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THE SCIENCE **OF BEAUTY:** WHAT'S IN **YOUR MAKEUP** BAG PG. 50

WHICH BIRTH **CONTROL IS RIGHT FOR** YOU? PG. 56

MIRANDA The chart-topping singer dishes on

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Nehha

October 2012 / \$4.95





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WIRE: Do fit kids do better in school, what's America's favorite exercise, and what city has the most dangerous roads? Find out and get more health news you can use. *Plus:* the hottest health reads • PERSONAL BEST: Actor Hayden Panettiere shares her best workout, food, and beauty secrets. • UP CLOSE: We supplement your knowledge of vitamins.

LIVING HEALTHY

WEBMD ON THE STREET: Our experts help a fit father of three who's on the road a lot become more flexible and sweat less. • WOMEN'S HEALTH: Is intuition real? Our experts explain. • MEN'S HEALTH: Think there's no growing back? Get the scoop on hair loss. • MIND MATTERS: Is your jealous heart ruining your relationship? Keep your streak in check. • **WORK IT OUT:** What to do when you dislike your co-workers.

HEALTHY BEAUTY

YOU ASKED: Turn up the volume with our expert hair-raising advice and product picks. • BEAUTY SMARTS: Are you doing right by your face? Learn how to pick the best moisturizer for your skin. • YOUR SMILE: Want brighter, whiter teeth? Here's how to get them. *Also:* A top dentist shares the advice he gives all his patients and his own healthy habits. • Plus: Beauty 411, Aisle Do, and I Tried It

FAMILY & PARENTING

PARENTING: Striking a work-life balance can make anyone see double, but actor and mom of twins Garcelle Beauvais makes it happen. • PREGNANCY: Get the facts on toxic products to avoid. • BABY TALK: Here's a toothy subject: how to care for baby's little chompers. • FIT KIDS: School, mood, self-esteem-exercise can help improve all three. • KIDS' HEALTH: Kids can't sleep tight? It might be sleep apnea.• TEEN HEALTH: Teens making you crazy? Learn how to communicate and keep your cool. • PET HEALTH: Keep your cats and dogs healthy and looking showworthy with expert grooming tips.

FOOD & RECIPES

THREE WAYS TO COOK...Eggs. They aren't just for breakfast. • **OFF THE MENU:** Chef Marcela Valladolid shares an easy recipe with a nod toward Mexican tradition. • LEARNING TO LOVE...Eggplant. It's all in the preparation, says a recent convert. • KIDS IN THE KITCHEN: Chef Lizzie gives chicken fingers a healthy twist. **Plus:** the top five recipes at WebMD.com

FITNESS & EXERCISE

PEEKE FITNESS: What's behind a tighter tush? Our fitness guru Pamela Peeke, MD, explains how to get a better butt. • FITNESS CHALLENGE: Have a ho-hum workout routine? Our expert helps you breathe new life into it. **Plus:** a Pilates-inspired ab workout

WEBMD CHECKUP

HEALTH HIGHLIGHTS: It's Depression Awareness Month. Get tips to improve your mood or help a friend. • MY STORY: One reader's positive outlook helps her live with lupus. • BY THE NUMBERS: A closer look at breast cancer. • LIVING WITH... Cancer. Survivors, take note of the three habits that can help you live your best life. • HEALTH CHECK: How much do you know about heart failure? Are you at risk?

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FEATURES

Singer Miranda Lambert is an award-winning, charttopping powerhouse-and she's more confident than ever. She gives us a backstage pass to her life on tour, from rugged workouts to furry friends. Her love of dogs inspired her MuttNation Foundation, which helps shelter pets nationwide.

The Science of Beauty

Do you know what's in your makeup bag? From foundation to mascara, we deconstruct your everyday beauty items, and tell you how long you should keep them and how to apply them like a pro.

In Control

Not all contraception methods are equal. Which one is right for you? Our comprehensive guide to birth control helps you make the best choice.







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I'VE NEVER **BEEN A SIZE** 2 AND DON'T THINK I'LL **EVER HAVE** SIX-PACK ABS AND I DON'T CARE. I JUST WANT TO FEEL **GOOD IN** MY BODY.



IN EVERY ISSUE

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TAKE 10 Actor Lucy Liu usually plays the "baddies" on the big screen, but she's been doing a lot of good for herself and others. Liu opens up about what keeps her grounded.

OCTOBER 2012

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Could you use a little inspiration? I know I could. That flash of insight and hope can come from so many places: a great conversation, our heroes, sitting quietly in a park on a crisp fall day, or my no-fail go-to-my favorite songs' lyrics.

This issue is filled with inspiring health, beauty, fitness, and nutrition tips you'll use every day. I was inspired to do something when I read "The Science of Beauty," on page 50. Who knew that you were supposed to replace your mascara every four months? I am headed home to unearth the historic debris from my makeup bag and start fresh this fall.

Our cover story on musician Miranda Lambert is also inspiring. To stay in tune with herself, the country star is focusing on healthy eating and exercise, despite her hectic travel schedule. She has started living a healthier, happier, stronger life and stays grounded, thanks to her husband, the garden on her farm in Oklahoma, and her pack of seven rescue dogs.

This entire issue is full of tips and stories inspiring us at WebMD to change things in our own lives. If you have a story to share, go to our Facebook page (facebook.com/webmdmagazine) and tell us what is inspiring you these days!

Clare Martorana **Editor in Chief** clare@webmd.com



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Oh, Baby!

New parents can't stop cooing about our free WebMD Baby App. Available for iPhone and Android, this invaluable tool helps moms and

dads keep track of their baby's sleep and feeding schedules, as well as diaper changes and growth stats. The app's videos and articles, developed by WebMD doctors for babies up to 2 years old, give parents all the right info, right when they need it most.

"Very convenient and easy to use. Love that I can put notes/concerns in it for next doctor's appointment or put notes in from the doctor. I just wish I had this for my first child."

-LalaLand61990, iTunes review

Pain Gain

When you're in pain, you want fast relief and tools that really workand our new iPhone app delivers. The free . WebMD Pain Coach app, designed for people with back pain, fibromyalgia, migraine, neck pain, nerve pain, osteoarthritis, rheumatoid arthritis, or other diagnosed chronic pain, features in-depth information, daily personalized tips, and a custom journal you can use to track triggers and pain levels day to day. You can also set up custom pain-management goals and track your progress.





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WEBMD WIRE **HOTTOPICS!** FACTS AND NEWS YOU CAN USE





APPLE a day. Some health experts recommend two a day because of the fruit's disease-fighting antioxidants.

You may want to chomp

on an extra

Source: Florida State University researchers; the U.S. Apple Association

HEALTHY BEAUTY **Dermatologic surgeons** performed more than procedures last year. Of those, 1.6 million were laser/light, including 378,230

procedures for facial redness and/or vessels. Source: American Society for Dermatologic Surgery

When school is in session, **ONLY 19% OF KIDS PLAY OUTSIDE**

and get at least the recommended 60 minutes of physical activity every day of the week. Some 40% of parents say they could do more to encourage their kids to be more physically active. Source: YMCA's Family Health Snapshot survey



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FAMILY & PARENTING **BABIES IN HOMES** WITH DOGS MAY **HAVE FEWER COLDS AND EAR INFECTIONS AND NEED FEWER ANTIBIOTICS IN THEIR FIRST YEAR COMPARED WITH THOSE IN HOMES** WITHOUT PETS. Source: Pediatric:

HEALTHY START





FOOD & RECIPES **AMERICANS** get healthy meal ideas from the Internet (39%), cooking shows (37%), magazines (34%), cookbooks (33%), word of mouth (31%), recipes on labels (26%), culinary magazines (12%), and supermarket recipes (11%). Source: Shopping for Health 2012 study by the Food Marketing Institute; Prevention

of parents admit to **SNEAKING TREATS** from their kids' trick-or-treat stash. First to go are the snack-size chocolate bars. Licorice is the most likely to get left behind. Source: National Confectioners Association

There may be some

UP GRADE

truth to the notion that middle school is all about survival of the fittest. According to a new study, kids who are more fit make better grades in school. Researchers tested 1.211 Texas middleschool students. After accounting for family income and self-esteem, they found that those with better cardio fitness did better on reading and math tests. The researchers didn't try to explain the link. But experts say physical fitness is known to aid memory, concentration, and organization.

Source: American Psychological Association 2012 meeting. The study has not appeared in a peer-reviewed journal



Breaking up exercise into three **10-minute periods** throughout the day may be more effective at controlling blood pressure for people with prehypertension compared with a single 30-minute session.

Source: Arizona State University

BED HEAD

MEN START

TO LOSE

AGE 21.

Another reason to get your zzz's: Getting enough sleep can mean fewer "senior moments." Women who slept much more or less than the recommended seven hours a night had the memories of women two years their senior, say researchers who analyzed data from the Nurses' Health Study. The study looked at the sleep habits of 15,000 women in midlife and older. Women who slept an average of five hours or less per day as well as those who slept nine hours or more had lower scores on standard memory tests than those who slept seven hours.

Source: Alzheimer's Association 2012 International Conference The study has not appeared in a peer-reviewed journal.

WILL HAVE

SOME DEGREE

OF NOTICEABLE

HAIR LOSS

BY AGE 35.

95% **OF HAIR LOSS OF AMERICAN** IN MEN IS CALLED MALE PATTERN **THEIR HAIR BY** BALDNESS.

Source: American Hair Loss Association



Americans are taking strides toward better health. That's according to a CDC report that found more people are walking for exercise than they did five years ago. Walking is among Americans' favorite ways to exercise, and for

good reason: It's easy, and you don't need equipment. The CDC estimates more than 145 million U.S. adults took at least one 10-minute or longer walk per week in 2010-a 6% increase since 2005. Still, fewer than half of Americans get the recommended two and a half hours of weekly exercise. Nearly a third don't exercise at all.

Source: CDC

85%

OF MEN

HAVE

SIGNIFICANTLY

THINNING HAIR

BY AGE 50.

Hot Hits

What's trending on WebMD.com right now

- **Solutions for Acne**
- 2. Best Mattresses for a **Good Night's Sleep**
- 3. Which Foods Are Heart-Healthy?
- 4. The Glycemic Index Diet
- 5. Does the P90X **System Really Work?**
- 6. West Nile Virus Symptoms
- 7. Healthy Brown-**Bag Ideas**
- 8. Can Melatonin Help You Sleep?
- 9. Top Gluten-Free Foods
- 10. No-Diet Weight Loss—Is It for Real?



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HEALTHY START THE RATIO OF KIDS AGES 8 TO 10 WHO RIDE IN THE FRONT SEAT OF A CAR. THE RECOMMENDED **MINIMUM AGE FOR FRONT-SEAT PASSENGERS IS 13.**

GOOD READS

Source: American Journal of Preventive Medicine



The Big C

What gives cancer patients strength? For melanoma survivor Hillary Fogelson, it was a little bit of fear, humor, and documenting the most precarious year of her life. In *Pale Girl* Speaks: A Year Uncovered, Fogelson, diagnosed at age 25, chronicles how her seemingly normal life suddenly included daily anxieties awaiting news from doctors, putting dreams of having her own family and acting career on hold, as well as coping with her father's cancer diagnosis. With so many books on cancer out there, this memoir isn't just any survivor story. It offers a refreshing and honest point of view, sometimes darkly funny, that really puts life and all its issues in perspective.



Brain Gain

If you have one too many "senior moments," are notorious for your mood swings, or are physically out of shape, think about picking up this new book. In Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being, author and physician Deepak Chopra and Harvard Medical School professor Rudolph E. Tanzi explore how to overcome common challenges like memory loss, depression, anxiety, and obesity and how to create the ideal lifestyle for a healthy brain. They also debunk five widespread myths, such as that the brain's hardwiring can't be changed. Perhaps the most important chapter: how to reduce the risks of aging.

1 in 30 THE NUMBER OF

BABY BOOMERS BORN BETWEEN 1945 AND 1965, **WHO MIGHT BE INFECTED** WITH **HEPATITIS** C.

Source: CDC **SCALE TALE**

Could you be gaining weight without knowing it? A study suggests Americans tend to be in denial about their weight. In a large survey, many adults said they lost weight from 2008 to 2009, but in truth, they gained. On average, they were off by just a pound-but, of course, those pounds can add up over time. Men were more likely to be clueless about weight gain compared with women, and older people were more oblivious than vounger adults to extra pounds.

Source: Preventive Medicine



Here's something to really keep you up at night: Even a little anxiety or depression may shorten your life. A review of data on more than 68,000 people found that those suffering even slight distress—say, they sometimes stayed awake at night worrying or had trouble concentrating on tasks-were about 20% more likely to die over a 10-year period than others. That was true even after researchers accounted for unhealthy behaviors that can come with anxiety and depression, like smoking and drinking. Source: BMJ

HEALTHY START

CAR TROUBLE

The 10 most dangerous U.S. cities to drive in, according to a CDC report:

- 1. Orlando, Fla.
- 2. Memphis, Tenn.
- 3. Glendale, Tenn.
- 4. Miami
- 5. Las Vegas
- 6. Birmingham, Ala.
- 7. Sacramento, Calif.
- 8. Tampa, Fla.
- 9. San Ântonio
- 10. Jacksonville, Fla.

The 10 safest U.S. cities

for driving (in alphabetical order because there were no significant differences among them):

- Boston
- Buffalo, N.Y.
- Cleveland
- Hartford, Conn.
- Newark, N.J.
- Plano, Texas
- Providence, R.I.
- Salt Lake City
- Santa Ana, Calif.
- St. Paul. Minn.

Source: CDC's Morbidity and Mortality Weekly Report

SNOOZE ALARM

Got a preschooler who snores? Noisy nights aren't all you have to worry about: She might be more likely to misbehave than other kids. A study of 249 children found that kids who snored loudly twice a week or more at ages 2 and 3 were more likely to have behavioral problems including hyperactivity, inattention, and depression. Researchers think poorquality sleep is at least partly responsible for the bad behavior.

Source: Pediatrics

High Anxiety



HEALTHY START

PERSONAL BEST

Hayden Panettiere

THE NASHVILLE STAR SHARES HER HEALTHY LIVING HABITS

Food and Unwind "When I'm stressed and need to reset, I love to have a glass of white wine and watch The Food Network, especially the series Chopped. For me, though, cooking is a big process with all that shopping—I see those chefs running from one end of the store to another with their lists. I'm a

terrible shopper."

"If my brain says I have to go work out now,' I'll talk myself out of it in 5 seconds."



Workout Wisdom "If my brain says, 'I have to go work out now,' I'll talk myself out of it in 5 seconds. We're on set all day long, running around on our feet, so that's really helpful. In off time, I like to swim, not laps, but just treading water when I'm having a good conversation with friends. And I'll take the stairs instead of an elevator. Anything that elongates the body—like yoga or Pilates—works well."

Panettiere stars in ABC's Nashville, which premieres Oct. 10.



Chicken & Stars soup on hand. Also raspberries and strawberries, and eggs—hard boiled, scrambled, I love them. I find any random kind of vegetable, chop it up, steam it, maybe sauté a bit, and dump it into my eggs."



Me Time "A good book is the best, and I can cruise through it super-fast. Now I'm reading the third volume of the Fifty Shades of Grey trilogy—Fifty Shades Freed."



Skin Deep "Keep yourself healthy and your skin will look that way, too. Take off your makeup at night don't wake up with the same makeup you had on yesterday. It really clogs your pores."

UP CLOSE

Vitamin See

AN IN-DEPTH LOOK AT THE DAILY ESSENTIAL

Life Support

Vitamins are vital for normal growth and development. The body doesn't produce enough or all of the organic compounds it needs—the rest come mainly from a balanced diet and, occasionally, supplements. But too much of some vitamins and minerals can make you sick, and too little can potentially cause a deficiency.

Baker's Dozen

The body requires 13 vitamins: A, C, D, E, K, and the B vitamins (thiamin, riboflavin, niacin, pantothenic acid, biotin, B6, B12, and folate).

On Duty

Vitamins have specific jobs. Vitamin A is essential for healthy eyes and skin, and helps fight infections. Others are needed for healthy bones, normal blood flow and clotting, and cell creation.

Two of a Kind

Vitamins are classified as fat-soluble (vitamins A, D, E, and K), which remain in the body longer, and water-soluble, which quickly exit the body (vitamins B and C). The exception is vitamin B12, stored in the liver.

Bear Necessity

In the early 1990s, many companies introduced "gummy" chewable vitamins, mimicking gummy bears.

C Stars

Vitamin C is synonymous with oranges, but kiwifruit and papaya have more vitamin C per cup.

Money Matters

Americans spend about \$29 billion a year on vitamins and supplements.—*Chloe Thompson*

Nashville, wh premieres Oct. 10.

When ABC's new drama and music series Nashville

premieres Oct. 10, viewers will meet Juliette Barnes,

played by actor, model, and singer Hayden Panettiere.

