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CROWN JEWEL

Queen Latifah
reigns supreme
in her career and
her family

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Family Jewel

On the big screen, the TV screen, and the music charts, **Queen Latifah** has reigned supreme. And as her career continues to soar with the addition of a successful daytime talk show, the Grammy Award winner and Oscar nominee adds a new role: caregiver to her mother, who has a rare autoimmune disorder called scleroderma. She speaks from the heart about how she juggles her career and her family.

New Hope

What's the next big thing in cancer treatment? Some say immunotherapy is a pathway to a cancer cure. We take a closer look at the innovative treatment that triggers the immune system to fight off cancer like it does other illnesses.



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“
WAKE UP AND DON'T SPEAK TO ANYONE, JUST TAKE FIVE MINUTES TO BREATHE AND STRETCH AND BREATHE SOME MORE.
”

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2014 WebMD

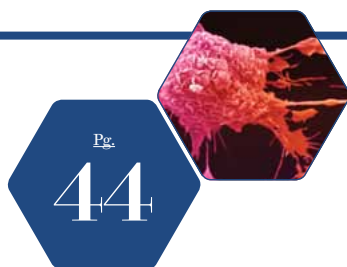
HEALTH
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WEBMD CHECKUP

October is Breast Cancer Awareness Month. Learn more. • **WOMEN'S HEALTH:** Do you have a relative who's had breast cancer? Find out if gene testing is for you. • **KIDS' HEALTH:** What parents need to know before their child's cancer treatment starts. • **HEALTH CHECK:** Could you be at risk for ovarian cancer? Take the quiz. • **HEALTH HIGHLIGHTS:** Get help with tips to combat depression. • **BY THE NUMBERS:** A closer look at menopause. • **LIVING WITH:** Lupus. How to stay well.



So many times when we think about health issues the focus is either on a disease or how to avoid it. This month, we explore a different angle—the act of caregiving—with talk show host, actor, and singer **Queen Latifah**.

Four in 10 adults in the United States care for a loved one with significant health issues, including Latifah, who tells WebMD she is the point person for her mother's care. She took on this role last year when her mother was diagnosed with scleroderma, an autoimmune disorder.

While providing care can be rewarding, it can also take a toll in the form of financial burden, guilt, frustration, physical exhaustion, and confusion as caregivers try to navigate the maze of options and information. And the role isn't getting any easier. In fact, it's increasingly expanding to include medical tasks that were once more commonly provided in hospitals.

Caregivers act out of love and responsibility. But many become so busy taking care of others that they don't take care of themselves. Latifah and Gail Hunt, president and CEO of the National Alliance for Caregiving, give their tips to combat burnout. And we'd love to know your tips for the ultimate balancing act, too.

Kristy Hammam
Editor in Chief
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ON TARGET

Since June, WebMD readers have taken more than a billion steps toward better health. Join them with our new **Healthy Target** plan, part of the WebMD app, available for free download on the iTunes store.

Here's a sampling of what each person, on average, accomplished in the plan's first two months when linking their activity monitors and other devices to Healthy Target:

- Lost nearly **2.5 pounds**
- Increased sleep time by almost **45 minutes**
- Took **7,200+ steps** daily

Lose weight. Get fit. Sleep better. Whatever your goals, we'll help you get there.

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HEALTHY
START



HOT TOPICS!

FACTS AND NEWS YOU CAN USE

National Teen Driver Safety Week is Oct. 19–25. Most car models after 2008 have side airbags, which can greatly reduce the risk of death from side collisions.

Source: Insurance Institute for Highway Safety

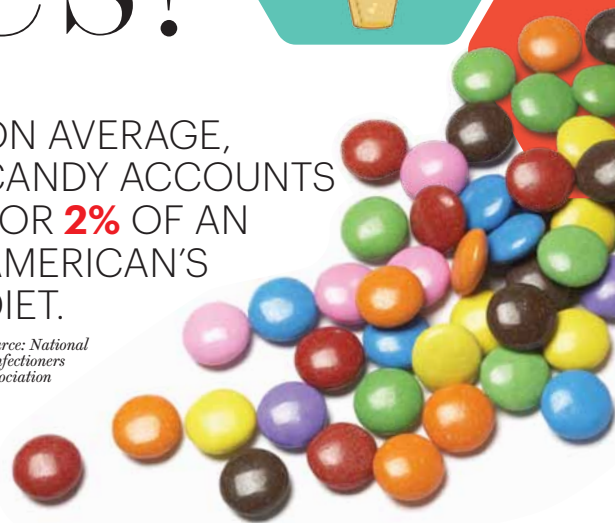


Flu season can start as early as October. After you get a flu vaccine, the body needs two weeks to develop antibodies to fight the flu.

Source: CDC

ON AVERAGE, CANDY ACCOUNTS FOR **2%** OF AN AMERICAN'S DIET.

Source: National Confectioners Association



11%

OF HIGH SCHOOL STUDENTS ADMIT TO USING **SYNTHETIC HUMAN GROWTH HORMONE** WITHOUT A PRESCRIPTION.

Source: Partnership for Drug-Free Kids

More than 1 in 3 Americans say drinking **alcohol** has caused a family problem.

Source: Gallup



45% of Americans actively **try to eat organic** foods, and **15%** try to **avoid** them.

Source: Gallup



1 in 4

YOUNG ADULTS WILL HAVE A BOUT OF DEPRESSION BY AGE 24.

Source: Screening for Mental Health



"Sensitive skin" accounted for a quarter of skin care product claims in the first half of 2014.

Source: Mintel



1 IN 5 HOMES have a park or fitness center within a half-mile.

Source: President's Council on Fitness, Sports & Nutrition



54% of U.S. dogs and cats are overweight or obese.

Source: Association for Pet Obesity Prevention

Mother Nature

You worried you were too old to have another baby, but you may reap the benefits for years. Women who have their last child after age 33 are twice as likely to outlive most of their peers than women who complete their families by age 29, a study found. What's more, for each year over age 33 that a woman has her last child, she boosts her chances of outliving her peers by another 5%. The research suggests that whatever it is that keeps some women fertile longer also helps them live longer.

Source: Menopause



1 in
68

ESTIMATED NUMBER OF **U.S. CHILDREN WITH AUTISM SPECTRUM DISORDER.**

EXPERTS ATTRIBUTE THE GROWING NUMBER TO AN INCREASE IN CASES, IMPROVEMENTS IN DIAGNOSIS, AND A BROADER DEFINITION OF THE CONDITION.

Source: CDC



2,000

Number of
Americans who die from floods, extreme heat or cold, or lightning
each year

Source: CDC

WebMD.com

Hot Hits

What's trending on WebMD.com right now*

Are low-carb diets healthy?

What causes "mono"?

Symptoms of B12 deficiency

What do bedbug bites look like?

What is kombucha?

Heart attack symptoms

Repairing damaged hair

What are uterine fibroids?

Healthy smoothie recipes

How to treat sciatica

*as of Aug. 1, 2014



STREET SMARTS

Physical activity may give kids more than a break from their studies. It may help improve their grades. In a recent study of more than 2,000 kids ages 6 to 18, those who scored the highest marks in cardiorespiratory fitness and motor skills, including speed, agility, and coordination, also scored the highest marks in school. Increased cardiorespiratory capacity increases blood flow to the brain, which could boost academic performance. Strong motor skills can increase the production of a protein in the brain that aids the growth and survival of brain cells.

Source: Pediatrics



Do you ever think: Why don't we have a cure for cancer? The war on cancer, first declared in 1971, is 40 years old, yet breakthroughs have been hard to come by.

That may change soon. Exciting developments in labs across the country point to innovations in preventing, detecting, diagnosing, and treating this complex malady that doctors now speak of as many diseases, not just one called cancer. What's more, your cancer may not be the next person's cancer but a personal version that calls for a tailored approach instead of a one-size-fits-all attack.

This issue, we take a look at a treatment called immunotherapy, which aims to leverage the body's immune system to fight off the disease. "We are supercharging the immune system," says one scientist in our story. "This brings a totally new dimension to attacking a cancer cell." We follow two patients who each tried out a variation of immunotherapy, and today, both are in remission—or possibly even cured. Is immunotherapy finally a pathway to the end of cancer? Turn to page 34 and find out.

Colleen

Colleen Paretty
Editorial Director
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**54% of men
and 46%
of women
will indulge
in candy on
Halloween**

Source: NPD Group



Sleep on It

A good night's sleep helps you think more clearly throughout the day. And it may keep you clear throughout your life. Healthy people 55 and older who continue to sleep the same number of hours each night as they age stay sharper, a study showed. When the study began, participants reported how much they slept, then had a brain scan and a cognitive test. Every two years, they reported on their sleeping habits and had the tests again. For each one-hour drop in sleep time, those who snoozed less saw a drop in cognitive performance and an increase in brain atrophy compared with their peers who hadn't cut back on sleep.

Source: Sleep



BREATH BEHAVIOR

Doctors could one day use a new breathalyzer-type device to screen for lung cancer in those with a high risk of the disease, including heavy smokers and people with a family history of lung cancer. Researchers in Tel Aviv, Israel, say their device can detect the presence of lung tumors with 90% accuracy and distinguish between early and advanced disease. Worldwide, lung cancer is the top cause of cancer deaths in men, and the No. 2 cause of cancer deaths in women (after breast cancer).

Source: Tel Aviv University

WebMD[®] Allergy

Take Control of Your Allergies.

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

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



Timely Alerts

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

Allergy Forecast

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

Allergy 101

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

Personalized Content

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



ARTICLES



QUIZZES



TIPS



VIDEOS



SLIDESHOWS



Mind Games

Many of us spend more than five hours each day online—about 4½ hours more than we devote to exercise. While surfing the Web doesn't offer the aerobic advantages of surfing a wave—or any other physical activity, for that matter—this seemingly sedentary endeavor could put our brains through a real workout. There's no proof that searching Google or emailing your college roommate will keep your brain sharp and ward off memory loss. But it makes sense that staying active—in the real or virtual world—has cognitive benefits. “I think that is more in the domain of common sense than scientific proof,” says David S. Knopman, MD, professor of neurology at the Mayo Clinic in Rochester, Minn. “The more mentally active individuals remain, the better their brain health—and emotional health—will be.” To better train your brain, choose activities that both stimulate your mind and keep you engaged—whether it's using a computer, participating in a book club, or playing chess with a friend. The point is to stay mentally active, which is especially important as rates of Alzheimer's disease and other forms of dementia rise. “We don't have preventive medical therapies [for dementia],” Knopman says. “These types of activities are all we have at this point.”

SOUND OFF

"I recommend a referral from your doctor to an audiologist to measure your hearing loss, and maybe see an ear, nose, and throat doctor as well. Modern hearing aids have improved so much; they're worth trying out. In the meantime, let friends and family know to face you when they are speaking so you can see their expressions. Also, background noise can be a problem, so turn off the music and TV when you can."



Arefa Cassoobhoy, MD, MPH
WebMD medical editor

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LEISURE SUITOR

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

Photograph by John Loomis

AIR TIME

"Cold air narrows the airways, making it harder to breathe. You could try wearing a surgical mask, similar to the type worn by someone with a cold, when you're in cold weather. This will warm and humidify the air you breathe in before it reaches your airways. A second approach is to use ipratropium [Atrovent], a short-acting bronchodilator, before you go outside."



Joe W. Ramsdell, MD
professor of pulmonary
medicine, University of
California, San Diego

WEBMD ON THE STREET

Gary Kane

Retired fashion industry executive, 78
Boca Raton, Fla.

After a successful 40-year career in the fashion industry, Gary Kane traded in the hectic pace of a New York City executive for a more leisurely life in Florida. Even so, he keeps up a full schedule of golf rounds, gym workouts, continuing education classes, and work as a mediator for the Palm Beach County court system. "Most people who know me think I'm the healthiest guy they know for my age," he says. Though he's in great shape, he has a few health issues, such as knee pain, a reminder of two past dislocations. "To relieve it, I ice my knees three or four times a day, and I do physical therapy with weights and stretch bands. I'd like to avoid knee surgery if I can." Time has also left its mark on his hearing. "My wife says I have trouble hearing because she'll ask me to do something, and I won't catch what she says. If I'm in a room where a lot of people are talking, it takes some effort to make out what they're saying." Kane spends much of his summers traveling internationally, but arthritis in his big toe makes touring uncomfortable. "I love to travel, but my sore toe makes it hard to sightsee on foot." During his winter travels, cold weather becomes the issue. "I've had COPD [chronic obstructive pulmonary disease] for many years. Living in the warm Florida climate keeps my cough under control, but every winter when I visit my sons and friends up north, my COPD flares up."—Stephanie Watson



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

KNEE DEEP

"I also have chronic knee problems, and I find cycling helpful. Also consider riding a stationary bike. Stretch your hamstrings well after you ride. You can also do straight leg raises with the leg rotated to the side to strengthen the muscles that support the knee. Consider acupuncture for pain relief."



