It's that you see the work as a threat. Stress is not a reaction to an event but rather to how you interpret the event, says psychologist Allan R. Cohen, PsyD. You think, "If I don't work late every night, I will get fired," or "My boss won't like me," or "My co-workers won't respect me."

"We want to be liked. And if you say 'no,' you think people are going to be upset with you, so you say 'yes.' Then you go home and think, 'What have I done?'" Cohen says. The first step to reducing stress is to change the way you think so you can set limits at work.

If you say to yourself, "If I say no, they won't like me," counter that thought with, "If they didn't like me, they wouldn't have asked me to do it." When you think, "If I don't keep

working into the night, I'll be reprimanded or fired," counter that with, "If I don't take time for myself, I'll make myself sick and I won't be able to work."

Living in constant stress mode will make you sick indeed. "It's like facing a tiger. All your senses become heightened and your adrenaline increases. Once in a while it's not a big deal, but when this happens on a long-term basis, it causes your body to break down. That ends up in stomach pain, bowel problems, and heart problems," Cohen says.

When your senses are heightened, things are physically more irritating. That's why we take work stress out on family. If you're in stress-response mode, your preschooler will be even more likely to get under your skin. It's key to recognize this as it is happening and take a few deep breaths before you react.

Deep breathing increases the oxygen in your blood, which relaxes your muscles. It's impossible to be relaxed and tense at the same time, Cohen says.

What do you know about stress? Take the **Stress and Anxiety Quiz**, the most popular content at the Stress Management center.

WebMD.com

STRESS
LESS

Try these tips for when you've got a lot on your plate.

Change your mind. Write your fears on note cards, such as, "If I don't work late, my boss won't take me seriously."

On the back of each card, counter that threat. "If I keep working so late, I'll never see my family." Look at these cards when you have trouble shutting down.

Say "no."

No doesn't have to end in "absolutely not." Try, "I can't reasonably do this now, but I am willing to sit down with you and help problem-solve how we can get this done." Or, "I'm willing to add this to my plate, but could we discuss taking something else off?"

Breathe deeply.

It should take at least four to five seconds to inhale and the same amount of time to exhale. You'll feel a little tension leave with each exhale.

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

EXPERT TIP

"Medication isn't the only answer for panic attacks. I think that lifestyle changes and some work with a cognitive psychologist would be helpful."—**Patricia A. Farrell, PhD**



HEALTHY AGING

Rock of Ages

STAY SOLID THROUGH YOUR 60S AND BEYOND
WITH TIPS FOR A FIT BODY AND MIND*By Stephanie Watson*

You may look forward to your “golden years” as a time when you can kick back and relax, finally free from the 6 a.m. wake-up and the packed schedule that follows. Yet you don’t want to slip into inactivity, tempting as that may sound. When you stop using your body and mind—as the old saying goes—you lose them.

“If you stay sedentary, your muscles atrophy,” says Ipsit Vahia, MD, a geriatric psychiatrist with the Stein Institute for Research on Aging at the University of California, San Diego. Likewise, a lax brain could put you at higher risk for depression and cognitive impairment, he adds. Vahia has done research on activities and habits

linked to successful aging. “The more you can keep your body active and your brain active, research suggests, you’re going to do better,” he says. Consider these tips for good mental and physical fitness well past age 60.

Get moving. One advantage to a slower work schedule or retirement is more freedom to do things you like. Put some form of physical fitness on the list. Exercise strengthens muscles and bones, and it might even slow age-related mental decline. One recent poll found that walking is seniors’ favorite way to get exercise, but you can choose any activity you like—even video games. Exergaming lets you play virtual tennis, do yoga, or circuit train right in

your living room. “It provides aerobic exercise indoors, it’s safe, and it’s fun,” Vahia says. “Because you can play it with other people, there’s a social component, too.”

Be social. Regular meet-ups with friends can keep your mind active, prevent depression, and combat loneliness, which has been linked to heart problems and higher risk of an untimely death. Go to a movie, take a photography class, or invite people to play cards. Talk on the phone with friends who live far away. If there’s no one nearby, use Skype or social networks such as Facebook to stay connected.

Fuel up. Grabbing meals on the go or skipping them altogether zaps your strength and robs your body of the energy it needs. Eating nutrient-dense, calorie-light foods will build your energy reserves and prevent you from putting on extra pounds as you age. The ideal over-60 diet includes low-fat dairy for bone strength, fruits and vegetables, fish and other sources of lean protein, and whole grains.

“If you can manage meals that have all of these components, then it’s a balanced diet,” Vahia says. Make sure you’re getting enough B vitamins, which are essential for mental sharpness, and ask your doctor about other nutrients you may need.

Build strength. You can’t stay active without a support system of healthy bones. Try this two-tiered approach for building and strengthening bones: First, do weight-bearing exercises such as walking, dancing, and weight lifting to maintain bone strength and prevent falls that can lead to fractures. Second, eat foods rich in calcium, such as dairy and fortified orange juice, and those that are good sources of vitamin D, such as fish.

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

KLAUS TIEDGE/CORBIS

What Will Help You Lose Weight?

WebMD Food & Fitness Planner

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

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

[Learn More](#)

*American Journal of
Preventive Medicine, August 2008

A Healthy Way to Look and Feel Beautiful

Get the latest information from leading skin and beauty experts on products, nutrition, treatments and more.

WebMD[®]
healthy
BEAUTYSM

Learn More



HEALTHY
BEAUTY



- 28 **You Asked**
Expert picks and tips for fighting dry winter skin
- 30 **Beauty Smarts**
Keep your hair color looking new
- 32 **Your Smile**
Habits that can wreck your teeth

Save Face

Stay beautiful inside and out all winter long



EXPERT TIP

“Apply body wash with a washcloth or fingers, but be sure not to scrub with the washcloth and to keep the water temperature warm; really hot showers seem like a good idea in the winter, but they’ll dry out your skin.”—*Glenn Kolansky, MD*

YOU ASKED

Dry Ideas

'TIS THE SEASON FOR ROUGH SKIN. FIGHT FLAKES ALL OVER WITH TIPS AND PRODUCT PICKS FROM TWO TOP DERMS

By Ayren Jackson-Cannady



Foot Hold

Aquaphor Healing Ointment (\$5.49) “The key to baby-soft feet all winter long is to apply an ointment over damp skin right after your bath or shower. Put socks on immediately to prevent slipping and to lock in moisture.”



Elbow Grease

AmLactin Moisturizing Body Lotion (\$16) “If your elbows get super dry or look darker in color, use an exfoliating moisturizer like this one a couple of times a day. It contains exfoliating lactic acid to smooth out rough patches, plus emollients and humectants to keep skin soft.”



Back Up

Neutrogena Deep Clean Facial Cleanser (\$6.49) “A mild face wash is great to use on dry, flaky skin on your back because it’s milder than regular body wash. Unless you’re flexible, apply it with a back-scratcher-like device.”



Handy Solution

Curel Hand & Cuticle Therapy (\$5.89) “I carry hand lotion in my briefcase to apply after hand washing, which we do more of during the winter to prevent the spread of cold germs. Also, I recommend applying a layer of moisturizer before slipping on your gloves—it’s a trick that dermatologists use all the time to increase penetration of ointments.”

FROM WEBMD.COM

Q&A

“How can I treat my dry cuticles at home?”



Julie Webb, 28
administrative
assistant, Fort Walton
Beach, Fla.



EXPERT ANSWER

“To rejuvenate your dry cuticles and nails at home, squeeze a couple of capfuls of lotion enriched with mineral or olive oil (both ingredients prevent water loss by creating a barrier over the skin) into a small bowl and heat in a microwave for about 15 seconds. Rinse your hands first to moisten the skin, then soak your fingers in the warm cream for a few minutes or until the lotion cools. Then, towel dry, but do not rinse.”



Jin Soon Choi
founder/owner of Jin
Soon Natural Hand
and Foot Spa,
New York

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



Rock Out

Earth Therapeutics Pumice Brush (\$4.99) “Skin on feet can get very thick and hard, especially in winter. Exfoliation with a pumice stone a few times a week works well to smooth rough patches. After pumicing, soak your feet for 10 minutes, then apply a moisturizer.”



Hands Down

Cetaphil Gentle Skin Cleanser (\$11.99) “We wash our hands a lot during the winter or overload on sometimes-drying hand sanitizer. To clean hands without irritating or stripping them of their natural oils, try moisturizing liquid soap without water. Simply rub it on, then wipe it off with a paper towel.”



Joshua Zeichner, MD
director of cosmetic and clinical research,
Department of Dermatology, Mount Sinai
Medical Center



Double Duty

CeraVe SA Renewing Lotion (\$14.99) “Stock up on moisturizers infused with an exfoliating ingredient like lactic acid and a smoothing ingredient like salicylic acid, which work to eliminate dry flakes while hydrating skin at the same time.”



Back Scratch

St. Ives Fresh Skin Apricot Scrub (\$3.79) “Since it can be difficult to reach your back for exfoliating dead skin, rub a dollop of your favorite scrub (I like this one) onto the tiles of your shower wall. Then, rub your back against it before rinsing off.”

Reviewed by Karyn Grossman, MD
WebMD Skin Care Expert



BEAUTY 411

Why do pores get enlarged, and what can I do about it?

Unlike sun damage or smile lines, large pores are one problem you had nothing to do with. You can blame heredity.

Each pore is the visible end of an oil gland, and some people have way more than others. That’s why people with oilier skin tend to have more visible pores than those with dry skin. That said, your pores look larger, darker, and therefore more obvious if they’re clogged with dirt and sebum.

But nothing will actually shrink your pores. No treatment or ingredient can do that, and any such claims should be taken with a grain of salt. Your best bet is to keep pores—no matter how big or small, scarce or plentiful—as clean and clear as possible with a good cleansing regimen and regular sunscreen use.

—Joel Schlessinger, MD, dermatologist and director of The Advanced Skin Research Center at Skin Specialists

Shopping List



Take a photo with your phone!

☐ Aquaphor Healing Ointment

☐ Neutrogena Deep Clean Facial Cleanser

☐ AmLactin Moisturizing Body Lotion

☐ Curel Hand & Cuticle Therapy

☐ Earth Therapeutics Pumice Brush

☐ CeraVe SA Renewing Lotion

☐ Cetaphil Gentle Skin Cleanser

☐ St. Ives Fresh Skin Apricot Scrub

PETER DAZELEV/GETTY; DIGITALPRESS/VEER

Dirty Secret

Don't tell my germaphobe boyfriend, but I borrowed his razor to shave my legs and, yes, my bikini line, too. He'd freak out if he knew. Should he?



Absolutely! Razor blades can spread infections such as warts (caused by a virus), folliculitis (typically caused by staph bacteria), or jock itch (fungal infection). And that's true even if you don't cut yourself. Shaving creates microscopic openings in the skin, which allow organisms to enter and spread infection. And, although they're usually spread by direct contact, the viruses that cause herpes and hepatitis can also linger on razor blades or in the moist areas between blades. Your boyfriend could have one of these infections and not know it.

Here's something else to consider: You'll get the closest, cleanest shave—with less risk of nicks or dry, flaky skin—if you use a sharp razor that skims the skin instead of tugging against it. A good rule of thumb is to replace the blade after five to 10 uses, and you'll be able to keep track more efficiently if you have a blade that's all your own. Not to mention that you might end up with razor burn on your face from kissing your mate if *he* hasn't gotten a close shave.

Jeanie Chung Leddon, MD, PhD
Boulder Valley Center for Dermatology, Lafayette, Colo.



BEAUTY SMARTS

Hue New

HATE WHEN YOUR DYE JOB STARTS TO FADE? KEEP YOUR COLOR LOOKING FRESHER LONGER

By Ayren Jackson-Cannady

You can spend a pretty penny on the perfect shade for your tresses. So you want to make sure you don't wash all that cash and color down the drain. What can you do to keep that color where it belongs?

When you dye your hair, the pigments are held captive inside the hair strands, says Ni'Kita Wilson, a cosmetic chemist and vice president of research and innovation at Englewood

Lab. But anything that can lift the hair shaft's cuticle, allowing pigment particles to escape, can fade that pretty color. One of the biggest color-stealing culprits? H₂O. "Plain water dilutes the pigment and causes it to fade faster," Wilson says. But before you vow to never wash your strands again, try these pigment-protecting tricks.

Wear a hat. Protecting your hair from the elements helps prevent the formation

of free radicals, atoms or molecules that contribute to fading when they snatch electrons from pigment molecules. Wear a sun hat when you're outdoors for a long time, or look for leave-in treatments with UV absorbers that filter some of the color-ruining rays—like benzophenone-3 or -4, polyquaternium-59, cinnamidopropyltrimonium chloride, and butyl methoxydibenzoylmethane.



EXPERT TIP

"Here's a little secret: Deep condition your hair after you dye it to offset the damage from the process. It works every time."—**Ni'Kita Wilson, cosmetic chemist**

Two to try: Garnier Fructis Color Shield Color Sealer Lightweight Leave-In (\$5.99) and ColorProof FiberBlast Texture Crème (\$21.95).

Rethink going red.

While show-stopping, red hair colors fade the fastest because crimson pigment molecules are larger than browns and blacks, and the most unstable.

Suds up less frequently.

The more you wash your hair, the faster your color will fade. Shampooing causes the hair strands to swell, and the color then washes out little by little. If you need to shampoo often, invest in products such as John Frieda Sheer Blonde Highlight Activating Enhancing Shampoo (\$5.99) or Aveda Clove Color Conditioner for brunettes (\$18) that deposit dye onto your hair, essentially re-coloring it a little each time you wash.