The network describes her character as "sexy, sassy," with

"trouble written all over her." Panettiere, now 23, began

acting at age 11 months and has worked in television and

film ever since. She's probably best known as cheerleader

Claire Bennet in NBC's hit science fiction drama, Heroes.

Recently, she's been in the film Scream 4, has appeared

in Lifetime's Amanda Knox: Murder on Trial in Italy, and

has lent her voice to Alpha and Omega and Hoodwinked

Too! Hood vs. Evil. Panettiere is also a spokesperson for

The Whaleman Foundation (whaleman.org), dedicated to

protecting the ocean world.-Stephanie Stephens





Give help. Get help.



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₩₩



LIVING HEALTHY

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19 Men's Health What to do about hair loss

20 Mind Matters Are you the jealous type?

21 Work It Out How to handle co-worker drama





If anxiety increases when you're on the road and miss your girls, it might help the whole family to track your schedule, carry family photos, call or video chat often, and maybe try meditation (check out *The Relaxation Response* by Herbert Benson, MD, for simple techniques).



Jeffrey P. Kahn, MD clinical associate professor of psych Weill Cornell Medical College, New York City

Use an antiperspirant at bedrime and a deodorant in the morning. Sweat production is lowest at night, giving active ingredients a better chance to get into your pores. Glide, stick, spray, or roll on wherever sweating is a problem—hands, feet, face, back, chest, and even groin. If this doesn't help within a month, you may have a condition called hyperhidrosis, which can be treated with prescription-strength antiperspirants or Botox injections.

BREAK THE SWEAT

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

Davi

derma at Ea:

We pound the pavement to get expert answers to your pressing health questions Photograph by Chris Usher

WEBMD ON THE STREET

Tay Person

Implementation Consultant, 35 Somers Point, N.J.

celerated Jay Cardiello founder of the JCORE Accelerati Body Transformation System, an celebrity trainer, New York City



I recommend at least 10 minutes of stretching a day to start. To help keep the spine flexible, when sitting at your desk, imagine ice water being poured down your back. The thought will have you sitting tall—and reducing neck and back stress.

BACK ATTACK

LIVING HEALTHY



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

FEET TREAT

Wash your feet nightly with Nizoral or Selsun Blue shampoo to help kill fungus. Then apply an over-the-counter antifungal cream all over your feet, between the toes, and on the toenails. You can also try AmLactin, a lactic acid lotion that smooths and moisturizes the feet while inhibiting fungal growth. If this regimen doesn't work, see your doctor for prescription antifungal tablets.

C

David Colbert, MD , New York Dermatology Grou and Colbert MD skin care

LIVING HEALTHY



WOMEN'S HEALTH

Basic Instinct GO WITH YOUR GUT. IT'S MORE SCIENTIFIC THAN YOU MIGHT THINK

By Colleen Oakley

When my husband and I shopped for our first house, we looked at more than 20 properties on the market. None of them seemed to fit our detailed checklist of the perfect home. I grew frustrated and called my mom. "Forget the list," she said. "When you walk in the front door of your house, you'll just know it." Three days later, as I stepped onto the slightly sloping porch of a charming 1926 Spanish stucco three-bedroom with our Realtor. I realized my mother was right. It had only one bathroom and desperately needed paint and a new air-conditioning unit, but somehow, I knew I was home.

Intuition, or a sixth sense, is something many of us rely on for snap judgments and often life-altering decisions. But what exactly is it? A 2008 study in the British Journal of Psychology defined intuition as what happens when the brain draws on past experiences and external cues to

make a decision-but it happens so fast that the reaction is at an unconscious level.

But that's only part of it, says Judith Orloff, MD, assistant clinical professor of psychiatry at UCLA and author of Guide to Intuitive Healing: Five Steps to Physical, Emotional, and Sexual Wellness. "Just like the brain, there are neurotransmitters in the gut that can respond to environmental stimuli and emotions in the now-it's not just about past experiences," she says. When those neurotransmitters fire, you may feel the sensation of "butterflies" or uneasiness in your stomach. Researchers theorize that "gut instinct," which sends signals to your brain, plays a large role in intuition.

And contrary to common belief, it's not just women who harbor this mysterious instinct. "Men can be powerfully intuitive-they have the same capabilities as women," says Orloff. "But in our culture, we view intuition as something that's warm



FROM WEBMD.COM Q&A

"I live in an unsavory part of town and sometimes when I walk home from the subway I get that prickle on the back of my neck like something bad is about to happen. Is that women's intuition or just paranoia



Dalila Cullins 32. actor. New York

> EXPERT ANSWER

"Does it matter? I teach my patients to always listen to their gutthat sixth sense that's telling you something might not be rightparticularly if you're sensing danger. If you listen to it and you're wrong, you've lost nothing. Perhaps you took a longer route home or you ducked into a store until the feeling passed. If you don't listen to it and you're right, things could turn out very badly. More often than not, your gut is right so listen up! It's always better to be safe than sorry.'



Judith Orloff, MD assistant clinical professor of psychiatry at UCLA

and fuzzy, or not masculine, so men have often lost touch with those feelings.'

American women. on the other hand. are encouraged to be receptive to their inner thoughts, so it appears that they have more intuition than men, says Orloff. "The reality is, girls are praised for being sensitive while boys are urged to be more linear in their thinking rather than listening to their feelings," she says.

So how do you tune in? First, pay attention to your physical responses. "Maybe you're trying to decide if you should take a new job that pays twice the salary as vour current one." says Orloff. "Your head says 'Of course! That's a lot of money,' but you notice that you feel a little sick to your stomach or exhausted. That's an intuitive cue that you should step back and really examine the offer." You also need to

make sure you aren't mistaking strong emotions for intuition. "Fear. desire, and panic can all get in the way of intuition," says Orloff. "It's important to really focus on that inner voice."

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

Hair Apparent THINK THERE'S NO GROWING

MEN'S HEALTH

BACK? NOT TRUE-HERE'S WHAT TO DO ABOUT BALDING

By Matt McMillen

By age 30, one of every two men starts to lose the thick mop of hair he had as a teen and throughout his 20s. The hairline begins a steady backward march, and more of the scalp shows through on the top of the head.

Your genes largely determine whether you'll be one of these men. But Adam

Up to seven in 10 men who take minoxidil say they regrow some hair.

Penstein, MD, chief dermatologist at North Shore-Long Island Jewish Health System in Lake Success, N.Y., says your genes don't necessarily get the final word. You can save what you've got and (at least in some cases) recover some of what you've lost with one of two medications: a foam or lotion called minoxidil (the brand name is Rogaine) or a prescription pill, finasteride (Propecia).

"Minoxidil works well for men who don't want to take a pill and who want to stall or prevent hair loss," Penstein says. "There's little downside to it, other than



You don't even need a prescription." Minoxidil seems to enlarge follicles and stimulate hair growth, though researchers don't fully understand how. Still, up to seven in 10 men who take minoxidil say they regrow some hair. Men who try it need to be patient because sometimes results can take four months.

want to try finasteride.

Finasteride blocks the enzyme that converts testosterone to dihydrotestosterone (DHT), a hormone considered

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having to use it twice a day indefinitely.

Even when it works, though, it can irritate the scalp. "That's the only real side effect from minoxidil," Penstein says, of the itchiness, flaking, and redness a few men develop. Those with very sensitive scalps may have problems with even a foam formulation and might the major culprit in male pattern baldness. DHT thins the hair of men who have inherited a baldness gene because it shrinks genetically sensitive hair follicles until those follicles can no longer grow hair. Finasteride slows hair loss in as many as 90% of men. and most men who take it regrow some hair.

You can use minoxidil and finasteride together, often for better results. Whether you use one or both, Penstein says, you must stick to that treatment.

"You're not curing the problem. You're just keeping it at bay, and that takes commitment," Penstein says. "The moment you stop, you start losing hair again, sometimes faster than before."

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

LIVING HEALTHY

How do you keep your relationship alive? Leave a comment on WebMD's The Art of Relationships blog!

MIND MATTERS

When in Doubt

DO YOU HAVE A JEALOUS STREAK THAT RUNS DEEP? GET TO THE HEART OF THE ISSUE

By Leslie Becker-Phelps, PhD

You hoped your husband's new work colleague was a happily married 50-plus mature mom of grown kids who knits in her free time, but when you meet her at the corporate picnic, she's a 33-year-old single blonde beauty who does Yogilates every day and is super-smart and charming to boot. That pit in your stomach? You hate to admit it, but it's cold, hard envy.

Jealousy is common in romantic relationships, and usually it's nothing more than a natural protective instinct when you sense even a tiny threat to your happy domestic bliss.

A recent study found that jealousy can literally be blinding. University of Delaware researchers asked the female half of couples to pick out specific photos in a stream of images on a computer, while their paramours sat at a computer nearby rating the attractiveness of other women. The more jealous the women felt about their men looking at hot women, the less they were able to pick out the target images on their own screens.

The lesson? Jealousy is a powerful emotion that can

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



have far-reaching consequences. But you don't have to let it destroy your relationship. When you feel the green-eyed monster taking over, take a step back and follow these three steps.

1. Acknowledge the problem. Always pay attention to your gut feelings and instincts. They may not be accurate, but that's OK. Once you acknowledge that you're jealous, you can then determine if your feelings

are based on distrust issues in your current relationship or on insecurities that you harbor from past

2. Nurture self-love. If your feelings of jealousy stem from insecurities within yourself, it's time to make a focused effort on boosting your self-esteem. Start by keeping a gratitude journal. Write down three things each night that you felt good about during that

day. Take note of when people compliment you or say things they appreciate about you, and write them down. Most important, if the feelings stem from your insecurities and nothing he's done, remind yourself that your current partner has been open and honest with you and that there is no real reason to worry.

3. Talk to your partner. Healthy relationships are based on honest communication and caring. If you fear your partner will cheat on you when he walks out the door, talk about your concerns-without accusations. State the problem briefly and focus on how you feel (hurt, sad, alone). Use "I" statements, so it's clear you're not blaming him. The objective is to open the door for your partner to reassure you and work to help allay vour concerns. If vou're unable to talk through the feelings of distrust-whether they're real or imagined—it could be a sign of a fundamental problem in vour relationship that needs to be addressed.



"It's not just lunch-sharing a meal with an ex-flame sparks more jealousy than just meeting for coffee in both men and women, according to a recent study from Cornell University. Keep your social interactions with exes food-free."-Leslie Becker-Phelps, PhD



NOT HITTING IT OFF WITH YOUR CO-WORKERS? YOU MIGHT NEED TO TAKE A STEP BACK

By Sonya Collins

Whether it's a co-worker who bulldozes us during staff meetings and shoots down every new idea, or several colleagues who make up a clique outsiders just can't break into, we've all had to work with people we simply don't like. They can turn a job you otherwise enjoy into your own daily personal hell.

Some perspective is in order. While your co-worker's behavior may feel like a personal affront you did nothing to deserve, he or she may feel affronted, too, says Andy Selig, ScD, a management and organizational psychologist who often mediates tense workplace relations. "Most of the time, all the protagonists involved feel like victims," he says.

So before moving forward, take a step back. "First look at yourself. Then look at others," Selig says. "We can't usually change other people, but we can change ourselves."

Ask yourself some questions-they might reveal behaviors you can change to ease the tension. First, did you move too fast? This applies especially if you're new to a job. Maybe you're a real go-getter, and you wanted to hit the ground running-not always the best strategy. "Coming into a new organization is





PEER **ADVISER**

Try these strategies when you feel the need to talk to higher-ups or to the co-worker with whom you're having problems.

1. Count to 10. Never react to your co-worker's most recent offense. Always move forward with a cool head. Go home, sleep on it, and plan what you'll say and to whom.

2. Point the finger at yourself. Use "I" statements. Co-workers will be more open to dialogue when you're asking for help rather than attacking or blaming. Consider "I think I may have gotten off on the wrong foot. Is there anything I can be doing differently?" versus "Why are you shooting down all my ideas?"

3. Keep it professional, not personal. This cuts the chances of a defensive response. Try "Here's what I think my job is, and here's how I'm pursuing it. Is that what you and others expected of me?" rather than "No one is listening to me."

like a step-parent coming into a family. Come in slow. Don't start parenting right away. We have to earn trust so people value what we have to say," Selig says.

Also consider whether your ideas sound like criticism. Your job may, in fact, be to innovate, but new approaches must follow ample recognition of the work your colleagues have already done. "One of my clients had great ideas but didn't give any recognition that there was a lot of good stuff going on there before she came in. Her co-workers felt criticized and undervalued, and they reacted to it," Selig says.

Do you and your co-workers see your role the same way? While you're just doing your job, if others don't know what that job is, they may feel you're stepping on their toes. "A lot of times these conflicts are a result of role clashes more than interpersonal differences," Selig says.

How about your interaction with co-workers-does it reflect the way they interact with each other? How do they share ideas, resolve conflicts, work together? Selig says it pays to be observant and practice "when in Rome" behavior, going with the flow.

But, Selig advises, don't go straight to the difficult coworker or your boss. Ask for feedback from another coworker (or two) you trust who also gets along with the pack. If this doesn't resolve the situation, it may be time to approach the colleague in question.

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

WebMD healthy BEAUTY

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There's so much to smile about this fall



EXPERT TIP

HEALTHY BEAUTY

24 You Asked Pump up the volume with expert hair-raising tips

Beauty Smarts 26 What's the best moisturizer for your skin?

28

Your Smile Get up close with a top dentist and whiter teeth, too

"Whitening toothpastes can be effective for smokers or those who use dentist bleaching. Be sure to look for a brand approved by the American Dental Association and one that has fluoride, important even for adults because it prevents tooth decay."—*Denise J. Estafan, DDS, MS*



YOU ASKED

Pump It Up

WANT TO ADD VOLUME TO YOUR TRESSES? WE SOLICITED HAIR-RAISING TIPS AND PRODUCT PICKS FROM TWO EXPERTS

By Ayren Jackson-Cannady



HEALTHY

BEAUTY

Clean Sweep **TRESemmé Fresh Start Volumizing Dry** Shampoo (\$4.99) "Dry shampoo is a great styling product because it absorbs excess oils that can weigh hair down. It also adds dry

texture to clean hair, which pumps up volume."



Hue New

L'Oréal Excellence Creme Permanent Hair Color (\$8.99) "Permanent hair color packs a lot of pigment into the cuticle of your hair, which decreases translucency and increases the diameter of the hair shaft, creating a much fuller, shinier effect."



Air Head

Shu Uemura Ample Angora Volumizing Light Foam (\$38) "I think even women with curly hair love volume; they just don't want frizz! Try using a mousse like this. It's great because it smooths out unruly hair and makes it really full without any stickiness."



Paul Cucinello creative director, Chris Chase Salon, New York City



Shower Power

Oribe Shampoo and Conditioner for Magnificent Volume (\$36-\$39) "Some volumizing shampoos, like this one, have a higher pH level, which opens the cuticle of the hair a little and keeps hair from looking too flat. If you want maximum lift, keep conditioner mainly on your ends and away from your scalp because the conditioner will weigh hair down."

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.



When in doubt, leave your hair loose. "Avoid placing excessive tension on the hair from styles such as tight ponytails or braids," says Andrew Alexis, MD MPH. "This can lead to thinning hair on the front

edges of the hairline called traction alopecia."

Be picky with your

conditioner. "Use conditioners made for fine hair, which are typically lighter and will not weigh down hair," says Joshua Zeichner, MD. "Stay away from 'intensive conditioners,' which may be too heavy if your hair is fine."

Don't overprocess your hair.

"Heat-damaged hair is even more susceptible to breakage when topped with dyes, perms, or relaxers," says Jeanine Downie, MD. She suggests you perm, relax, or dve, but never all three all at once.



Low Blow

Enjoy Professional Hair Spray (\$18.64) "It's easy to get lift with hair spray, a blow dryer, and the right technique. Flip your head so your damp strands are pointing toward the ground and dry with a dryer set to medium. Flip your head back up and 'over-direct' strands by brushing them upward, against your scalp in the opposite direction you would like hair to fall. With hair still over-directed, wait 15 seconds for it to cool in that direction. Style as usual and spray with a light mist of this strong-hold, fast-drying hairspray."



Weight Loss

Desert Essence Organics Lemon Tea Tree

Shampoo (\$8.99) "Clarifying shampoo is designed to break down and wash away all of the buildup from the various hair products we use daily, returning strands to their original state. Just getting rid of the additional weight gives hair a lift. I recommend using a clarifying shampoo every fourth wash."



Hilary Young owner and stylist, Cheveux Studio for Hair, Corte Madera, Calif.

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Big Tease

Goody Start.Style.Finish Get It Smooth Double-Sided Smoothing Comb (\$2.49) "To get the most effective and volume-enhancing backcomb or 'tease,' lift small sections of hair straight up and hold the ends with your fingers. Insert a comb about three to four inches from the scalp and push the hair straight down. Pull the comb completely out of the hair and then reinsert at original starting point. Repeat until you get the desired amount of height. Backcombing itself isn't damaging. It's the way we comb it out at the end of the day that causes most of the damage. Be gentle; start at the bottom and slowly work strands smooth."