Peter Abaci, MD
medical director, Bay Area Pain & Wellness Center, Los Gatos, Calif.

TOE THE LINE

"The big toe is the most common site for arthritis in the foot. Wear a wide-toed shoe and get a custom orthotic, prescribed by your doctor, to help redistribute your weight, taking the pressure off your toe. On days you walk a lot, arthritis medicines are very helpful. If your pain flares up, your doctor can also inject steroids from time to time to reduce swelling and pain. Even a physical therapist can help with the use of ultrasound and other treatments to provide relief."



Michael W. Smith, MD
WebMD chief medical editor

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[LEARN MORE ON PAGE 5](#)

LIVING
HEALTHY

MEN'S HEALTH

Trying Time

THINK THE HEALTH OF YOUR FUTURE BABY IS ALL MOM'S RESPONSIBILITY? GUYS' LIFESTYLES MATTER, TOO

By Colleen Oakley

When a couple is trying to have a baby, the advice for moms-to-be is plentiful—take prenatal vitamins, don't drink alcohol, say no to sushi, get plenty of rest. But did you know a dad's health at conception can affect baby's health as well? "Many men may not realize that the health of their sperm is just as important as the health and viability of a woman's egg," says Joseph Garza, MD, an obstetrician and gynecologist at the Advanced Fertility Center in San Antonio.

Research isn't conclusive, but an Australian animal study found that males who were obese, had diabetes, and/or ate a high-fat diet at the time of conception increased the risk of obesity in their future offspring.

"There are likely two factors at play," says Daniel A. Potter, MD, co-author of *What to Do When You Can't Get Pregnant*. "No. 1 is genetics. Insulin resistance is highly prevalent in obese men, so they likely pass that genetic trait along to their children. Second, people with poor dietary habits also make poor food choices for their children,



so that contributes to the problem."

If you want a baby in the near future, start making these lifestyle changes today:

Drink less alcohol. A recent study found that moderate to heavy drinking increased abnormal sperm production. Exactly how many drinks is "moderate"? It varies based on your body weight and ability to process alcohol, so your best bet is to limit yourself to one to two drinks per day, Potter says. Also, if you smoke, it's time to quit.

Exercise regularly. "Regular exercise is associ-

ated with increased male fertility and virility," Potter says. Thirty to 45 minutes of cardio three times per week is a good place to start.

Lose weight. Not only could it increase the risk of obesity in future children, but obesity is also associated with decreased sperm counts and reduced fertility, Potter says. Your best bet for shedding pounds? Eat a low-carbohydrate, high-protein diet and hit the gym.

Pop a daily multi-vitamin. Many trace elements in multivitamins increase healthy sperm production, Potter says.

FROM WEBMD.COM

Q & A

"We've been trying to have a baby for a few months, and my wife is adamant that I stop riding my bike—she says it can lower my sperm count. I think that's a myth. Who's right?"



David Jones
31, realtor, Atlanta

EXPERT'S ANSWER

"Excessive bike riding can affect a man's sperm count. And if you ride often and have been trying to conceive for six months or longer, I would suggest getting a semen analysis. If everything checks out, it should be fine to continue your regular activities. Same goes for the old wives' tales of wearing tight underwear and taking hot baths. For most men, these activities have such a small impact on semen production that it's no big deal."



Daniel A. Potter, MD
co-author of *What to Do When You Can't Get Pregnant*



Pillow Talk

Keeping long hair knot-free overnight is as simple as swapping your cotton pillowcase for a silk one. “With a silky pillowcase, your style is guaranteed to stay smooth and frizz-free until morning,” says Nick Penna Jr., celebrity stylist and owner of SalonCapri in Boston. How does it work? “The fabric slides over hair, reducing static and keeping hair from getting those sleep creases and kinks.” If you want to keep hair up and out of your face while you sleep, try wrapping it in a silk scarf before you hit the hay, Penna adds. Locks will stay free of tangles, and over time you’ll notice fewer split ends. You could also use a scrunchy to secure strands. But instead of pulling your hair into a ponytail or bun (which can be uncomfortable), twist tresses into a loose braid and wrap a scrunchy around the end. “You’ll wake up with loose, natural-looking heat-free waves,” Penna says. Bye-bye, bed head!




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YOU ASKED

Face Time

WHICH CLEANSER IS RIGHT FOR YOU? CHECK OUT THESE EXPERT PICKS

By Ayren Jackson-Cannady

1 Double Duty
Nia24 Physical Cleansing Scrub (\$38) "Need a more streamlined skin care routine? This all-in-one cleansing and exfoliating scrub gently removes dead skin cells and increases circulation, revealing a fresher, more even-textured complexion. Use it a couple of times a week for the best results."

2 Out of Water
Eau Thermale Avène Extremely Gentle Cleanser Lotion (\$23) "This no-rinse wash thoroughly cleanses without stripping the skin, and I love that it can be used for both the face and the eyes. Apply it in the morning and evening with a cotton pad or with your fingertips in a gentle circular motion, then swipe it off with a clean cotton pad."

3 Pore House
Neutrogena Oil-Free Acne Wash Daily Scrub (\$5.99) "This scrub penetrates deep into the pores to help stop breakouts before they start. It also helps rid the skin of dirt and impurities without irritation or over-drying. After wetting your face, apply the scrub to your hands and add water. Massage into your face gently and make sure to rinse thoroughly."

4 Gentle Giant
Cetaphil Gentle Skin Cleanser (\$10.79) "I like this mild, creamy wash for face and body cleansing. It can be used as a wipe-off cleanser without water or with water. It rinses off easily and softens as it cleans. Plus, it's mild enough to use on a baby."

5 Oil Change
Shu Uemura Porefinist Anti-Shine Fresh Cleansing Oil (\$50) "Not only does this lightweight cleansing oil remove makeup, but it also contains alpha hydroxy and beta hydroxyl acids to help soften and minimize blackheads. And if you use it regularly, sebum [oil] secretion becomes more regular. It's great for normal to oily skin types as well as acne-prone skin."

6 No Scrubs
Clinique 7 Day Scrub Cream Rinse-Off Formula (\$19.50) "If you've shied away from exfoliation because you thought it would be too harsh, try this one. It gently sloughs away roughness and flakiness, smoothing the skin to help reduce the appearance of fine lines."



Jeannette Graf, MD
assistant clinical professor of
dermatology, Mount Sinai Medical
Center, New York City

Reviewed by Karyn Grossman, MD
WebMD Skin Care Expert

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BEAUTY SMARTS

The Peel Deal

WHY DO CHEMICAL PEELS HAVE SUCH MASS APPEAL?
WE EXPLAIN HOW THEY WORK

By Sonya Collins

Do you ever wish you could start all over and take better care of your skin? A chemical peel could give you that chance. Peels can dramatically reduce lines, wrinkles, acne scars, dark spots, and roughness caused by years of sun exposure.

“Everyday sun exposure affects skin quality. So almost anyone can benefit from a chemical peel, as they improve skin’s color and texture. The stronger the solution, the deeper the skin de-surfacing, and the more improvement we attain,” says David Green, MD, a dermatologist based in Bethesda, Md.

A chemical peel is an acid solution applied to the face to remove the outermost layer or layers of skin. The skin crusts, scales, and peels over several days. The new skin that grows in its place is softer, smoother, and has fewer imperfections.

Doctors or other health care providers in physicians’ offices do medium peels. Deep peels, which can require local anesthesia and a sedative, are the purview of a physician.

Medium peels use trichloroacetic acid (TCA). They can penetrate deep enough to improve skin in one peel, and mild formulations are safe for use on the neck, hands, and other areas. You can repeat milder TCA peels at your doctor’s discretion.

Deep peels use phenol, which removes several layers of skin to address deep



wrinkles, creases, uneven color, and some precancerous skin growths. You can only have one deep peel in your life.

Medium and deep peels require substantial recovery time, during which you take antiviral medication and stay indoors. After a medium peel, skin will be red and swollen for several days. The skin will then turn brownish and peel off in seven to 14 days. After deep peels, the face is bandaged and takes up to three weeks to heal. During recovery, you soak your face several times a day. At all other times, the face is covered with ointment to prevent scabs and scars. Medium peels can range from \$500 to \$1,500. Deep peels can cost \$5,000.

Not ready for a deep peel? Aestheticians in spas and doctors’ offices offer light peels that use ingredients found in many anti-aging and acne products.

Light peels take as few as 20 minutes, remove only the surface layer of skin, and require little downtime for recovery. The skin heals in three to seven days, after some redness and flaking. You can get a series of light peels—at about \$50 to \$200 each—over a few months.

SKIN DEEP

THE RESULTS OF YOUR CHEMICAL PEEL DEPEND GREATLY ON YOU. YOU MUST FOLLOW AFTER-CARE INSTRUCTIONS DILIGENTLY TO PREVENT SCARRING AND INFECTION AND TO MAINTAIN RESULTS, SAYS DERMATOLOGIST DAVID GREEN, MD.

You will need to soak your face daily while you heal from a medium peel. After a deep peel, you’ll soak four to six times a day. Your doctor may also recommend a gentle cleanser.

After each soak, you cover your face with ointment or petroleum jelly.

Don’t rub or scratch your face. This can cause scars or infection.

After 14 days, you’ll use moisturizer and sunscreen as your doctor instructs.

For deep and medium peels, you’ll wait five to 14 days to wear makeup.

After a medium peel, you must stay completely out of the sun until your skin heals. Deep peels will keep you out of the sun for three to six months. Then, you will need to use sunscreen every day.

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

YOUR SMILE

Breaking Bad

DO YOU HAVE BAD BREATH? YOUR STOMACH COULD BE TO BLAME

By Colleen Oakley



● You brush and floss regularly and avoid garlic like the plague—so why does your breath still smell less than fresh?

While most halitosis (that's the medical name

of balance, it can affect the body's status quo—including your breath."

A recent study published in the *Journal of Medical Microbiology* found that one stomach bacteria in

people that produce an overabundance of methane and hydrogen.

Try these tricks to get your digestion on track and your gut bacteria back in balance for better breath—

Probiotics in yogurt can reduce the bacteria in your mouth that contribute to bad breath.

for bad breath) stems from poor oral hygiene, recent studies show that up to 5% of cases can be linked to the stomach.

"Our guts are home to 100 trillion types of bacteria," says Andrew I. Spielman, DMD, PhD, professor at NYU College of Dentistry. "If they shift out

particular, called *Helicobacter pylori*, is associated with the periodontal disease known to cause bad breath. And a 2013 study from Cedars-Sinai Medical Center in Los Angeles found that bad breath can be linked to obesity, thanks to specific microbes found in the guts of overweight

and better health.

Just add yogurt. Yogurt contains probiotics that help regulate gut bacteria, says Patrick Takahashi, MD, chief of gastroenterology at St. Vincent Medical Center in Los Angeles. The probiotics also reduce the

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GET FRESH

MORE THAN 80 MILLION PEOPLE SUFFER FROM CHRONIC HALITOSIS, ACCORDING TO THE ACADEMY OF GENERAL DENTISTRY. IF YOU'RE ONE OF THEM, THE FIRST LINE OF DEFENSE IS A GOOD ORAL CARE ROUTINE. "THE MAJORITY OF BAD-BREATH CASES ARE DUE TO BACTERIA HIDDEN IN RECESSED AREAS OF THE TONGUE SURFACE, GUM LINE, OR FAULTY RESTORATIONS," SAYS DENTISTRY PROFESSOR ANDREW I. SPIELMAN, DMD, PHD. HE GIVES THESE TIPS FOR KEEPING YOUR BREATH IN CHECK.

Brush up. Twice a day is standard, but if you struggle with bad breath, try three times a day or after every time you eat.

Get a tongue scraper. Scraping your tongue—especially the back, where bad bacteria can linger—can reduce the biofilm that builds up on the tongue and contributes to bad breath. Again, this should be done after every meal, along with flossing between teeth.

Rinse and repeat. "I recommend using a mouthwash that contains zinc chloride and chlorine dioxide," Spielman says. "The most active ones come as two bottles that you have to mix before use."

Reviewed by
Eric Yabu, DDS
WebMD Oral Health Expert



AISLE DO

PRODUCT PICK

Freeman Eclos Daily Facial Cleansing Oil
(\$10.99)

EXPERT

Jessica Wu, MD

dermatologist, assistant clinical professor of dermatology at University of Southern California, and author of Feed Your Face

"I've been skeptical of cleansing oils because I have oily skin, but I was surprised at how soft and clean this left my skin feeling. The botanical oils gently dissolve dirt

and makeup rather than stripping away moisture with detergents and soap. I think this is great for anyone using a retinoid, like me, to avoid the flaking you often see as a side effect. It's also a good option for people with sensitive skin or eczema because this won't disrupt the fatty acids found in the outer layer of skin. You use this differently than standard cleanser, and it took me time to adapt. Put a few drops on your hands and massage it on dry skin. Sebum and makeup are oil soluble, so this dissolves the grime on the surface and rinses it away. I love how fresh and radiant my skin looks after using this."