Use color-protecting shampoo and conditioner. "Traditional products don't take away from the color—they just don't add anything," says Wilson. Wash and condition your strands with products formulated to be protective, like Pantene Pro-V Color Expressions Shampoo (\$6.49) or Redken Color Extend Conditioner (\$15.50)—they work by sealing your hair cuticle so your strands hold on to the dye inside. And, unless it's the day before a color



refresh, don't use clarifying shampoo, which can strip strands and speed up the color fade process.

Keep it cool. Steaming hot water definitely has an effect on strands. Wet hair has more stretch than dry hair, and the "stretchiness" of hair increases with the water temperature. This indicates the hair structure is more relaxed, which

can allow more pigment to escape. So wash with lukewarm water or (gasp!) cool H₂O.

Pool rule. Chlorine is a major culprit in fading hair dye. Apply a little deep conditioner to your locks before you dive in to protect and moisturize the hair. Then add a swim cap over the conditioner for an extra layer of protection.



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

I Tried It!

"I read about Olay Pro-X Age Repair SPF 30 in the November/December 2009 issue, picked it up on a whim at CVS, and within one week, stopped using all my pricier, fancy-name products. That's how much I like it—and I haven't used anything else since. Every morning, I apply three dabs, and not only does my face not get shiny or red around the nose, it actually gets a dewy matte finish and feels tighter. Like I just had a facial. Somehow, my pores look smaller after I use it. And it has SPF 30, plus I love its texture."—**Kim Caviness, Washington, D.C.**



Test your color know-how with the **Hair Dye Quiz**, one of our top beauty tests.

WebMD.com



AISLE DO

PRODUCT PICK

Cetaphil Restoraderm Skin Restoring Body Wash
(\$14.99)

EXPERT

Glenn Kolansky, MD
dermatologist,
Tinton Falls, N.J.

"I tell my patients to switch to a more moisturizing body wash in the colder months. This soap-free foaming cleanser is ideal. It's formulated for skin that's prone to eczema, but it's so gentle, I recommend it to anyone with normal or dry skin. It contains glycerin, a humectant that helps pull water into the skin, and shea butter, an emollient that helps skin retain that moisture."

WebMD.com

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

YOUR SMILE

Daily Grind

WHAT YOU NEED TO KNOW ABOUT EVERYDAY HABITS THAT
COULD DAMAGE YOUR TEETH

By Georgie Binks

You plan meals, grab drinks, and play sports without giving much thought to your teeth. But you might not realize how food, beverages, and activities can wreck the health of your pearly whites.

Sweet Spots

Sugar is the No. 1 enemy of your teeth, and the longer it stays in your mouth, the worse it is. Sugar is consumed by acid-producing bacteria in your mouth. The acids eat away at tooth enamel. Avoid foods like jelly candies, which stick in your teeth longer than other foods and bathe them in sugar. Dried fruit such as raisins are no better. Reach for fresh fruit instead.

Drinks to Skip

Soda is just plain bad for teeth, sugar-free or not. "You're bathing teeth in an acid environment," says Robert Sorin, DDS, clinical instructor in the department of dentistry and oral surgery at New York-Presbyterian Hospital. Club soda is harmful, too, because of its acidity, and so are juices with added sugar. Alcohol, even just a glass of wine, is

also acidic and can erode the teeth. In addition, alcohol dries out your mouth, reducing saliva production. "Saliva bathes the teeth and helps remove plaque and bacterial accumulations from the teeth's surface. Less plaque equals less risk for bacterial acids to cause decay," Sorin says. Rinse your mouth with water between drinks.

Mouth Off

If you use your teeth to snap off bottle caps, remove clothing tags, or open plastic bags, stop immediately. Smokers should also consider how the habit affects

oral health. Nicotine yellows teeth and can also cause oral cancer. Chewing tobacco is even worse because the tobacco and associated carcinogens come into direct contact with the gums and soft tissues and stay there for a long time.

Also, ask your doctor or pharmacist if your medicines might cause dry mouth. According to the American Dental Association, more than 500 medications—from pain relievers to antihistamines—can do so. Dry mouth inhibits saliva production and increases your risk of cavities.

If you play contact sports, pick up a mouth guard at a sports store or have your dentist make you a custom one for maximum protection and comfort.

You don't even have to be awake to damage your teeth. Sorin says as many as 8% of Americans grind or clench their teeth, especially at night. If this is you, make an appointment with your dentist right away.



Do you grind your teeth? Have mouth sores? Read **How Stress Affects Your Oral Health** to learn what causes these problems.

WebMD.com

FROM WEBMD.COM

Q&A

"I started to chew ice 10 years ago because it is so soothing. Now I can't give it up. Is it really so bad for my teeth?"



Krystn Wagenberg,
51, producer,
New York

EXPERT
ANSWER

"Yes, unfortunately. Chewing on ice, pens, pencils, and bobby pins can cause wear and tear on the tooth and enamel surfaces covering the tooth. If your teeth are worn or chipped already, the ice can crack and damage the tooth structure."



Robert Sorin, DDS
clinical instructor,
department of
dentistry and oral
surgery, New York-
Presbyterian Hospital

DID YOU KNOW?

25% OF U.S. ADULTS
OVER AGE 65 HAVE LOST
ALL THEIR TEETH.

STOCK4B-RF/GLOW IMAGES

It's Never Been Faster or Easier
to Keep Your Family Healthy

WebMD for iPhone, iPad, Android & Kindle Fire

WebMD

Check symptoms, access drug information, get first aid essentials and local health listings.

Available for: Android, iPhone, iPad, Kindle Fire

WebMD the Magazine

Now enjoy WebMD the Magazine wherever you are with a FREE subscription right on your iPad. Also access to bonus celebrity content, WebMD expert extras and more.

Available for: iPad

**WebMD Pain Coach**

The essential app for people living with chronic pain, featuring over 1,000 doctor-approved tips and articles, symptom and treatment trackers, and more. Coming in Summer 2012.

Available for: iPhone

WebMD Baby

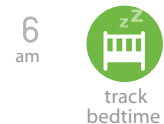
Access hundreds of articles and videos developed and approved by WebMD doctors. Track sleeping, feeding, growth, and more! Create a baby book to capture all of the precious moments.

Available for: Android, iPhone

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



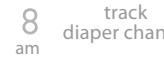
Learn More



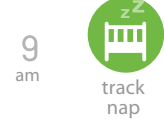
6 am



7 am



8 am



9 am



10 am



11 am



12 pm



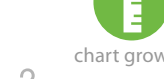
1 pm



2 pm



3 pm



4 pm



5 pm



6 pm



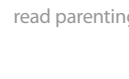
7 pm



8 pm



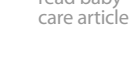
read parenting tip



read baby care article



take photo of favorite toy



read nutrition tip



learn favorite words



read pediatrician article



record video and pictures with family



read sleep article



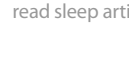
create note



record feeding



record insight



track bedtime



share article on facebook

Baby WebMD

The App Touching the Lives of New Parents

Perfect!!!



"Perfect for every new parent that wants to track their newborn!"

Jason • April 22, 2012

Everything I Needed & More!



"Love the journal & baby book! Must buy for parents!"

Jamie • April 24, 2012

Amazing App!



"This is the only app I've ever utilized good enough to cause me to spend my time writing a review. Incredibly useful with my new son!"

Chase • April 25, 2012

Love This App!!



"Easy to use!!! Lots of great information!!"

MelissaSue1106 • April 30, 2012



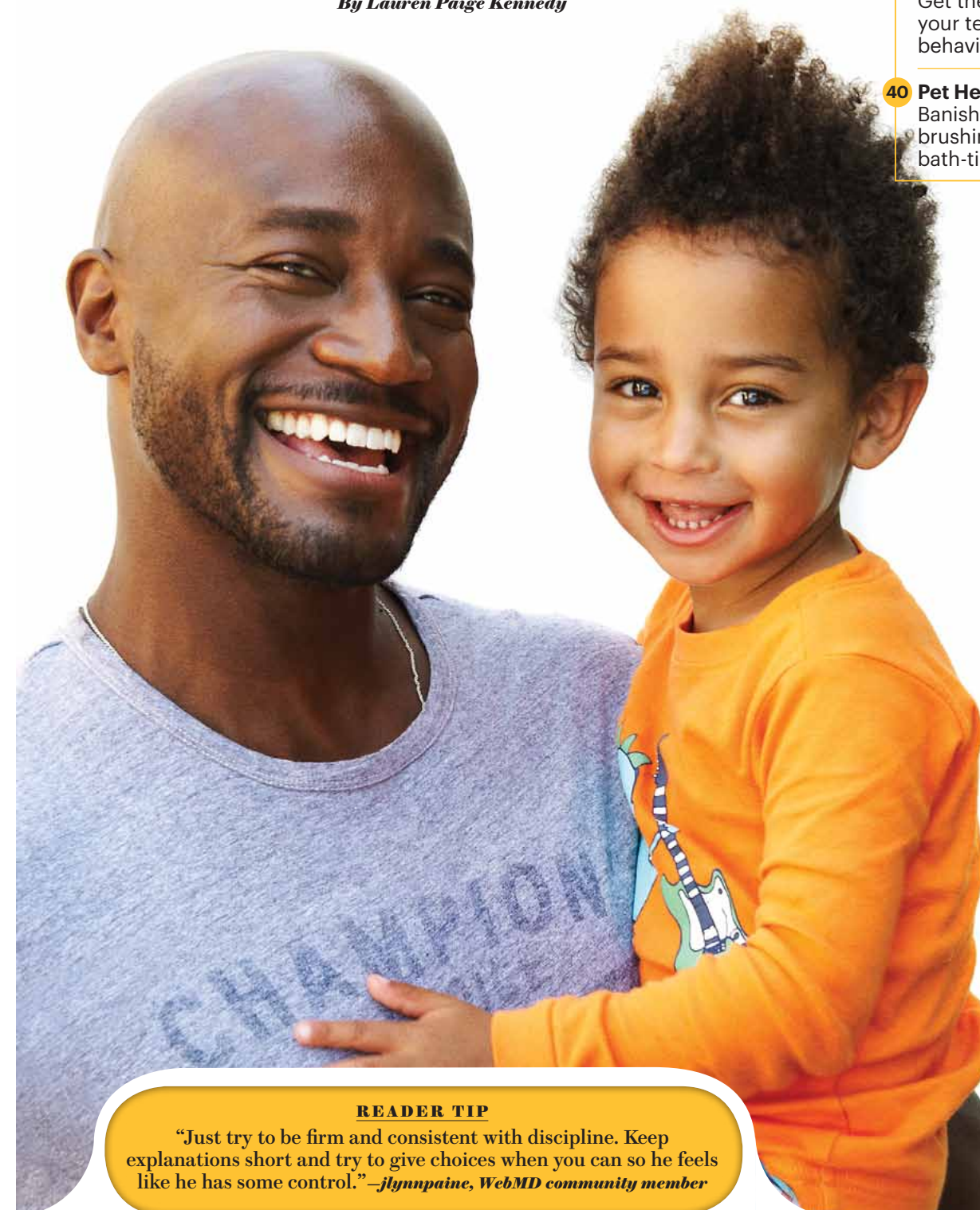
Trackers Articles BabyBook

BABY TALK

Son Shine

Actor Taye Diggs opens up about how fatherhood has changed him and inspired him to write a kids' book

By Lauren Paige Kennedy



FAMILY & PARENTING



39 Fit Kids

Get the 411 on your teen's moody behavior

40 Pet Health

Banish the brushing and bath-time drama

READER TIP

"Just try to be firm and consistent with discipline. Keep explanations short and try to give choices when you can so he feels like he has some control." —*jlynnpaine, WebMD community member*

BABY TALK

Proud Papa

You're a father to a 3-year-old son. What words of wisdom can you offer parents struggling with the "terrible twos"?

We're just coming off a night where Walker woke up at 5 a.m. and wouldn't go back to sleep. It's not for the faint of heart! I'd say *sleep* before you have any young ones. But it's a wonderful project in life, trying to raise this other person. He can be a buddy, then we're mentoring him, then he's teaching us.

Are you and your wife, Idina Menzel, who stars on Fox's *Glee*, big on bed- and bath-time routines for Walker, or do you favor a more relaxed approach?

We're both. We like to set up parameters, then every once in a while stray from them. Everything in moderation. That's what's most natural and what makes the most sense for us.

At 41, how has fatherhood changed you? Do you approach your work or your life differently now?

Before Walker was born, my heart belonged to Idina. I thought I knew what love was. After he was born, it felt as if I grew another heart. It's a type of love I had no idea I was capable of, and there are times when it's unsettling because it's made me feel more vulnerable than ever before. If anything happened to this little guy...I literally can't even [allow] the thought to enter my head. I tailspin. I'm a lot nicer to my mom now. If my son treats me the same way I treated my mother in the past, I'll be heartbroken! At some point he's not going to want to hang out with me—and it just kills me.



"How do you get little ones to sleep through the night?" Find out with the new **WebMD Answers** tool.

WebMD answers

Diggs stars in ABC's *Private Practice*.

How did your mom instill self-esteem in you and lay the groundwork for your new children's book, *Chocolate Me!*?

I wouldn't be performing if not for her, or have written the book. She made it known to me at a very early age that I needed to have a strong sense of self, regardless of what others might think. Kids at school, they tell you how

On *Private Practice*, you play Dr. Sam Bennett, who's authored a best-seller about the mind-body connection. In real life, do you believe in this approach?

I do, 100%. Everything in moderation. I never approach anything in the extreme, because that makes things rigid. I have a sensible, logical perspective. You've got to think positive,

"Before Walker was born, my heart belonged to Idina. I thought I knew what love was. After he was born, it felt as if I grew another heart."

you should be, dress, talk—it never felt right. Mom would say, "You stick to what you do—you're going to be great." Both of my parents instilled that in me. And already we're starting that with Walker.

The book, which focuses on celebrating diversity, is inspired by a poem you wrote in college, right?