Booster Shot

Big Sexy Hair Root Pump Volumizing Spray Mousse (\$17.50) "When using a root booster, start with a little and add more if you need it. If your hair flops or looks super stiff, you've used too much. Root booster should be applied by holding wet hair up and spraying the product one to two inches from the roots."

> Reviewed by Karvn Grossman, MD WebMD Skin Care Expert



BEAUTY SMARTS

Face Time

PICK THE RIGHT MOISTURIZER FOR YOUR SKIN WITH THESE EXPERT TIPS

By Wendy C. Fries



"I just turned 30. Is it too early (or too late!) to start using anti-aging products?"



Jenn Rice 30, publicist, Salt Lake City



"No, it's never too soon (or too late) to begin an anti-aging skin care regimen. Use sunscreen and antioxidants during the day and a retinoid or retinol at night. This is the proven path to keeping skin looking younger.'



Mary Lupo, MD professor of dermatology, **Tulane** University School of Medicine, New Orleans



On your to-do list: Buy a facial moisturizer. What could be easier? But then there you are, wandering the skin care aisle in the drugstore, confounded by the choices.

We asked dermatologists to share some no-nonsense tips for choosing the right product for your face. It turns out that picking a moisturizer isn't so confusing after all. Here's what to look for and what to avoid.

All skin types No matter your skin type, just about every dermatologist recommends a moisturizer that has a sunscreen with an SPF of at least 30. If you're buying a facial product, dermatologist Andrea Cambio, MD,

EXPERT TIP



in Cape Coral, Fla., suggests one that is oiland fragrance-free as well.

Moisturizers with antioxidant ingredients such as green tea, chamomile, pomegranate, and licorice root extract help keep any skin type looking fresh and healthy. Antioxidants protect the skin by neutralizing free radicals, molecules that break down skin cells.

Whatever your skin type, most skin experts suggest avoiding unnecessary and potentially irritating ingredients like added colors and perfumes. Antibacterial agents can also be unnecessarily harsh, stripping skin of essential oils.

Oily or acne-prone skin If you're prone to acne, look for a non-comedogenic facial moisturizer, which won't clog pores. "I like alpha hydroxy acids, which are also anti-aging," says Carolyn Jacob, MD, a Chicago dermatologist. To prevent acne, skip facial moisturizers



BEAUTY 411 I've heard a lot about lasers, but how exactly do they work?

Fine lines, discoloration, acne scars, large pores, broken blood vessels, and age spots-you name it, lasers, or microscopic beams of light, have the power to help correct it. Lasers use heat (and light) to stimulate the growth of fibroblasts, which are precursors to new collagen in the skin. More collagen means firmer, fresher, youngerlooking skin. There are two main types.

Ablative lasers take off the surface of the skin and can result in scabbing, significant downtime (up to two weeks), and some discomfort. Your skin may be red, raw, and oozing, but once that passes, deep acne scars and troublesome wrinkles will be drastically reduced.

One of the hottest lasers in this category is fractionated laser skin resurfacing. (Fraxel is the brand name of the pioneering device in this arena.) While



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

the diameter of a hair follicle) make pinpoint punctures in the skin, the process doesn't affect the surrounding tissue. It has become popular for treating the signs of aging with much less discomfort and downtime than traditional, nonfractionated ablative lasers. Typically, redness lasts about a week.

Non-ablative lasers don't

break the surface of the skin and are generally gentler options, leaving mostly mild redness and irritation. Some work after just one session, but many take a few appointments to achieve the end results. happen to like the Genesis 1064 YAG laser for zapping rosacea and shrinking poreswith almost zero downtime. The MedLite laser is the one I use for fading brown spots over a few sessions.

-Debra Jaliman, MD assistant professor of dermatology, Mount Sinai School of Medicine

Who has time for regular facials? Not me! That's why I was elated to read about the Clarisonic Mia (\$119) in the September 2012 issue. It's truly the next best thing. This little waterproof tool now has a permanent spot in my shower, and its size makes it easy to pack, leaving me polished and refreshed no matter where I travel. It's foolproof—one button and one speed—and within 60 seconds, I'm clean. Since I bought one, I've already noticed smoother skin and smaller pores.-Brittany Siminitz, Washington, D.C.

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thousands of microscopic laser beams (each one-tenth



with lanolin, mineral oil, waxes, or shea butter, Cambio suggests. These "can clog pores and cause acne on the face, and are more appropriate for the body.'

Dry skin Aim for a heavier moisturizer and look for ingredients like hyaluronic acid and dimethicone, which keep skin hydrated. Glycerin, propylene glycol, proteins, and urea also attract water to your skin, while lanolin, mineral oil, and petrolatum lock in moisture. Smooth the moisturizer on a few minutes after a bath or shower.

Sensitive skin Use a hypoallergenic and fragrance-free moisturizer. "In general, choose one that contains fewer than 10 ingredients" to keep potential interactions with fragile skin at a minimum, says dermatologist Sonia Badreshia-Bansal, MD, of Danville, Calif.

People with dry or sensitive skin should avoid alpha hydroxy acids, glycolic acid, retinoic acid, and salicylic acid. These may penetrate the skin too deeply and trouble delicate skin. Stay away from products with alcohols as well.

Itchy skin If a hypoallergenic product doesn't relieve itching, try a 1% hydrocortisone steroid skin cream for one week (but no longer). Still itchy? See your doctor. You may have a more serious skin problem.

Eczema Use a thick moisturizing ointment with petrolatum, or simply use petroleum jelly. Either will soothe skin and keep it supple.

Stay away from moisturizers that contain urea or lactic acids. Though these ingredients are good for very dry skin, they can aggravate skin irritations.

> Reviewed by Stephanie S. Gardner, MD WebMD Skin Care Expert

HEALTHY BEAUTY

YOUR SMILE

White Space

MELLOW THE YELLOW WITH THE EXPERT SCOOP ABOUT TEETH WHITENERS

By Lisa Zamosky

• There's a saying: "A smile can brighten the derkest day." Market brighten the darkest day." Maybe that's why so many of us look for ways to change our teeth from dull and yellow to bright and shiny.

Yellow, stained teeth tend to come with the territory for coffee, tea, and red

Peroxide is the active agent in teeth whiteners sold by dentists and drugstores alike.

wine drinkers. Smokers, of course, put their teeth at greatest risk for unsightly stains. But everyone's teeth suffer after years of wear and tear-etchings or grooves begin to develop on the teeth's surface, making them more susceptible to stains over time. That's why the same glass of red wine you drink today may do more to discolor your teeth than it did 10 years ago, says Mark Wolff, DDS, PhD, professor and chair of the Department of Cariology and Comprehensive



Care at New York University College of Dentistry.

If you're in the market for a teethwhitening solution, you have plenty of

EXPERT TIP

'If you're going with a drugstore option, you should choose whitening strips. They work better than store-bought trays because they adhere much more closely to the tooth surface."-Mark Wolff, DDS, PhD

options. Today's professional and do-itvourself bleaching methods are effective and have proven to be extremely safe, says Denise J. Estafan, DDS, MS, director of esthetic dentistry at New York University College of Dentistry.

Peroxide-either carbamide or hydrogen-is the active agent in teeth whiteners sold by dentists and drugstores alike, and the strength of the peroxide is what mostly sets them apart: Store-

bought kits, such as whitening strips and trays, contain as much as 7% peroxide, Estafan says, while whiteners used in your dentist's office can have 35% or, less commonly, 45% peroxide.

The way the whiteners are delivered differs, too. Just one hour in the dentist's chair can turn your smile from dull to dazzling. After applying a high concentration tooth-whitening gel, your dentist will aim a special heating lamp directly at your teeth for three 20-minute intervals, taking five-minute breaks in between to reapply the gel. "When it's warm, the carbamide peroxide works better," Estafan explains.

During the procedure, a rubber dam or other protective barrier is placed in the mouth to isolate the lips, gums, and tongue so the whitening gel stays concentrated where it's needed: on vour teeth. Estafan savs the in-office treatment works best when you follow up at home by using whitening trays that are custom-made for your teeth by your dentist. The tight fit keeps bleaching solutions in close contact with the tooth's surface and minimizes the amount of peroxide that is swallowed or contacts the gums.

Professional whitening at your dentist's office works well, but you'll pay for the privilege. Expect to shell out about \$500 for the in-office light treatment (which Estafan says also includes at-home trays and solution) and from \$300 to \$400 for the personalized trays if used alone.

Whitening kits sold in drugstores contain lower levels of peroxide than those sold by your dentist but may work just as well, if more slowly. And they are considerably less expensive than professional options: Kits range from \$25 to \$100.

> Reviewed by Eric Yabu, DDS WebMD Oral Health Expert



SENSITIVE **SUBJECT**

Tooth and gum sensitivity is a common side effect of teeth whiteners, though it's not clear why some people are affected and others are not, explains Denise J. Estafan, DDS, MS. Here are a few expert tips for whitening your teeth in comfort.

Touchy teeth and gums are no cause for concern when using whiteners. "Healthy individuals with perfectly healthy gums can have a high level of sensitivity," Estafan says. The pain usually subsides within a few days.

"You don't want to use the strongest and fastest [solution] because it comes with the most side effects," says Mark Wolff, DDS, PhD. Slow and consistent wins the race.

Discomfort can be tempered by brushing with toothpaste made for sensitive teeth. Also, if you're using whitening trays, ask your dentist for fluoride or potassium nitrate solutions, which can be applied to teeth in the same tray used for whitening gel and can help decrease tooth sensitivity.



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YOUR SMILE

What's Up, Doc? A TOP DENTIST SHARES HIS 7 SECRETS FOR A HEALTHIER SMILE AND OPENS UP ABOUT HIS OWN HABITS

By Liz Krieger

When it comes to lighting up some of Hollywood's brightest smiles as well as tending to the pearly whites of the average Joe, New York City dentist Steven Roth, DDS, does it all. With more than 25 years of cosmetic and restorative dentistry experience, he created a technique that allows patients to "test drive" cosmetic dental procedures (such as temporary veneers) before taking the plunge. We chatted with Roth from his Manhattan office, SmilesNY, and asked him to share the seven things he always tells every patient.

1. You probably aren't seeing the dentist enough.

The standard twice-a-year visit (covered by most dental plans) is only half enough. Adults should see the dentist every 90 days. I know it sounds like a lot (and believe me, I get some resistance from reluctant patients), but, after just three months, the bacteria we clean out of your mouth during a check-up-it's all recolonized! I know it can seem expensive, especially if you have to pay for the additional visits out of

Reviewed by Laura J. Martin, MD WebMD Medical Editor



pocket, but it's well worth it from a health perspective. If you think about what you might spend on regularly cutting or coloring your hair, it's really not far off from that.

2. If you're scared of the dentist because you think it's going to hurt, you're not seeing the right dentist.

Today we can manage every single aspect of discomfort with the right medications to handle the annovance of keeping your mouth open

for a long period of time or anesthesia for more extensive, invasive procedures like root canals. You name the issue, we can address it.

3. If you wait until you feel pain, it's way too late.

Know this: Most dental issues don't cause pain at first. Cavities, before they become deep, are painless. Gum diseasealso silent. But once you're wincing in pain, that means there's probably already an infection or the pockets

MODEL BEHAVIOR

EVER WONDER HOW MUCH OF THEIR OWN ADVICE DENTISTS FOLLOW? STEVEN ROTH, DDS, IS INDEED ONE HEALTH PROFESSIONAL WHO PRACTICES WHAT HE PREACHES.

How often do you get a new toothbrush? Every 90 days, right after I get my cleaning-it's easy to

remember that way. I use a mechanical toothbrush, so I just swap out the old head for a new one.

If you can't brush, what do you do? I rinse with [a mouthwash] to kill bacteria. (I also like to dip my toothbrush in it, but I guess this is when you have no brush on hand.) If nothing else is available. I rinse with warm water.

Do you have a special brushing technique? Well, do you count

brushing my teeth while I'm in the shower as special? Hey-it's very efficient and I like to multitask! Also, I often floss three times a day-I just love the feeling.

Confess: Do you have any bad habits that you usually advise patients to break? I'm pretty virtuous-no icechewing, candy-eating, or soda- or coffeedrinking for me.

What's the last thing in your nightly dental routine? I put in my bite-guard. Yup, I have one, and I think a huge percentage of people could benefit

from one. They help prevent a lot of the damage from nighttime clenching or grinding.

of your gums have become riddled with bacteria. Bottom line: Make frequent check-up appointments to nip invisible-to-you problems in the bud, and put your dentist on speed-dial should you notice any problems.

4. Nothing can replace good, old-fashioned dental floss.

Sure, you can buy sharp little instruments at the drugstore for picking at your teeth or follow every meal with a toothpick, but until you get in between the teeth, where the surfaces abut one another, you're not attacking the location where some of the worst bacteria hide. The truth is, brushing only gets about 50% of the nasty stuff off of your teeth. Floss is the only

thing that can attack the other half. No matter how fantastically high-tech your

brush is or how thoroughly you go over each tooth, you still need to floss.

5. Seeing the dentist may save your life.

People are slowly realizing that gum disease might be a sign of heart disease. Some studies indicate a connection but more research needs to be done. It's all about inflammation-be it of the gums or of the arteries of the heart. Some studies

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show that bacteria in gum disease is also in plaques in heart arteries. Seeing

You should see the dentist every 90 days. The cost isn't that far off from what you might spend on your hair.

the dentist can benefit not only your smile and the whiteness of your teeth, but also your overall health.

6. The mouth tells no lies.

I can tell so much about a person just peering into their mouth. I can see if they have certain habits or issues-whether they drink a lot of soda or coffee and if they have had a drug problem in the past or present. If they

are experiencing a lot of stress, they may grind or clench their teeth, leading to gum recession or telltale wear patterns. Acid erosion patterns can betray a bulimic. Bad breath can even say a lot-be it acid reflux, a poor diet, or even diabetes. You just can't hide these things once you open vour mouth.

7. Not all whites are right.

There's no one-size-fits-all shade of white. If you bring in a picture of someone whose bright smile you admire, it's entirely possible it won't suit you. It depends on your coloring and your teeth. It's a bit like hair color in that respect. Everyone has a different potential for whiteness.





Baby

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! \star "Love the journal & baby book! Must buy for parents!" Jamie • April 24, 2012 Amazing App! \star "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!! \star "Easy to use!!! Lots of great information!!"

MelissaSue1106 • April 30, 2012



PARENTING





READER TIP

"The thing about being an only parent is that I cannot be two places at once. I know it will be a constant struggle. That is why I have hired help."-Baby1at35, WebMD community member

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PARENTING

Boy Wonder

SINGLE MOM GARCELLE BEAUVAIS PUTS HER SONS FIRST

Actor Garcelle Beauvais, 45, stars as Denzel Washington's exwife in the upcoming movie *Flight*, an intense mystery drama about a pilot's miraculous emergency landing. After starting out as a model for Clairol and Avon and on the runway for Calvin Klein and Isaac Mizrahi, Beauvais' movie career took off with Coming to America opposite Eddie Murphy. She's best known for her past TV roles in The Jamie Foxx Show and NYPD Blue, and now appears in the TNT legal drama Franklin & Bash. Born in Haiti, Beauvais also stars in a new 30-minute DVD drama called *Eyes to See* about the 2010 earthquake's aftermath.

You've been very up front in interviews and blogs about dealing with your divorce from your ex-husband. Mike Nilon. How are you handling it with your twin boys, Jax and Jaid?

We share custody 50-50, and we've managed to put them first. We thought it was important for them to feel like things are stable, so we did their rooms the same in each home, with the same sheets. They have rolly backpacks that they take back and forth with the stuffed animals they sleep with. [Beauvais also has a grown son, Oliver, 21, from her first marriage.]

What would you tell newly single moms dealing with parenting after a divorce?

Keep your head up and put the kids first. I think people get caught up with the anger and the sadness from

whatever the reason for the breakup is. But you have to remember that the kids are the most important thing, and you only get one shot at a childhood. We still do things together as a family and are doing the best we can to make great memories. We're making it as beautiful as we can for them.

As they get older, how are you handling the "twin thing"?

Well, they just started back to school. I'm about to go pick them up from their second day in a big school. We're going to have them in separate kindergartens next year so they can have their own space, but we didn't want to bring them to a new school and then separate them right away. So they're in a

It's really relaxing and great to calm down. We multitask all day, and stretching quiets my mind and gets it ready to go to sleep.

What's your workout regimen?

I need to be better about it, honestly. It's the first thing to go for me when my schedule gets crazy. If I don't do it in the morning, I'm not going to do it at all—unless I'm gearing up for something so specific that I have to be really diligent about it. I like Cardio Barre. It's an hour, and I sweat like nobody's business. I love that and I love Pilates. It's really great for toning. In a perfect world, if I could do each twice a week, then oh, honey! But life gets in the way.