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bacteria in your mouth that contribute to bad breath. A Japanese study found that 80% of people who regularly ate sugar-free plain yogurt for six weeks had a decrease in halitosis-causing bacteria in their mouths. For best results, try eating a cup a day.

Avoid low-carb diets.

The popular Atkins and Caveman diets may help you shed pounds but could also contribute to bad breath. When you're on these diets, your body enters a fat-burning mode known as ketosis, and chemicals called ketones are released in the breath. "These ketones sometimes

emit an odor which can be noxious to others," Takahashi says. If you don't want to give up on your eating plan, drinking more water may help combat the smell. But Takahashi recommends considering a more balanced diet. "A healthy mixture of carbohydrates, protein, fat, and fiber are integral for

maintaining the balance of bacteria in your stomach."

Got heartburn? Get checked. Another way your stomach can be at fault for bad breath is acid reflux. The gastric acid buildup can produce a sour or acidic taste in your mouth—and contribute to not-so-pleasant breath. If you have heartburn more than twice a week, a trip to your doctor may be in order, says Takahashi.

Make time for tea. A recent study published in the *Archives of Oral Biology* found that the polyphenols in green tea help destroy the volatile sulfide compounds in your mouth that contribute to bad breath.

HEALTHY
BEAUTY



PARENTING

Balance Check

By Stephanie Watson

Mira Sorvino first attracted notice in the '90s with her Oscar-winning turn as the squeaky-voiced call girl in Woody Allen's *Mighty Aphrodite*, and as one-half of the ditzy duo (with Lisa Kudrow) who reinvent themselves in *Romy and Michele's High School Reunion*. These days, she's switching things up, starring in the paranormal BBC America thriller, *Intruders*, about a secret society of body-snatching immortality seekers. But acting isn't her only gig. She's also been busy behind the scenes raising four kids—daughters Mattea, 9, and Lucia, 2, and sons Johnny, 8, and Holden, 5—with her husband, actor Christopher Backus. Whatever free time she can scavenge is devoted to her work combating global human trafficking. Since 2009, Sorvino has been U.N. Goodwill Ambassador for the United Nations Office on Drugs and Crime, campaigning to reform laws and end commercial sexual exploitation.

Read the full Q&A with Mira Sorvino in our free tablet apps!

How do you juggle four kids under age 10 and a busy acting career and find balance?

Improvisation. There's no real magic-bullet formula for a working mother, especially in my industry. But I try and put family first, that's always my rule of thumb. I try to spend as much time with them as possible, and to take jobs that limit my time away from them.

What attracted you to your new show, *Intruders*?

At its heart it's really about what we hold most dear, which is love, and what you would do for someone you love. Would you kill for them? Would you die for them? And will you ever see them again once you die? I think it's a terrific series. It's very gripping. It's very moody, chilling.

How did you find time for family when you were shooting the show in British Columbia?

Everybody moved up there with me. My husband commuted back and forth from L.A. and spent a month with us. We all took snowboarding lessons and conquered the bunny slopes and just had so much fun.

How did motherhood change you?

It put everything into perspective. My career is important to me. It's an expression of myself, and it puts food on the table, but it's not my priority. My priority is my kids.

When your children fight, how do you restore peace?

I haven't figured out how to get them to stop fighting. That's the thing that I wish I could wave a magic wand and do. We just try and talk through it, and also sometimes I just lay down the law.

How does Christopher's parenting style compare with yours?

He just has to use a big voice and then order is restored instantly, whereas with me it doesn't happen so quickly. But that's how it was in my household when I was a kid.

"Keeping children grounded is about loving them and being there for them through situations that are important to them."

Reviewed by Hansa Bhargava, MD
WebMD Medical Editor



PREGNANCY

Home Stretch

WHY DO MOMS-TO-BE GET CRAZY WITH CLEANING AND ORGANIZING?
NESTING IS NATURAL BEFORE BABY ARRIVES

By *Stephanie Watson*

At some point during the third trimester of pregnancy (and possibly sooner), many women have strange new urges. They clean and organize, throw out, and stock up in a frenzy.

When Sandy McCauley was pregnant for the first time, she went on an all-out cleaning spree. “I took every article of clothing I owned to the dry cleaners, including rugs and comforters, and then cleaned all my hairbrushes and combs in hot, soapy water,” says the Atlanta-based mother of four.

This overwhelming need to clean and organize during pregnancy—called nesting—has its roots in evolution, according to a 2013 study from researchers at McMaster University in Hamilton, Ontario. Just as birds are hardwired to build nests for protecting their young, we humans are primed to create a safe environment for our new offspring.

“Sometimes the need to get your house ready is practical,” says Siobhan Dolan, MD, MPH, a professor of clinical obstetrics and gynecology and women’s health at Albert

Einstein College of Medicine of Yeshiva University and Montefiore Medical Center in New York City. There is also an emotional component to nesting, she says. Painting nursery walls and buying baby supplies gives you a chance to bond with your partner and start creating a sense of family.

Although it’s good to rid your house of excess dirt in advance of baby’s arrival, make sure you do so safely. Read cleaning product labels to check that they’re not toxic, and always wear gloves when handling anything you’re not sure about. “Make sure you have good ventilation so you don’t get overcome by the strong smell of cleaning products,” suggests Dolan, who is also medical adviser to the March of Dimes.

While cleaning and organizing are important, don’t get so caught up in the small stuff that you neglect real health hazards to your baby—like lead paint if you live in an older home. “That’s not something you wipe and clean away. You’d need to have lead abatement to remove lead from your house,” Dolan says.

EXPERT TIP



“I was in residency after my daughter was born, so my mother and my mother-in-law helped out. Because I had this newborn going between three separate houses, my focus during pregnancy was on setting up a safe sleep environment in each place.”—*Siobhan Dolan, MD, MPH*

BACK TO BASICS

WHEN YOU’RE CAUGHT UP IN THE NESTING INSTINCT, IT’S EASY TO GO OVERBOARD, SAYS SIOBHAN DOLAN, MD, MPH. THERE’S NO NEED TO INVEST IN EVERY TOOL AND GADGET. SOMETIMES GETTING TOO MUCH CAN BE COUNTERPRODUCTIVE.

Crib overload. “In an effort to make the crib seem friendly and lovely, people want to fill it with stuffed animals and pillows. Those present choking and sleeping hazards,” Dolan says. Keep it simple—a crib that meets current safety standards (check cpsc.gov for a guide) with a firm mattress and a single sheet, where baby should always be put to bed on her back.

Designer baby duds. Buttons, bows, and other accessories are pretty, but they can turn into choking hazards. Your newborn doesn’t care about a fancy wardrobe. Keep baby clothes basic and functional—easy to clean and easy to access during diaper changes.

Expensive gadgets. The latest baby gadget might impress your friends, but it isn’t necessarily best for your newborn. For example, diaper wipe warmers pose electrical shock and fire dangers, and sleep positioners can increase the risk of sudden infant death syndrome.

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



Watch **Keeping Baby Busy**, a video on the Newborn & Baby channel at WebMD.com.

[LEARN MORE ON PAGE 5](#)

BABY TALK

Step Right Up

WHAT'S YOUR BABY'S NEXT MILESTONE? LEARN ABOUT THE KEY STAGES WITH THIS 6 TO 12 MONTH GUIDE

By Gina Shaw

During most of the first six months of life, your baby pretty much stayed where you put her, or close to it. That's about to change—and fast.

“Babies from 6 months and up are now very mobile,” says Rebecca Woods, PhD, assistant professor of human development and family science at North Dakota State University.

“Things related to safety get a little more tricky. Babies are also doing an enormous amount of language learning.”

All children develop at their own rate, Woods says. “There’s usually at least a three to four month range of normal for most major skills, such as first words and first steps.” So use these milestones as general guidelines.

	Gross Motor	Fine Motor	Language	Social
6 MONTHS	When placed in a sitting position, can stay there without being propped.	Can move toys back and forth from one hand to the other.	Her babble starts to sound more like real words.	Looks your way and smiles when you say her name.
7 MONTHS	Enjoys standing and bouncing with support from you.	Grabs for what she wants and scoops up everything, so watch out for small choking hazards.	Starts to notice the building blocks and patterns of speech. Ask her a question, pause, and she'll “answer” it.	Can recognize emotions in speech and facial expressions.
8 MONTHS	Crawling starts, although some babies never crawl and find other ways to get around until they walk.	Can pick up smaller and smaller objects.	Should respond to her own name.	Likes “taking turns” games. You drop the ball in the cup, then she does it. Repeat for hours.
9 MONTHS	Pulls up to stand, and may be able to stay balanced on her own for just a few seconds.	Very engaged by toys with moving parts such as wheels and hinges.	Early talkers may say “mama” and/or “dada” with real meaning by now.	Separation anxiety peaks. Even if she was happy with Grandma before, she may suddenly want only you.
10 MONTHS	Starts to “cruise” by pulling up and using furniture and objects to move around the room.	Can point to something she wants.	Many babies use “mama” and/or “dada” a lot by this time, but it isn't always specific.	Can follow a one-step command like “Give me the ball.”
11 MONTHS	Continues “cruising”—using furniture to move around the room while upright.	Loves dropping and throwing things—over and over. Hello, gravity.	Communicates a lot through gestures—pointing, shaking her head, waving bye-bye.	Understands “no”—but that doesn't mean she'll put the remote down.
12 MONTHS	Many babies take their first steps around their first birthday, but a few months earlier or later is normal.	Can roll a ball back and forth to you instead of just whacking it in a random way.	Most babies say “mama” and “dada” and another word or two.	May start imitative play, such as pretending to use your phone.

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

KIDS' HEALTH

Bad Company

NOT CRAZY ABOUT YOUR KID'S NEW BFF? SHOULD YOU INTERVENE OR KEEP MUM?

By Lauren Paige Kennedy



- Maybe your child's new BFF (best friend forever) is a bit of a bully. Or she's a "queen bee" who lives to cause drama. What do you do?

One mother of 11-year-old twins in California didn't mince words after her son came home crying each time he played with a certain boy, yet still begged for sleepovers with his tormentor. "I told my son this kid can be hurtful, that he's not a safe guy," she says. "If they play together at school, fine. But I avoid play dates. I won't invite him here."

Another mother from the Midwest chose a more covert approach when her 9-year-old daughter's "frenemy" regularly threatened to end the friendship when her every demand

"If your child gravitates toward a kid with behavioral issues, don't criticize that child. Instead, suggest play dates with kids you like."

wasn't met. Instead of criticizing the girl, Mom initiated a conversation with her daughter on the meaning of friendship—how it's based on mutual affection and trust.

Together, they discussed "how people who say those kinds of [mean] things are often afraid of losing someone, so they try to have power over other people. As much as I wanted to say, 'Spend less time with her,' I'm glad I didn't. I think my stand-back-and-advise approach helped my daughter ignore those manipulative threats."

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BEAT THE SPREAD

By Hansa Bhargava, MD

Ebola seems to be in the news everywhere these days. I've heard from parents who wonder if an outbreak is possible in the United States. Public health officials say it is very unlikely because every year, they effectively help prevent the spread of potentially dangerous viruses like the flu.

How does this translate to our homes, schools, and public places where infectious diseases can spread? As a mom of two 8-year-olds, I worry about infections spreading, too, especially those they may potentially be exposed to when they are at school: strep throat, pink eye, rotavirus (stomach infection), and the common cold.

Try these simple tips to help prevent any virus, deadly or not:

- 1. Wash hands frequently**—for at least 20 seconds (sing the "Happy Birthday" song a few times), especially before eating and after going to the bathroom.
- 2. Don't share foods or use the same straw.**
- 3. Don't touch your eyes or mouth** without first washing your hands.
- 4. Don't put things into your mouth**, such as pencils or pens.
- 5. Cough or sneeze** into your elbow or shoulder.

Get more ideas to keep your family happy and healthy at the **Raising Fit Kids Center**.



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Frank Frankel, PhD, professor and founder of the UCLA Parenting & Children's Friendship Program and author of *Friends Forever: How Parents Can Help Their Kids Make and Keep Good Friends*, thinks the latter choice is best. While he understands parents' desires to intervene when a friendship seems toxic, he advocates staying on the sidelines—at least from your child's point of view.

You want to give guidance, but “it can be treacherous *telling* a kid what to do,” Frankel says. Parents of tweens risk their child's doubling down on the friendship if it's forbidden. Also, once a “bad” kid is considered off-limits, there may be a big friendship void to fill.

That's why Frankel suggests daily conversations with your child.

“Talk with your kids at the dinner table, asking them questions like who they ate lunch with,” Frankel advises. “If your child gravitates toward a kid with behavioral issues, I wouldn't criticize that child. Don't forbid the friendship. Instead, suggest play dates with kids you like, set up activities with children whose parents you trust, and encourage your child to join clubs where they'll be exposed to new friendships. Once they start experiencing healthier friendships—which you'll help facilitate—they'll likely reject the less healthy ones on their own.”