It was a poem based upon an event that happened when I was 5 or 6 years old. I wrote it during a very reflective stage. Then I put it away for years. My best friend from childhood, illustrator Shane W. Evans, remembered me writing that poem and thought it would make a great children's book. He was already an established illustrator, so working with him involved going into the deal with publishers, contracts, and all that.

DID YOU KNOW?

NEWBORNS HAVE IMMATURE NERVOUS SYSTEMS, SO THEY SLEEP A LOT—BUT ONLY FOR ONE OR TWO HOURS AT A TIME, DAY OR NIGHT.

and things will be positive. Whatever you put into your body is what you get back. That said, I love a burger. And I love my sweets!

When the stress levels are dialed up, how do you reset and unwind?

The gym. I'm addicted to the gym, and I love to stay active. Everybody in the family, from Idina to the nanny, understands that it's a part of my life I need. Nobody tries to mess with it!

What's your go-to healthy snack?

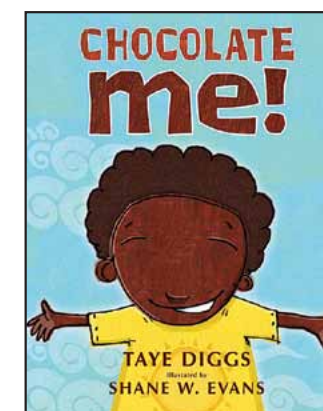
Nuts. We grew up with no money whatsoever. We couldn't afford the junk food, and we ate very healthy—nuts, salads, grains. It's my version of comfort food.

What's your workout regimen?

I'm always playing basketball or at the gym, or right now I'm working on a show that I'm choreographing. And whenever it's just Walker and me, we're always out. I gotta leave the house. I gotta keep moving.

What do you like best about your fitness routine?

Getting old is what I like the least. And what I like the best is the feel-



What's your greatest wish for your children's book and for the kids who read it?

We want to build upon *Chocolate Me!* with T-shirts, children's hair products, and skin care. At its core, it's about self-appreciation and a healthy sense of self. From there it expands and becomes more universal. The title suggests it's directed more toward African-Americans, but we're all in this together.

ing I get. Being raised in the arts, the feeling that sports gives you is completely different. Performing, for me, has a lot to do with the audience, their response, and the high you get when you're on stage. But I could shoot hoops for hours all by myself.

What does a perfect day look like for you, when you have no place to be and no calls to return?

Basketball and gym in the morning, then a great family day with my wife and Walker, going somewhere outside, just watching him, relishing the outdoors. Then putting him down and having the evening for just my wife and me—a great dinner and seeing a show in New York City. That's perfection.

Reviewed by Louise Chang, MD
WebMD Senior Medical Editor

Now better than ever!

- Save symptom lists for yourself and loved ones.
- Detailed information based on possible conditions.
- Print reports to share with your doctor.

Learn More



Get tips on how to deal with changes in your kid with help from the **Teen Mood Swings** video.

WebMD.com



Teens who went to bed past midnight were 24% more likely to be depressed.

FIT KIDS

Teen Wolf

NASTY MOODS AREN'T UNUSUAL FOR TEENAGERS. HOW DO YOU KNOW IF IT MIGHT BE SOMETHING MORE?

By Hansa Bhargava, MD

“Help! My teenager is so moody and cranky.” Does that sound like someone in your household? Teens have a lot on their plate: homework, friendship dramas, maybe a new relationship or a breakup. Plus, their bodies are changing and they’re starting to separate from their parents. That’s all normal. But if you suspect something more might be going on, consider these aspects of your child’s life.

Quality of sleep. Bedtime isn’t just for little kids. According to the National Sleep Foundation, teens need eight to nine hours of sleep a night. In a recent study that looked at more than 15,000 teens, lack of sleep was linked to depression. Teens who went to bed past midnight were 24% more likely to be depressed and were also more likely to have suicidal thoughts. You may think there’s little you can do to get your teen to respect a lights-out rule. But more than 70% of teens say they go to bed at a time that parents set, so your opinion still matters.



EXPERT TIP

“Don’t belittle whatever your teens are going through, and don’t overreact either. Make sure they know you believe in them.”—*Hansa Bhargava, MD*

Moods and possible depression. The teen years are often painted as “the best years of your life,” but let’s face it, they can be plenty rocky. Some teens—up to one in eight—develop depression. Watch for symptoms such as appetite or sleep changes, lower energy levels, and irritability. Lots of teens go through mild changes and are not depressed.

But if you see big swings from your teen’s usual behavior, take it seriously. Talk to him, without judgment, and remember that seeing a therapist might help you both.

Diet and fitness. Pay attention to what your teen eats (or doesn’t eat). First, how healthy are his meals? Does he eat breakfast? A sound diet can make a real difference in mood and how he thinks. In one study of teens, those who ate breakfast had better moods and were more alert than those who did not. Second, is your teen active? Exercise is a known mood-booster and stress reliever because it releases the body’s feel-good chemicals such as endorphins.

Above all, try to be compassionate and remember what it was like to be that age. Of course, you should always feel free to bring up any concerns with your doctor. But often, you are the person your teen needs most—even if he doesn’t act like it.

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

PET HEALTH

Washed Up

DO YOU DREAD BRUSHING AND BATHING YOUR DOG? THE PAYOFF IS GOOD FOR YOU AND YOUR POOCH

By Katherine Kam



Brushing your dog might seem like a major chore—something you'll tackle after you've cleaned up the yard and restocked the kibble bin—especially when life gets hectic. “Very often, people make brushing and combing a major event. They think you need to do it for an hour,” says Stephen L. Zawistowski, PhD, CAAB, an animal behaviorist and science adviser to the American Society for the Prevention of Cruelty to Animals (ASPCA).

But grooming your dog doesn't need to be hard. In fact, “in many ways, you're better off doing it more often but for a short period, maybe five or 10 minutes each day,” Zawistowski adds. “Make it a habit.”

Brief, frequent brushing sessions, combined with an occasional bath, keep your dog clean and comfortable. Routine brushing enhances your dog's appearance by distributing natural oils throughout the entire coat. “It makes dogs look nice and healthy

Cats live an average of 12 to 20 years.

PURRFECT HABITS

Cats and cat owners alike detest hairballs—and for ample reason. It's great that felines love to lick themselves clean, but they can swallow a lot of hair that collects in the stomach. Here's how to cut down on hairballs.

Be sure to brush. Regular brushing reduces hairballs, says animal behaviorist Stephen L. Zawistowski, PhD, CAAB. Your cat won't ingest as much hair, especially if you wipe her with a clean cloth after brushing to pick up any loose hairs. If your cat has long hair, try to brush every day. Limit brushing sessions to 10 to 15 minutes. Longer sessions might upset your cat.

Skip the baths. Cats don't really need baths as long as they're able to groom themselves, he says. But if your cat's coat feels oily, greasy, or sticky, a bath is in order. First, give a thorough brushing to remove loose hair and mats. Then bathe your cat in lukewarm water with mild cat shampoo and dry her with a towel.

Check ears weekly. If your cat's ears are dirty, clean them with a piece of cotton or gauze. Or ask your veterinarian about an ear-cleaning solution.

39% of U.S. households own at least one dog.

and glossy,” Zawistowski says. It also prevents hair from knotting or clumping and whisks away dirt, burs, and other outdoor debris. Plus, there's a big

Short-haired dogs, like dalmatians or beagles, aren't as hard to brush, but regular sessions will still cut down on shedding. Use a steel-tooth comb to

Routine brushing enhances your dog's appearance by distributing natural oils throughout the entire coat.

emotional payoff. “The brushing actually helps you develop a good bond with your dog,” Zawistowski says.

How extensively do you need to brush and comb? It depends on your dog's coat. Long-haired breeds, like golden retrievers and Newfoundlands, will need longer, more intense brushing almost daily, Zawistowski says.

remove tangles and then a stiff bristle brush to get rid of loose hair, he says.

If your dog stays fairly clean with regular brushing, you might get away with fewer baths, Zawistowski says. But in general, dogs need to be bathed about every three months, according to the ASPCA. If your dog gets dirtier, for example, by romping outdoors, con-

sider lathering up more often. Always use a puppy or dog shampoo, not a people shampoo, Zawistowski says. Human shampoos aren't toxic, but they may contain fragrances and other ingredients that irritate pets' skin.

And though frequent brushing may do wonders for your dog, the same is not true of baths. Don't overdo it. “Most people bathe their dog more often than they need to,” he says, sometimes weekly or every other week. Too many baths will strip the coat of natural oils that protect the skin—and your dog's coat will lose some of its shine and luster.

Reviewed by William Draper, DVM
WebMD Pet Health Expert

What Will Help You Lose Weight?

WebMD Food & Fitness Planner

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

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

Learn More

*American Journal of Preventive Medicine, August 2008

MARTIN POOLE/GETTY IMAGES



Is your pooch scratching up a storm? Find out why with one of our most popular slideshows, **Skin Problems in Dogs**.

WebMD.com





RED HOT

By REBECCA ASCHER-WALSH

Photographs by
MATTHIAS VRIENS-MCGRATH/TRUNK ARCHIVE

Taylor Swift has been very busy since we last talked to her. As her fourth album climbs the charts, we check in with the singing sensation to find out how she's kept her cool on her rise to the top.

WHEN WE FIRST SPOKE TO TAYLOR SWIFT TWO YEARS AGO, HER THIRD ALBUM, *SPEAK NOW*, WAS ABOUT TO BE RELEASED AND THE THEN 20-YEAR-OLD COUNTRY MUSIC STAR HAD EVERY REASON TO BE CONFIDENT. HER EPONYMOUS FIRST ALBUM, WHICH DEBUTED IN 2006 WHEN SHE WAS ONLY 16, HAD GONE MULTI-PLATINUM AND ESTABLISHED HER AS A MUSICAL FORCE WHOSE SONGS ABOUT LOVE AND HEARTBREAK RESONATED WITH PEERS AND ADULTS ALIKE.

Her follow-up, *Fearless*, released two years later, sold millions of copies and earned four Grammy awards. By the time *Speak Now* was ready to greet the world, *Forbes* magazine had listed her as the 12th most powerful celebrity, with annual earnings calculated at \$45 million.

But on the eve her fans first heard *Speak Now*, Swift told us she was filled with fear. “These songs are basically my journal entries from the last two years,” she explained, “And that of course makes me much more vested in how people hear them.” In the end, she could rest easy. The album sold more than 1 million copies in its first week, and went on to win two Grammys and a spot on *Rolling Stone*’s Women Who Rock: 50 Greatest Albums of All Time by female recording artists.

So the first thing we wanted to know when we reconnected with Swift as she prepared for the release of her fourth album, *Red*, is whether she or anticipatory anxiety is winning the fight. The first single off the album, “We Are Never Ever Getting Back Together,” has already hit No. 1 on *Billboard*’s charts, and fans are scrambling to guess which former boyfriend the sassy send-off is about (actor Jake Gyllenhaal? singer Joe Jonas?). And just like the last time, there doesn’t seem to be too much to worry about.

“I’m really proud of the record,” Swift says slowly, “but I’m always nervous about everything. There’s a great deal of terror that fills my mind before I do anything, really. We’re talking before an album comes out, before a photo shoot, anytime I read my name in print. There’s a huge amount of pressure and responsibility because millions of people are going to potentially spend their hard-earned money on the album, and there’s a great responsibility for the critics who will write about it, and responsibility for the girl who is going through a breakup and needs a song about what she’s feeling, and responsibility for the girl who doesn’t feel good about

herself and needs a song for that, too, and I worry about saying or doing the wrong thing.” Swift pauses for a breath and laughs. “Do you see the rabbit holes I go down?”

The stakes may be different for Swift than for most of us, but who can’t relate to the desire to connect and feel appreciated? It’s this quality that has created such a strong pact between Swift and her fans, who look at pictures of the star cavorting at the Kennedy compound in Hyannis Port, Mass., with current boyfriend Conor Kennedy or draped in jewels on the red carpet and still see one of them.

Swift returns the favor by divulging personal aspects of her love affairs in her lyrics, folding in “clues” to the subject’s identity for her devotees. “If there were a guy who had been incredibly kind and good to me, he would have only gotten kind and good songs written about him, and there have been those guys,” Swift says unapologetically. “Some of my favorite songs are about the wonderful people who have been in my life, like the singles ‘Love Story,’ ‘You Belong With Me,’ and ‘Back to December.’ But people also need the songs about what it’s like to fall out of love or what it’s like when your relationship takes a nosedive.”

Remarkably, the singer, who has also been linked to celebrities Taylor Lautner and John Mayer, says suitors aren’t discouraged. “Everyone starts a relationship well intentioned,” she explains. “No one thinks, ‘This will have a horrific, crazy downfall, and it will be chronicled on an album that teenagers will be singing to themselves in their bedrooms.’”

HOME GROWN

Not long ago, Swift was that adolescent singing her own sad songs in her bedroom. Raised in rural Pennsylvania along



CLIFF WATTS/TRUNK ARCHIVE

with younger brother, Austin, by a stockbroker father and stay-at-home mother, Swift says she suffered deeply as an outcast at school. She began writing songs at age 12 as a way of making sense of the experience. By 14 she was invested enough in the process that she convinced her family to move to Nashville, Tenn., where she could immerse herself in the songwriting community. Within months of arriving, she was signed as the youngest staff songwriter ever at Sony/ATV Music Publishing.

Throughout Swift's rise to fame, her mother has been her strongest ally. "I think who you are is really about how you are wired and how you respond to situations, and I was really shaped by who I was in school," Swift says. "I was never the person who was sought after or invited to things. My mother's been used to picking up my confidence since I was in middle school and dealing with mean girls. She was never about chasing the in-crowd or being cool. She was with us making grape jam in the kitchen and creating imaginary games with us. She was focused on our being happy."