"We're so scheduled these days that we just forget to sometimes stay in our pajamas and do nothing."

pre-K class together, at the same school where they'll go to kindergarten next year. I can't wait to hear how their day went, but it's hard to get them to tell me anything!

Family meal time is so important. How do you manage to make that work?

It's not always easy—they're turning 5 this month, and sometimes it gets a little crazy. But we always start our meal with a prayer, and then I'll tell a story to keep them focused. Sometimes I have to start making things up, but they'll want to hear more and then we can settle down for dinner together.

What do you do to de-stress?

I always stretch before I go to bed.

Probably barbecuing. That's easy-you

commitments?

READER TIP

"It's nice when you can have little moments when you can kind of pat yourself on the back for handling a parenting situation well." -leftcoastgirl, WebMD community member

Beauvais

co-stars with

Denzel

Washington

in Flight

next month.

What does an ideal day look like for you, when you have no work

I know exactly what that is! Waking up late and not rushing out of bed. The kids don't have to go to school, so they come into my bed until it gets a little too rough and then I want outta there. We'll have breakfast and then we get in the pool. Sometimes we're in the pool at 8:30 a.m.! And then just having a really great day with no "have to's." We don't have to go to a birthday party, we don't have to go to karate. We're so scheduled these days that we just forget to sometimes stay in our pajamas and do nothing. We need downtime.

What's your go-to easy dinner?



I Am Mixed, the first in your three-book series published by Stranger **Comics, debuts this** fall. How did your sons inspire you to start writing children's books?

When we go to the bookstore, which we do a lot, there weren't many books with characters who looked like them. I'm Haitian and Mike is Irish, and I wanted them to understand the blend of what makes them who they are. So it came to me that I needed to do this. Jax and Jaid are my reviewers. They like this part, and they don't like that part. Sometimes they're a little too bossy about it, and I tell them to go play! But it's been a really great process. The next book is about divorce from a kid's point of view, because they're from a divorced family.

just turn the grill on, put the food on, and you can walk away and do other stuff and come back. We'll barbecue corn and grill vegetables-the kids love that.

When you're trying to drop 5 pounds, what do you cut first?

The vummy stuff-carbs like bread and pasta. Usually pasta! And then I up my water intake. I'm not a big water drinker, so water gets kicked up a notch, and then I just go for smaller portions and eating earlier.

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

FAMILY& PARENTING

PREGNANCY Risky Business

GOT A BUN IN THE OVEN? AVOID THESE PRODUCTS FOR THE NEXT NINE MONTHS

By Stephanie Watson



Just about everyone who spots your baby bump has some nugget of advice, and that often includes products to steer clear of. But before you toss every cleaning and beauty item in your house, you need to know which warnings are worth heeding and which are misguided. Tracey Woodruff, PhD, MPH, associate professor and director of the Program on Reproductive Health and the Environment at the University of California, San Francisco, explains which products women legitimately should be wary of during their pregnancy.

Cleaning Products

Despite what you might have heard, most cleaning products are safe to use during pregnancy—provided you use them carefully. Clean in well-ventilated areas with windows and doors propped

EXPERT TIP

"When I was pregnant, I let my nose be my guide when it came to environmental exposures. A woman's sense of smell is heightened during pregnancy, so I used that to my advantage."—*Sara DuMond*, *MD*





PLAY IT SAFE

More common items and services to avoid during pregnancy:

Dry cleaning

Commercial dry cleaners often use the solvent perchloroethylene (PERC), which some studies link to an increased miscarriage risk. Hand wash delicates instead.

Your kitty's litter box Cat feces contain the parasite *Toxoplasma* gondii, which can cause a serious blood infection, toxoplasmosis. Have someone else do this chore.

Pottery, crystal, and ceramic dishes Your favorite serving pieces might contain lead. Buy a lead test kit and check them.

Dust cloths Cleaning with cloths can spread pesticides and other chemicals into the air. Use a wet mop instead.

open, wear rubber gloves, and never mix cleaning products such as ammonia and bleach (the smell can make you sick). One product you do need to avoid is oven cleaner. It can be dangerous to breathe, especially in the close quarters of your oven.

Pesticides

Unless you work on a farm, you probably won't be exposed to enough pesticides to harm your baby. But because pesticides could affect a baby's developing brain and nervous system, it's better to avoid spraying them into the air. If you need to get rid of critters, use insect baits and traps.

Food Storage

Canned foods might be quick and cheap, but cans are often lined with bisphenol-A (BPA), a chemical found in plastics, which can leach into food. Researchers still aren't sure what effect this might have on developing babies. For now, skip the cans. "If you prepare fruits and vegetables fresh, you can avoid the chemicals in food packaging that can migrate into food," Woodruff says.

Beauty Products

Polishing your nails or dyeing your hair a couple of times during your pregnancy probably won't do any harm. But because you can't always be sure what chemicals are in beauty products or what effects they might have on your developing baby, minimize their use if you can, Woodruff advises.

Reviewed by **Sara DuMond, MD** WebMD Baby Care Expert

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BABY TALK

Brush Strokes

IT'S NEVER TOO SOON TO START TAKING CARE OF TINY TEETH

By Lisa Zamosky



• When your baby flashes his gummy smile, caring for teeth that have yet to sprout is probably the last thing on your mind. "The surprising thing to a lot of parents is how early you need to start," says Amr Moursi, DDS, PhD, associate professor and chair of New York University's Department of Pediatric Dentistry.

FAMILY &

At birth, your child's baby teeth—20 in total—are already formed, hidden within the jawbone. Wiping your baby's gums once or twice a day with a soft

cloth will "reduce the bacteria load and intensity [in a child's mouth] so when teeth erupt, there should be less cavitycausing bacteria," Moursi says. It's also a good way to get your baby used to having her mouth worked on.

Dental visits should start early, preferably within six months of the first tooth coming in, and no later than your child's first birthday.

Brushing should start as soon as teeth appear, which can be as early as 4 months. Babies

READER TIP

"Toddlers don't want their teeth being brushed because back molars are coming out and it hurts. Try something flavored."-alwayssmile, WebMD community member

usually get bottom teeth first, then top ones. Don't get too worked up about when baby teeth come in. "The key things to look at are symmetry and pairings," Moursi says. Drooling, irritability, and putting objects into the mouth are sure signs of teething and tender gums. Sometimes a low fever or loose stools happen, too.

To relieve teething discomfort, remember two words: cold and hard. A frozen banana or a bagel can help reduce the pain.

Keep good early dental habits-and your baby's gummy smile will soon turn into a happy, toothy grin.

Reviewed by Eric Yabu, DDS WebMD Oral Health Expert



SAY 'CHEESE'

Amr Moursi, DDS, PhD, offers these tips to start good habits for a lifetime of healthy teeth.

Don't share. A major source of cavities in children is a type of bacteria transferred between parent and child. Limit cup and utensil sharing, and never lick your baby's pacifier.

Brush up. Use a pea-sized amount of toothpaste twice a day (after breakfast and again before bedtime) on your baby's teeth. Skip the fluoride until age 2, when kids can usually be trusted not to swallow toothpaste.

Limit exposure. Frequent eating. even of healthy food, is more damaging to little teeth than sweets. For younger children, aim for eating about five times a day (three meals and two snacks).

Active Duty

WHEN YOUR KIDS EXERCISE, BETTER GRADES, SELF-ESTEEM, AND SLEEP FOLLOW

By Hansa Bhargava, MD

FIT KIDS



• Do you find yourself reaching for a tall cup of java each afternoon to power yourself out of that 3 p.m. energy slump? I feel your pain-being a mom takes energy. As a pediatrician, though, I have a better fix: a 15-minute power walk. And what works for your midday slump works for your kids, too.

But with school and so much homework, can they afford to take time to exercise? In truth, they can't afford *not* to. A Georgia school that started a before-school fitness program found that children who walked for just 25 to 30 minutes participated more in class and showed improved grades. Another bonus: Exercise can improve self-esteem in kids. When 207 formerly sedentary kids exercised for just 40

EXPERT TIP

"The other day, my son yawned and said, 'Mom, I'm tired. I'm going to jump on the trampoline.' A few minutes later, he returned with a smile and said, 'I am ready to do my homework now.'"-Hansa Bhargava, MD



Read Raising Fit Kids When You're Inactive to get your kids oving and improving.

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minutes a day, they reported less sadness and said they felt better about themselves, according to research published online in the Journal of Pediatric Psychology.

The next time your kids complain they're tired (or you feel the urge to get caffeinated), get up and move. While the official recommendation for children is 60 minutes of physical activity a day, breaking this down into shorter segments may be easier for a busy family. Make sure you include aerobic activity such as brisk walking at least three days a week. And don't forget muscle- and bone-strengthening exercises, such as gymnastics and push-ups. You and your family will be healthier, sleep better, and feel happier.

ACTION PLAN

Here's how you can get your family moving.

Step out. Take the stairs, park far away from the entrance to the grocery store, and walk short distances instead of driving. Soon vour kids will remind you to do this, says Hansa Bhargava, MD

Make it simple. Play oldie-but-goodie family games such as Frisbee, tag, and hopscotch. Who can hula-hoop the longest?

Move on the weekend. Take one hour to do an activity together: Shoot hoops, play tennis, or go for a nature walk. Too hot or cold outside? Dance to fast music, or see who can clean their room the fastest.

Limit TV and other media. The more time your family spends in front of screens-TVs, computers, phonesthe less they exercise. Turn the electronics off and move.

Celebrate! If you and your child just finished a long walk, make a point of acknowledging vour efforts. Remind your kids how moving makes them feel good.



KIDS' HEALTH

FAMILY &

Snore Spot SIGNS YOUR CHILD MIGHT HAVE A SLEEP

PROBLEM-AND HOW TO PUT IT TO REST

By Christina Boufis

When her son was in preschool, Cynthia Chin-Lee remembers teachers saying he would fall asleep during playtime. Now, 10-year-old Joshua is impossible to rouse in the mornings, saying, "I need to sleep 10 more minutes. Leave me alone."

Joshua seems tired, he has bags under his eyes, and he's not doing well in school, explains Chin-Lee, 53, a manager at a software company in Palo Alto, Calif. Chin-Lee's husband had a theory: Maybe their son had sleep apnea, a condition with which her husband had recently been diagnosed.

Obstructive sleep apnea (OSA) is a sleep-related breathing disorder affecting more than 18 million adults and 2% to 3%

of children of all ages, even newborns, according to the National Sleep Foundation. It seems to run in families. and kids who have enlarged tonsils and/or adenoids (lymph nodes in the throat behind the nose) have a higher risk of developing OSA. Other factors include being obese, having a small jaw or midface or a larger than usual tongue, being exposed to tobacco smoke, and having less muscle tone (such as in children with Down syndrome, cerebral palsy, and/or neuromuscular disorders), explains Dennis Rosen, MD,

than two breath cycles in children, and this can happen up to 70 times an hour. Oxygen levels in the blood plummet, and the body responds as if choking.

Sometimes young children outgrow OSA as their throats get larger and airways stiffen, says Rosen. Those with large tonsils and adenoids may need surgery (adenotonsillectomy), which typically cures 80% to 90% of children, says Rosen.

Joshua was diagnosed with OSA and needs additional treatment since tonsil surgery was unsuccessful, and his parents are consult-

"A lot of people, and probably a lot of kids, have sleep apnea and don't know it."

associate medical director of the Center for Pediatric Sleep Disorders at Boston Children's Hospital.

Sleep apnea, derived from the Greek word for "without breath," is a serious condition. Breathing temporarily pauses during sleep for more than 10 seconds in adults and longer

ing another sleep specialist. "I'm relieved I have a diagnosis," says Chin-Lee. "A lot of people, and probably a lot of kids, have sleep apnea and don't know it."

> Reviewed by Michael Breus, PhD, ABSM WebMD Sleep Health Expert

OPEN EYES

Think your child might have obstructive sleep apnea? Look for these signs, says Dennis Rosen, MD, children's sleep disorders specialist.

Loud snoring, often with gasping, choking, and snorts

Long pauses in breathing while sleeping (longer than two breath cycles)

Excessive sweating at night because of the strain of trying to breathe

Waking up with headaches and daytime sleepiness, irritability, hyperactivity, and difficulty concentrating



TEENS ACTING IRRATIONALLY? HERE'S WHY-AND HOW TO KEEP YOUR COOL

By Annie Stuart

"Teens can seem so unreasonable and so rude," says Laura Kussick, 50, executive director of the Seattle-based Program for Early Parent Support and mother of a 12-year-old daughter and 15-year-old son. For Kussick and her kids, conflicts sometimes arise around the hotbutton issue of how much screen time they can spend on their electronic devices. Before she knows it, the sparks are flying in both directions.

When those sparks turn into a fiery inferno, what parent doesn't take it personally? "You judge your child and judge yourself," says Laura S. Kastner, PhD, a clinical psychologist, clinical associate

EXPERT TIP

"The brain is fertile for pruning until around age 21, so you've got a lot of time with this 'garden' you're helping to grow. Modeling good behavior is one of your best tools."-Patricia A. Farrell, PhD



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professor of psychiatry and behavioral sciences at the University of Washington, and co-author of Getting to Calm: Cool-headed Strategies for Parenting Tweens + Teens.

Don't try to reason with your teen when either of you is highly stressed. Don't expect your kid to suddenly see where he's gone wrong. Instead, stop the interaction and try what Kastner calls the CALM approach. Cool down and focus on your breath to help interrupt your own stress response. Assess your options for responding, which enlists the help of your thinking brain. Listen with empathy, whether or not you approve of your kid's behavior. **Make** a plan to move forward.

GET REAL

Need some help dealing with your volatile teen? Laura S. Kastner, PhD, has some advice. "Sometimes parents' expectations for kids' emotional control are too high," she says, "and expectations about daily habits are too low."

Create solid routines.

Instead of trying to control your kid's thoughts and feelings, create and model firm family policies and routines to encourage responsibility and selfcontrol. Start early-no later than middle school

Adopt good habits. With a few "house rules," parents can create quality family time and help their kids focus on the things that count. That includes prioritizing time together without distractions, limiting screen time, volunteering outside the home, and doing chores **Regular family dinners are** also associated with less alcohol, tobacco, and drug use and less depression.

Encourage school activities. Kastner also advocates for tweens' and teens' involvement in school sports and activities, which creates a sense of belonging and fosters a range of social, creative, and physical skills.



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



PET HEALTH

Groomer Has It

KEEP YOUR CATS AND DOGS IN SHOW-WORTHY CONDITION FOR BETTER HEALTH

By Katherine Kam

Good grooming is about more than just having a pretty pet. You're also tackling potential health conditions, says Bernadine Cruz, DVM, a veterinarian at Laguna Hills Animal Hospital in Laguna Hills, Calif. Here's how to care for your pet before any problems crop up.

Fur Brush your cat or dog several times a week, Cruz says, even if it has short hair. This will cut down on hairballs, which cats almost always vomit or eliminate in the litter box. Sometimes, though, a severe hairball can cause stomach or intestinal blockages. Hairballs aren't as big a problem for dogs, but they do occur.

Eyes and ears When your pet gazes up at you with adoring eyes, they should be "nice and clear, and shiny and moist-looking," Cruz says. Tell your veterinarian if you see any redness or irritation, or a cloudy eye.

Ears need routine checks, too. Once a week, "flip the ears, take a look, take a sniff," Cruz says. "They should smell like absolutely nothing. If they're red or inflamed, if you see a lot of debris, or if they



just smell like a pair of tennis shoes you should have thrown away about a week ago, you've got a problem."

To help prevent infections and other complications, try liquid ear cleaners designed for pets. Simply fill the ear canal with the cleaner, massage the base of the ear, let your pet shake out the liquid, and wipe away the excess.

Nails Active dogs that wear down their claws may not need nail trimming, but cats and indoor dogs usually do, Cruz says. Long nails, including the dewclaws on the inner paw, can grow into toe pads and skin, causing pain and infection. Trim dog nails a sliver at a time to avoid cutting into the quick, the area within the nail that contains blood vessels. If you cut into the quick, styptic powder will stop bleeding. If trimming intimidates you, visit a pet groomer or veterinarian.

Cats' claws are easier, Cruz says. Just clip off the sharp hook at the end.

THE WISDOM OF TEETH

Brushing your pet's teeth might seem like an unlikely feat, but veterinarians say it's a great idea. "The gold standard is to brush your pet's teeth on a daily basis," says Bernadine Cruz, DVM. Not realistic? Aim for once or twice a week.

At the pet store, **pick up a cat or dog toothpaste and a toothbrush kit**, which includes a special toothbrush or a small brush that fits over your finger and inserts easily into your pet's mouth. Avoid human toothpaste, which can upset pets' stomachs.

Go slowly, Cruz says. Start by massaging your pet's muzzle for a week. Later, dab the lips with pet toothpaste. Next, introduce your pet to the toothbrush. "Don't put them in a headlock," she says, "but let them chew, let them play with it." Then you can start brushing the teeth, as many as your pet will allow in one sitting.