BUDDY SYSTEM

ACCORDING TO SOCIAL SKILLS EXPERT FRANK FRANKEL, PHD, THE KEY TO PROTECTING KIDS FROM TOXIC FRIENDSHIPS IS TO KEEP THEM SO BUSY WITH POSITIVE EXPERIENCES THEY FORGET TO CARE ABOUT THE TROUBLE-MAKING PAL. SO, UNLESS THE BFF IN QUESTION ENGAGES IN BEHAVIOR THAT IS TRULY DANGEROUS, AVOID CRITICISM. INSTEAD:

Stay tuned in. “Know your children's friends and activities,” says Frankel. “You do this by talking with your kids. Every day. Being involved allows you to better guide them.”

Don't ban bullies. Better them! “Keep your kids busy with a wider circle of children who share similar interests. Once they start hanging out with kids who treat them well, chances are they'll choose the ‘good’ kids, every time.”

Tell your child that friendships build over time. A new friendship “may take a while to click,” says Frankel. “I have my 7-year-old daughter offer a tour of her toys, allowing the new child to play with any toy she wants until they settle down into mutually enjoyable activities.”

PET HEALTH

On Track

THINK A WEARABLE FITNESS DEVICE FOR FIDO SOUNDS FAR-FETCHED? THE LATEST TECHNOLOGY COULD HELP KEEP HIM FIT

By Sonya Collins

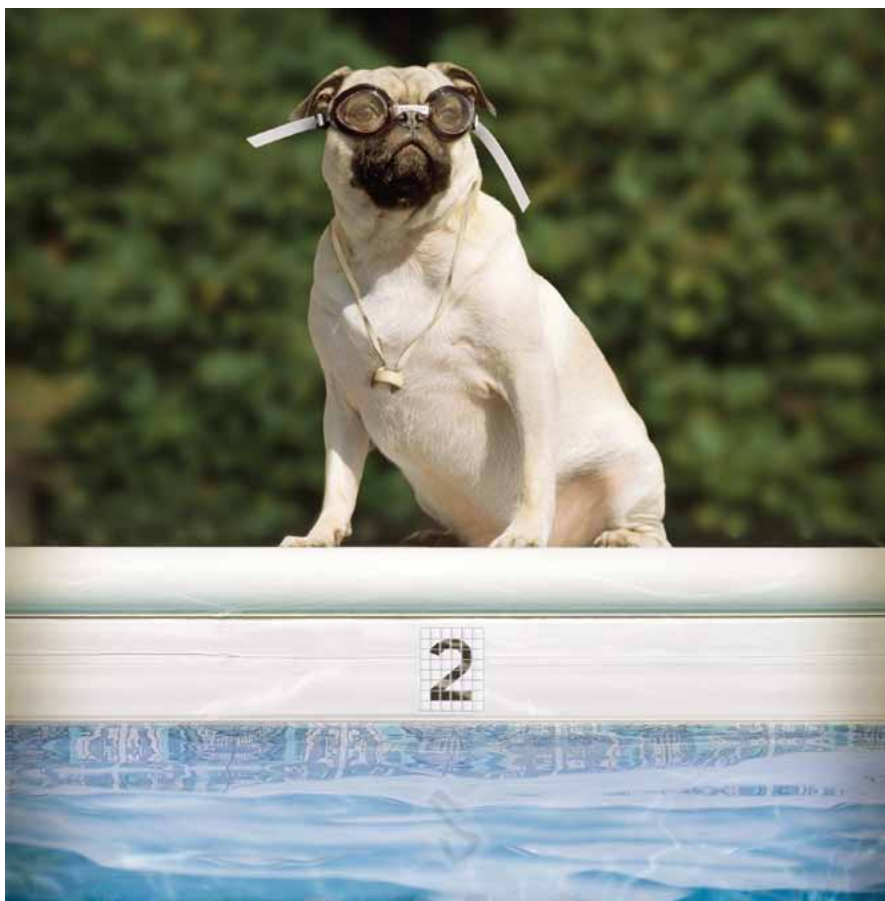
They're wrapped around almost as many wrists as watches are. One in 10 Americans has a fitness tracker. These wearable devices track your steps, calories burned, and a bundle of other stats about your daily activity. Now, novel trackers that hang from a collar log our four-legged friends' activities, too.

About a half-dozen pet activity trackers hit the market this year, at \$100–\$200 each.

Think a pet fitness tracker sounds a little over the top? Consider this: More than half of dogs and cats are overweight or obese. Pets suffer from the same weight-related health problems as people. So why not try the same strategies to increase exercise? At around \$100 to \$200 each, about a half-dozen pet activity trackers hit the market this year. A number of veterinarians think the gadgets will revolutionize pet care.

"Some of these devices will blow your mind. They're going to change the way I talk about physical activity with my clients," says Ernie Ward, DVM, founder of the Association for Pet Obesity Prevention.

How much fitness does your furry friend need? Pooches should walk or play for 30 minutes a day. Kitties should get in three daily bouts of play at five minutes each, Ward says. So far so good—but do you think your pet is exercising while you're at work? You should think again.



"Most people are under the misperception that when they leave the dog out in the backyard, he's running, galloping, and playing all day. And it's just not true," Ward said. "These monitors are extremely valuable to me as a veterinarian because they verify just how inactive your pet really is."

The device's accelerometer tracks activity of varied intensity from walking to aerobic play as well as periods of rest. Some devices also monitor breathing and heart rate. They send all this data to your phone, often wirelessly so you

can check in on the pup when you're away. Several of these gizmos connect to caregivers' phones, too, so when the pet sitter shows up, you'll know.

The devices' apps compare your pet's activity to that of pets the same age and breed. They help you set fitness goals, track progress, and log meals. One thing you'll probably learn is how much more exercise your pet needs. Keep in mind, the exercise guidelines are general. Your vet knows best how much your particular pet requires and can handle.



Check out **Exercising With Your Dog**, a top slideshow on the Pet Health center at WebMD.com.

[LEARN MORE ON PAGE 5](#)

CAT PLAY

JUST LIKE KIDS AND THEIR FAVORITE GAMES, EVERY CAT IS DIFFERENT IN HOW IT LIKES TO PLAY. VETERINARIAN ERNIE WARD, DVM, SUGGESTS THREE GAMES TO TRIGGER THOSE RECOMMENDED FIVE-MINUTE DAILY PLAY SESSIONS.

Chase the red dot

Lots of cats love laser pointers, found at office and pet supply stores. Shine it on the floor or move it around, and cats will chase it all over.

Dangling carrot

You can make these toys on your own. Tie a stuffed toy mouse to a string and hang it from a stick. Let your cat bat it to her heart's content.

Find the food

Kitties can get locked into a pattern of walking to the food, the litter box, then back to bed. Want to keep them moving? Move their food to different spots around the house.



These devices can also wave a red flag. What if the tracker shows that a cat that once got up and walked around the house several times a day now isn't moving at all? Or that a dog that used to play for the first 20 minutes after you left for work now only runs around for five?

"I have that hard data in front of me that says six months ago you were walking for 40 minutes a day and now you're walking 22 minutes," Ward says. "There may be a legitimate cause, but these monitors can also help me uncover hidden disease."

Some studies show that just wearing a fitness tracker motivates people to move more. Likewise, you may be motivated to move your pet more once you've attached this gadget to his collar.

"If all Americans would adopt this one simple rule—walk your dog for 30 minutes a day—not only would our dogs be healthier, but we would be, too," Ward says.

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



Family JEWEL



HER KINGDOM IS VAST:

music, movies, makeup, TV.

Some even call the multitalented media mogul the next Oprah. But the role Queen Latifah cherishes most is caregiver. As her daytime talk show continues to take off, she remains grounded by taking care of her mom

BY LAUREN PAIGE KENNEDY

PHOTOGRAPH BY MATT JONES/TRUNK ARCHIVE

QUEEN LATIFAH

is many things: Grammy Award-winning singer and hip-hop star. Oscar-nominated actor. Popular talk show host. And executive producer, too. But if you ask this multit talented entertainer what she is first and foremost, she'll say, "daughter." And a most devoted one at that.

Born Dana Owens in Newark, N.J., Queen Latifah, 44, has always been close to her family, whom she credits with instilling in her the confidence to succeed. However, when her beloved mom, retired high school teacher Rita Owens, 65, was diagnosed in 2013 with scleroderma, a rare autoimmune disorder that in her case is quite advanced, Latifah knew it was time to take on yet another role: caregiver.

"I've found if I take a moment for myself in peace and quiet to gather my thoughts, I'm ready to go...Then I can go into the day and tackle anything that comes my way."

"We didn't recognize what it was," Latifah says. "She just passed out cold, fainted at school one day." With a host of seemingly unrelated symptoms appearing throughout the previous decade, "it took us years to diagnose it. Mom didn't have all the indicators in the scleroderma box. The critical issue for her is pulmonary hypertension, which scleroderma can cause, and which can be life threatening."

As this family crisis unfolded, the singer/actor simultaneously launched *The Queen Latifah Show*. Recently renewed for its second season, the daytime TV chatfest showcases Latifah interviewing guest celebrities; cooking up healthy recipes; riffing hilariously with her comedic chops; offering travel, beauty, and style tips; warmly addressing her viewers like old friends while discussing topical events; and hosting

an array of musical guests. Add a website that works very much like an online magazine into the mix, and what you get is a new cross-channel, lifestyle brand.

It makes sense. Hollywood has long known "La"—as her friends affectionately call her—to be the rare star who possesses genre-busting talent coupled with business acumen.

But launching a new show is stressful. Long hours go hand-in-hand with the creative fulfillment that comes with starting something from scratch. Yet, Latifah never wavered from her first priority: her ailing mom.

CALLED TO CARE

Scleroderma, which affects fewer than 500,000 Americans each year, is a connective tissue disease that causes thickening of the skin. The condition can harm the lungs, heart, and kidneys, and the internal organs of the digestive system. Symptoms fall on a spectrum from mild to severe, and are grouped in two camps: localized and systemic. Rita's were in the latter, more serious category.

Her related development of pulmonary hypertension—a type of high blood pressure that affects the arteries in the lungs and leads to heart failure of the right side of the heart—caused the most dangerous and obvious side effects, including fatigue,

shortness of breath, chest pain, and fainting spells.

As a result, Rita requires regular care and medical assistance. "It's the reason we moved her to L.A.," says Latifah, who actively manages her mother's medical care. Referring to herself as "the point person," she enlisted close friends and family members, including her mother's husband, to help with the ongoing demands of caregiving. "We're a team," she says. "We're in this together."

Even with a strong support system in place, Latifah found that meeting her own professional commitments while caring for her mom could be demanding. "To launch a talk show and go through that at the same time was challenging," she admits. "But it was also cool in a way, because I'd come home and there she was. That part was wonderful."

What Is SCLERODERMA?

FREDRICK WIGLEY, MD, MARTHA McCORRY PROFESSOR OF MEDICINE AND DIRECTOR OF THE JOHNS HOPKINS SCLERODERMA CENTER, EXPLAINS THE RARE CONNECTIVE TISSUE DISEASE.

AUTOIMMUNE DISORDER

"Scleroderma isn't hereditary," Wigley says, but "there may be a genetic predisposition for triggering the autoimmune response, similar to lupus. It usually appears in patients around age 50."

PUZZLING FACT

Scleroderma affects African Americans and Native Americans at higher rates. No one yet knows why.

TOUGH DIAGNOSIS

The most common initial symptom is called Raynaud's, when fingers and toes feel very cold. "The skin appears to be white or blue," says Wigley, "or, when it warms, bright red. It starts with swelling, itching, and burning and progresses until the skin becomes wood-like, or fibrotic. A doctor will diagnose it when he can't pinch the skin between his fingers."

LIFE-THREATENING

Wigley estimates 80% of scleroderma patients have some lung involvement, from mild to severe. The remaining 20% have severe lung involvement. "Since many diseases affect the lungs, such as asthma, it can easily be misdiagnosed."

EARLY TREATMENT

"In the first phases you can repair the damage. The earlier the diagnosis, the better. However, current therapies can arrest the damage, even when half of the lung has been lost to the disease."



She laughs. “I did feel a little jealous of *The Queen Latifah Show*, because I’d want to talk with her, and she’d be like: ‘Wait! The show is on!’ And I’d say, ‘I’m here in person! You do know I’m Queen Latifah, right, Mom?’ And she’d say, ‘Wait until the show is over!’”

Latifah and her family join the nearly 40% of American families that offer some kind of caregiving, from extensive personal care to tackling tasks such as bill paying or grocery shopping, according to a 2013 Pew study. Gail Hunt, president and CEO of the National Alliance for Caregiving, says the number of families in a caregiving situation is bound to grow. “As baby boomers—a generation with fewer offspring to share the burden of caregiving—age and develop health problems, we can expect this issue to become front and center in coming years.”

“Data show 60% to 70% of caregivers work,” Hunt continues, “and most must make some kind of work accommodation such as coming in late, leaving early, reducing to part-time, or even quitting or taking early retirement to meet caregiving demands.”

