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September 2014 / \$4.95

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DENZEL DEFINED

The actor opens up about
a major influence in his
life and career

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Your Health

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Denzel Defined

With such a long, successful, and storied career, **Denzel Washington** surprisingly didn't stray from his roots. The two-time Academy Award winner remains tethered to his values and beliefs because of an important connection that continues to be a driving force in his life: the Boys & Girls Club. As the national spokesperson for the club, he continues to give back, passing on the important lessons he learned and inspiring new generations to chase their dreams.

New Dimensions

3-D printing may be at a hospital or clinic near you. We take an in-depth look at how it works, what's next, and how the technology will revolutionize medicine.



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“THE LESSONS THAT I FIRST LEARNED AT HOME AND AT CHURCH AND THEN LATER AT THE CLUB KEPT ME FROM GETTING INTO ANY SERIOUS TROUBLE.”

IN EVERY ISSUE

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EDITOR'S NOTE

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TAKE 10

The Big Bang Theory's Johnny Galecki geeks out with us about his health habits and fitness routine, and how he unwinds.



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Who will be the
2014 WebMD

HEALTH
HEROES?

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 Pg. 50	FOOD & FITNESS IN SEASON: An apple a day might keep the doctor away and will definitely make your menus more interesting and delicious. Take advantage of the harvest with our easy and nutritious recipes. • HEALTHY EATS: Brown-bagging doesn't have to be boring. Get inspired with a week's worth of menus from chefs and foodies that your kids will love. • WORK IT OUT: Make tennis a match for you. Find out why this sport can serve every muscle in your body. • FITNESS CHALLENGE: Stretching is an important and often overlooked part of working out. Here's how to add it into your routine.



WEBMD CHECKUP

September is Prostate Cancer Awareness Month. Learn more about it. • **BY THE NUMBERS:** We take a closer look at multiple sclerosis. • **HEALTH HIGHLIGHTS:** Prevent another bone break with expert healthy aging tips. • **LIVING WITH:** Always feel like you have to go to the bathroom? Find out more about OAB. • **MY STORY:** One reader shares her story about how a stroke has brought better balance to her life. • **HEALTH CHECK:** Test your fears with our quiz and find out how much you know about phobias.



If you have a wearable or a wireless fitness device, you likely have a way to see the number of steps you've taken, your weight fluctuations, or even your blood glucose levels. While it's great to have this information, the challenge most people have is finding it meaningful over time. I have a fitness band, and after a few weeks the novelty of looking at the number of steps I take each day wore off. What am I supposed to do with that info?

That's why we're very excited at WebMD to tell you about our new program, **Healthy Target**, which is part of the WebMD mobile app. Healthy Target allows you to connect your device and view your biometric data within the app. Select goals such as Lose Weight, Be More Active, Control Blood Sugar, or Sleep Better, and the app will provide a program of personalized habits and tips to help you reach them—and sustain them over the long term.

Combining the power of wireless data with small changes in your normal routine will be a powerful tool to help you reach your goals. And, of course, it's free. Just download the WebMD app from the App Store to get started.

I'd love to hear what you think about it.

Kristy

Kristy Hamman
Editor in Chief
kristy@webmd.com



Look for this icon on pages throughout the magazine.



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CLARIFICATION

In our **July/Aug Focus On: Kids & Allergies** section (page 42), we were not clear about traveling with auto injectors. Don't leave one behind in your hotel room; doctors recommend that you have two auto injectors with you at all times in case one isn't enough.

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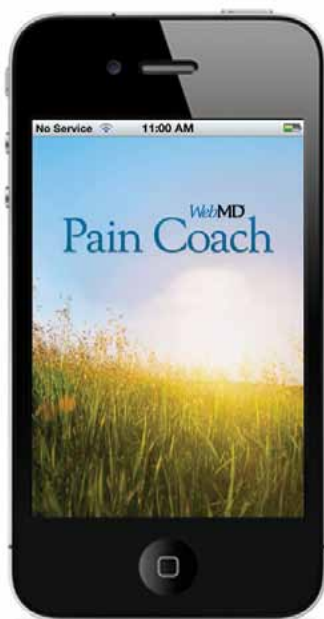


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The essential
iPhone app for people
living with chronic pain.

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- Daily tips approved by WebMD doctors to help you meet your goals.
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HEALTHY
START



HOT TOPICS!

FACTS AND NEWS YOU CAN USE



September
Most popular month to tie the knot in 2013.

On average, brides were age 29 and grooms were 31.