With a cat or small dog, you can forgo the toothbrush. Simply apply toothpaste to a Q-tip, slide it under the lips, and rub the teeth. "Q-tips work well because they're very nonintimidating" for most pets, Cruz says.

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



EXPERT TIP

"One of the first indications that all is not well inside is a change of hair coat and skin. Also check for lumps, bumps, and overall body condition."-*Bernadine Cruz, DVM*

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Miranda Lambert is hotter Than ever. The award-winning singer, who's been on tour for her fourth album, works hard on her HEALTH AND HER BODY. SHE EXPLAINS HOW SHE GOT IN SHAPE AND STAYS FIT ON THE ROAD AND WHY SHE'S OPENED UP HER HEART AND HER HOME TO STRAY DOGS

By Melanie D.G. Kaplan

On the day

of her annual MuttNation Foundation benefit in Beaumont, Texas, this summer, country superstar Miranda Lambert spotted something troubling at the concert venue: "I just saw a really long staircase, so I'm worried." She took a picture of the concrete stairs leading up to the pavilion and sent it to her personal trainer before that day's exercise session. "Please tell me we're not using this," she texted him, alluding to her hunch that he would task her with running up and down the staircase on that brutally hot day. He wrote back, "Yeah, I've already seen it!"

Such episodes are par for the course for Lambert since Nashville, Tenn., trainer Bill Crutchfield started traveling with her in January. Since then, she's changed her diet, slimmed down, and toned up—and also developed a suspicion of the ordinary. Case in point: A park bench can be exploited for triceps dips or push-ups. A serene beach might be used for lunges. And the stairs! Lambert didn't want to even think about the workout in store for her on the stairs.



Musical Motivation Some songs that help miranda Lambert get fired up about Working out

"Stronger," Kelly Clarkson "Before He Cheats," Carrie Underwood "Hell on Heels," Pistol Annies "Run the World (Girls)," Beyoncé "Love in an Elevator," Aerosmith "Man! I Feel Like a Woman!," Shania Twain "Smokin' the Boys," Audra Mae and The Almighty Sound "You and I," Lady Gaga Lambert, 28, warned Crutchfield, who also trained her fellow country stars Trace Adkins and the Dixie Chicks, that she would complain. Let's just say she's not the kind of gal who jumps out of bed for a sunrise workout, raring to go. So she told Crutchfield that whenever she starts to whine, he should remind her of her goals. This summer, she was aiming to look her best for the "Fastest Girl in Town" video from her latest album, so Crutchfield responded to her objections by uttering one simple word: "video."

Lambert knew from a young age she wanted to pursue a music career. Raised in East Texas by parents who worked as private investigators and listened to everything from Motown to Southern rock, she was constantly surrounded by music. Her father strummed the guitar around the house and taught her how to play and write songs, an effective means of communication for Lambert as a teenager. She appeared in local restaurants and in the Johnnie High's Country Music Revue, a weekly variety show in Arlington, Texas. She first charmed country music fans nationally at 19 as a finalist on the 2003 season of Nashville Star, singing "Greyhound Bound for Nowhere," which she wrote with her father.

Today, 'Ran, as her fans call her, is known for electrifying performances and bold, fresh lyrics. In the past year, she was named Female Vocalist of the Year by both the Country Music Association (CMA) and the Academy of Country Music, and was recently nominated again for Female Vocalist of the Year by the CMA. Her most recent album, *Four the Record*, debuted last year atop Billboard's Top Country Albums chart, making Lambert the first artist in the chart's nearly 50-year history to have each of her first four albums debut at No. 1. She also performs in an all-Southern-girl trio called the Pistol Annies, which toured in September.

To the Dogs

Lambert and Blake Shelton, also an award-winning country singer, married in 2011 and live on a farm in Oklahoma with seven dogs, all either adopted from a shelter or picked up off the side of the road. Lambert knew when they got married that Shelton was a dog person. "I just don't think," she says, "he was planning on being a seven-dog person." Most of the pups are named for artists or songs (like Cher and Loretta), and the small ones tour with her. "They rarely get scared or nervous," she says. "They hang out on my bus and walk around venues with me like my friends. We are pretty in-tune from all the time we spend together."

Lambert has a soft spot for strays. Her first rescue, a West Highland white terrier or "Westie" mix named Delilah, inspired her to start MuttNation Foundation (muttnationfoundation.com) in 2009, which raises money to increase pet adoption from shelters, support spay and neuter programs, improve shelter conditions, and reduce the euthanization of healthy animals.



"The voice of a celebrity talking about these issues can have a great impact," says Emily Weiss, PhD, CAAB, vice president of shelter research and development for the American Society for the Prevention of Cruelty to Animals (ASPCA). "It can make folks aware that pet stores aren't the best places to go for a new pet."

While there is no national database tracking the number of animals that enter shelters, Weiss estimates the number at 5 million to 7 million per year, 3 million to 4 million of which are euthanized. "That leads us to think that about 50 to 60 percent of dogs that enter the shelters in this country don't leave alive," she says. "And it's even higher for cats."

There are more than 5,000 shelters in the United States and countless breedspecific rescue groups with networks

What's in a Name?

EXCEPT FOR DELILAH, ALL OF MIRANDA LAMBERT'S DOGS ARE NAMED AFTER ARTISTS OR SONGS—LIKE JESSI AND WAYLON, LITTERMATES FOUND ON THE SIDE OF THE ROAD AT 6 WEEKS AND NAMED FOR JESSI COLTER AND WAYLON JENNINGS. THEN THERE'S DELTA, RESCUED FROM A SONIC DRIVE-IN AND NAMED FOR "DELTA DAWN," A TANYA TUCKER SONG.

Delilah—Westie mix Cher—Deer head chihuahua Delta—Chihuahua-pug mix Black Betty—Coonhound Jessi—Golden retriever mix Waylon—Golden retriever mix Loretta—Black Labrador mix Lambert is a proud pet parent to seven rescued pups. (Here she is with six of her brood.) In 2009 she founded MuttNation Foundation to help increase shelter adoptions.

of foster homes. Some shelters euthanize animals because there are simply far more dogs and cats than there are people coming to adopt them, and they run out of space. According to Weiss, the vast majority of shelters strive to be "no-kill," which generally means they only euthanize an animal if he is suffering.

One of MuttNation's biggest successes was raising enough money to help the Humane Society of East Texas—once a shelter that euthanized animals—become no-kill. MuttNation has raised a half million dollars over the last four years for the shelter. Lambert says it's frustrating that some people have preconceived ideas about shelter dogs. "They think the dogs are used, or



Road Warrior

WHEN YOU DO FIND YOURSELF AWAY FROM HOME, KEEPING UP WITH FIT-NESS AND DIET ROUTINES CAN BE A CHALLENGE. BILL CRUTCHFIELD, MIRANDA LAMBERT'S PERSONAL TRAINER, OFFERS SOME TIPS FOR STAYING HEALTHY ON THE ROAD;

- "No matter who you are and where you are, think ahead. Preparation is key because we're not very good at 'I'll play it by ear.' The night before, look at your day: Do you have time to work out? Do you have a gym at the hotel? Is there a park close by? Just take your workout clothes out the night before."
- 2. "Do the same thing nutritionally: Plan it out. If you anticipate a busy day, make some snacks to throw in your bag, so if you're going from one meeting or activity to another and you're hungry, you're prepared. Homemade trail mix is great. I always have a banana or apple with me."
- 3. "A tip for eating out: If you know you're going to a particular restaurant, go online, look at the menu, and decide what you're going to order before you're sitting at the table, starving."
- 4. "If your body is able to walk or run, you can do that anywhere, and it doesn't cost you anything."
- 5. "Use the environment around you: park benches for triceps dips, a tennis or basketball court for lunges and jumping jacks. You can do the same thing in your hotel room—dips off a chair, pushups between the beds. Be creative!"
- 6. "Pack an exercise band. It's lightweight, portable, and allows you to do a workout from head to toe."

Lambert and award-winning country star Blake Shelton tied the knot in 2011.

they're not as good as purebreds, and that's just not true," she says. Rescue pups have a unique appreciation that you don't find in dogs you'd get from a breeder, she adds. "Any kind of rescue dog—they really know you've saved their life."

Miranda Rights

Lambert and Shelton have a vegetable garden on their Oklahoma farm, where they grow everything from watermelon and strawberries to zucchini and onions many of the foods Lambert now includes in her healthier diet. Her approach to body image has resonated with women stamina," she says. "I've got hour-anda-half shows, in the heat, but if I've worked out that day, I can think about my vocals instead of thinking about something jiggling."

Crutchfield has not only seen physical changes in Lambert since January, he's also noticed a new level of confidence on stage. "When you take care of yourself, you hold yourself better and have more energy. You stand up straight and feel tighter. That alone shows up in photos and videos when you walk into a room." He says even Lambert's balance on stage has improved, and while she used to move away from the microphone because she was out of breath (the show is a cardio workout in itself), she's stopped doing that now that her energy has improved.

"RESCUE PUPS have a unique appreciation that you don't find in dogs you'd get from a breeder—they really know you've saved their life."

of every size, across the country. After struggling with her weight at times, she is now down to a size 8, and she feels great. "I have more fans come up to me and say, 'Thanks for being a normal size." She says that just like every other woman, her weight fluctuates, but she's learned to just go with it, because she understands what's right for her body. "I've never been a size 2 and don't think I'll ever have six-pack abs, and I don't care. I just want to feel good in my body and not be jiggly."

When Lambert is home, she cuts back on her exercise routine, some days hiking and taking other days off completely, with Crutchfield's blessing. But she doesn't mess around on the three to four days a week she works with him. And those days have made a big difference. "I have better lung capacity and After her shows, Lambert typically winds down with her band and guest musicians, sometimes in an Airstream that she had converted into a rolling bar. The tour buses leave the concert venue at about 1:30 a.m. and drive to the next destination. Crutchfield scouts out the surroundings in the morning, while Lambert sleeps off her late night.

Lambert typically works out in the afternoon, and she never knows what Crutchfield has up his sleeve. The day before the ominous Beaumont stairs, for example (where she did 10 minutes on the stairs and 20 minutes walking, followed by abdominal work), it was a walkrun along the bay in Corpus Christi, Texas. Lambert walked at a fast pace for

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

three minutes, ran for two minutes, did 25 dips and push-ups on a bench, and repeated that entire set four times.

No gym? No problem. Crutchfield carries a duffel bag of props, like exercise bands and medicine balls, and gets creative with his workouts to keep Lambert's attention. And he carries something that she can't help but love: a pair of pink boxing gloves.

Food Matters

Crutchfield has also helped Lambert change her approach to food. "Oh my God, I have tried every diet," she says. "I feel like if you're on one of these diets where your heart's not in it, it's not going to help you. Now, I know making a lifestyle change will work better than a diet in the long run."

Lambert is proud of her Texas roots she boasts about her hunting and fishing successes, and she loves her cold beer and barbecue. But these days she eats fewer carbohydrates and more







fruits, vegetables, and animal protein. She might have a grilled chicken salad while the rest of the band eats pizza. The only snacks she allows on the bus are almonds and low-fat string cheese. Crutchfield, who advocates small meals every few hours, works with the band caterer to make sure Lambert is getting the right foods. He whips up drinks for her in the juicer at lunchtime, occasionally slipping in beets or greens.

Crutchfield feels the same way about food as he does about fitness-that life is too short to miss out on things you enjoy. So if there's a big bag of Cheetos-Lambert's biggest weakness-he'll suggest she put some in a cup for herself and walk away from the bag. "Having a cup of Cheetos helps her psychologically," Crutchfield explains. "Then she won't ask for it for another two weeks. If I'd told her she couldn't have any, she probably would have taken the bag on to the bus and eaten the whole thing." Lambert also allows herself "cheat meals" (chicken-fried steak, a cheeseburger and fries, a Dairy Queen Blizzard) when she's back in Oklahoma.

Trainer and client both joke about her resistance, which usually ends with a lot of laughs and a "thank you" text later in the day from Lambert. In Beaumont, apprehensive about the stairs, she texted Crutchfield again, saying that she only wanted to do a 30-minute workout that day. His reply: "Video." She laughed. "All right," she texted. "We'll do an hour."

5 Fridge Faves

IN MIRANDA LAMBERT'S REFRIGERATOR

- 1. Ketchup
- 2. String cheese
- 3. Unsweetened tea
- 1. Milk
- Sprite Zero, which she mixes with Bacardi, Crystal Light, and water for her signature drink, the Randarita.





moky-eyed vixen. Preppy and polished. Classic and understated. Retro goddess. Our makeup styles may vary, but when we put on our faces in the morning or evening, we're all piling on a hash of

emollients, solvents, surfactants, lubricants and, if we're not careful, a preservative or two that maybe isn't such a good idea. And who would guess that something called ferric ferrocyanide is what gives your favorite eye shadow its gorgeous deep-blue hue?

We take an up-close look at what's in the five most commonly used makeup products and offer expert tips and advice from a leading dermatologist, cosmetic chemists, and celebrity makeup artists.



• What's in It •

Hundreds of different foundations are on drugstore shelves and behind department store counters, but they all contain three basic groups of ingredients: moisturizers, colorants, and fillers. There are some differences: Pressed powder foundations typically

don't contain water, says cosmetic chemist Ni'Kita Wilson, vice president of research and innovation at Englewood Lab, while liquid foundations are closer cousins to lotions and creams.

"Foundations are becoming the latest 'treatment' product in your beauty arsenal," Wilson says. Makeup bases formulated for dry skin contain moisturizing ingredients like glycerides, squalane, and oils-including jojoba, sesame, and avocado oils. Formulas created to control oil sop up shine with absorbent powders such as silica, alumina, cornstarch, and talc. The newest wrinkle: Anti-aging formulas combine hyaluronic acid—a powerful hydrator-with peptides and botanicals to plump up skin and hide fine lines.

• Sponge Job •

Your fingers may be convenient, but for streak- and blotch-free application of foundation, reach for a makeup sponge, suggests New York makeup artist Kimara Ahnert, whose eponymous Manhattan makeup and skin care salon attracts celebs like Gwvneth Paltrow, Brooke Shields, Catherine Zeta-Jones, and Cameron Diaz. "You'll be able to blend your foundation much more evenly with a sponge," she says, "and prevent it from caking or settling into fine lines."

Don't dip the sponge into vour foundation. Instead. use a cotton swab to apply a stripe of foundation on both cheeks and across the forehead, and tiny dots on the bridge of the nose and the chin. Then, blend with the sponge. If your skin is dry from retinol skin care products, dampen the sponge to

prevent these flakey patches from "grabbing" the foundation, Ahnert says.

• When to Ditch It •

If you use your liquid or cream foundation sparingly, that one-ounce jar might last years. But, even if it's half full, Wilson suggests tossing it after 12 to 18 months. One telltale sign that your foundation is past its expiration date is an "off" odor. "That's telling you the natural oils in the product are rancid," Wilson says. If the color looks uneven in the bottle, that's evidence the ingredients are separating. Powder foundations should be good for about two years after you open them.

• The Doctor Saus •

Avoid foundations with diazolidinyl urea or imidazolidinyl urea, both preservatives. "They release formaldehyde, which can be irritating to sensitive skin," says Adam Friedman, MD, director of dermatologic research for New York City's Albert Einstein College of Medicine.

blush

• What's in It •

Flirting, a bawdy joke, or the revelation of your embarrassing childhood nickname may bring a flush of color to your cheeks. Cosmetics companies accomplish the same by relying on FDA-approved colorants. Typically, three or four of these pigments are combined to create a shade. Chemists add fillers, such as talc and stearic (a natural fatty acid), to dilute the pigments and make that brushed-on blush appear believable-or at least not

clownish. Finally, concealing pigments, including mica. zinc oxide, and titanium oxide, "block your natural skin color," says Perry Romanowski, a Chicago cosmetic chemist, "so the blush you apply will be bright and true."

• Pop Perfection •

For the most flattering placement of blush, consider the structure of your face, says Dallas makeup artist Penny Sadler. "If your face is wide, you can make it appear thinner by placing the blush right on the apples of your cheeks and not extending it toward your temples." Do the opposite to make a narrow face look fuller: Apply blush on the outer edges of the apple-align the starting point with the pupil of your eye-then sweep your brush toward your hairline.