In addition to the stress of balancing the private and professional, “there is caregiver burnout,” Hunt adds. “Signs of burnout include losing your temper a lot, showing a lack of patience, and neglecting your own health. You can even face financial ruin if health care costs are draining your savings.”

Hunt suggests caregivers seek relief in every way possible. “Look to your church



/// *The Queen's Crown Jewels*

QUEEN LATIFAH LIVES BY HER OWN SET OF RULES. HERE, THE STAR OF THE MUSICAL FILM *CHICAGO*, THE COMEDY MOVIE *BEAUTY SHOP*, AND MORE RECENTLY THE LIFETIME TV MOVIE *STEEL MAGNOLIAS*, SHARES HER PHILOSOPHY FOR A HEALTHY AND HAPPY LIFE.

Confidence is earned. “It’s not something you’re born with,” Latifah, who

plays iconic blues singer Bessie Smith in HBO Films’ upcoming *Bessie*, says of true self-worth. “Everyone feels insecure sometimes. Do things that inspire you and make you feel like, ‘OK, I’m not so bad.’ Appreciate who you are, and what you have.”

To thine own self be true. The former Jenny Craig spokesperson is well aware how her weight has

fluctuated over the years—and she’s OK with that. “I know what to eat and what not to eat,” she said in 2012. “But I just like doing what I want, you know? I’m rebellious like that!”

Be resilient. In 1992 Latifah’s older brother, Lance, died at age 24 in a motorcycle crash—riding a bike she had given him as a present. “I’ve battled self-doubt, like when my brother passed

away,” she says now. “Then I remember I’m doing this for my family. Music, acting, being creative is my joy. That’s what picks me up.”

Climb more mountains—literally. “There are always more mountains to climb,” says the Oscar-nominated actor. “In fact, I keep meeting people who say they’ve climbed Mount Kilimanjaro. So I’ll climb Mount Kilimanjaro! Why not?”

or synagogue, create a support network who can help, or look into respite care. Be sure to get regular checkups, and don’t ignore dental work. You’d be shocked to learn how many caregiving spouses die before the partners they’re caring for, simply because they’ve neglected their own health for so long.”

Latifah feels grateful because her financial and emotional needs are covered. “I feel blessed to have so many people who

I’m sitting down, I’ll right myself and align my spine. The cool thing about yoga is you don’t have to be in class. You can apply its techniques to your life throughout the day. Which I do.”

“The cool thing about yoga is you don’t have to be in class. You can apply its techniques to your life throughout the day.”

love and care about my mother to be there for her,” she adds. “That’s really important. I really feel for people who don’t have that support, because it can be so tough sometimes.”

LA’S LAND

Queen Latifah’s schedule has been grueling. She spent the summer filming her upcoming HBO biopic, *Bessie*, based on the life and music of legendary blues singer Bessie Smith, with weekends shuttered in the studio recording Smith’s classic songs for the film’s soundtrack. She’s executive producer on the project, too.

As for *Bessie*, the project inspired a deep appreciation for the artist and legend she portrays. “I’ve fallen in love with the power of her voice. Bessie Smith inspired Janis Joplin, the Rolling Stones. No one sounds like this woman—including me. I’m doing the best I can to bring her story and sound to the screen, so people will discover what a treasure she was.”

Latifah knows keeping her busy life balanced is essential to maintaining her own good health—caring for herself so she can continue to take care of her mom. “I’ve found if I take a moment for myself in peace and quiet to gather my thoughts, I’m ready to go,” she says. “Wake up and don’t speak to anyone, just take five minutes to breathe and stretch and breathe some more. Then I can go into the day and tackle anything that comes my way.”

As for exercise, “I’m nowhere on the routine I’d like to be on right now, being so busy. Maintenance is a challenge,” she admits. “The treadmill is tried and true. Or I might jump on a bike for 30 minutes. Lately it’s bike riding and walking. I like to be outside, go to the park, hike. I like yoga—if I can stand against the wall and connect my back against it, or if

A healthy eater who never “diets”—“Diet is what you eat everyday, not what you don’t!” she says—Latifah does avoid fried foods and salt, but occasionally indulges in favorites like mac and cheese. Long a leading face of CoverGirl cosmetics, she’s aware she’s helped to redefine standards of beauty to include women of color and, just as important, women with curvy physiques. The star says her total self-acceptance, which has led to such opportunities, comes from her family’s enduring love for her. And she’s happy to return it.

“My parents always told me I was beautiful. They helped me through those awkward stages. They sat me down, explained things. They trusted me. They said: ‘Go out there and try it, do it!’ When I fell flat on my face, they dusted me off. And I went on.”

Now that roles have reversed and it’s her mother who needs support, Queen Latifah says, “I always keep that in mind.”



Watch Queen Latifah chat with Carol Burnett on *The Queen Latifah Show*.

LEARN MORE ON P. 5

Reviewed by Brunilda Nazario, MD, WebMD Lead Medical Editor



NEW WHOPE



Are we closer to a cure for cancer? Some researchers say “yes.” Reengineered T cells and man-made cancer-fighting antibodies bring new optimism to cancer treatments

BY SONYA COLLINS



LAST YEAR, 20-YEAR-OLD MILTON WRIGHT III SEEMED TO FINALLY HAVE HIS LIFE ON TRACK.

After seemingly endless interruptions to his education, his football career, and his plans to join the Marines, he found his way. He launched a modeling career and appeared in ads for brands including Zumiez and Adidas. He all but forgot he'd ever had cancer.

"I finally felt like things were going in the direction I wanted them to," Wright says.

But then, five years and two months into his second remission from acute lymphoblastic leukemia (ALL), Wright slipped on a sidewalk and heard his ribs crack. He walked the few blocks to Seattle Children's Hospital. He had lived nearby since shortly after he was diagnosed with leukemia at age 8. He'd spent several years there in treatment for two bouts of leukemia—the second when he was 15.

After examining his ribs and drawing blood, the emergency nurse told Wright to follow up with hematology/oncology. "That's when I added everything up," he recalls. "The broken ribs, the blood samples. They think I have it again."

Wright knew kids who'd gotten leukemia a third time. "None of them survived. That's when they give you your six months. I realized that I was going to die soon."

Wright's doctor, Rebecca A. Gardner, MD, a pediatric hematologist/oncologist and acting assistant professor in pediatrics at the University of Washington, did confirm his leukemia was back, but she didn't give him six months. As the lead researcher in a new clinical trial, she suggested Wright be the second patient to take part. The first patient had no remaining signs of leukemia just nine days after treatment began.

The trial tests a type of immunotherapy, a new wave of experimental and newly approved treatments that spur the immune system to fight off cancer like it does other illnesses.

Some physicians and scientists call it the pathway to a cure. Among them are Lynn M. Schuchter, MD, chief of hematology/oncology and a cancer immunotherapy researcher at the University of Pennsylvania. "We are supercharging the immune system," she says. "This brings a totally new dimension to attacking a cancer cell."

To a T

Some cancer cells share traits with healthy cells, making them unrecognizable as abnormal to the immune system. Wright's immune system learned to spot them. Through Gardner's clinical trial, researchers genetically modified Wright's own



T cells—white blood cells that survey the body for infections and other abnormalities—to recognize and attack his leukemia. After researchers reengineered Wright's cells in the lab, he got his cells back through an IV, and everyone waited for him to get a fever. Fever is a sign the T cells are working, but if doctors can't manage the fever, they might have to kill off the T cells with a different drug and end the cancer treatment.

Two weeks after he got the cells, Wright's fever landed him in intensive care and doctors considered killing the cells. "I wasn't ready for them to do that. I asked if we could give it another day or two." Two days later, Wright's fever dropped. A few days after that, when he was well enough for a spinal tap to test for leukemia, the cancer was gone.

A year later, it's still hard for Wright to believe. "When I say I'm cured, I don't feel 100% sure. But according to my blood work, they can't find a single cancer cell in my body."

Wright has since had a bone marrow transplant—an additional safeguard against relapse. His recovery seems like a miracle to him, but scores of people with this type of leukemia have now gone into remission after similar treatments.

"It's not just a handful of patients. It's an expanding number at multiple centers," says Renier J. Brentjens, MD, PhD, an oncologist at Memorial Sloan Kettering Cancer Center in New York City, who has spent 20 years researching ways to manipulate immune cells to fight cancer. "That's often an indication that you're not looking at a one-patient thing or a fluke."

Since 2009, researchers at Sloan Kettering, University of Pennsylvania, and the National Cancer Institute have tried this treatment on about 100 patients with ALL. More than 70 have gone into complete remission. Some form of this experimental treatment is currently in trials at dozens of institutes around the world.

"This is a very, very bad disease. The three-year overall survival after relapse is less than 10%," Brentjens says. "Most of the patients that we've seen for a six-month visit after the T cell therapy are at or past what their expected survival was when they first came into our clinic."

Researchers continue testing modified T cells in patients with other types of leukemia, lymphoma, and myeloma—all blood cancers. "The question is: Can we expand this technology to more common tumors—colon cancer, ovarian cancer, breast cancer?" Brentjens says. "I don't know. But I think so."

Brake Test

In another form of immunotherapy, researchers attempt to release the "brakes" on the immune system. Cancer is allowed to develop in the first place, in part, because the immune system doesn't attack everything that crosses its path. It has brakes, so to speak. Without them, the body would be in a constant state of fever, rash, or other inflammatory immune response. Researchers are now exploring how to temporarily release those brakes to unleash the immune system on cancer cells without attacking the rest of the body.

"Melanoma has been the poster child for this type of immunotherapy," says Schuchter. This type of treatment shows promise in cancers of the lungs, bladder, and kidneys as well.

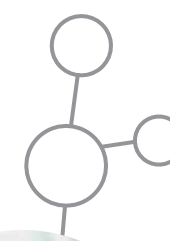
Certain proteins on the surface of immune cells control these so-called brakes. The drugs that release the brakes are man-made antibodies that shut down one or another of those proteins. The body produces antibodies naturally to attack threatening substances in the blood, such as bacteria and viruses. The

man-made antibodies recognize one of these T cell proteins as a threat, block it, and set the immune system free against it.

The risk, however, is that the immune system could attack normal cells, too. This can result in autoimmune problems such as colitis, tears in the intestines, hepatitis, severe skin rash, and inflammation of the pituitary and thyroid glands. "They are really serious side effects—manageable but serious," Schuchter says.

Other man-made antibodies in development and early use target different steps in cancer growth and progress. Some patients with advanced metastatic melanoma—the most deadly skin cancer—go into complete remission after treatment with drugs such as ipilimumab (marketed as Yervoy), which release the brake on the immune system.

By the time Thomas Sasura, a contractor from Broadview, Ohio, was diagnosed with melanoma at age 55 in late 2010, the cancer had spread to his lungs, liver, and brain. He soon had palpable lumps in his back and under his arm. Before his last



"When I say I'm cured, I don't feel 100% sure. But according to my blood work, they can't find a single cancer cell in my body."



scheduled round of chemotherapy at Cancer Treatment Centers of America Eastern Regional Medical Center in Philadelphia, Sasura and his doctor could still feel some of the lumps in his body.

"That's when he introduced me to Yervoy," says Sasura. The doctor had never prescribed the brand-new drug and warned that he had no idea how Sasura might respond. But Sasura had nothing to lose. Three weeks after his first 90-minute drip, all the lumps were gone.

"I couldn't believe it. They said it normally takes two or three injections to kick in," he said. Sasura finished the treatment—four infusions over the course of 12 weeks—and he has been in remission ever since. Scans still show cancer in his body, but it doesn't grow and it sometimes shrinks.

"Not all patients respond, but for some, all the tumor goes away, which is highly unusual in melanoma," Schuchter says. "We have patients who had metastatic disease, who are now out four years without any evidence of melanoma. I'm beginning to use the words 'possibly cured.'"

Researchers hope these results can be replicated in other cancers. Current clinical trials with ipilimumab include patients with cancers of the breast, lungs, cervix, prostate, head and neck, pancreas, kidneys, and blood. The FDA approved a new brake-cutting cancer drug, pembrolizumab (marketed as Keytruda) last month; others await approval possibly later this year.

Back to the Future

A year or more after immunotherapy, people like Sasura and Wright no longer consider how they'll spend their final days. They get on with their lives. Sasura is back to work remodeling kitchens and bathrooms. Wright got the green light to return to the gym months before most transplant recipients. Back in shape, he wants to return to modeling. "I feel like this treatment worked," Wright says. "I feel I am truly done with this."