Family and home are still Swift's greatest sources of pleasure. She owns an apartment in Nashville, lovingly decorated with antiques picked up on shopping trips with her mom while on the road. She counts among her favorite evenings the ones spent there with close friends—"We will have face-painting night or random things like that and talk about our relationships"—or by herself, "watching an episode of *Law and Order*, *CSI*, or *Grey's Anatomy*, with my cat and some food nearby."

And thanks to her mother's influence, Swift is very comfortable in the kitchen, where she is notorious for churning out baked goods that she parcels out to friends. She's also handy at making herself healthy meals like grilled chicken, brown rice, and green beans. The singer—who admits addictions to Starbucks flavored lattes and Diet Coke—says sticking to a nutritious diet when she's touring is harder, "but I try to eat a lot in the beginning of the day and not so much at the end." While "snacks come and go," Smartwater is always on board her tour bus to keep her hydrated.

Regardless of where she is, Swift hits the gym for an hour of cardio every day, running on the treadmill or doing the elliptical. "I like to feel really tired afterward, sweaty and disgusting," says the star, who cues up songs by rappers like Nicki Minaj, Santigold,

POSITIVE FEEDBACK

Thinking positively doesn't just make us happier. Studies show that cutting down on negative self-talk can improve your health and even extend your life. Mind-body medicine expert Amit Sood, MD, says practicing these simple acts on a daily basis can help you lighten up.

Focus on what went right instead of what went wrong. If someone made your coffee weaker than you like, think, "'I'm grateful someone made me coffee.' By being grateful for the little things—a stranger's smile, a beautiful flower—you increase your gratitude threshold."

Implement the five-year rule. "If you get a parking ticket, you could be upset about it all day, but you won't remember it in five years. If it isn't going to bother you in five years, don't let it bother you now."

Recognize the importance of lessons, however painful. "See the world as a giant school of and opportunity for learning."

Play the name game. Before you get out of bed in the morning, skip the anxious-making laundry list of the day in favor of naming five people for whom you are grateful. Send out a silent "thank you" to them.

Practice kindness to yourself. "It's difficult to enjoy what you have if you are always trying to improve. Everything you have can be better. Instead, focus on how perfect everything already is." —RAW



SWIFT, WITH MEMBERS OF HER BAND, SAYS SHE'S REALLY PROUD OF *RED*, HER FOURTH ALBUM.

and Game on her iPod to cheer her on. "I don't care about losing weight as much as feeling good about myself. You can't indulge without exercising, so I exercise because I love eating and I don't want to have to live without anything. But I also exercise because on the occasional days when I'm feeling low, it always makes me feel better."

GRATITUDE ADJUSTMENT

When she isn't near a treadmill and finds herself getting caught up in negative thinking, Swift has learned to divide her thoughts into two categories: "things I can change" and "things I can't."

"You'll always be worried about something, but if you can cut that list down by even the smallest amount, that's good," she explains. "You only have so many hours a day, and if you can focus the energy on only the things you can control, it's more productive."

Swift's quickest way to get back on track is expressing gratitude. "The fact is, my life is amazing, so when I'm getting too much in my own head, I try to say all the things I'm grateful for. It can be simple things—like if I'm complaining

about how my cellphone is working slowly, I think about how slowly they worked five years ago. It's OK to have glass-half-empty days, but not too many of them. I place a higher priority on being happy than I do on freaking out."

Swift practices the same skills taught by Amit Sood, MD, director of research for Mayo Clinic's Complementary and Alternative Medicine Program. Focusing on what's positive is a powerful tool that goes beyond making us feel happier: "Studies show that people who are more optimistic tend to have better physical health, lower risks of strokes and heart disease, and higher overall survival rates," Sood says. "They also have better emotional health, lower stress, lower percentages of depression, better relationships, and are better equipped to solve life's problems."

Swift has intuitively coped by writing music, but she says she now understands the power of being kinder to herself. "One thing I've had to work on is being really tough on myself. My mom says that when I was a kid she always felt bad punishing me because I always punished myself the worst when I made mistakes, locking myself in my room and feeling so bad that I did something wrong or hurt someone. But when I'm writing, I can't second-guess myself. You have to be confident enough to have ideas."

Asked what advice she would have given herself two years ago if she knew then what



How happy are you? Test your EQ smarts with the **Happiness Quiz**, one of our top 10 most popular tools.

WebMD.com



SWIFT ROCKS OUT AT THE MTV VIDEO MUSIC AWARDS IN SEPTEMBER.

TAYLOR'S TOP 10

Some of Swift's favorite things

- 1 Favorite drinks: "Smartwater and Starbucks"
- 2 Kate Somerville moisturizer. "But any kind of moisturizer that you put on before you go to bed will make your skin softer."
- 3 Makeup bag with black eyeliner, red lipstick, and tinted moisturizer
- 4 Pearl earrings and necklace she keeps in her change purse. "I'll throw them on if I need to suddenly dress up at the end of the day and don't have time to change my clothes."
- 5 Pair of Ray-Ban sunglasses
- 6 Camera
- 7 Tester of her new perfume, *Wonderstruck Enchanted*
- 8 An hour of cardio at the gym. "I try to exercise a lot."
- 9 Getaways with friends. "My girlfriends and I went to Charleston, S.C., last year on vacation, and I can't wait to go back."
- 10 Time alone, watching TV with her cat. "That's all it takes."

Reviewed by Louise Chang, MD
WebMD Senior Medical Editor



DOWN HOME *for the* HOLIDAYS

 By AMY AHLBERG Photography by Iain Bagwell

GO SOUTH THIS HOLIDAY
SEASON. ATLANTA CHEF

Joe Truex

OFFERS A FESTIVE, PERFECT-
FOR-ENTERTAINING MENU THAT
FEATURES A FRESH, LIGHTER
TAKE ON THE HOLIDAY FOODS
HE GREW UP WITH.

Hosting loved ones during the hubbub of the holidays can be a challenge,

even for the most seasoned professional chefs. Taking a light-hearted approach and letting good ingredients shine is the answer, says Joe Truex, executive chef at Watershed on Peachtree in Atlanta. “When I’m cooking at home I want to make it fun and enjoy myself. I’ve learned to keep my menus simple—and definitely seasonal.”

Truex was inspired to start cooking at an early age. Growing up in Louisiana certainly influenced him. “There’s such a rich food culture there, and I was always exposed to people who were interested in food.” Truex’s mother, “a teacher and a wonderful cook,” was one of those people. “I also had a well-off, retired aunt who lived in a house on our property in rural Louisiana. I was her favorite. She’d give me money to make her things like French toast and eggs.”

After training at The Culinary Institute of America in Hyde Park, New York, and working in restaurants in Europe and across the United States, Truex was ready to come home. “It’s such a great time for me right now,” he says. “I spent most of my life trying to get out of the South. I did, and I saw the world. I’ve been in Atlanta now for 10 years. As a chef, I’m ready to embrace my roots and my heritage.”

But he’s a changed man (and chef), thanks to his experiences. “The first part of my life was traveling and being exposed to different cultures and points of view. As a chef, I like to reflect that experience in my cooking.” As a result, his personal signature is giving

familiar ingredients a creative twist. “And preparing them in a lighter way,” he adds. “I don’t eat the same way I used to, and cooking lighter is also important to me as a chef.”

For this holiday season, Truex offers a simple yet special menu, ideal for entertaining. “Pork is something that’s familiar, and the brining process is easy but adds flavor. The mushroom fricassee is basically a stew that cooks along with the pork, and the pan drippings make the sauce,” Truex explains. Just pull it out of the oven and enjoy time with your guests, he says. That’s what the holidays are all about.



“Roast pork is very classic and Southern. I love mushrooms with pork: The flavors complement each other so well,” Truex says. “Brining the pork increases its flavor and moisture retention. I love that this dish has deep flavors but a light feel.”

Roast Pork Loin With Wild Mushroom Fricassee

Makes 8 servings

Ingredients

- 1 cup kosher salt
- 1 gallon water
- 1 2 ½-lb boneless pork loin roast, well trimmed
- 4 large garlic cloves, pressed
- 4 tsp chopped fresh rosemary or 2 tsp dried
- ½ tsp black pepper
- 1 cup shiitake mushrooms, stemmed and quartered
- 1 cup button mushrooms, quartered

- 1 cup oyster mushrooms, stemmed
- 1 cup cremini mushrooms, quartered
- 4 oz (1/2 cup) extra virgin olive oil
- 2 oz (1/4 cup) good quality low-sodium soy sauce
- 2 tbsp ground black pepper

Directions

1. Make salt brine by dissolving kosher salt in water. Place pork loin roast in saltwater brine until covered and refrigerate 24 hours. Remove roast, discard brine, and pat roast until dry.
2. Preheat oven to 400°F. Rub garlic and rosemary

- all over pork roast and season with black pepper. Place pork, fat side down, in a large skillet and sear over medium heat until golden. Turn over and sear the other side until golden, and remove from pan.
3. Toss mushrooms with olive oil and season with soy

- sauce and pepper. Place mushrooms in the bottom of a roasting pan and put the pork roast on top of the mushrooms. Roast pork 30–40 minutes, until thermometer inserted into center of pork registers 155°F. Remove from oven and set aside for 10 minutes.
4. Remove loin from pan, slice, and arrange in a serving dish. Spoon mushrooms and sauce over the top and serve.

Per serving

341 calories, 29 g protein, 3 g carbohydrate, 24 g fat (5 g saturated fat), 69 mg cholesterol, 1 g sugar, 736 mg sodium. Calories from fat: 63%

Green Bean Casserole

Makes 8 servings

Ingredients

- 1 lb fresh green beans
- 3 ½ oz raw walnuts, soaked (preferably overnight but for at least 30 minutes)
- 1 tbsp tahini paste
- 1 cup nondairy milk (such as rice milk; use dairy milk if preferred)
- 1 tbsp organic canola oil
- 1 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- ½ lb cremini or button mushrooms, sliced
- ½ tsp tamari or soy sauce (use tamari for gluten-free version)
- ¼ tsp cayenne pepper
- 1 tbsp plain unbleached flour (use sweet rice flour or gluten-free flour mix for gluten-free version)
- 2 bay leaves
- freshly cracked black pepper
- sea salt to taste

For the onion topping

- 1 medium red onion, sliced into thin rounds
- ½ cup quinoa flakes
- ¼ cup flaked (sliced) almonds
- 2 tsp dried marjoram
- 2 tbsp extra virgin olive oil

“Green bean casserole—it doesn’t get any more Southern holiday than that,” Truex says. “This recipe keeps all the creamy goodness the classic dish brings, but without the fat and calories.”



Directions

1. Preheat oven to 350°F.
2. Top and tail green beans and steam about 3 minutes, until bright green. Remove from heat and plunge into a bowl of ice water. Drain and set aside.
3. Prepare topping: Separate sliced onion into rings and toss with quinoa flakes, almonds, marjoram, and olive oil.
4. Drain walnuts and blend in a food processor with tahini and half the milk until smooth and creamy.
5. Heat canola and olive oils over medium heat in a heavy-bottomed saucepan. Add garlic and cook 1 minute. Add mushrooms, tamari or soy sauce, and cayenne pepper. Continue to toss, cooking mushrooms evenly until soft and golden. Add flour and cook, stirring, over low heat 1 more minute.
6. Add walnut mixture, remaining milk, and bay leaves. Bring sauce to a very gentle simmer and allow to reduce and thicken over low heat for a few minutes, stirring. Once the sauce has thickened, season with black pepper and sea salt, and remove bay leaves.
7. Arrange steamed green beans in a good-sized casserole dish and top with mushroom sauce and then the onion topping. Bake around 20 minutes, until the green beans are bubbling hot and the top is nicely golden.

Per serving

242 calories, 6 g protein, 16 g carbohydrate, 18 g fat (2 g saturated fat), 1 mg cholesterol, 3 g fiber, 5 g sugar, 35 mg sodium. Calories from fat: 64%

Hot Pepper Slaw

Makes 8 servings

Ingredients

- 1 medium head green cabbage
- 1 medium head red cabbage
- 1 tsp sea salt
- 3 large carrots
- ¼ cup minced scallions

"I love the Asian treatment with this coleslaw recipe," Truex says. "It's crunchy, light, and flavorful."

bage thinly or shred in a food processor. In a large bowl, layer cabbage with sea salt. Toss to distribute salt evenly, and let cabbage sit 1 hour to soften.

- 1 tbsp toasted sesame seeds

For the dressing

- ½ cup unseasoned rice vinegar
- ½ cup hot pepper vinegar
- ¼ cup light brown sugar
- 1½ tbsp dark-roasted sesame oil

Directions

1. Discard the outer leaves of cabbages. Cut heads in quarters, and remove and discard cores. Slice cab-

2. Meanwhile, peel carrots and grate into thin shreds.
3. Drain off any liquid produced by the cabbage and rinse cabbage well in several changes of cold water to remove excess salt. Taste the cabbage; if it is still too salty, rinse again.
4. Add carrots to cabbage and mix well.
5. For the dressing, whisk rice vinegar, hot pepper vinegar, brown sugar, and sesame oil together in a small bowl.
6. Pour dressing over cabbage and mix well. Chill. Garnish with minced scallions and toasted sesame seeds before serving.

Per serving

120 calories, 3 g protein, 22 g carbohydrate, 3 g fat (1 g saturated fat), 6 g fiber, 13 g sugar, 360 mg sodium. Calories from fat: 25%

"What would the holidays be without a bubbly baked casserole in an earthenware dish? I love turnips, but even people who think they don't will enjoy this gratin," Truex says.