• When to Ditch It •

Cosmetic companies test blush to help it remain stable for about 12 months once opened, says Romanowski. But let your cheeks speak. If the color is looking muddy, the red pigment in the blush is likely starting to break down, causing the shade to read as browner. Plus, says Romanowski, "it won't spread as easily, so you may end up with streaks." Powder blush will last two years or so and cream blush, about half that time.

lipstick

• What's in It •

Pink or plum, Gwen Stefanired or Angelina Jolie-nude, all lipstick contains wax, pigment, and oil. Wax gives the lipstick its shape,

NEW USE FOR OLD HUES

Do you have a drawer filled with lipsticks you neve wear because they seem too bright? Tone them down with lip gloss, says makeup artis Kimara Ahnert. "Use a pale pink gloss to subdue reds, bright pinks, mauves, or berries," she says. "A peach or apricot gloss will tame lipsticks that are brown, bronze, coral, orange, or tangerine." Once you get used to wearing color, says Ahnert, you might try skipping the gloss now and then for a nighttime look





pigment its color. Oils, including petrolatum, lanolin, cocoa butter, jojoba, castor, and mineral, vary by formula. The more oil, the more intense the color, so you'll find less in sheer lipsticks than in matte.

Long-wear lipstick contains volatile solvents that deposit the pigment and then flash off, Wilson says, which is why it's hard to find one that doesn't dry out your lips. "What's eliminated are 'wet' ingredients like oils and certain emollients that could potentially cause the pigment to slide around and transfer onto wine glasses or coffee cups. Unfortunately, those are the same ingredients that are moisturizing to the lips!"

• It's the Balm •

"Hybrid" lipsticks are a cross between a balm and a gloss, conditioning lips while depositing a sheer veil of color. "There are times a woman doesn't want a very pigmented lip, but she still wants that pop of color," says Hollywood makeup artist Brett Freedman, "and that's what these shiny balms deliver. They have a translucent, lollipop-like finish that's very modern looking." Lots of brands are rolling out these shiny balms, in chubby pencil form or traditional twist-up bullets. Look for words like "glossy balm," "almost lipstick," and "sheer tint" in the lipstick's name.

• When to Ditch It •

If you haven't used up a lipstick or gloss after a year, you should give it the heave-ho, Friedman suggests. "Preservatives break down in about 12 months," he says, "and that can lead to bacterial contamination or irritation."

mascara

• What's in It •

Here's what it takes to lengthen and fatten your fringe: iron oxide, a metallic pigment that darkens lashes; triethanolamine, an emulsifier that allows the mascara to adhere to lashes; waxes and polymers that form a film to thicken lashes; and a preservative, such as phenoxyethanol, to prevent contamination by pesky microbes. Waterproof formulas swap water for a

silicone ingredient, such as cyclopentasiloxane, which repels moisture. It's also the ingredient that makes waterproof mascara so tough to remove.

Use an oil-based eye makeup remover—or, in a pinch, a cotton pad soaked in baby oil, says Ahnert. Gently press the pad against your lashes for a few seconds, then wipe the pad across your eyelid.





• Fringe Benefits •

If you always end up with a clumpy fringe no matter what brand of mascara you try, that's likely because your lashes grow close together, says makeup artist Freedman. Wipe extra product off the mascara brush by swiping it across a tissue. "That way you'll darken and lengthen lashes without the danger of ending up with a glop of product gluing your lashes together," Freedman says. Still got clumps? Clean them up by running a spooly brush—you can find disposable ones at beauty stores-through your lashes while they're still wet. Some new mascaras

promise to deliver thicker, longer lashes and also to stimulate lash growth with so-called lash-enhancing botanicals and other ingredients. That claim is a stretch, says Wilson. "For lash enhancers to work. they need to be applied to the base of your lashes, not the actual lashes themselves," she says. "Unless you're lining your eyes with mascara, you should purchase a lash-enhancing product separately."

• When to Ditch It •

Protect the health of your eyes by replacing your mascara every four months, Friedman says.

> Reviewed by Karyn Grossman, MD WebMD Skin Care Exper-

eye shadow

• What's in It •

Whether you're doing a fullon Kim Kardashian smoky eye or simply sweeping a veil of taupe along your lids, the eye shadow you apply will likely contain talc and mica, both fillers, as the two main ingredients. Binders, such as zinc stearate or kaolin clay, hold the formula together and help the shadow stick to your skin. Ingredients such as bismuth oxychloride and dimethicone also improve "slip" and adhesion, so the powder glides over your skin and stays where you put it. Iron oxides, which show up on labels as Colour Index 77510 or Blue 1 Lake, are what give shadows their hue.

Cream shadows add waxes and oils to the base. Shadows in stick form are the trickiest, Wilson says. "You don't want shadow to crumble as you apply it, but you also want to eliminate drag," she says, "so it's extremely important to have the right balance of waxes,





binders, pigment, and emollients.'

• Bottoms Up •

"Women wonder whether they should skip lower eyeliner because they've heard it can make their eyes look smaller or accentuate under-

TAKE IT OFF

When you're ready to remove your makeup, cleansing cloths are a great way to start, says makeup artist Kimara Ahnert. But "these cloths just take care of surface makeup and grime," she says. "It's best to follow them with a good cleanser to nourish and treat the skin and make sure you're not leaving behind dirt or product that could clog pores."

eye darkness," Ahnert says. The solution: Line your lower lash with powder eye shadow in a lighter shade than you use on your upper evelid.

• When to Ditch It •

Pressed-powder eye shadow can last two years, Friedman says. Cream or stick varieties should be tossed after six months. But if you have highly sensitive skin, it's a good idea to replace all your makeup products every three to four months, he says.

• The Doctor Says •

If your lids get itchy or red when you wear eve shadow, switch to earth-toned hues. "These contain fewer dyes and are less likely to irritate the skin," Friedman says.



WITH SO MANY CONTRACEPTION CHOICES AVAILABLE, HOW DO YOU KNOW WHICH ONE IS RIGHT FOR YOU? WE EXAMINE THE OPTIONS



Photography by Levi Brown/Trunk Archive

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ОСТОВЕК 2012 **57 WebMD.COM**

If you are not inclined to start a family, are taking a break from enlarging your brood, or are done with diapers for good, how do you know which birth control method to choose?

"I usually present birth control options from most to least effective," says Amy Whitaker, MD, MS, assistant professor of obstetrics and gynecology at The University of Chicago Medicine. "Then, is there anything about a specific woman's medical history that would make a certain contraceptive unsafe for her to use?"

Other factors to consider? "How easy do you want the contraceptive to be? How important is pregnancy prevention at this time?" asks Anita L. Nelson, MD, professor of obstetrics and gynecology at the David Geffen School of Medicine at UCLA. "Are your periods heavy or bothersome? Can you use a birth control method to improve your quality of life?"

Read on for an overview of current birth control choices, then check with your health care provider about which method is best for you.

FORGET **ABOUT IT** If you want "forgettable" birth control, you might choose an intrauterine device (IUD) or implant

Hormonal IUD

What it is: The hormonal IUD is a small, T-shaped device that a trained physician must insert and remove. It stays in your uterus for up to five years.

How it works: A small amount of a progestin (a synthetic form of the female hormone progesterone) is released every day, which thins the lining of the uterus and thickens cervical mucus, acting as a barrier to prevent sperm from entering the uterus.

Effective rate: 99%

Drawbacks: The hormonal IUD can cause irregular bleeding for the first few months of use, but that typically decreases by the fourth month, Nelson says.

Benefits: Menstrual bleeding is usually less heavy with a hormonal IUD. In fact, about one in five women will stop menstruating within a year of beginning use, which is medically fine and often beneficial for those who have heavy periods, Whitaker says. The IUD may protect against endometrial and cervical cancers.

Side effects: Some women may have side effects caused by the hormones, such as headaches, nausea, and breast tenderness, but this is rare, says Whitaker.

Copper IUD

What it is: The copper IUD is inserted and removed by a trained physician; it lasts up to 10 years.

How it works: "The copper IUD works as a functional spermicide," explains Nelson, stopping the sperm from reaching and fertilizing the egg. It can also prevent the egg from attaching to the lining of the uterus.

Effective rate: 99%

Drawbacks and side effects: Unlike the hormonal IUD, the copper IUD may cause cramping and heavier, more painful periods in some women, but medication can help, Nelson says.

Benefits: "You get 10 years of protection with one five-minute procedure," says Nelson. "And it's immediately reversible"-you just have your doctor remove it. The IUD may protect against endometrial and cervical cancers.

For both IUDs: Some women have mild cramping when the device is inserted. Women who have a pelvic infection must be treated before getting an IUD. There is a one in 1,000 chance of perforation (small tear) during insertion, which is easily treated, says Nelson. Note that neither IUD protects against sexually transmitted diseases (STDs).

The Implant

What it is: The implant is a matchsticksized rod inserted into the skin of your upper arm by your physician. Local anesthetic is required; it takes about a minute to put in and two minutes to take out, and works for three years, says Nelson.

How it works: A small amount of progestin is released, suppressing ovula-



Helpful hints if you're on the pill

Taking your pill at the same time each day makes it more effective by keeping the level of hormones consistent. It's particularly important to take the progestin only pill at the same time every day-or no more than three hours past your normal time. Pick a time you'll remember-maybe just after brushing your teeth in the morning or immediately after dinner-so it becomes part of your routine. Or you can set an alarm on your cell phone to make sure you take your pill on schedule.

What do you do if you forget a pill? Take the pill as soon as you remember. If you've missed one combination hormone pill, take two the next day. If you've missed one progestin-only pill, take it as soon as you remember, and take the next one at your usual time

If you forget to take the combination pill two days in a row, take two pills when you remember, and two the next day. If you miss more than two pills, you will likely get your period. Remember to always use backup contraception when you forget a pill. Check with your health care provider about the type of pill you're on and what procedure you should follow if you forget to take it.

tion, thickening the cervical mucus, and thinning the lining of the uterus to help block sperm.

Effective rate: 99%

Drawbacks: The implant can cause irregular bleeding, which is the most com-

mon reason women have it removed. says Whitaker. The implant does not protect against STDs. Benefits: An implant can be used by women who cannot take the female hormone estrogen (such as in birth control



pills) and is as effective as sterilization, savs Nelson.

Side effects: Some women describe changes in mood or sex drive, and more headaches, acne, and breast tenderness.

The Injectable Hormone

What it is: A physician gives an injection of progestin every 12 weeks.

How it works: The injection prevents ovulation, thickens cervical mucus to block sperm, and thins the uterine lining, which may prevent an egg from implanting.

Effective rate: 94%

Drawbacks: Some women have irregular bleeding for the first six to 12 months of use. The method does not protect against STDs.

Benefits: About 50% of women stop having periods entirely after one year of use—a benefit if your periods are heavy, though no one can predict if this will happen to you, says Whitaker.

Side effects: Irregular bleeding and weight gain are the top two side effects, she adds. Some women notice headaches, mood changes, and breast tenderness as well as decreased sex drive. Long-term use may lead to bone mineral density loss in women of all ages, and may not be reversible when you stop using the hormone. Because ovulation can be delayed for some women by nine to 10 months after stopping the hormone injections, "I probably wouldn't recommend this method for women who want to get pregnant within a year," says Nelson.

PILL DRILL

If you're good about remembering birth control on a daily basis you might try the pill. You can choose from many types

The Pill

What it is: Either a combination of hormones-estrogen and progestin-or just progestin, taken orally.

Reviewed by Brunilda Nazario, MD WebMD Lead Medical Editor

How it works: Typically, you take active birth control pills (those containing the hormones) for three weeks each month, then inactive or dummy pills for one week-or the last week is a pill-free week. Like other hormonal methods, the pill suppresses ovulation, thickens cervical mucus, and thins the lining of the uterus to help block sperm.

Effective rate: 91%

Drawbacks: You must remember to take the pill every day at the same time of day for it to work effectively. "On average, more than 50% of women miss more than three pills a month," says Nelson. The pill does not protect against STDs.

Benefits: Oral contraceptives may reduce the risk of colorectal, ovarian. and endometrial cancers. Certain birth control pills can reduce menstrual cramps, making periods lighter and offering some protection against pelvic inflammatory disease, says Whitaker. Side effects: The pill can cause headaches, nausea, breast tenderness, and spotting between periods.

The "Continuous" Pill

What it is: Like other birth control pills, this is a combination of estrogen and progestin that you take every day. How it works: You take active pills (those containing the hormones) for three months continuously, then inactive pills for one week. You will then have your period only four times a year. Continuous birth control pills work by suppressing ovulation, thickening cervical mucus, and thinning the lining of the uterus to help block sperm.

Effective rate: 91%

Drawbacks: You must remember to take the pill every day. It does not protect against STDs.

Benefits: You can control the number of periods you get per year, helpful if you have heavy or bothersome periods. Side effects: They are the same as with traditional birth control pills.

Certain antibiotics, anti-seizure medications, and HIV medications as well as the herb St. John's Wort may make the pill less effective. Be sure to tell your physician about all medications and supplements you're taking.



Patch

What it is: This is a small patch you place on your upper shoulder, upper back, abdomen, or hip that delivers estrogen and progestin through the skin.

How it works: Similar to birth control pills, the hormones suppress ovulation, thicken cervical mucus, and thin the uterine lining.

Effective rate: 91%

Drawbacks: You must remember to change the patch every week. It does not protect against STDs.

Benefits: Most women wear the patch three weeks on and one week off, but it can be worn for four weeks continuously to prevent your period, says Whitaker. Side effects: Some women develop skin irritation, such as a rash or redness at the site of the patch, but you can move it to another location. Possible hormonal side effects are similar to the pill.

Vaginal Ring

What it is: This is a small plastic ring inserted into the vagina, which slowly releases hormones into the body.

How it works: You insert the ring into the vagina yourself. The ring releases estrogen and progestin, which are absorbed through the vaginal tissues. As with the birth control pill, the hormones in the ring prevent ovulation, thicken cervical mucus to block sperm, and thin the uterine lining, which may prevent an egg from implanting. **Effective rate:** 91%

Drawbacks: Though women often worry about inserting the ring correctly, there's usually no cause for concern, says Whitaker. "If you put it in, and it stays in your vagina, it's in right."

Benefits: Women who want to avoid periods can leave the ring in for four weeks and then replace it with a new one, she adds. Like the pill, it offers a reduced risk of colorectal, ovarian, and endometrial cancer. Using the vaginal ring may reduce menstrual pain and improve acne.

Side effects: The ring's side effects are similar to those associated with the pill: headaches, weight gain, and nausea.

Who should not use birth control pills, a patch, or a ring: Women who get migraines with auras, have high blood pressure or cardiovascular disease, or are 35 or over and smoke should not use these three birth control methods. according to the CDC. It's best to discuss your medical history with your physician.

OVER THE COUNTER If you want birth control without a prescription,

you might consider the sponge or condoms.

The Sponge

What it is: This is a small, donutshaped, soft plastic device containing spermicide, which you insert deep into your vagina before intercourse.

"Morning-after" pills There are several brands of emergency (or "morning-after") contraceptive pills on the market. Most contain the hormone progestin and are available at a pharmacy without a prescription if you're 17 or older (you need a prescription if you're younger than 17). The pill should be taken as soon as possible, but no later than three days after unprotected intercourse or contraceptive failure. It works by suppressing or delaying ovulation. The morning-after pill is 89% effective, particularly when taken immediately.

The Copper IUD Your doctor can insert a copper IUD up to five days after intercourse to prevent a fertilized egg from implanting in the uterus. Copper IUDs are more than 99% effective when used as emergency contraception.

How it works: The sponge works two ways: by blocking or covering the cervix entrance to prevent sperm from reaching the egg, and by continually releasing spermicide to disable the sperm. Effective rate: 76%, which is considered a high failure rate. That means approximately one in four women who use sponges as their method of birth control for one year will get pregnant. Drawbacks: Certain women may be allergic to the spermicide or sponge materials or find them irritating. If you leave the sponge in more than 30 hours, there is an increased risk of toxic shock syndrome. The sponge does not protect against STDs.

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ncrease your contraception smarts. Stay on top of the latest options and news at the Birth Control center.

WebMD.com Q

What if you forget to use birth control or your contraceptive fails? There are two types of emergency birth control:

Benefits: The sponge may be inserted up to 24 hours before intercourse, and protects for multiple acts of intercourse during this time. You must leave it in for at least six hours after intercourse. but never more than 30 hours.

The Condom

What it is: Using a condom is a barrier method, and currently the only form of male birth control.

How it works: A thin sheath is rolled over the penis before intercourse, capturing sperm and preventing semen from entering the vagina.

Effective rate: 82%

Drawbacks: Since condoms must be used just prior to intercourse, they may interfere with spontaneity.

Benefits: When used consistently and correctly, latex condoms can significantly reduce the risk of sexually transmitted diseases, according to the CDC. No prescription is needed.

Side effects: There are no side effects, unless you are allergic to latex. In that case, polyurethane condoms may be a good alternative.

AU NATUREL

If you want a "natural" method, you can try abstinence or withdrawal.

Abstinence

Refraining from sexual activity is the only method that is 100% effective for preventing pregnancy and the transmission of STDs, according to the American Pregnancy Association.

Withdrawal

Having the male partner withdraw before ejaculating every time you have vaginal intercourse has about a 78% effective rate and does not protect against STDs.