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

PREVIOUS PAGE: COURTESY MILTON WRIGHT III; LEFT: COURTESY MILTON WRIGHT III; MARIA YOUTOU/DAK/GETTY IMAGES

CULTURA SCIENCE/PHOTOSTOCK/GETTY IMAGES





IN SEASON

Heart Beets

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

For flavor, color, and nutrition, a beet is hard to beat. Unfortunately, beets have a slightly dowdy reputation. “Many people think of them as something their grandmother ate,” says Liz Applegate, PhD, director of sports nutrition at the University of California, Davis. “We tend not to think of the beet as a super vegetable, but we really should.” A one-cup serving of these jewel-toned roots provides more than a third of your daily requirement of folate, a heart-protective B vitamin, and a good dose of manganese, a trace mineral the body uses to make free-radical-fighting enzymes. Beets are also a rich source of nitrates. These compounds relax and dilate blood vessels. Research suggests that nitrates from vegetables reduce blood pressure and boost exercise performance—in one study, people who ate a cup of cooked beets an hour before their run ran 5% faster. Our tasty beet recipes will give you fresh ways to enjoy these vibrant gems.



The ancient Romans believed beets had aphrodisiac properties.

Beet juice was used in Victorian England as a natural red hair dye.

BONUS!
Get a beet smoothie recipe in our free tablet apps!

Gold Rush

This colorful autumn salad will make a believer of most beet skeptics. It calls for lovely golden beets, but you can use red beets or a combination. Roasting them intensifies their delectable sweetness. The recipe also includes Marcona almonds, a flavorful Spanish variety found in many large supermarkets and gourmet shops.

Golden Beet Salad With Marcona Almonds

Makes 6 servings

Ingredients

Salad

- 1 lb golden beets (can substitute red or use a combination)
- 3 cups arugula or mixed salad greens, washed
- ½ cup thinly sliced red onion
- 1 large orange, peeled and segmented, with membranes removed
- ¼ cup crumbled low-fat goat cheese
- 4 tbsp Marcona almonds, toasted

Dressing

- 1 tsp orange zest
- 1 tbsp orange juice
- 2 tbsp champagne vinegar
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp honey
- 1 tbsp finely minced shallots
- ¼ tsp salt
- freshly ground pepper

Directions

1. Preheat oven to 400°F. Remove greens and root tips, then scrub beets with a vegetable brush. Wrap each beet in aluminum foil and place all in a roasting pan. Cook 45 minutes or until tender. When cool enough to handle, rub off skins and cut beets into bite-size pieces.
2. Make dressing: Combine all ingredients in a jar and shake vigorously, or whisk together in a bowl. Set aside.
3. Evenly divide arugula among six salad plates. Top with beets, onion, orange, cheese, and almonds. Drizzle with dressing and serve.

Per serving

142 calories, 4 g protein, 17 g carbohydrate, 7 g fat (1 g saturated fat), 2 mg cholesterol, 4 g fiber, 11 g sugar, 187 mg sodium. Calories from fat: 43%

Hash It Out

Prepare beets for brunch with this tasty, nutrient-packed hash recipe. It features frisée, a feathery, mildly bitter green. Pair the hash with fresh fruit and a crusty whole grain roll.

Sweet Potato-Beet Hash With Frisée and Poached Eggs

Makes 4 servings

Ingredients

- 1 lb red and golden beets (can use any variety), peeled and chopped into ½-inch dice
- 1 large sweet potato (about ¾ lb), scrubbed and chopped into ½-inch dice
- 1 medium sweet onion, diced
- 1 tbsp olive oil
- dash of sea salt and freshly ground black pepper to taste
- 1 tbsp cooked, crumbled bacon or lean ham
- 1 tbsp chopped fresh parsley
- 4 large eggs
- 1 tbsp white vinegar
- 2 cups frisée greens, washed

Directions

1. Preheat oven to 400°F. Toss beets, sweet potato, and onion with olive oil and season with salt and pepper. Place veggies on a foil-lined baking sheet. Bake until vegetables are golden, about 25–30 minutes, stirring every 10 minutes.
2. Coat a nonstick skillet with cooking spray and heat to medium high. Add mixture of roasted beets, sweet potato, and onion, cooked bacon, and parsley, and stir to combine.
3. Poach the eggs: Bring water in a large skillet to a boil, reduce heat to simmer, and add vinegar. Break eggs into a small dish, and gently slide one at a time into the water bath. Cook each egg 3 minutes, then remove with a slotted spoon.
4. To serve, divide sweet potato-beet mixture among four plates. Top each plate with frisée and a poached egg. Serve immediately.

Per serving

200 calories, 10 g protein, 21 g carbohydrate, 9 g fat (2 g saturated fat), 185 mg cholesterol, 5 g fiber, 11 g sugar, 245 mg sodium. Calories from fat: 42%

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

OFF THE MENU

Tanya Holland

CHEF/OWNER, BROWN SUGAR KITCHEN
OAKLAND, CALIF.

By Matt McMillen

Chef Tanya Holland is all about tradition and transformation. The dishes she serves at her Oakland, Calif., restaurant, Brown Sugar Kitchen, celebrate the Southern and soul food she loves, but she updates them with fresh, seasonal ingredients and crafts them with the cooking techniques she learned in kitchens throughout the United States and France.

"I feel like I bring a new perspective to the cuisine and make it a bit more contemporary," says Holland, 49. "Also, I often try to think of how to make the food of my heritage without making it as calorie-laden as it's traditionally prepared."

She swaps out less healthy ingredients for better-for-you substitutes. In her collard green recipe, she has nixed pork fat in favor of olive oil. And in the sweet potato custards, processed



"I often try to think of how to make the food of my heritage without making it as calorie-laden."

sugars have been replaced with maple syrup, the heavy cream with coconut milk. They're a great follow-up to a main course of fish, Holland says.

On her restaurant menu, her coleslaw's tossed with vinaigrette rather than fatty mayonnaise, and

Holland fries her chicken and oysters in rice bran oil instead of shortening or other saturated fats. She also offers gluten-free baked goods.

When Holland has downtime, she likes to go home to an uncluttered house, which she shares with her

husband, Phil Surkis, who helps run the restaurant. To keep in shape, she and her husband mix up their workout routines. Two to three days a week, they participate in boot camp-style group exercise classes. On other days, they practice yoga. Holland also likes

TANYA'S TAKEAWAYS

Her go-to comfort food: "Pasta with red sauce and Italian sausage. I think I was Italian in another life."

The food she could not live without: "Chocolate, anything with that flavor, like chocolate almond milk."

At home she likes to cook: "Braised meats and stews, the kind of hot dishes that make great leftovers. One of my favorites is a West African peanut stew that I make with sweet potatoes, turnips, peanut butter, and coconut milk."

When she wants to lose 5 pounds: "I drink green juices and smoothies made with spinach, kale, cucumbers, and ginger."

What inspires her recipes: "The farmers markets we have in Oakland and thumbing through my cookbook collection."

The one lesson every home cook should learn: "Home cooks should update their kitchen equipment as needed and invest in high-quality equipment. You'll get better results."

to occasionally get in some swimming and road biking.

Through her restaurant, which opened in 2008, Holland also helps transform her West Oakland neighborhood. The breakfast and lunch menus draw lines of hungry diners from around the Bay Area and beyond to an area in need of revitalization. It's the neighborhood's only destination restaurant.

"We say we're located in Sweet West Oakland," says Holland. "West Oakland has gone through some hard times, for sure, but we've found a bit of sweetness in it."

Holland captures the flavor of the restaurant, its recipes, and its neighborhood in her new cookbook, *Brown Sugar Kitchen: Recipes and Stories From Everyone's Favorite Soul Food Restaurant*, published last month.

"It's kind of an homage to Oakland, with a little storytelling and beautiful photos among the 85 recipes," Holland says.

WebMD.com

What's Cooking!

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

Lemon Bars

Salmon Cakes With Olives, Lemon, and Dill

Lemon Garlic Shrimp and Vegetables

Spinach and Tomato Pasta

Summer Breezes Smoothie

*as of Aug. 1, 2014



Brown Sugar Kitchen Collard Greens

Makes 6 servings

Ingredients

- 4 lbs collard greens, cleaned and large stems removed
- 1 tbsp olive oil
- 4 cloves garlic, minced
- 1 tsp crushed red pepper or hot pepper sauce
- 2 cups water or vegetable stock
- 1 red onion, sliced into rings
- ¼ cup cider vinegar
- kosher salt
- freshly ground black pepper

Directions

1. Wash greens and set aside.
2. Heat olive oil in a large pot. Add garlic and crushed red pepper, and cook over low heat, stirring occasionally, until garlic is softened but not brown, about two minutes. Add water or stock, and bring to a simmer over medium heat.
3. Prepare collard greens by stacking the leaves and rolling them like a cigar and slicing into thin strips. (This technique is called chiffonade.)
4. Add collard greens and onion to pot. As greens wilt, stir in vinegar. Season to taste with salt and pepper.

Per serving

119 calories, 7 g protein, 20 g carbohydrate, 5 g fat (0 g saturated fat), 0 mg cholesterol, 10 g fiber, 1 g sugar, 150 mg sodium. Calories from fat: 33%



Watch **The First Lady Workout**, a video at WebMD.com.

[LEARN MORE ON PAGE 5](#)

WORK IT OUT

Power Play

TREADMILL, STATIONARY BIKE, OR ELLIPTICAL:
WHAT'S THE RIGHT WORKOUT FOR YOU?

By Kara Mayer Robinson



● You're ready to work up a sweat at the gym. But which machine should you choose? If you want to torch calories, fire up the treadmill or elliptical trainer. One study suggests both machines do it equally well. Yet each has advantages and disadvantages. Kori Lyn Angers, BS, CSCS, education coordinator and master instructor at Equinox Fitness in Los Angeles, helps you choose the best one for you.

TREADMILL

You want stronger legs. A treadmill workout targets many lower-body muscles, including glutes, quads, and hamstrings. It also works your pelvic muscles and abs.

You want speedy results. If you want to boost your fitness level and lose weight fast, treadmill running is best. Because it's a weight-bearing workout, your body will work harder and you'll see results faster.

STATIONARY BIKE

You have knee or ankle injuries.

"Cycling provides a great cardiovascular workout with zero impact," says Angers. If you're injured, this is the workout for you.

You have a bad back. If your back hurts, try a recumbent bike, which puts you in a reclined position and gives you more back support than an upright stationary bike. But it shouldn't be your go-to, because it won't help you strengthen your core, which is a must for improving back problems.

ELLIPTICAL TRAINER

You want to work your glutes and thighs. Research suggests using the elliptical trainer works your quads and glutes—but not your calves.

You want to cross-train. If you're a regular runner, the elliptical trainer can help you prevent injuries, and build different muscles.

LEAN MACHINES

THESE TIPS FROM KORI LYN ANGERS, BS, CSCS, WILL HELP YOU GET THE BEST WORKOUT ON EACH MACHINE.

ON A TREADMILL

Use at least a 2% incline. It mimics the road and activates your glutes and hamstrings, Angers says.

Don't hold the handles or bar. That can throw off your stride and lead to injuries.

STATIONARY BIKE

Choose an upright bike instead of a recumbent bike. Even better is a "spinning" or studio bike. Angers says it engages more muscles to give you a dynamic, full-body workout.

Don't slouch. "Always be aware of your posture." Keep your spine straight and keep your hips, ankles, and knees in line to prevent injuries.

ELLIPTICAL TRAINER

Push yourself. Dial up the intensity by choosing higher difficulty levels. Engage your upper body and burn more calories by using the handles. Work hard enough to maintain your target heart rate.

Don't let the machine do all the work. "Push and pull with even pressure," Angers says. Choose a resistance where you're moving the machine and it's not moving you.



EXPERT TIP

"I absolutely hate running on a treadmill, so I run intervals with varying speed or incline. I always write my workouts down beforehand and hold myself to the script." —*Kori Lyn Angers, BS, CSCS*

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

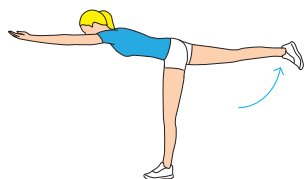
FITNESS CHALLENGE

Center Field

WANT TO IMPROVE YOUR BALANCE? GROUND YOURSELF WITH THESE STABILITY MOVES

By Jodi Helmer

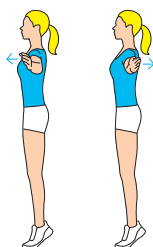
Balance is essential for everything from riding a bike to walking on a slippery sidewalk (not to mention mastering tree pose in yoga class). Joel Harper, personal trainer and owner of Joel Harper Fitness in New York City, recommends a series of moves to help maintain (or boost) your equilibrium and reduce the risk of falls. Bonus: These moves engage major muscle groups, improve your balance and help tighten trouble zones. Aim to do these three moves at least four times per week. For best results, go barefoot.



Stork Swim

This move “improves your balance because you continually shift your body weight and strengthen your stabilizing muscles,” Harper says.

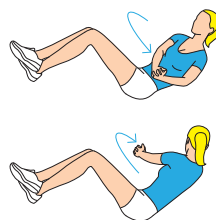
1. Balancing on your left foot, bend your right knee and raise it behind you to hip level.
2. Reach both hands (palms up) straight out in front of you.
3. Bend forward and extend your right leg straight behind you. (As you become more comfortable with this move, work toward getting your torso parallel to the floor.)
4. Hold for 10 seconds.
5. Return to starting position.
6. Do 25 reps.
7. Switch legs and repeat. Keep both arms straight out in front of you.