Turnip Gratin

Makes 8 servings

Ingredients

- olive oil for the baking dish
- 1 garlic clove, cut in half
- 2 lbs turnips, preferably small ones, peeled and sliced in thin rounds
- salt and freshly ground pepper

Sweet Potato Pecan Parfait

Makes 8 servings

Ingredients

- 5½ lbs sweet potatoes (about 4 large)
- 1 cup low-fat plain Greek yogurt
- 3 tbsp honey
- ½ tsp salt
- ¼ tsp ground cinnamon
- ⅛ tsp ground nutmeg
- ½ cup unpacked light brown sugar
- 2 cups pecan halves, toasted and coarsely chopped

Directions

1. Preheat oven to 350°F. Roast sweet potatoes until soft and cooked, 30–40 minutes.

2. When potatoes are fully cooked, remove and cool. Scoop potatoes from their jackets into a mixing bowl and add yogurt, honey, salt, spices, and brown sugar. Beat with a whisk or electric beaters until smooth.
3. Make alternate layers of sweet potato mixture and chopped pecans in a parfait cup or glass. Sprinkle top with chopped pecans. Serve.

Per serving

489 calories, 8 g protein, 77 g carbohydrate, 18 g fat (2 g saturated fat), 2 mg cholesterol, 11 g fiber, 30 g sugar, 324 mg sodium. Calories from fat: 31%

"Here's a healthy yet satisfying end to a meal. Sweet potatoes and pecans are a classic pairing, but unlike other desserts featuring the two, this one isn't cloyingly sweet," Truex says.

PARTY LINE

CHEF JOE TRUEX GIVES US A SNEAK PEEK INTO HOW HE ENTERTAINS AT HOME.

Keep it uncomplicated. This is not the time to attempt fussy recipes or make extra work for yourself. "I like to make pastas and braises and rustic things that I can cook easily and enjoy the process."

It takes a village.

"Even if you like to cook, it takes a lot of people to make a chef look good." He recommends establishing relationships with your local butcher, fishmonger, and other food purveyors. Talk to them about your menu plan—they can steer you toward the freshest cuts of meat and fish, he says. They can also do some of the prep and trimming for you, and provide cooking tips as well.

Invest in solid cookware.

"I'm a big fan of iron," Truex says. "I love cast iron cookware, like Staub and Le Creuset." Using these heavy, sturdy pans redistributes heat and cooks food slowly, which is ideal for recipes like Truex's pork tenderloin.

Per serving

115 calories, 7 g protein, 12 g carbohydrate, 5 g fat (3 g saturated fat), 16 mg cholesterol, 2 g fiber, 8 g sugar, 135 mg sodium. Calories from fat: 35%

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



CALLED TO

care

IN OUR SEVENTH ANNUAL WEBMD HEALTH HEROES TRIBUTE, WE HONOR FOUR ORDINARY AMERICANS WHO DO EXTRAORDINARY THINGS FOR THE HEALTH AND WELLNESS OF THE NATION BY SUSAN DAVIS

Family Matters

When Richard and Debra Siravo's 5-year-old son, Matty, died after a prolonged epileptic seizure in 1998, the couple and their other three sons were devastated. Matty's seizure occurred after brain surgery to reduce the epilepsy symptoms he'd had since infancy. It was "truly a tragedy" that the young boy died instead, Richard, 51, says.

Rather than succumb to grief or anger, Debra, a schoolteacher, and Richard, who owned an insurance adjuster business, decided to help others. Starting in their basement in Wakefield, R.I., they set up The Matty Fund

to provide information and resources to other families dealing with epilepsy. "We couldn't return to our jobs or daily routine," Richard says. "No one was assisting Rhode Island families dealing with epilepsy at the time." Adds Debra, 49, "We wanted to take something horrific and turn it into something positive."

Today the fund has raised \$1.5 million and provides workshops, support groups, a therapeutic horseback riding camp, epilepsy awareness programs in schools, and money for scholarships and epilepsy research. Richard and Debra's sons, now ages 23, 21, and 19, have helped with the organization's events and programs since its start—the eldest serves on its board of directors. "They were always at Matty's side, watching over him," Richard says. "They learned so much by having a disabled little brother. They carry Matty's spirit wherever they go."

RELIEF FUND When they lost one of their sons to epilepsy Richard and Debra Siravo rallied for other families.

Room to Breathe

Diagnosed with lung cancer in 2003, **Bonnie Addario** says her first thought was, “I can’t believe this.” Her second thought: “I’m going to beat this.”

Her odds weren’t great: The five-year survival rate for lung cancer is 16% (compared with 99% for both early-stage breast cancer and prostate cancer). But after months of difficult treatments, Addario, 65, recovered and decided to help others survive the disease. Lung cancer research receives a fraction of the funding other cancer research attracts. So in 2006, she set up the Bonnie J. Addario Foundation from her home in San Carlos, Calif., to raise awareness

of lung cancer and money for research. To date, her foundation has raised \$10 million.

Then she held a summit in San Francisco for lung cancer researchers. “I asked, ‘If money were no object, what’s the one thing you would do to increase survivability?’” she says. The answer: Develop a bio-repository of tissue, blood, and plasma samples from lung cancer patients that researchers could study. In response, Addario’s second nonprofit, the Addario Lung Cancer Medical Institute, created bio-repositories in California and Colorado that scientists and doctors at 17 institutions in the United States and Europe now use for joint research.

Addario believes lung cancer research funding is so low because the disease carries a stigma. “We have to get around that so we can turn survival into the norm, not the exception,” she says.

AIR APPARENT Lung cancer is tough to beat, but Bonnie Addario survived—and fights to help others do the same.



“I DIDN’T TRY TO BE LITIGIOUS OR CREATE AN ENORMOUS PR CAMPAIGN. MY INTENT IS ALWAYS TO WORK COLLABORATIVELY.”

PEST PILOT Robina Suwol helps make schools healthier for kids and their communities.

Bug Wars

In 1998, a school gardener inadvertently sprayed **Robina Suwol**’s 6-year-old son and other children with pesticides as they walked into their Sherman Oaks, Calif., elementary school. Her son’s resulting asthma attack prompted Suwol to investigate pesticide use in the Los Angeles Unified School District. She discovered LAUSD used 160 pesticides, many linked to learning disabilities, cancer, asthma, and other illnesses in children and adults.

Rather than focus on one school, Suwol took on the whole district—no small task, given that LAUSD, with 1,000 school sites, is the country’s second largest. “I didn’t try to be litigious or create an enormous PR campaign,” she says. “My intent

is always to work collaboratively. When this approach is successful, great things can happen.”

Over the next year, Suwol’s program, California Safe Schools, a coalition of parents, teachers, medical experts, and scientists, helped LAUSD adopt the most stringent pesticide policy in the nation, banning all products lacking safety records. Two years later, the California Legislature passed the Healthy Schools Act of 2000, which mandates parents’ right to know about the pesticides schools use. Four years after that, the state passed AB 405 (Montañez), banning school districts from using experimental pesticides.

“These laws have protected 6 million children and hundreds of thousands of school employees,” Suwol says. “Children have no vote, no lobbyists. They depend on adults to protect them. We’re committed to doing that.”

WHERE ARE THEY NOW?

We check in with the 2011 WebMD Health Heroes



Ellen L. Beck, MD

As founder and director of the Student-Run Free Clinic Project at the University of California, San Diego, Ellen Beck, MD, sees firsthand how many people go without essential health care. “We continue to serve people with huge unmet needs because the need is so vast,” she says. Beck founded the SRFCP in 1997 to provide free medical and preventive care to the underserved in the community. Since then, it has proven popular among students at the UCSD School of Medicine—about 250 medical students participate yearly, Beck says—as well as with the some 2,000 patients the clinic helps out each year. Beck used her WebMD Health Heroes award to provide everything from diabetes test strips (for patients to check their blood-sugar levels) to lab tests and supplies. In the past year, SRFCP also increased its women’s and mental health services, expanded a dental program, and offered work experience for young people from disadvantaged backgrounds entering health careers.



Kelly Young

“If we can make general physicians and the public more aware of rheumatoid disease, we can help people recognize it and seek treatment earlier,” says Kelly Young. After Young was diagnosed with rheumatoid arthritis in 2006, she was shocked how few reliable online sources of information there were. So Young, from the Orlando, Fla., area, launched rawarrior.com, which provides more than 700 articles for RA patients. Her next step was founding the Rheumatoid Patient Foundation in 2011 to give RA patients a voice. With her WebMD Health Heroes award, Young created literature and resources for doctors and nurses to distribute to new patients. She also



Loss Gains

Two years ago, **Bonnie Stehr's** husband, Glenn, asked her what she wanted for Christmas. "To lose 50 pounds," she replied. To motivate herself, she devised a plan to hold a weight loss challenge, complete with cash prizes and fundraising for a charity. Excited, she took her idea to her boss at Therapeutic Associates in Port Angeles, Wash., a physical therapy clinic. "She got excited, too," Stehr says, "even though neither of us had done anything like this before."

The two women partnered with a nurse practitioner from Volunteers in Medicine of the Olympics (VIMO), which raises money for health services for under- and uninsured patients. Together, the team set up the 90-day Olympic Weight Loss Challenge. Some 124 community members signed up, donating \$100 each. They jointly lost 1,256 pounds. The 48 contestants who lost 5% or more of their body weight won money, with the six top winners getting \$500 each. The remaining \$5,380 went to VIMO.

The contest was "so much fun," Stehr says, they decided to do a second round last April. That contest attracted 90 people, who jointly lost 534 pounds and raised another \$1,250 for VIMO.

"I really like helping people," says Stehr, who has MS and counsels other patients with MS. "And I absolutely loved that people were raising money for the working poor while losing weight." Stehr, now retired from the clinic, lost 25 pounds during the contests. "I didn't get to my goal," she admits, "but I'll be first in line for the next challenge."

"I ABSOLUTELY LOVED THAT PEOPLE WERE RAISING MONEY FOR THE WORKING POOR WHILE LOSING WEIGHT."

A MATTER OF SCALE
Bonnie Stehr's weight-loss challenge inspired others in her community to become healthy and fit.

attended medical meetings where she presented the patient's point of view. In September, the foundation launched rheum4us.org. "The response we have from doctors, nurses, and patients is that this is so needed," Young says.



Thomas E. Moody, MD

The very men who are at higher risk for developing prostate cancer often receive no screening, says Thomas Moody, MD, who runs the Urology Centers of Alabama and is president of the nonprofit Urology Health Foundation. Those in lower-income groups are often at risk, he adds, as well as those on a fast-food diet, the obese, and African-American men. Moody used his Health Heroes award to provide free prostate cancer screenings for 1,190 men, 127 of whom showed abnormal symptoms. He followed that up with 17 biopsies, 11 of them positive. "That's a positive rate of 65%," he says. "The positive rate for our practice in general is 30%. Over half of the men who had biopsies were really at-risk men. They were mostly African-American, underserved, and hadn't been to a doctor in a long time or not at all."



Darell Hammond

In 1995, Darell Hammond read about two children who suffocated in an abandoned car because they had nowhere else to play. So he founded KaBOOM!, a nonprofit dedicated to creating play spaces. Hammond says that since he won the WebMD Health Heroes award, his organization has been able to launch a new, improved version of its play-space finder, Map of Play, at mapofplay.org. KaBOOM! has also introduced a new version of its Project Planner, a free resource that offers step-by-step instructions for those who want to build a playground. "Whether it's inspiring people to organize neighborhood kids in a game of tag or using our Map of Play to find or add a great playground, we hope everyone will find a way to join our movement to save play for America's kids," Hammond says.

—GEORGIE BINKS

LEFT: JOHN KEATLEY; ROB CULPEPPER; JAMES KEGLEY



HEALTHY APPETITES ENCOURAGED

Easily search hundreds of nutritious recipes to create tasty meals for every member of the family: low-carb, gluten-free, kid-friendly and many more!

WebMD
Healthy Recipe Finder

[Learn More](#)

NOEL BARN-HURST/STOCK FOOD

FOOD
& RECIPES

64

Off the Menu
A top chef from Houston does fish at work and at home

65

Kids in the Kitchen
Chef Lizzie gives turkey leftovers a new twist

THREE WAYS TO COOK

Squash It

Behold the butternut! Let this versatile winter squash hold court at your table this season

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

EXPERT TIP
“It is crazy to try to lose weight over the holidays. It’s much smarter to try to maintain your present weight.”
—Kathleen Zelman, MPH, RD, LD

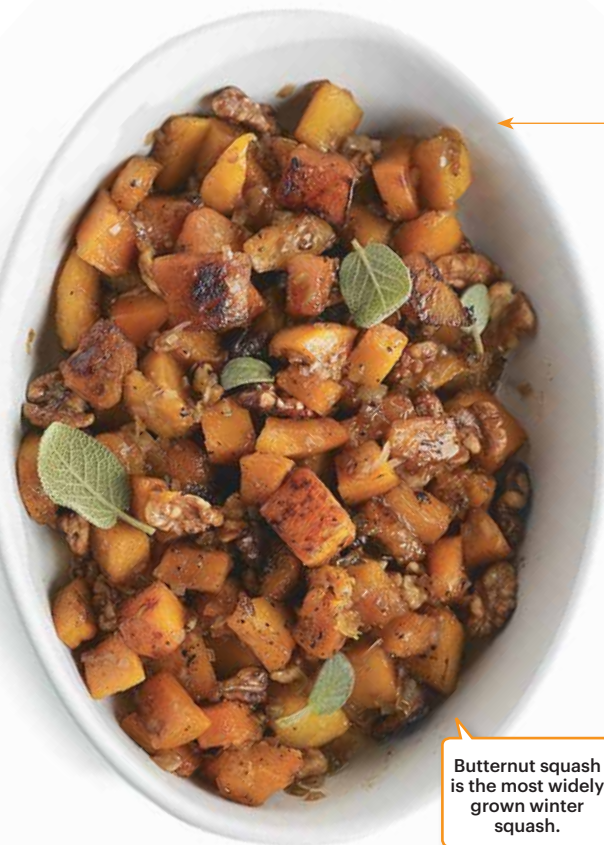
NOV/DEC 2012 61 WebMD.COM

If you long for summer's vibrant produce, remember that butternut squash is pure nutrition gold and plentiful now. Low in calories (just 41 in a half-cup serving) and a good source of filling fiber, butternut squash is also chock full of yellow- and orange-hued antioxidants known as carotenoids. These nutrient powerhouses may help protect against heart disease and cancer, says Alice Bender, MS, RD, of the American Institute for Cancer Research.