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*American Journal of Preventive Medicine, August 2008





Think they are only morning fare? This star of the breakfast table can dazzle at dinner and shine at lunch, too



EXPERT TIP "Eat from a 9-inch diameter plate (or smaller). In the past 60 years or so, the dinner plate has grown and along with it, our calorie intake-up to 25% more!"-David W. Grotto, RN, LDN

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THREE WAYS TO COOK



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

Do you **.** still think of eggs as nutritional no-nos? A growing body of research scrambles the old thinking that eggs increase heart disease risk. One egg *does* contain 186 milligrams cholesterol, but an analysis of two large studies found that healthy people who ate eggs didn't have an increased risk of heart disease or stroke. "The amount that an egg a day would raise your blood cholesterol levels is actually pretty small," says Walter Willett, MD, DrPH, professor of epidemiology and nutrition at the Harvard School of Public Health. The American Heart Association recommends healthy adults stick to about an egg a day, but that's an average. Two eggs every other day are fine, too, Willett savs.

It's eggs-cellent news, given that eggs, at only 70 calories each, are inexpensive, a snap to prepare, popular with kids, and packed with 6 grams of protein. The protein may make eggs a good choice if you're trying to slim down. People in a recent study ate breakfasts of either eggs or a wheat cereal with nearly identical calories and protein. When they ate eggs, they felt more full and ate less at lunch.

> Reviewed by Laura I Martin MD WebMD Medical Editor

Makes 6 servings

Ingredients

- 1 tomato, chopped
- 1 jalapeño pepper,
- minced
- freshly ground pepper spinach or whole-wheat
- Monterey Jack cheese 1 cup arugula
- ½ cup light sour cream
- ¹/₂ cup fresh or jarred

Directions

- **1.** Coat a large nonstick skillet with cooking spray per to blend. Pour eggs and vegetables into hot pan and gently scramble
- 2. Coat another large flat skillet with cooking spray and heat to medium high. Add one tortilla. Layer with a third of the cheese, scrambled eggs, and arugula, and top with another tortilla. Heat quesadilla until bottom is golden brown, about 2 to 3 minutes. Flip to brown the other side. Repeat with remaining ingredients.
- half and garnish with sour cream, salsa, and cilantro.

Per serving

271 calories, 15 g protein, 24 g carbohydrate, 9 g fat (4 g saturated fat), 196 mg cholesterol, 4 g fiber, 2 g sugar, 393 mg sodium. Calories from fat: 32%

Wrap Party

Kids love quesadillas, and tucking scrambled eggs inside gives them a tasty protein boost.

Southwestern Egg Quesadillas

- cooking spray
- 6 large eggs
- 3 scallions, chopped

- 6 (8-inch) low-fat
- tortillas 1 cup shredded low-fat

- salsa fresh cilantro leaves

and heat to medium high. Whisk eggs with scallions, tomato, jalapeño, and pepwith a spatula until cooked thoroughly. Set aside.

- 3. To serve, cut quesadillas in

2

Upper Crust

This quiche recipe uses breakfast potatoes to make a crisp, gluten-free crust. A great meal for vegetarians, the quiche works well with a salad or fresh fruit on the side.

Hash Brown Veggie Quiche

Makes 6 servings

Ingredients

- 2 cups shredded hash brown potatoes, defrosted if frozen and squeezed dry 1 egg white (from 1 large egg), beaten
- cooking spray 1 medium onion, chopped
- 1 red pepper, chopped
- 1 cup broccoli florets, chopped
- ¹/₂ cup shredded low-fat Swiss cheese
- 6 large eggs
- ½ cup low-fat milk

The heaviest egg, laid by a New Jersey hen in 1956, is reported to have been 1 pound.





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SPECIFIC PRODUCT. SERVICE. OR TREATMENT

one of two brands: Simply Potatoes Shred-

ded Hash Browns, with just 70 calories and

only 55 milligrams sodium in each half cup,

or Ore-Ida Country Style Hash Browns, in

Tops in Tortillas: Zelman keeps tortillas

on hand as a low-calorie alternative to bread.

tortillas are a great source of fiber with very

little fat. The White Whole Wheat variety is

perfect for kids suspicious of whole grains.

Garden of Eatin' Whole Wheat Organic

Tortillas offer plenty of fiber and protein.

Super Salsas: Zelman prefers the flavor and

low sodium content of fresh salsa, but she'll

two brands come close to homemade: Whole

Foods 365 Salsa and Garden Fresh Gourmet

salsas. Both contain chunky tomatoes and

fresh herbs, few calories, and little sodium.

reach for jarred salsa in a pinch. She says

only 20 milligrams sodium per serving.

La Tortilla Factory Smart & Delicious

the freezer section, with just 70 calories and

The yolk is the major

source of an egg's

vitamins and minerals

Egg whites are an

excellent source of

low-fat protein.

PANTRY PICKS

Keep these healthy ingredients on hand so our three egg recipes

are eggs-tra simple to prepare. Kathleen Zelman, MPH, RD, LD,



1. Heat oven to 375°F.

Directions

Per serving

fat: 31%

2. Toss potatoes with egg white until thoroughly coated. Press potato mixture evenly against the bottom and sides of a 9-inch pie plate or springform pan coated with cooking spray. Bake 12 to 15 minutes until set. Remove from oven and reduce heat to 350°F.

3. Coat a medium nonstick skillet with cooking spray and heat to medium high. Sauté onion until brown, 7 to 9 minutes. Add red pepper and broccoli and cook until soft, 3 to 4 minutes. Layer vegetables and cheese over the prebaked crust.

4. In a medium bowl, beat 6 eggs thoroughly with milk and pour over crust. Return guiche to oven and bake 45 to 50 minutes or until eggs are firm.

5. Slice into wedges and serve.

191 calories, 20 g protein, 18 g carbohydrate, 7 g fat (2 g saturated fat), 193 mg cholesterol, 2 g fiber, 173 mg sodium. Calories from





This vegetarian meal looks lovely on a plate and works for brunch or a light dinner.

Spinach Artichoke Eggs Benedict Makes 4 servings

Ingredients

- 1 (9-oz) package frozen artichoke hearts. defrosted
- 1¹/₂ tsp cornstarch
- ¹/₂ cup skim milk 1 heaping tsp
- Dijon mustard 2 tsp lemon juice

dash of salt, ground pepper cooking spray

- 8 large eggs
- 4 light whole grain English muffins. toasted
- 2 cups fresh baby spinach chopped fresh parsley

Directions

- 1. Place artichokes in a microwave-safe bowl. Cover and microwave 2 to 3 minutes until warm.
- 2. Make the sauce: Combine cornstarch with milk in a jar and shake until cornstarch dissolves. Pour into a small saucepan and, over medium heat, stir until thick, 3 to 4 minutes. Remove from heat and add mustard, lemon juice, and salt and pepper. Stir until smooth.
- **3.** Coat a large nonstick skillet with cooking spray and heat to medium high. Crack each egg into the hot skillet and cook 2 to 3 minutes. Slide a spatula under each and flip. Cook another 1 to 2 minutes.
- 4. Place two English muffin halves on each plate. Top each with a layer of spinach leaves, one egg, a few artichoke hearts, a tablespoon of sauce, and a sprinkle of parsley.

Per serving

270 calories, 20 g protein, 35 g carbohydrate, 10 g fat (3 g saturated fat), 370 mg cholesterol, 11 g fiber, 7 g sugar, 301 mg sodium. Calories from fat: 34%





OFF THE MENU Marcela Valladolid

CHEF/HOST MEXICAN MADE EASY

"When I talk to my friends, who are mostly Mexican moms, they all say they want to keep their food traditions alive but don't have the time to make mole sauces, enchiladas, chilaquiles, and other foods they grew up on," says Marcela Valladolid. "My job is to resolve that problem."

Doing so has become a full-time job for Valladolid, 34, who lives in San Diego. As host of the Food Network series Mexican Made Easu and author of a cookbook by the same name, she translates often complex Mexican classics into recipes everyone has time to make.

Valladolid studied cooking in Los Angeles and Paris. But the foods and flavors of her native Tijuana, Mexico, inspire her the most. One of her favorite ways to bring out those flavors is roasting. "I'm a roaster, even in the summer," she says.

At home, Valladolid often turns to one of her favorite roast chicken recipes, flavored with a simple, savory adobo sauce. "Adobo is a traditional sauce made with mild chiles," says Valladolid. "I grew up eating pork marinated in adobo, and I wanted to combine that flavor with chicken."

-Matt McMillen



MARCELA MADE EASY

Where she gets her best

"Farmers markets and,

food festivals I've been

use so many traditional

Mexican ingredients."

"Tap into your family's

cook should learn

attending, where the cooks

The one lesson every home

recipes. It's the best way to

nurture your family's history,

and expand from there."

lately, the Mexican

recipe ideas

Her go-to comfort food "Quesadillas. I know they're not the healthiest, but I have to be honest: A flour tortilla filled with Oaxaca cheese, turkey, avocado, and hot salsa—it gives my tummy a warm and fuzzy feeling."

How she stays healthy "For me, it's all about portion control and natural ingredients. I stay away from processed foods and eat small portions."

Adobo Roasted Chicken Makes 6 servings

Ingredients

- 2 tbsp vegetable oil 1 small white onion, chopped
- 2 garlic cloves, chopped 10 guajillo chiles, stemmed, seeded, deveined, cut
- into 2-inch pieces 1 cup low-sodium chicken
- broth ½ tsp salt
- freshly ground pepper 1 whole chicken.
- backbone removed and flattened slightly 4 corn tortillas without
- added salt

Directions

- 1. Preheat oven to 375°F. In heavy medium saucepan over moderate heat, heat oil until hot. Add onion and cook about 5 minutes. Add garlic and cook 3 minutes longer, then add chiles and cook both sides, about 1 minute.
- **2.** Add broth and bring to boil. Continue boiling until chiles are soft, about 5 minutes. Transfer mixture to blender and purée. Season with salt and pepper.
- 3. Preheat a grill pan over medium-high heat. Meanwhile, rub adobo mixture all over chicken. Sear chicken, breast-side down, until golden. Turn, cover with adobo mixture, and transfer to oven. Cook, basting with extra adobo sauce every 20 minutes, for 40 minutes or until a meat thermometer registers 180°F.
- 4. Pull chicken apart. Serve with warm corn tortillas to eat as a taco.

Per serving

398 calories, 30 g protein, 5 g carbohydrate, 28 g fat (7 g saturated fat), 115 mg cholesterol, 1 g fiber, 1 g sugar, 315 mg sodium. Calories from fat: 64%

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LEARNING TO LOVE

How I Learned to Love Eggplant

MONICA KASS ROGERS, 51 WRITER/PHOTOGRAPHER EVANSTON, ILL.

As a kid, I liked the looks of garden-grown eggplant with its deep purple jacket and little green cap, but I just didn't like eating cooked eggplant—the seeds, the spongy texture, the ugly brown-beige look of it. Coming home from school to discover eggplant was on mom's dinner menu, I'd plot how to get it off my plate without actually eating it. You know—drop a few chunks into a napkin on my lap, push several pieces under the rim of my plate, feed a couple bites to the dog.

Grown and on my own, I avoided any contact with eggplant until I met

my future husband. His Armenian and Greek heritage guaranteed the vegetable would be a staple on his parents' table. To my surprise, Todd's mother served dishes that took eggplant into unexpected territory. The best of these were appetizer dips: Grilled, the eggplant flesh took on a lovely smoky flavor. Because my dislike for eggplant was largely textural, the discovery that eggplant could be pulsed into smooth and creamy dips made all the difference for me. Today, I have embraced eggplant dips and make them regularly for my own family. Best news? My sons eat them without trauma or tears.

Purple Power Eggplants in Europe were grown largely as an ornamental garden plant

so much more.

until the 18th century, but

the cousins to tomatoes, bell

peppers, and potatoes offer

One cup of cooked eggplant

has 35 calories and is a

and fiber. Best of all,

fighting antioxidants,

which research shows

good source of potassium

eggplant is rich in phenolic

phytonutrients-disease-

may help lower high blood

cholesterol when eaten as

part of a high-fiber diet.

acid (a type of phenolic

in plant foods, eating

harmful molecules.

Roast With the Most

eggplant helps protect

sugars, blood pressure, and

And because the chlorogenic

phytonutrient) in eggplant is

one of the most potent free-

radical scavengers available

cells and tissues from these

Halve 2 medium eggplants.

Brush with olive oil and grill,

flipping with tongs until

Wrap eggplants in foil

tender and charred on the

outside, about 10 minutes.

and roast at 350°F for 20

minutes. Cool. Scoop out

flesh and discard skins and

2 cloves garlic, and 1 diced

red pepper with 1 tsp olive

oil until soft. In a blender or

food processor, pulse onion

mixture. Add eggplant flesh,

1 chopped tomato, 2 tbsp

lemon juice, 1/2 tsp sea salt,

pepper to taste, and 1 tbsp

chopped mint or parsley.

Pulse again until smooth,

and with fresh veggies or

toast for dipping.

adding 2 tsp olive oil at the

end. Serve topped with more

snipped parsley and pepper,

Reviewed by

Kathleen Zelman, MPH, RD, LD

WebMD Director of Nutrition

caps. Sauté 1 chopped onion,



KIDS IN THE KITCHEN Finger Food CHEF LIZZIE GIVES A CHILDREN'S CHICKEN FAVE A HEALTHY MAKEOVER

• When Chef Lizzie was younger, chicken fingers were one of her favorite foods. But as she got older, Lizzie, WebMD's resident chef on the Fit Kids websites (created with our partner Sanford Health), realized they weren't the healthiest option. "They're fried and usually filled with salt, fat, and oil," she says. "The ketchup served with them also contains sugar and chemicals, which aren't good for your body."

Lizzie decided to make her own version. After experimenting, she found that baking instead of frying and using panko breadcrumbs was an easy and delicious way to create healthier chicken fingers at home. "Panko is perfect for breading foods," she says, "full of flavor and really crunchy, but without all the sodium and chemicals you get in some commercial breadcrumbs."



N BAGWELL: ANDREW SCRIVANI/STOCKFOC



Chicken Fingers Makes 4 servings

Ingredients

- 1 egg
- 1 cup panko or other breadcrumbs
- ¼ cup freshly grated Parmigiano-Reggiano or other Parmesan cheese
- 1 lb all-natural boneless, skinless chicken tenders
- 1 tbsp olive oil
- 1 to 2 cups all-natural, lowsodium marinara sauce

Directions

- 1. Preheat oven to 400°F.
- **2.** Crack the egg into a bowl, and scramble it with a fork.
- **3.** Pour the breadcrumbs, seasoning, and Parmigiano-Reggiano into a large zippered food storage bag.
- **4.** Dip the chicken pieces in the egg until coated.
- 5. Drop chicken into the bag 3 to 4 pieces at a time. Seal the bag and gently shake to coat the chicken.
- **6.** Pour oil into a foil-lined baking pan. Place chicken in the baking pan.
- 7. Bake for 10 minutes. Turn over chicken to brown the other side. Bake for 10 more minutes.
- **8.** Serve! Use the marinara sauce for dipping.

Per serving

360 calories, 35 g protein, 29 g carbohydrate, 11 g fat (3 g saturated fat), 125 mg cholesterol, 3 g fiber, 8 g sugar, 403 mg sodium. Calories from fat: 27%

LIZZIE'S FAVORITE FALL TO-DOS:

Cook together. "I love to cook during the fall because it gives me some time to bond with my family. We like to make lots of soups and stews, and they usually take all day to make. Cooking is also a fun way to experiment and express our creativity. Whether it's trying out a new recipe or creating an entirely new one, I always have fun in the kitchen."

Get outside. "Since the weather is cooler, I like being able to get outside more. I love to run, and it's definitely easier and more enjoyable when it's a bit cooler outside. Ice-skating is also a really fun sport you can try later this fall. Don't hesitate to go out and try some new outdoor sports. You might find one you really enjoy."



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EXPERT TIP

"If there's a general tendency toward a certain butt shape in your family, then this simply means you need to be realistic and aim to make yours the best you can by toning and training."—*Pamela Peeke, MD*

FITNESS & EXERCISE

Peeke Fitness Our guru's butttoning secrets

Fitness Challenge A new Pilatesinspired way to work your abs

Lighten Up

No more excuses! Work your way out the door and into your best shape



• Call it what you want—butt, booty, behind, or derriere—we all have one and most of us complain about it. Too small, too big, too saggy, too flabby-in a unified feminine chorus, we bemoan our behinds.

The shape of your butt depends on two factors. Your genes determine where your body's fat storage enzymes tend to lay down fat throughout your body. (Some women collect fat on their butts, some on their bellies or thighs.) But while genetics loads the gun, environment pulls the trigger.

First, the basics: Toning exercises help. But you can't develop a gorgeous behind by just doing butt exercises. Instead, you need to get cardio exercise at least five times a week to burn off extra fat you have on any part of your body. If you've been sedentary, gradually work up to burning 400 calories with cardio exercise every day that you can. How many calories you burn

while exercising depends on your body size and fitness level as well as how hard you're working. Roughly, you can burn 200 to 400 calories swimming, running, or using an elliptical machine, or 150 to 300 calories walking at a moderate pace for 30 minutes. Up the intensity using hills or increasing your speed in short intervals.