T-Slide

Standing on your tiptoes during the entire exercise is harder than it sounds, and it forces you to use your core muscles. If the move seems too simple, Harper suggests holding a 2-pound dumbbell in each hand and closing your eyes, which “makes you laser focus, helping improve the communication between your brain and your muscles.”

1. With your feet together, lift your heels off the floor and balance on your toes.
2. Reach your hands out to your sides, palms facing forward.
3. With your arms, pulse 1 inch forward and 1 inch back. Do 25 reps.
4. Turn your palms toward the ceiling and do 25 reps.
5. Turn your palms toward the back of the room and do 25 reps.



Russian Twist

1. Sit on the floor, bend your knees, and cross your right foot over your left foot at the ankle.
2. Gently place your hands on your knees, lift your feet off the floor, and lean back 45 degrees.
3. With your hands loosely clasped in front of you, lower your elbow (first the right, then the left) toward the floor. (Keep your legs and spine in the same position; only your core will twist slightly as you move your arms.)
4. Repeat 25 times on each side.
5. Switch sides (crossing your left foot over your right foot) and repeat 25 times.

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

Q

“If I want to drop a dress size, should I focus on weight loss, strength training, or cardio?”

Chrystal Davis, 35, contract specialist, Hilliard, Ohio



A

“Your workout should incorporate both cardio and strength training. Each week, aim to get at least 150 minutes of moderate-intensity aerobic exercise such as jogging, swimming, and aerobics classes. If you work in high-intensity intervals (think cranking up the speed on the treadmill to 5 for one minute and then taking it back down to 3.5 for one to two minutes), you’ll get the same benefits in half the time. Strength training boosts your metabolism so you’re burning more calories even after you leave the gym. Make sure to target all of the major muscle groups.”

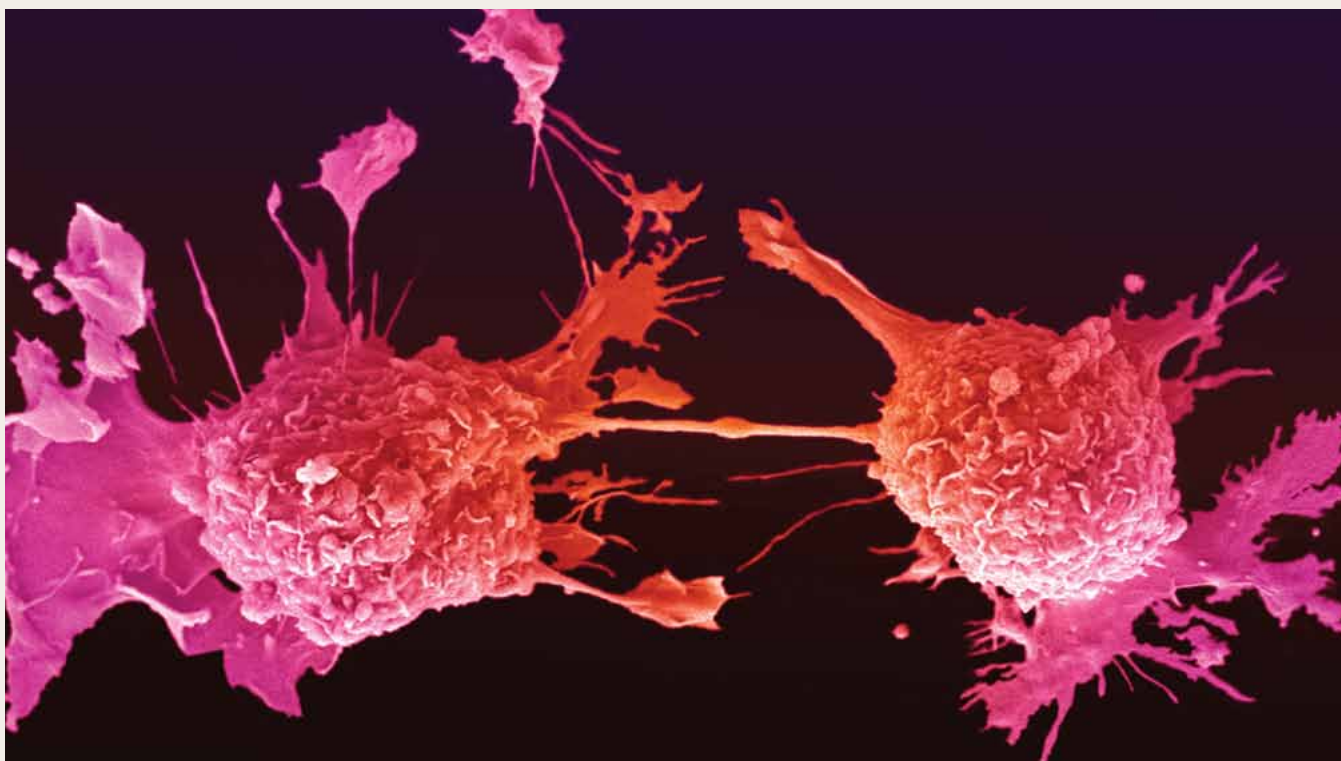


Chris McGrath, certified personal trainer, founder of Movement First in New York City, and adjunct professor at Long Island University



WebMD[®] Checkup

TAKING CARE, LIVING WELL



October is **Breast Cancer** Awareness Month

About one in eight women will develop invasive breast cancer in her lifetime. More than 200,000 will get a diagnosis this year.

Most breast cancers begin in the milk ducts. Cancer is considered invasive when it spreads beyond the milk sacs and ducts into connective breast tissue. Treatment is most effective when breast cancer is caught early. Five-year survival rates are nearly 100% for women whose cancer is found in its earliest stages.

Mammograms, X-rays of the breast, are the best means of screening for breast cancer. The screening can uncover signs of cancer before it spreads and before it causes symptoms. The CDC recommends that healthy women ages 50 to 74 get a mammogram every two years. Doctors may advise patients with a family history of breast cancer to have the screenings earlier or more frequently.

Treatment for breast cancer includes surgery, radiation, hormone therapy, and chemotherapy. Many cancer drugs currently in development are targeted therapies. Unlike chemotherapy, which aims to simply kill cells, targeted therapies block the biological processes that promote the spread or survival of breast cancer cells. In a recent study, a gel form of tamoxifen, applied to the breast, worked as well as tamoxifen pills in women with noninvasive breast cancer.

The pills help prevent breast cancer recurrence, but they bring increased risk of blood clots and uterine cancer. Researchers expect the gel to minimize these risks.

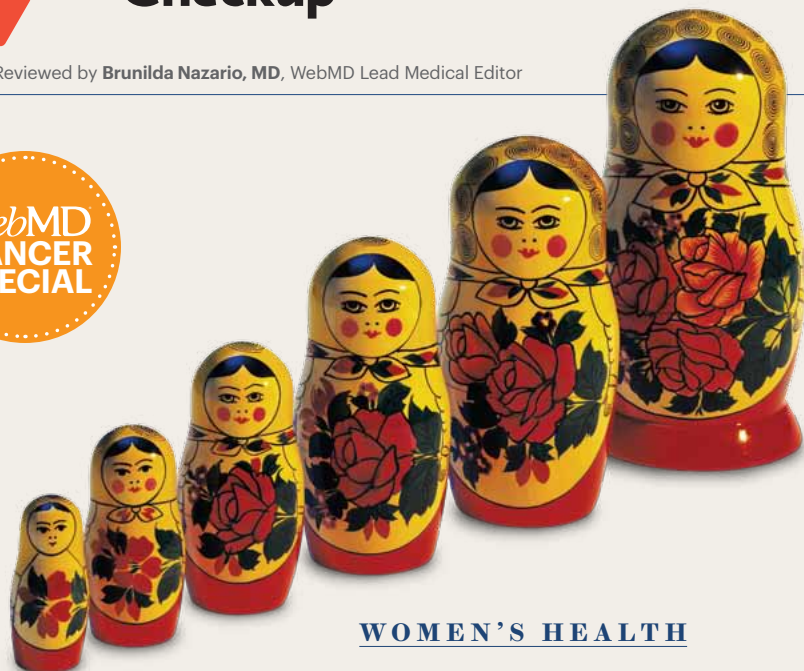


Today Show anchor Hoda Kotb, *Sex and the City*'s Cynthia Nixon, and young-adult novelist Judy Blume are all breast cancer survivors.—**Sonya Collins**



Watch **Angelina Jolie and the Power of an Informed Decision**, a top video at WebMD.com.
LEARN MORE ON PAGE 5

WebMD
CANCER
SPECIAL



WOMEN'S HEALTH HISTORY TEST

DO YOU HAVE A RELATIVE WHO'S HAD BREAST CANCER?
FIND OUT IF GENE TESTING IS RIGHT FOR YOU

By Gina Shaw

Most of the more than 232,000 cases of breast cancer that will be diagnosed in the United States this year are *not* hereditary. As with most other cancers, they happen because of genetic mutations that occur as we age. But about 15% of women with breast cancer have at least one relative who has also had the disease, and 5% to 10% have specific inherited mutations in one of two genes that have been linked to breast cancer, known as BRCA1 and BRCA2.

These mutations are serious. Women with a BRCA1 or BRCA2 mutation face a dramatically increased lifetime risk of breast cancer—55% to 85%, compared with about 13% for women with no inherited genetic risk. Ovarian cancer risk is higher, too—about 39% of women with BRCA1 and 11% to 17% of women with BRCA2 will develop ovarian cancer. BRCA-linked breast cancers also tend to develop at a younger age than other breast cancers.

Women diagnosed with these mutations sometimes choose to have preventive surgery to remove their breasts and/or ovaries before they can develop cancer. Actors Angelina Jolie and Christina Applegate both underwent double mastectomies after testing positive for a BRCA

mutation. Jolie lost her 56-year-old mother to ovarian cancer, and Applegate's mom developed both breast and ovarian cancer.

So should you get tested for a BRCA mutation? For most women, the answer is no. If you don't have a family history of ovarian and breast cancer, it's very unlikely that you carry a mutated BRCA gene.

But you may want to consider testing if your family tree includes these signs:

- Any "first-degree" relative (a mother or sister) diagnosed with breast cancer, especially before age 50
- Multiple breast cancers on the same side of the family, especially before age 50
- Any family history of male breast cancer
- Any family history of ovarian cancer (since both ovarian cancer and male breast cancer are much more rare than breast cancer in women, these raise more alarm bells)

"If you're considering the test, it's very important you meet with a genetic counselor first," says Ben Ho Park, MD, PhD, an associate professor of oncology and breast cancer geneticist at Johns Hopkins University School of Medicine. "They can help you make decisions about testing and understand the results."

FACTOR FINDERS

THREE TESTS CAN NOW ANALYZE GENETIC FACTORS AS WELL AS PREDICT THE CHANCES BREAST CANCER WILL COME BACK AND WHETHER CHEMOTHERAPY WILL BE BENEFICIAL, SAYS CANCER GENETICS RESEARCHER BEN HO PARK, MD, PHD. ALL THREE TESTS CAN ONLY BE USED FOR STAGE 1 OR 2 BREAST CANCER.

Oncotype DX is the oldest and most widely used. It analyzes 21 genes to get a recurrence score. Higher numbers equal greater risk.

Mammostrat analyzes five cancer-related genes and categorizes you as low, moderate, or high risk for recurrence.

MammaPrint, unlike the other two, can be used whether your cancer is hormone-receptor positive or negative. It analyzes 70 genes and classifies you simply as either low risk or high risk for recurrence.

KIDS' HEALTH

PARENTAL GUIDANCE

HAS YOUR CHILD BEEN DIAGNOSED WITH CANCER? WHAT YOU NEED TO KNOW BEFORE TREATMENT STARTS

By Stephanie Watson

WebMD
CANCER
SPECIAL

“Your child has cancer.” Few phrases are more devastating or frightening for a parent to hear. What should you do now? How can you get the right care for your child? To help you navigate this new and unknown world of cancer treatment, Donald Small, MD, PhD, director of pediatric oncology at the Johns Hopkins Kimmel Cancer Center, answers some of parents’ top concerns about childhood cancer.

What should parents do first when their child is diagnosed with cancer? My suggestion would be to seek out a large academic medical center, because there will be people who will be conducting state-of-the-art trials



What’s most frightening to children is the fear of the unknown.

involving that particular type of cancer. And there is evidence that children who are in clinical trials have an advantage in terms of survival over children who are not treated in clinical trials.

Parents should also make sure their particular pediatric oncology center is part of the Children’s Oncology Group, consisting of more than 200 centers in the United States that treat pediatric oncology and have all agreed to treat the same cancer in the same way.

What kinds of questions should parents ask the oncologist? You want to ask what the current best cure rates are. Some parents are afraid to ask about that, but I think it’s important to know a little bit about the odds from the very beginning. And then find

out what the therapy entails, how long it lasts, how many times your child will be admitted, and for what length of time.