Carotenoids include beta-carotene, which the body converts to vitamin A, a nutrient that supports the immune system, and lutein and zeaxanthin, which protect the eyes against cataracts and macular degeneration.

Butternut squash's sweet flavor appeals to kids and works well in pastas, soups, and stews. But Bender suspects that some cooks are intimidated by the strange shape and hard skin. "It looks daunting, but it's very easy to prepare," she says. "You just need a good knife." Cut the squash in half and scrape out the seeds. Then bake it, cut side down, until soft and scoop out the flesh, or remove the rind with a vegetable peeler and cut the squash into cubes.

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



Butternut squash is the most widely grown winter squash.

1

Walnut Herb Glazed Butternut Squash

Starring some of the best flavors of fall, this glazed butternut squash makes a savory Thanksgiving or holiday feast side dish.

Makes 6 servings

Ingredients

- 2 large butternut squash (totaling 3–4 pounds)
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- ¼ cup dark brown sugar
- 2 shallots, chopped
- ½ cup toasted, chopped walnuts
- ½ cup fresh, whole sage leaves (or 1 tsp dried)
- ¼ tsp sea salt
- freshly ground pepper to taste

Directions

1. Preheat oven to 400°F.
2. Skin, seed, and cube squash, and place in a large mixing bowl.
3. Toss squash with olive oil, balsamic vinegar, brown sugar, and shallots.
4. Arrange squash mixture in a single layer on a rimmed cookie sheet or sheet pan.
5. Roast squash until golden brown and tender, about 30 minutes, stirring once to ensure even cooking.
6. Remove squash from oven. Toss gently in a serving dish with walnuts, sage leaves, salt, and pepper, and serve.

Per serving

175 calories, 3 g protein, 19 g carbohydrate, 11 g fat (1 g saturated fat), 0 mg cholesterol, 3 g fiber, 9 g sugar, 104 mg sodium. Calories from fat: 54%

2

Butternut Squash, Apple, and Currant Bake

This side dish pairs well with pork or roast chicken but it might as well be for dessert, given the delectable way the squash and apples caramelize while roasting. It features five-spice powder, a Chinese cooking staple found in large grocery stores or ethnic markets.

Makes 6 servings

Ingredients

- 2 large butternut squash (totaling 3–4 pounds)
- 2 tbsp canola oil
- 1 tsp Chinese five-spice powder or pumpkin pie spice
- 5 apples, Granny Smith or McIntosh

- ⅓ cup apple cider vinegar
- ⅓ cup maple syrup
- ⅓ cup raisins or currants
- ⅓ cup pecans (optional)
- ¼ tsp sea salt
- Freshly ground pepper to taste

Directions

1. Preheat oven to 400°.
2. Peel, seed, and cut squash into cubes; place in a large bowl.
3. Toss squash with canola oil and spice. Spread on a rimmed cookie sheet or sheet pan, and bake for 20 minutes.
4. Core apples, remove peels if desired, and cut into cubes. Place apple pieces in a large bowl.
5. In a small bowl, combine vinegar and maple syrup; pour over apples.
6. Combine apples with squash and toss gently. Return both to baking

1 cup of butternut squash has 82 calories and more than four times the recommended daily value of vitamin A.

sheet, and bake 5–10 minutes until cooked through and tender.

7. Remove apples and squash from oven and place in a serving dish. Add raisins, pecans (if using), salt, and pepper, and serve.

Per serving (does not include pecans)

221 calories, 2 g protein, 46 g carbohydrate, 5 g fat (1 g saturated fat), 0 mg cholesterol, 4 g fiber, 3 g sugar, 104 mg sodium. Calories from fat: 20%



3

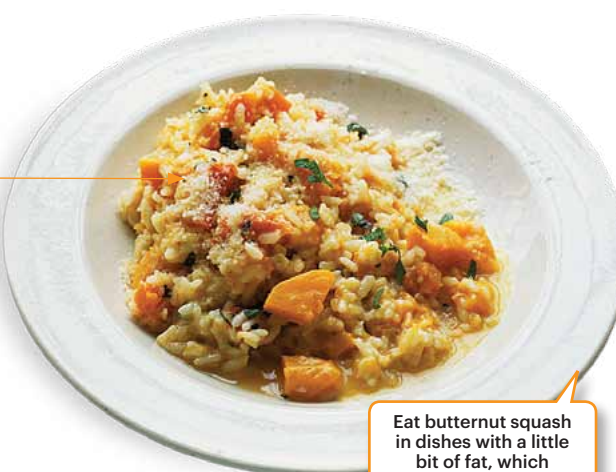
Butternut Squash Risotto

This filling risotto is the perfect side dish for a week-end meal. For the creamiest results, use hot chicken stock and patience. Stir the stock in gradually so the rice can absorb it.

Makes 8 servings

Ingredients

- 1 large butternut squash (totaling 1½–2 pounds)
- 1 tbsp extra virgin olive oil
- 4–5 cups low-sodium chicken stock
- 3 tbsp unsalted butter
- 1 oz minced ham, bacon, or pancetta
- 1 large onion, minced
- 2 cloves garlic, minced
- 1 cup arborio rice
- ½ cup white wine
- ½ tsp saffron threads
- ½ cup Parmesan cheese
- dash of sea salt and freshly ground pepper



Eat butternut squash in dishes with a little bit of fat, which enhances the body's ability to absorb squash's beneficial carotenoids.

Directions

1. Preheat oven to 400°F.
2. Peel, seed, and cut squash into cubes. Place squash in a large bowl, and toss with olive oil.
3. Arrange squash mixture in a single layer on a rimmed cookie sheet or sheet pan.
4. Roast until golden brown and tender, about 30 minutes, stirring once. Remove from oven and set aside.
5. Bring chicken stock to a simmer in a large

saucepan over medium-high heat.

6. Meanwhile, in a 4-quart heavy-bottom pot over medium heat, melt butter and sauté ham, onion, and garlic for 3–4 minutes. Add rice and stir to coat each grain.
7. To the rice mixture, add wine, saffron, salt, pepper, and ½–1 cup hot stock. Stir until liquid is absorbed. Continue to add stock ½–1 cup at a time and stir until most of it is absorbed. The risotto is ready when the rice is tender, about 30–40 minutes.
8. When rice is cooked, add squash, Parmesan cheese, salt, and pepper; mix thoroughly and serve.

Per serving

244 calories, 8 g protein, 28 g carbohydrate, 10 g fat (5 g saturated fat), 21 mg cholesterol, 2 g fiber, 2 g sugar, 233 mg sodium. Calories from fat: 36%

PANTRY PICKS

Give these healthy ingredients, featured in our three squash recipes, a regular spot on your grocery list.

Kathleen Zelman, MPH, RD, LD, WebMD's director of nutrition, recommends a few of her favorites.



Simple Syrup: Real maple syrup (made from maple tree sap), offers intense flavor as well as antioxidant compounds. Zelman stocks real maple syrup, including Trader Joe's 100% Pure Maple Syrup and Maple Grove Farms 100% Pure Dark Amber.



Take Stock: Chicken stocks and broths give rice and potatoes an instant flavor boost, but be sure to opt for low-sodium. Zelman's favorites include Swanson Natural Goodness Chicken Broth and Pacific Organic Low-Sodium Chicken Broth.



Better Butter: A little bit of butter is better for your heart than margarines that contain trans fats, and Zelman recommends unsalted or sweet butter to avoid unnecessary sodium. (You won't miss it.) Her favorites include Land O'Lakes and Organic Valley unsalted butters.

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

DAN WHIPPS

NGOC MINH & JULIAN WASS/GETTY IMAGES

OFF THE MENU

Bryan Caswell

CHEF/OWNER, REEF
HOUSTON

LIFE OF BRYAN

His favorite food to cook “Simply grilled fish just off the boat, with a little lemon and a little salad—that’s perfect.”

Where he gets his best recipe ideas “On the last mile of a run, something will often pop into my head. But inspiration can come from anywhere; you just have to be open to it.”

The one lesson he thinks every home cook should learn “Don’t overcook your seafood. It only needs a little heat to be done, just to the point where it’s slightly opaque.”

● Bryan Caswell roasts turkeys for Thanksgiving but not for his own family. Instead, Caswell drops them off at two fire stations in his native Houston, along with stuffing, white beans, and corn bread. He gets his own holiday dinner south of the border.

“After I make those deliveries, it’s onto a plane and off to Mexico, where none of us cook,” says Caswell, 39, chef and owner of Reef in Houston’s Midtown. In Puerto Vallarta, he and his relatives dine on traditional Mexican coastal dishes, and that means lots of fish. It may not be a typical Thanksgiving spread—with the exception of his mother’s roasted squash topped with blueberries and shallots—but for Caswell, it hits all the right notes. “At Thanksgiving, the most

important thing for us is not the food but being together.”

Caswell has earned his time off. Since he opened the seafood-centric Reef in 2007, he has been named one of the Top 10 Best New Chefs by *Food & Wine* magazine and nominated twice for a James Beard Award. In 2008, *Bon Appétit* voted Reef the best seafood restaurant in the United States.

At Reef, fried mac and cheese and braised collards share the menu with kimchi and sweet and sour chard. His shrimp salad recipe blends some of his favorite flavors and, he says, it would fit right in on any holiday table. “It’s a perfect starter salad, light and crisp before a heavier Thanksgiving turkey dinner.”

—Matt McMillen

Steamed Shrimp and
Haricot Vert Salad

Makes 4 servings

Ingredients

16 large shrimp, butterflied
1½ tbsp unsalted butter
dash of kosher salt
cayenne pepper (optional)
1 tbsp Champagne or white wine vinegar
2 tbsp water
1 tbsp soy sauce
1 tbsp sherry vinegar
½ tbsp grapeseed or other neutral flavored vegetable oil
½ tbsp hazelnut oil
2 cups haricots verts, cooked, or green beans, cooked and halved lengthwise
¼ Fresno or jalapeño chili, julienned
2–3 shallots, thinly sliced into rings
¼ cup pea shoots or other medium sprout
¼ cup toasted pecan halves

Directions

- Season shrimp with kosher salt and pepper.
- Butter a small baking dish and add vinegar and water. Add shrimp in a single layer and steam uncovered in a 250° oven until done, about 8–10 minutes.
- Reserve cooking liquid, warm, and set aside.
- To make dressing, mix soy sauce and vinegar together; slowly whisk in the oils until combined.
- Toss salad ingredients in 3–4 tbsp of dressing, then mound in center of four plates. Add a few pecans to each.
- Place shrimp around the outside and drizzle some of the cooking liquid on them.

Per serving

175 calories, 8 g protein, 7 g carbohydrate, 13 g fat (5 g saturated fat), 54 mg cholesterol, 3 g fiber, 1 g sugar, 430 mg sodium. Calories from fat: 65%

LEFT: SHANNON O'HARA; REBECCA FONDREN



KIDS IN THE KITCHEN

Topsy Turkey

CHEF LIZZIE GIVES THANKSGIVING
LEFTOVERS A HEALTHY NEW TWIST

● I love Mexican food, but it's often filled with fat and calories thanks to large portion sizes and the piles of sour cream, cheese, and fried ingredients. I try to eat more fresh options, like homemade guacamole. I also like to grill meats and vegetables instead of frying them, and I try to use less cheese and sour cream (or none at all) and more fresh lettuce, tomato, and avocado.

My Turkey Taco Wrap recipe is super healthy, and it's a great way to use up turkey leftovers. It substitutes a large lettuce leaf for a tortilla to hold the ingredients together and is really fun to make. If you want to use tortillas instead of lettuce, choose corn or whole wheat, and buy the smallest ones you can find. My rule of thumb? If the tortilla is bigger than your face, it's too big.

IAN BAGWELL

Turkey Taco Wraps
Makes 2 servings

Ingredients

2 large lettuce leaves (such as Boston lettuce)
¼ cup canned black beans
2 slices turkey breast
2 slices cheese or shredded cheese for sprinkling (Lizzie likes provolone)
salsa, to taste (Lizzie likes all-natural salsa)

Directions

- Rinse and dry the lettuce leaves.
- Rinse and drain the black beans.
- Layer 1 slice each of turkey and cheese onto each lettuce leaf.
- Top with half of the black beans, and then add salsa.
- Roll the lettuce up like a taco and enjoy.

Per serving

155 calories, 12 g protein, 8 g carbohydrate, 8 g fat (5 g saturated fat), 28 mg cholesterol, 2 g fiber, 1 g sugar, 520 mg sodium (use fresh turkey or low-sodium lunch meat to lower sodium). Calories from fat: 45%

NEW!

WebMD
Pain CoachThe essential iPhone app for people
living with chronic pain.

- Personal journal to easily log pain levels, triggers, and more.
- Daily tips approved by WebMD doctors to help you meet your goals.
- Articles, slideshows, and videos related to your condition.
- Custom reports for better discussions with your doctor.



A Better Day Starts Here.

Download Now





Jump-start your kids into a *fit* lifestyle this year!

Get started at fit.webmd.com today. *fit* is designed to teach healthy habits in a fun way with kid-friendly recipes, videos, and games.