All cardio is good for whittling fat off your body. But certain kinds of exercise-walking, running, bicycling, or using stair machineswill strengthen your hamstrings (the major muscles in your back thigh) and gluteus maximus (the major muscle in your behind), giving you more bang for your exercise buck.

READER TIP

"Squats using free weights work well for toning your butt. Make sure your posture is correct, though, otherwise you can hurt your back." -farfromusuall, WebMD community member

SET THE TONE

Backward Leg Touch and Lift Holding on to the back of a chair, stand tall with both leas straight and feet about 12 inches apart. Keeping your torso upright, gradually lift one leg 6 to 12 inches behind you. Hold it up, squeezing your glutes for five seconds, then slowly lower it until your big toe touches the ground behind you. After a quick tap, immediately raise your leg again. Lift and touch 10 times on each side. Work up to 15 to 20 times per side.

Donkey Kick Crossover

Start on all fours, with your hands under vour shoulders, knees under hips. Keeping vour right knee bent. flex your right foot and lift your right knee out to the side up to hip level, holding for a count of five and squeezing your glutes as you do so. Slowly lower your right knee to the outside of the left knee, crossing your legs, and then lift it back to hip level. Do three sets of 10 to 15 reps on each side.

EXPERT TIP

"I love the challenge of a push-up. It's a tough move to do correctly but don't give up!"-Ashley Borden, co-author of Your Perfect Fit: What to Wear to Show Off Your Assets, What to Do to Tone Up Your Trouble Spots

FITNESS CHALLENGE

Center Stage

Progression 1

the ceiling.

Progression 2

off the ground.

DO YOU DREAM ABOUT FLAT ABS? THIS PILATES-INSPIRED TECHNIQUE PUTS THEM IN REACH

Looking to sculpt a flat, strong midsection without sit-ups? Pilates exercises can activate and tone the muscles of the trunk-the rectus and transversus abdominis, and obliques. Pilates professional Risa Sheppard, creator of the Sheppard Method, owner of the Los Angeles studio of the same name, and trainer to country music star Reba McEntire, shares three belly-flattening moves.





Progression 3 Repeat either exercise above, but this time lift and hold the upper body off the floor as you lower your arms.

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Kettlebells, yoga, or Zumba? Find the right exercise program for you with our **Fitness A to Z** guide.



Lie on your back. Knees are bent and feet are flat on the floor. Hips are level and the spine is sinking into the floor as if it's a sandbox. Shoulders are pressed back and down toward your buttocks. Hold arms toward the ceiling straight up from your shoulders, fingers extended toward

Inhale, then as you exhale, press the arms for a count of six toward the floor until they're at your sides. Pretend you're pressing through mud. Reverse the motion for a count of six to the starting position.

Use the same starting position as in Progression 1. Lift your feet off the floor so there are 90-degree angles at your knees and hips. Your arms are extended straight out from your shoulders and your fingertips are slightly

Keep the shoulder blades down, using the same resistance as before. Inhale, then as you exhale, bring your arms to the sides of the body so your fingertips are pointing in the direction of your feet. Hold for six counts. Inhale, then as you exhale, reverse the motion to return arms to the starting position.



"I've lost 25 pounds doing cardio, but I've hit a plateau. What can I do at home to mix up my routine and continue losing weight?"

Jill Weisensee, 48 advertising sales consultant Portland, Ore.



"Keep up the cardio but add some strengthening moves to challenge your body in new ways," says Los Angeles-based trainer Ashley Borden, who coaches celebrities like Christina Aguilera and Ryan Gosling. "Changing up your moves, reps, and cadence with your training will stimulate your muscle growth and shape a more fit physique. Try a twist on a traditional push-up three times a week. Use your arms to slowly raise your body into push-up position, and hold the position while pulling your right knee toward your chest. Straighten the right leg, then repeat the move with your left knee. Do each side once per rep, and repeat four times."

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October is Down Syndrome Awareness Month. Learn the basics about this genetic condition—and some of its biggest advocates for continued education and research

Down syndrome happens when a child is born with an extra chromosome, leading to delays in physical and mental development. It's one of the most common genetic birth defects in the United States, affecting one of every 691 babies. Researchers don't know what causes the condition, but it's more common in babies born to women over 35.

People with Down syndrome are more likely to have medical problems, including heart defects and sleep apnea, as well as mental and social development issues. Individuals with the condition vary widely in their abilities, but early intervention and good medical care make a big difference in their development. A growing number are able to live independently, and the average lifespan has increased to 55 in recent decades.

Some celebrities are bringing attention to the need for research



and awareness about Down syndrome. Music producer Quincy Jones is a spokesperson for the Global Down Syndrome Foundation. Actor/model Beverly Johnson and actor John C. McGinley have also put

their names behind the cause.-Sylvia Davis

76 Health Highlights **77** My Story It's Depression

How a WebMD Awareness Month. ber with lupus Our experts give their top tips. stays positive.

community mem-



80 By the Numbers Take a closer look at breast cancer: the facts, figures, and more.

81 Living With Learn the three most important healthy habits for cancer survivors.

82 Health Check Are you at risk for heart failure? Take this guiz to find out.





HEALTH HIGHLIGHTS

OCTOBER IS DEPRESSION AWARENESS MONTH

FEEL YOUR BEST WITH THESE TIPS

Feeling down?

Oct. 11 is National Depression Screening Day, so get checked out. Visit www. mentalhealthscreening.org.

Help yourself ()

If you have suicidal thoughts, call the National Suicide Prevention Lifeline immediately at 1-800-273-TALK.

3 **Open up**

The sooner you seek treatment-talk therapy and/or medications-the better your outlook.

Sleep better

Treat problems such as insomnia or sleep apnea to help ease symptoms.

Call in Э

Try therapy by phone when you can't meet in person.



Eat well A quality diet—one rich in veggies, fruits, whole grains, and fish-may help fight depression.

Monitor your mood Download the WhatsMyM3 app for iPhone and Android.

Find a resource Visit WebMD's Depression Center for comprehensive info and the latest news.

Walk away

Depression can cloud your judgment. Take a deep breath, and make big decisions when you start to feel better.

Watch out

Depression can return, so make sure you talk to your doctor if you begin to feel symptoms again.

EXPERT TIPS

Robert Rowney, DO psychiatrist, Cleveland Clinic, Cleveland

Reduce stress to help relieve depression. I make lists of the important things I need to do and then focus on one at a time. That keeps me from feeling overwhelmed.

Socialize! Get out of the house and interact with people. That will reduce stress, expand your interests, relieve boredom, and sharpen your mind, all of which can counter depression.



Jennifer Payne, MD director, Women's Mood Disorders Center, Johns Hopkins Hospital, and associate professor, Johns Hopkins Medicine, Baltimore

Keep a mood calendar to track how you feel from day to day. This is especially helpful when you start a new medication, which may take weeks to become effective.

Exercise boosts the mood. We know that from studies, and I see it in my patients who work out. An early walk gets you up and outdoors first thing.



Bryan Bruno, MD acting chair of psychiatry, Lenox Hill Hospital, New York City

Exercise benefits people with depression, so do it regularly to keep your mood up. Cardio and light weightlifting especially get my patients going in the morning and improve their alertness and energy all day.

Sound sleep will help counter depressive feelings. My best moods occur after I get a solid eight hours of sleep, and my patients report feeling better when they sleep well. Reviewed by Brunilda Nazario, MD, WebMD Lead Medical Editor

MY STORY SUNNY-SIDE UP

HOW A READER FACES LUPUS ONE DAY AT A TIME

By Karin Gelschus WebMD.com community member

At 23, I was on top of the world. I had my dream job as a writer and traveled all over North America to research stories. I bought my first townhouse. I was loving life.

After a trip to Montreal, I developed the flu. I was exhausted. I often got tired after trips, but this time was different. My hands were shaking, my joints were stiff, and my heart was racing. I could barely make it up the stairs. In the days following, my symptoms worsened. The pain felt even worse when doctor after doctor could not figure out what was wrong. They tested me for Lyme disease, rheumatoid arthritis, tuberculosis, and a dozen other diseases. Finally, after months of excruciating pain, I was diagnosed with lupus, a chronic and very serious autoimmune disease that can damage the joints, organs, and skin.

It can take months for lupus medications to start working, and I got much sicker before I got better. Forty pounds underweight and discouraged, I realized I had to do something to escape the dark, lonely place I found myself. That



summer, I started turning things around.

I thought to myself, "I can't control what's happening to my body, but I can control my thoughts. So what can I do to stay positive?" I looked for ways to make myself feel better every day.

Then, as now, I turned to my family and friends for support. They listen when



Get more info about this autoimmune disease at the Lupus Health center.



I need them to, offer advice when I ask, and join me every year in running a 5K for lupus research. Having a strong support network and giving back floods me with inspiration and happiness.

At 27 years old, I've overcome more than most in their entire lifetimes, and I'm proud to have the strength to continue to fight such a complex disease.



- Could another condition or medications be causing my lupus symptoms?
- What lifestyle changes can I make to manage my lupus?
- Are there support groups in my area for people with lupus?
- Do I need to see other specialists?
- How often should I come in for checkups?

STRENGTH TRAINING

"Leave yourself notes. I put one that reads 'You'll feel better once you get moving' on my nightstand and one that reads 'We make you feel better' on my pill box. These notes make me smile!"

"Keep a journal. I keep one of inspirational quotes, nice things said about me, and small goals I achieve, like running three miles or getting an A."



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Checkup

BREAST CANCER

BY THE NUMBERS

FACTS AND STATS ON TOP HEALTH CONDITIONS

By Heather Hatfield



Reviewed by Louise Chang, MD, WebMD Senior Medical Editor

CA SURVIVORS, LISTEN UP. HEI

Nearly 14 million people in the United States have survived cancer, a number that has quadrupled in the past several decades and is expected to reach 18 million by 2022, according to the American Cancer Society (ACS). What's more, 15% of today's cancer survivors were first diagnosed 20 years ago or more, the National Cancer Institute says.

Fear of recurrence is perhaps the most common new reality for cancer survivors. "That's always in the back of their minds," says oncologist Carolyn D. Runowicz, MD, professor of obstetrics and gynecology at Florida International University's Herbert Wertheim College of Medicine, and an 18-year breast cancer survivor.

But you can cut your chances of cancer recurrence. ACS experts recommend (after quitting smoking) controlling your weight,

eating nutritious foods, and getting enough exercise.

If you're overweight, shedding even a few pounds has health benefits. Extra weight puts you at risk for breast, esophagus, kidney, pancreas, and colorectal cancer, both for first-time diagnosis and recurrence, says Runowicz. Eat more fruits and vegetables, cut





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SURVIVORS, LISTEN UP. HERE'S HOW TO LIVE YOUR BEST LIFE

By Christina Boufis



down on high-fat foods and empty calories, and watch portion sizes.

Many nutrition experts recommend a Mediterranean-style diet whole grains, nuts, fish, poultry, limited red meat, healthy fats like olive oils, and lots of produce (at least two and a half cups of vegetables and fruits each day).

And, exercise goes hand in hand with a healthy weight. Studies show that stepping up physical activity decreases the risk of developing breast, colon, and endometrial cancer and may help prevent recurrence. All this takes discipline, but it's possible to take charge, Runowicz says.

OPEN BOOK

"The fear of cancer recurrence can be crippling to some people," says Carolyn D. Runowicz, MD, who knows firsthand. At 41, she was diagnosed with breast cancer and went through chemotherapy at the same time she treated other women for cancer. How did she get on with her life after treatment and quell her fears? "I wrote a book," says Runowicz, coauthor of To Be Alive: A Woman's Guide to a Full Life After Cancer.

"Writing a book was cathartic," says Runowicz. "I had a writer working with me, and she would say, 'OK. Tell me about when you were diagnosed. How did you feel?' So I basically relived the entire experience. And when [the book] was done, the cancer was behind me."

Runowicz tells her patients they can do something similar. "Keep a diary, pour it out, and then hopefully it's behind you," she says. For those who can't do that, join a support group or get therapy. The American Cancer Society can help. Checkup



HEALTH CHECK

WHAT'S YOUR **HEART FAILURE IQ?**

• Congestive heart failure has numerous symptoms. "I get fatigued easily, I have loss of appetite, and I wake up trying to get my breath," **REDBARON1958** writes in the WebMD Heart Disease community. "My neurologist suggested being tested for congestive heart failure." Only a doctor can truly evaluate REDBARON. How much do you know about this condition?

DID YOU KNOW? "HEART FAILURE" DOESN'T MEAN YOUR HEART HAS STOPPED WORKING. IT MEANS YOUR HEART ISN'T PUMPING ENOUGH BLOOD TO THE REST OF YOUR BODY.

QUIZ

- 1. Doctors can't treat heart failure. O Yes
- O No

O No

2. There is only one type of heart failure. O Yes

O No 4. Heart attack can lead to heart failure. O Yes

3. Swollen ankles are a

common symptom of heart failure.

O Yes

O No

Answers: 1. False. Lifestyle changes (including losing weight, modifying your diet, and getting moderate exercise) can help control heart failure. So can medications aimed at helping the heart pump better, lowering cholesterol, and ridding the body of excess fluid. This is a serious problem that requires medical care, but people can live with the condition for several years. 2. False. Two major types exist: left-sided heart failure and right-sided heart failure. Left-sided heart failure is the most common and can be of two types: systolic failure (in which the heart muscle can't contract forcefully enough to pump adequate amounts of blood) and diastolic failure (in which the heart's walls become stiff and thickened so the heart muscle can't relax and fill normally with blood). 3. True. Common symptoms include swelling ankles, feet, legs, and sometimes the lungs and abdomen; shortness of breath or trouble breathing, especially with exertion; and fatigue. 4. True. Heart failure stems from many conditions that damage the heart, including heart attack, coronary artery disease, high blood pressure, diabetes, and heart valve disease.

> SOURCES: The National Heart, Lung, and Blood Institute; American Heart Association; CDC; WebMD Heart Health center



What caused my heart failure? Is there a treatable underlying illness?

()

How severe is my heart failure? What can I do to manage it properly?

3 What should I do if my symptoms

suddenly worsen?

What is a cardiac

rehabilitation

program?

Should I enroll

in one?



Your new film, The Man With the Iron Fists, which opens next month, is an ode to kung fu classics. You've practiced kali-eskrima-silat, or knife-and-stick fighting. Did you train to perform the martial arts challenges of the role?

I actually didn't—I wish I had! Martial arts isn't something I always keep up with-I do it for particular projects. So we did it on the fly. They just rolled camera. It was pretty hardcore.

Is it just more fun to play the "baddies"? People seem to like me in those baddie roles, which is so strange because I never saw myself that way before. In Elementary [Liu's new CBS show aired last month], I won't be playing that [type of] role, and I think it'll be interesting.

OK, let's talk \mathbf{O} Elementary, a ę – modern take on the legendary duo of Dr. Watson and Sherlock Holmes. You play Watson, a former surgeon. Did you do any research to portray a doctor? I have a lot of friends who are doctors-but I'm not going to go out and perform surgery any time soon! But I do have friends that I call with questions.

Man With the Iron Fists and Elementary kick off this fall **Read more** of Liu's Q & A in our free iPad app

At 43, you're in amazing shape. What's your secret?

Liu's The

I enjoy my life. I think that stretching is the best way to keep in shape. I think the more flexible you are, the longer you'll live. And I think it's the key to being youthful. I do Pilates, too. I also love running. It keeps your head in the dame.

5 How did you get on malnutrition and education. Then I worked on two sex trafficking [Liu

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You are a UNICEF celebrity ambassador.

involved? I started in a general way; I focused documentaries about narrated both Redlight and Traffic]. It's been around for so, so long, but people are finally

becoming more aware of it. People don't know the vulnerability of girls and children.



Have you seen any victories against this scourge since ioinina UNICEF?

Yes-victories in the sense of saving one child at a time. One of the most important things is education. People don't think it

happens in the United States. It does. It's a terrible, tragic issue.

TAKE 10

You're an accomplished painter, photographer, and sculptor, with your work shown in New York City and London. For you, is artistic expression key to good health? Any kind of expression is healthy. Whatever you need to get out of your system, you should get out. You shouldn't bottle anything up.

Of the five ()senses-sight, sound, touch, scent, and taste-which do you value most in real life? Visually, as an artist, if I had to choose one out of all, I'd have to say sight. It connects me to everything.

Do you have a health philosophy? lf you can't touch your toes now, it doesn't mean vou'll never touch your toes. It just means it's time to get into it.

How do you feel about aging in Hollywood? **Terrifying or totally** overblown? I love knowing myself more and more. I was kind of crazy in my 20s. I feel much better about myself now than l ever have.-Lauren Paige Kennedy