Also ask about the side effects of the therapies, because unfortunately, most of the therapies have both short- and long-term side effects. It’s important to know that going into treatment.

When should parents seek a second opinion? Nothing is ever wrong with asking for a second opinion. As pediatric oncologists, we’re always happy to refer them. I think it can be reassuring for families to know that the center where they’re going to be treated is doing the same thing as the place where they get the second opinion—that the physicians agree completely on what the therapy should be. I think it helps to build trust.

What’s the best way to talk to your child about cancer? Talking to kids about their diagnosis can be very difficult. We’ve found over time that what’s most frightening to children is the fear of the unknown. So if they have to go through difficult treatments, things that are making them sick, and they don’t really understand why, it’s even scarier for them.

With younger children, we can talk about the fact that they’re sick and they need to get certain medicines to make them better. With older children we’re able to have the same discussion with them that we have with their parents. And we try to encourage them to take part in all of those conversations and explain to them exactly what kind of cells cancer arises from, what might have caused the cancer, what therapies they’re going to get, and the expected side effects from those therapies.

Reviewed by Brunilda Nazario, MD, WebMD Lead Medical Editor

HEALTH CHECK

WHAT'S YOUR OVARIAN
CANCER RISK?

● Ovarian cancer kills more women than any other gynecologic cancer. That's in part because the symptoms, including bloating, stool changes, and nausea, can be so vague that a diagnosis often happens when the disease is more difficult to treat. But some women are more at risk than others. "A lot of people in my family have been diagnosed with cancer," **An_188467** writes in the WebMD cancer community. Family history is just one risk factor. Do you know the others?



QUIZ

- Do you use birth control pills?
☐ Yes ☐ No
- Are you older than age 60?
☐ Yes ☐ No
- Do you have a history of infertility, or have you used fertility drugs to help you get pregnant?
☐ Yes ☐ No
- Do you have children?
☐ Yes ☐ No
- Did you or do you breastfeed your children?
☐ Yes ☐ No
- Have you had a tubal ligation (your tubes tied)?
☐ Yes ☐ No
- Have you had irregular periods?
☐ Yes ☐ No
- Are you overweight?
☐ Yes ☐ No

Answers: **1.** Women who use birth control pills do not ovulate and therefore have a reduced risk of ovarian cancer. This effect appears to last for many years after a woman stops taking birth control pills. **2.** Ovarian cancer can occur at any age but risk goes up as you age: Half of all cases occur in women older than age 63. **3.** Some studies show a link between infertility and/or long-term use of medications that help you ovulate (such as clomiphene citrate) and an increased risk of ovarian cancer—especially if you did not get pregnant while on those drugs. **4.** Bearing children reduces your risk of ovarian cancer. **5.** In some studies, breastfeeding for one or more years has been linked to a decreased risk of developing ovarian and breast cancer. **6.** Your risk of ovarian cancer may be reduced by two-thirds if you have had a tubal ligation. **7.** Recent research has found a link between irregular periods and an increased risk for ovarian cancer. **8.** Women with a body mass index or BMI larger than 30 are at a higher risk of ovarian cancer.

SOURCES:

American Cancer Society, CDC, American Association for Cancer Research, WebMD Ovarian Cancer Health Center



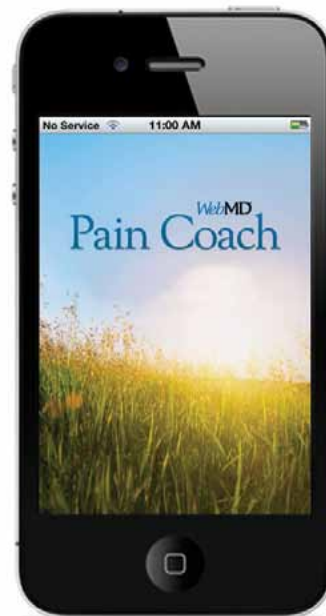
ASK YOUR DOCTOR

- What are the symptoms of ovarian cancer? What should I keep an eye on?
- If I have risk factors for ovarian cancer, should I use oral contraception?
- Are there ways that I can reduce my risk? If so, how?
- If I have risk factors, how frequently do I need to be checked?

WebMD
Pain Coach

The essential
iPhone app for people
living with chronic pain.

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



HEALTH HIGHLIGHTS

DEPRESSION

FEELING DOWN? HELP YOURSELF WITH THESE TIPS

By Matt McMillen

1 *Get screened*

Oct. 9 is National Depression Screening Day. Learn more at helpyourselfhelpothers.org.

2 *Get help*

If you've felt down for two weeks or more, talk to your doctor. You might be depressed.

3 *Put yourself first*

Do the best work that you can, but make healing your No. 1 priority.

4 *Work up a sweat*

Boost your mood by boosting your heart rate—at the gym, out walking, or on a yoga mat.

5 *Save yourself*

Call the National Suicide Prevention Lifeline at 1-800-273-TALK if you have thoughts about hurting yourself.



6 *Know the signs*

Visit WebMD's Depression center to learn the ways the disease can announce itself.

7 *Sleep well*

Sleep therapy may ease your depression as you get more shut-eye.

8 *Take baby steps*

When depressed, big plans may overwhelm you, so set small daily goals.

9 *Be a friend*

If you know someone who's depressed, stand by him or her. Plan fun activities, work out together, talk.

10 *Commit to healing*

Medication, talk therapy, lifestyle changes—they can all help heal depression, so stick to your treatment plan.

EXPERT TIPS



Scott Krakower, DO
assistant unit chief of psychiatry,
Zucker Hillside Hospital, Glen Oaks, N.Y.

"Continue to do what you like to do, even if you feel upset. If you play a musical instrument, for example, keep practicing. Having an outlet will help counter the numb feelings of depression."

"It's good to laugh, so try to do that often. Watch a movie that cracks you up, or hang out with a friend with a sense of humor."



Patricia A. Areán, PhD
psychiatry professor,
University of California, San Francisco

"It's common for people to start treatment—medication and/or talk therapy—and then stop it once they feel better. That's a bad idea. If you stop too early, you will not receive the treatment's full benefits and will probably become depressed again."



Lekeisha Sumner, PhD
assistant clinical professor,
Department of Psychiatry & Biobehavioral Sciences, University of California, Los Angeles

"Turn off the news. So many 24-hour news stations report the worst in society. Too much of that will further depress your mood, raise fears, and lead you to dwell on life's negatives, a recipe for stress that can have a toxic effect on your body."

BY THE NUMBERS MENOPAUSE

FACTS AND STATS ON TOP HEALTH ISSUES

By Jodi Helmer



Women who have hot flashes during the postmenopause period



6,000

Number of U.S. women per day entering menopause



51

Average age when menopause occurs



2-8 years

Time that perimenopause (the transition to menopause) lasts

75%

U.S. women ages 50 to 55 believed to be postmenopausal

40

OR YOUNGER

Age at which menopause is considered premature

12%

Migraine sufferers reporting more frequent headaches during menopause



5 years

Number of years smoking accelerates the time menopause starts



44%

Postmenopausal women who report using hormone replacement therapy to control their symptoms



Number of months following the end of menstruation when menopause occurs

Bone density lost in the 5 to 7 years following menopause

20%





Read **Lupus Symptoms**, a top article in the Lupus health center at WebMD.com.

[LEARN MORE ON PAGE 5](#)

Checkup

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

LIVING WITH LUPUS

SYMPTOMS CAN VARY, BUT THERE ARE WAYS THAT EVERYONE WITH THE DISEASE CAN STAY WELL

By Christina Boufis

● Aimée Acknell from Glen Head, N.Y., awoke one morning with legs so swollen she practically crawled out of bed. Despite her pain, the elementary school teacher, then 30, went to work, where, she explains, “I had to be taken away by ambulance.”

Acknell was eventually diagnosed with systemic lupus erythematosus (SLE or lupus), a chronic autoimmune disease that mainly affects women during their childbearing years and is marked by periods of flares and remissions.

“Lupus is so different from any other disease in the world,” says Jill P. Buyon, MD, director of the Lupus Center and professor and director of the Division of Rheumatology at NYU Langone Medical Center. “One person can have swollen joints and not be able to move well. One person may have a rash. Another person might have a low blood count that makes them very tired because they’re anemic. Lupus really is an individual disease.”

Buyon suggests some ways to live well with this condition.

Avoid the sun. “For most people with lupus, sun avoidance is the No. 1 priority,” says Buyon. That’s because ultraviolet or UV rays can trigger skin rashes, joint pain, or flu-like symptoms.

“Sit under an umbrella. Wear protective clothing. Use sunscreens greater than SPF 30 that cover UVA and UVB rays,” says Buyon. “But you can still go on vacation and have fun.”

Get moving. One small study found that women with lupus who did mild exercise, such as walking 90 minutes per week, reported significantly less fatigue than those who didn’t exercise.



If you’re having a flare or your joints are swollen, try walking just a little every day, advises Buyon. Exercise not only helps keep heart, bones, and muscles strong, but also can help relieve stress—important for dealing with the unpredictability of lupus.

Eat heart healthy. “You want to eat a healthy diet like anyone else,” Buyon says. But because people with lupus are at higher risk of heart disease and stroke, a heart-healthy diet with plenty of fruits, vegetables, whole grains, and lean protein is especially important, she adds. Steer clear of salt if you have high blood pressure or a kidney problem.

Stay positive. “One of the most encouraging things is that, unlike other illnesses, lupus is not necessarily a progressively deteriorating disease,” says Buyon. When you have lupus, “you shouldn’t feel like you’re a different person. You are not now lupus. You’re still yourself,” she adds. “You’re still a person who could be very successful in

life, and lupus shouldn’t keep you from those successes.”

Despite having had more than a decade of severe lupus symptoms, from kidney problems to hair loss, rashes, and joint pain, Acknell, now 48, is almost symptom-free. Five years ago, she began swimming—slowly walking the length of the pool and gradually building up momentum. Today, Acknell credits exercise, healthy eating, and keeping a positive outlook with turning her life around.

DID YOU KNOW?

SOME STUDIES SHOW THAT NEARLY
9 IN 10 PEOPLE
WITH LUPUS HAVE LOW
LEVELS OF VITAMIN D, WHICH
IS ASSOCIATED WITH MORE
SEVERE SYMPTOMS.

Donnie Wahlberg

actor, singer

1 You're on *Blue Bloods* and *Wahlburgers*, you executive

produce *Boston's Finest*, and you were touring with *New Kids on the Block*. How do you find time for a life outside of work? I've always been able to multitask in my career and make it work with my kids. Fortunately, I'm now married to someone who likes to spend as much time with me as I like to spend with her, and we're both starting to see that it's less important to fit our relationship into our careers than to fit our careers into our relationship.

2 You were a teenager when NKOTB exploded

onto the scene. Now you're 45. How has the music changed?

Back then we made music for our fans that we enjoyed, and now we make music for our fans that we enjoy. That's the secret: Don't get caught up in what we want, but pay attention to what the fans want and do it in a way that we also enjoy.

3 Much of your TV work is about cops. What draws you to police stories?

No idea! My brothers spent their early lives running from the cops, and I got in a lot less trouble than they did. I think it's because I was smarter. They think it's



The fifth season of CBS's *Blue Bloods* starts this fall.

Read the full Q&A with Donnie Wahlberg in our free app!

because I was less of a risk taker. But I seem to have an instinct for police work. All the cops we work with on *Blue Bloods* say I would have made a great detective.

4 What's a typical day like for you?

The morning after a tour date in Las Vegas, I go to work on *Blue Bloods* at 6 a.m. On breaks, I edit *Wahlburgers* and *Rock This Boat* [a new

reality series], and work on a script I'm developing. I'm doing everything I ever dreamed of doing.

5 *Wahlburgers* is about your brother Paul's restaurant,

which you and your brother Mark invested in. What's it like working with family?

Reality shows, in some ways, do capture reality. Paul's very hot, Mark's very cold, I'm right in the

middle, and our mother is very loving and funny. The true essence of our personalities is there.

6 Food also plays a role in *Blue Bloods*, right? When I

first read the script and got to the dinner scene, it was so much like my life as a kid. I knew exactly what it looked like, felt like, smelled like, and I wanted to be part of that show.

7 So, family dinner was an important part of growing up?

Our mom was really big on it. She didn't always come home to dinner as a kid, and it was important to her that we did. We didn't have a lot of money. We were just getting by most of the time. But every day—every day—we came home to dinner at 5 p.m. and Sundays at 2 p.m.

8 How do you stay in shape?

I get really in shape to go on tour with the New Kids, then when it's time to do *Blue Bloods*, I'll spin out of control with my diet, gain some weight, and eat a lot of donuts like a cop. But I do try to pay attention to my health.

9 What's your favorite exercise routine?

Our [New Kids] shows are the best cardio. I probably burn as many calories as a boxer in a 12-round fight.

10 What do you wish you knew at 20?

I would have stretched a lot more and been more aware of my joints and muscles, kept them flexible. I've really got to work the creaks out before I go on tour now.

—Matt McMillen