[Learn More](#)



LORI ADAMSKI PEEK/GETTY IMAGES

FITNESS & EXERCISE



68 Peeké Fitness
The new weight-loss prescription

69 Fitness Challenge
A holiday-proof workout routine



Snow Motion

Keep moving this winter to stay healthy and happy

READER TIP

"I do housecleaning, which if done vigorously, can classify as exercise! That can take up to four hours—but it's not outdoors, of course. Neither is the gym, come to think of it." —*Tomato05, WebMD community member*



PEEKE FITNESS

Flip the Script

DON'T BE SURPRISED IF YOUR DOCTOR'S WEIGHT-LOSS PRESCRIPTION DOESN'T LEAD YOU TO THE PHARMACY

By Pamela Peeke, MD

● All too often, conversations about obesity focus on the latest theory, whether it's the next best fad diet, the worst ingredient of the month, or the newest pill. While we can debate these provocative ideas, we know for sure one thing that truly helps prevent and treat obesity: regular physical activity.

Exercise helps fight obesity two ways. First, it burns calories. Second, it builds muscle, and muscle burns more calories than fat. One 2010 study found that even people genetically predisposed to obesity benefited from the weight-loss effects of exercise. In fact, they benefited more than those who are genetically inclined to be thin.

The health benefits of exercise are so great and so clear, in fact, that some health experts suggest that doctors prescribe physical activity to their patients, just as they now prescribe drugs. Exercise Is Medicine, a global initiative launched by the American College of Sports Medicine and the American Medical Association, is doing just that. The goal

of the program is to make physical activity a standard part of disease prevention.

What would this look like? One model is already in place at Kaiser Permanente in Los Angeles, where the amount of exercise a patient does is noted on his or her electronic record alongside blood pressure, weight, pulse, and BMI measurements. That way, the doctor has to ask about—and discuss—a person's exercise habits and how they benefit an individual's health.

The next step is to have doctors write out prescriptions for exercise. This already happens at Kaiser and other U.S. clinics. Health care providers and patients alike can check out the Exercise Is Medicine website (exerciseismedicine.org) to learn more.

READER TIP

"I've kept my motivation up by creating variety but also by rewarding myself when I do exercise by giving myself something I don't get at other times."—*Rokvannyn, WebMD community member*

PEEKE'S PRESCRIPTION

Make time.

So many people tell you to find time to exercise. No, you need to deliberately make the time. Commit to 30 minutes a day, five times a week. Break it up if you have to. Don't look at it as doing one more thing! Instead, integrate it into your daily activities, knowing it's integral to your well-being. Pencil workouts into your calendar. Find an app that gives you a scheduled exercise program. Devote the 30 minutes you would have spent on Facebook or Angry Birds to helping yourself get healthy.

Seek out new tribal members. Find like-minded folks who love you and your chosen activity. These fitness buddies are priceless and will support not only your exercise goals but other things going on in your life, too.

Be a kid again. Stop obsessing about burning calories and just have fun. Turn up the music and get up and dance. Throw a Frisbee or race each other down the street. Remember how much pleasure you had as a child moving and running around? Re-create that joy.

FITNESS CHALLENGE

Busy Body

DON'T LET THE CRAZINESS OF THE HOLIDAY SEASON KEEP YOU FROM WORKING OUT. GET TONED WITH THESE MOVES

By Jodi Helmer

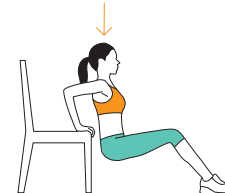
● Although holiday shopping can feel like a workout, you don't have to rely on it as your sole form of exercise this busy holiday season. Simply make some space in your living room and try these three moves from Kathy Kaehler, author of *Fit and Sexy for Life* and a celebrity fitness trainer whose clients include Julia Roberts, Jennifer Aniston, and Kim Kardashian. Do each move three times a week.



Double Leg Lift

"You can do this move during commercial breaks [when you're watching TV]," Kaehler says. "You'll really feel this move toning your waist, especially on the last few reps."

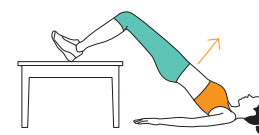
1. Lay on your right side with your legs stacked and rest your head on your right arm.
2. With your ankles together and toes pointed forward, lift both legs toward the ceiling and hold for five seconds.
3. Slowly lower your legs back to the starting position.
4. Repeat 12 times, rest and repeat two more times (for a total of 36 repetitions).
5. Switch sides and repeat.



Triceps Chair Dips

This move uses the weight of your body to tone your shoulders, back, and triceps, Kaehler says—"the muscles you'll need to shovel snow and carry heavy holiday packages around the mall."

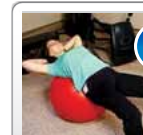
1. Sitting on the edge of a dining room chair with your feet together, place your hands next to your hips with your fingers wrapped under the seat of the chair. Make sure the chair is stable.
2. Use your arms to lift your hips forward and off the chair.
3. With your back close to the edge of the chair, bend your elbows and lower your hips. Keep your shoulders down.
4. Using your arms, push back up to the starting position. Do not lock your elbows.
5. Repeat 12 times. Rest and do two more sets.



Coffee Table Hip Lift

"As soon as you lift your hips off the floor, you can feel the muscles working," Kaehler says. "This move will make your glutes, hips, and thighs so tight and toned, you'll look better in your jeans by spring."

1. Lay on the floor, bend your knees at a 90-degree angle and place your heels on a coffee table with your feet flexed and toes pointed toward the ceiling. Make sure the table is stable and won't tip over.
2. With all your weight in your heels and shoulder blades, squeeze your glutes and lift your hips off the floor.
3. Return to the starting position.
4. Repeat 15 times. Rest and do one more set.



Watch the **Cheap Home Gym** video to find out how much it costs to create your own workout zone.

WebMD.com

Q

"I find it hard to stay motivated when it's cold outside. All I want to do is curl up under a blanket and read. What can I do to keep my workouts on track this winter?"

Heather Brooks, 36, product manager, Minneapolis



A

"When it's cold, no one wants to leave the house.

So stay indoors. Invest in resistance bands, free weights, and a stability ball to turn your living room into a home gym. Borrow fitness DVDs from the library or download a few from the Web, and follow cardio routines for at least 30 minutes five times a week. It's harder to blow off a workout when the equipment is right there. To stay motivated, set biweekly goals and give yourself rewards for achieving them."



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

NEW!

Today, I'm ready to take charge of my pain.
And I'm not doing it alone.

Pain Coach^{WebMD}

- Personal journal to easily log pain levels, triggers, and more.
- Daily tips approved by WebMD doctors to help you meet your goals.
- Articles, slideshows, and videos related to your condition.
- Custom reports for better discussions with your doctor.



Available on the
App Store

Guidance. Knowledge. Support.
From the most trusted brand in health information.

A Better Day Starts Here.

Download Now

WebMD[®] Checkup

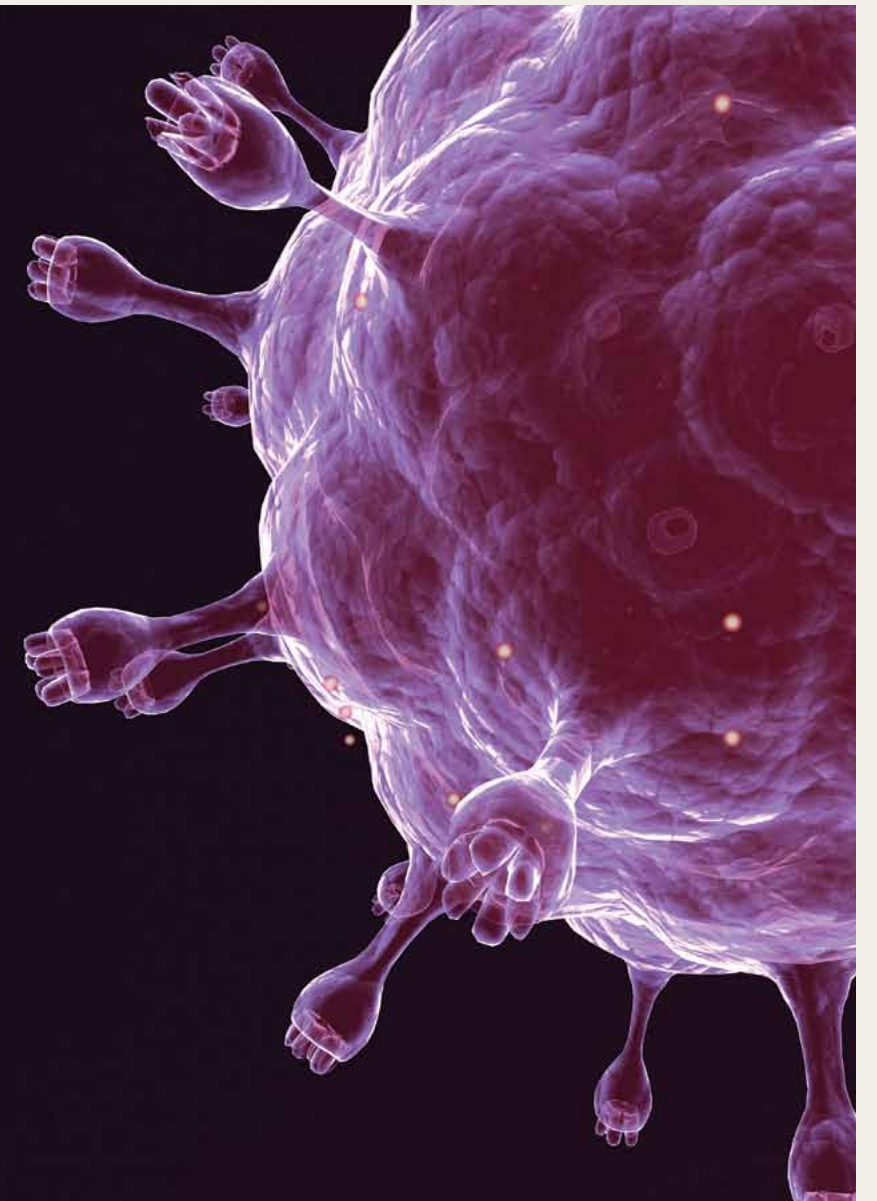
TAKING CARE, LIVING WELL

Get the facts on HIV/AIDS

Dec. 1 is World AIDS Day. Some 50,000 people in the United States are infected each year with HIV (human immunodeficiency virus), the virus that leads to AIDS (acquired immune deficiency syndrome), according to the CDC. There's still no cure, and Americans still die with HIV—8,369 in 2010, according to the latest data.

HIV is most often transmitted by unprotected sex or by sharing drug injection equipment. HIV/AIDS hits some populations harder than others: More than half of new infections occur in men who have sex with men. The rate of new HIV infections among black men is six and a half times the rate for white men, and the rate among black women is 15 times that of white women.

Celebrities haven't forgotten about HIV/AIDS. Last year, the Obama administration named comedian Ellen DeGeneres a U.S. special envoy to raise awareness worldwide. Musicians Lady Gaga, Bono, Elton John, Mary J. Blige, and Jennifer Hudson are all raising awareness to improve the lives of those living with this serious disease.—*Sylvia Davis*



72 Health Highlights
It's Diabetes Awareness Month. Get 10 tips and expert advice to stay healthy.

73 By the Numbers
Cold and flu season is here. Take a closer look at the facts and figures.

74 Living With
Learn how obstructive sleep apnea can affect daily life and what you can do to manage it.

75 Health Check
What's your back pain IQ? Take the quiz and get questions to ask your doctor.

HEALTH HIGHLIGHTS

NOVEMBER IS DIABETES AWARENESS MONTH

LIVE YOUR BEST LIFE WITH THESE TIPS

- 1 Say "om" Learn to meditate to help reduce stress and improve your blood sugar levels.
- 2 Step out Exercise helps keep your weight and blood sugar under control, and just about everyone can do a brisk daily walk.
- 3 Eat right Follow your food plan. If you don't have one, ask your doctor about seeing a dietitian who specializes in diabetes.
- 4 Jet set Before you hit the road, get a checkup, pack extra meds, and plan your doses around time zone changes.
- 5 Hang 10 Drop 10% of your body weight through diet and exercise.



- 6 Trade up Swap saturated fats and refined sugar for healthy fats in nuts and sweet whole fruit.
- 7 See clearly Diabetes complications can cause vision loss or blindness. Schedule a full eye exam at least once a year.
- 8 Stand up You may not feel foot injuries, so check both feet daily for blisters, cuts, or sores.
- 9 Show color Pack your plate with a palette of greens, yellows, and reds—like spinach, squash, and tomatoes.
- 10 Learn more Visit WebMD's Diabetes center for news, tips, a blood sugar tracker, and more.

EXPERT TIPS



Adrian Vella, MD
endocrinologist, Mayo Clinic, Rochester, Minn.

Use the Web or your smartphone to help you manage what you eat. Online tools can help you keep track of your calorie consumption, aid in meal planning, and provide important nutrition information to help you make healthy choices.

Get a pedometer. People with diabetes need to exercise. For many of my patients, that means walking. Set a goal.



Deborah J. Wexler, MD
assistant professor of medicine, Harvard Medical School, and co-clinical director, Massachusetts General Hospital Diabetes Unit

Diabetes can be discouraging. You may feel sad, anxious, or depressed for no apparent reason. Get support, and you will be better able to meet the challenges.

Portion control is key. Plate the amount of food you intend to eat, and don't go back for seconds.



Samuel Andrews II, MD
endocrinologist, Ochsner Medical Center, New Orleans, and co-author of Sugar Busters

Choose foods that won't boost your blood sugar. That means eating brown or basmati rice and whole wheat bread and pasta instead of their white counterparts. Skip juices and eat whole fruits and fiber.

Daily exercise helps control your weight and blood sugar levels. Each day, hop on a bike, go for a swim, or take a walk.

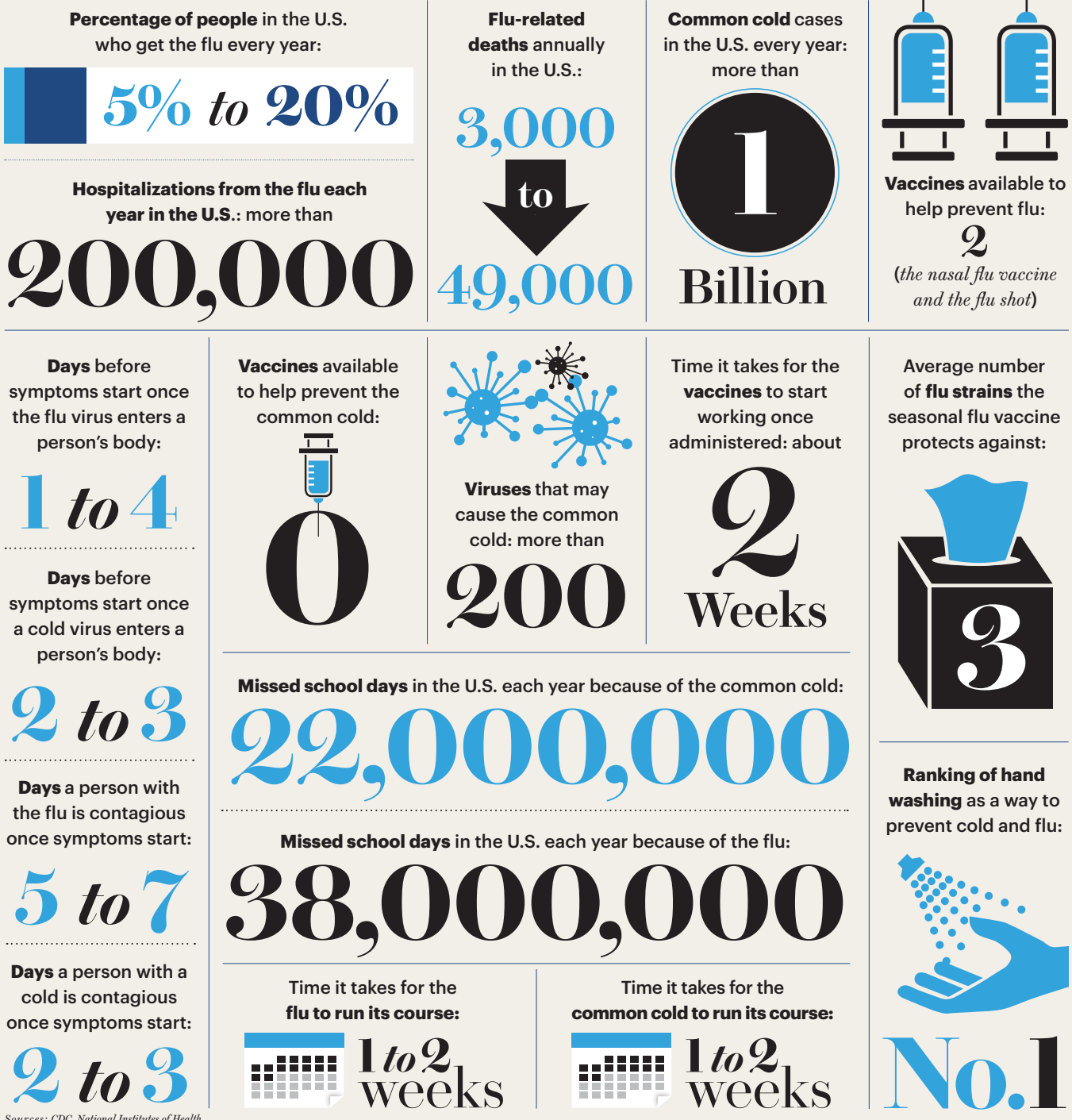
Reviewed by Louise Chang, MD, WebMD Senior Medical Editor

BY THE NUMBERS

COLD AND FLU

FACTS AND STATS ON TOP HEALTH CONDITIONS

By Heather Hatfield



Sources: CDC, National Institutes of Health

RYAN/BEVER/GETTY IMAGES

Get the facts with the **Causes of Fatigue and Sleepiness and How to Fight Them** slideshow.

WebMD.com

LIVING WITH

SLEEP APNEA

WHEN SNORING CAN BE A MATTER OF LIFE OR DEATH

By Christina Boufis

When Dave Williams fell asleep while stopped at a red light 12 years ago, he had to face up to a problem. “I was falling asleep at inappropriate times,” says Williams, then 45, a business consultant in Cordova, Tenn. His doctor diagnosed obstructive sleep apnea (OSA), a condition in which breathing pauses repeatedly during

Left untreated, sleep apnea can increase a person’s risk of high blood pressure, heart disease, and stroke.



sleep, and symptoms include loud snoring at night and sleepiness during the day.

“People who have sleep apnea typically don’t have any problems with their breathing while they’re awake,” explains Nancy A. Collop, MD, professor of medicine and neurology at Emory University School of Medicine and director of the Emory Sleep Center. “But when people with OSA sleep, their throat narrows to such a degree that they can’t get enough oxygen.” When breathing stops, the brain sends an alarm and the sleeper wakes up, usually with a loud snort or chortle, and breathing resumes. Left untreated, OSA can increase a person’s risk of high blood pressure, heart disease, and stroke, says Collop.

Williams’ doctor prescribed a continuous positive airway pressure (CPAP) machine, which he wears at night. The device creates pressure in the air passages to prevent the throat from collapsing. Williams, now 57, says that

following his doctor’s healthy sleep recommendations was not only a matter of combating sleep apnea. “It’s also a matter of life and death,” he says. Some tips for those living with sleep apnea:

Lose weight. Half of those with OSA are overweight, according to the National Heart, Lung, and Blood Institute. Collop says, “Even as little as 20 pounds can make a pretty dramatic drop in someone’s breathing index,” which refers to the number of sleep disruptions per night.

Move it. “Exercise in general is good because it helps with weight loss, but it also makes you tired so you sleep better,” explains Collop.

Change positions. “Try not to sleep on your back,” says Collop. Roll to your side if you wake up on your

back. “It helps keep the throat open,” Collop says.

Get better shut-eye. “If you don’t get enough sleep, that seems to make sleep apnea worse,” Collop says. Cut out caffeine in the afternoon, go to bed and get up at the same time every day, and take the TV out of the bedroom.

DID YOU KNOW?

POSTMENOPAUSAL WOMEN ARE 3 TIMES MORE LIKELY THAN PREMENOPAUSAL WOMEN TO HAVE OSA, PROBABLY BECAUSE OF DECREASED LEVELS OF FEMALE HORMONES.



HEALTH CHECK

WHAT’S YOUR BACK PAIN IQ?

About 80% of Americans have low back pain—from mild aches to jaw-gritting spasms—at some point. Many aren’t sure what to do when it hits. “My boyfriend recently injured his back playing basketball,” **MeliGzn** writes to the WebMD back pain community. “He complains that his whole mid-back area hurts. Should I be worried? What should he do?” Would you know how to proceed?

Q ASK YOUR DOCTOR

1 What can I do to prevent my back pain from getting worse?	3 What are my treatment options? Will I need medication or surgery?
2 Why is my back vulnerable to pain and injury? Is there anything I can do to prevent it?	4 If you advise surgery, what are the risks? How long does it generally take to recover?

SOURCES: American Association of Neurological Surgeons; National Institute of Neurological Disorders and Stroke; WebMD Back Pain Health Center

- QUIZ**
- To avoid further injury, be sure to call a doctor right away if your back is in pain.
☐ Yes
☐ No
 - Plenty of bed rest and relaxation is the best cure.
☐ Yes
☐ No
 - Heat or cold can help some people with low back pain.
☐ Yes
☐ No
 - Surgery can help all types of back pain.
☐ Yes
☐ No

Answers: 1. It depends. Try self care for a couple of days if pain is persistent but mild. Call your doctor if pain is severe or if you have a fever. Call 911 if you have back pain with chest pain or if you fell or suffered a severe blow, are vomiting, or have weakness, tingling, or numbness in your legs. **2. No.** Don’t stay in bed more than a couple of days. Move about to speed recovery. **3. Yes.** You can apply a hot pack or heat from another source in 15 to 20 minute time intervals, or an ice pack for 10 to 15 minutes; repeat every two hours as needed for the first 48 hours. **4. No.** Surgery usually helps only certain types of back pain, such as that caused by a pinched nerve, a compressed spinal cord, or too much movement between the vertebrae.

WebMD Healthy Pets

Tips and tools to keep your pet healthy!

Learn More

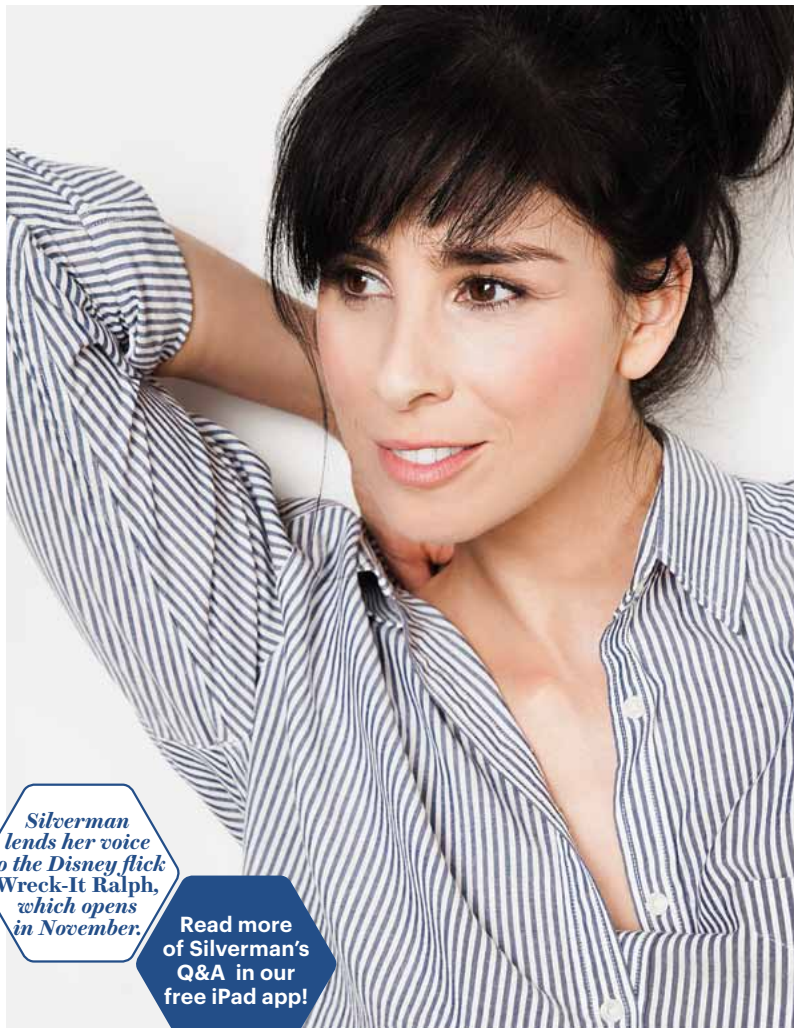
Sarah Silverman

Comedian/Actor

1 From your early days on *Saturday Night Live*, you've been one of the leading female comics of your generation. Who are your greatest role models? I worshipped Steve Martin as a kid. And Woody Allen, Albert Brooks, Joan Rivers. I loved Rivers' book, *Enter Talking*, as a kid. And now she's more vital than ever. I can't believe the stuff she gets away with on [E!'s] *Fashion Police*!

2 You're voicing the character Vanellope von Schweetz in *Wreck-It Ralph*. Is she like you as a kid? Oh yeah. She's this 9-year-old girl living in a video game that won't let her participate, and all she wants to do is race. We both find that our biggest shames become our greatest assets. I found that the things I thought would be my greatest shame-filled secrets really informed what I found my strength in later.

3 You've talked about having depression and going through therapy in your teens. How do you handle it now? It's a constant struggle. If you find the right therapist for you, it can really be a lifesaver. I think the difference between being miserable and finding



*Silverman lends her voice to the Disney flick *Wreck-It Ralph*, which opens in November.*

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

happiness is just a matter of change in perspective. If you live your life defining yourself by what other people think of you, or what you *think* other people might think, it's a form of self-torture.

4 Does comedy come from a dark place? Yeah, real comedy comes from pain. But I don't think the pain is something you have to maintain

as fuel. Some comics may think that way, but I'll take happiness over a really dark, good joke. It's worth trying to be less miserable. If you don't keep growing as a person, you can't grow as a comedian.

5 There's been a lot of press about your nude scene in *Take This Waltz*. Why the big deal? I think it trickles down from a

conservative male perspective. As women, we're made to feel that our value is in our sexuality, and yet it's also what we're punished for. [The focus on women's bodies is] a lot more about men than it is about women.

6 How do you deal with body image issues you've had? I still struggle. I'd love for young girls to

think I'm comfortable with my body—and more and more, I am. When I was younger I was tearing myself apart about having cellulite on my thighs and all of a sudden I realized, no woman ever started a revolution complaining about her thighs.

7 What's your best health habit? I really try to stretch every day. I feel like I'm in training for living the rest of my life comfortably. I try to get yoga-style patience and get into it and love it. But I also have the TV on.

8 Your worst? I'll have a cigarette or two every once in a while.

9 Is it hard to eat well on the road as a vegetarian? Yes! Here in L.A., you have access to healthy things, but on the road, you get, "Oh well, we have grilled cheese, that doesn't have meat." You get a lot of peanut butter and jelly sandwiches.

10 What's your health philosophy? Moderation! Try a little something bad if you like it. Have a cookie. But make it a treat. Don't devour cookies or any one food that's crappy for you like it's your job. —Gina Shaw