Source: theknot.com

STATES WITH THE MOST CHARITABLE GIVING, such as donations and volunteerism: **Utah (48%),** Minnesota (41%), Hawaii (39%), South Dakota (39%), and New Hampshire (38%)

Source: Gallup



It's Little League Month!

Children ages 4 to 18 play the game in 83 countries and in all 50 U.S. states.

Source: Little League Baseball and Softball



12,000 MILES

AVERAGE DISTANCE EACH SCHOOL BUS TRAVELS PER YEAR

Source: American School Bus Council

3:03 P.M.

Average time when fires are reported at Yellowstone National Park. It's National Preparedness Month.

Source: Ready.gov

Age at which a **guide dog** usually meets its **blind partner**. They train together for up to a month.



1-1½ YEARS

Source: Guide Dogs for the Blind



29 million

Number of Americans who have posted a restaurant food or drink photo to social media

Source: Mintel



Doing the *traditional crunch* is more effective and produces more muscle activation than using popular equipment for abs.

Source: American Council on Exercise



Screen Time

Kids spend more and more time in front of screens. But how much is too much screen time? A recent study found distinct health disadvantages for adolescent boys who spent four to six hours in front of screens on weekends. Compared with their peers who spent an hour and a half or less facing a screen, these boys had a higher body mass index and significantly lower bone mineral density (a measure of bone strength). A high BMI is a risk factor for high blood pressure, type 2 diabetes, and heart disease. Low bone density is a risk factor for osteoporosis and fractures.

Source: International Osteoporosis Foundation

JOG YOUR MEMORY

You know those runs on the treadmill are good for your body. They're also good for your brain. In a study of 75 college students, those with greater cardiorespiratory fitness—the ones who could run or walk at a brisk pace on a treadmill for the longest as it gradually became steeper—had an easier time completing long-term memory exercises. The fittest students were best at remembering pairs of related words, like “camp” and “trail,” that they'd learned the day before.

Source: Cognitive, Affective, & Behavioral Neuroscience



33%

The drop in
violence and bullying
among schoolchildren in
the past decade

Source: JAMA Pediatrics

WebMD.com

Hot Hits

What's trending on
WebMD.com right now*

Treatments for heartburn

Best ab exercises

How to relieve low
back pain

Symptoms of low
testosterone

Heart attack signs in
women

Benefits of fiber

Remedies for snoring

What are canker sores?

Symptoms of
celiac disease

What do bedbugs
look like?

*as of July 1, 2014



OFF THE WALL

If your child's classroom is like most, the walls are filled with charts, maps, and portraits of great Americans. But this decor may be more of a visual distraction than a visual aid. In an experiment, 24 kindergartners received six lessons on age-appropriate science topics. Three lessons took place in a highly decorated classroom, and three in a sparsely decorated classroom. Tests and observations of the children showed they learned more, spent more time on-task, and were less distracted by their surroundings in the sparse classroom.

Source: Psychological Science



DAILY GRIND

The morning joe that gets you going may help keep your liver going, too. Researchers who followed nearly 180,000 men and women for 16 years found that serious coffee drinkers had the lowest risk of developing liver cancer during the study period. Compared with people who drank no more than six cups of coffee per week, those who drank one to three cups a day cut their risk of liver cancer by 30%. Those who guzzled four or more cups per day cut their risk by 42%.

Source: American Association for Cancer Research



Back to Sleep

About one in three U.S. babies is still put to sleep on his tummy or his side, despite pediatricians' recommendations. In some states, as many as half of babies sleep on their stomachs. Putting infants to sleep on their backs greatly reduces the risk of sudden infant death syndrome (SIDS). A national campaign for safe sleeping practices cut SIDS rates in half in the 1990s, but rates haven't changed since. Some 2,000 babies died from SIDS in 2010, the most recent year for which data are available.

Source: Pediatric Academic Societies



1 in 3
NUMBER OF
AMERICANS WHO
HAVEN'T BEEN TO THE
DENTIST IN A YEAR

Source: Gallup



An unborn child is the size of an apple at 15 weeks, weighing about 2½ ounces and measuring 4 inches long from head to bottom.

Source: Babycenter.com

SEARCH PARTY

Do you go online when you think you're coming down with something? Your search could help public health officials predict outbreaks of flu and other contagious illnesses more quickly. A recent study found that if analysis of Internet searches were combined with traditional surveillance of infectious diseases, public health professionals could identify outbreaks up to two weeks sooner than they could with traditional methods alone.

Source: The Lancet



SICK DAY

Cloudy with a chance of...chicken pox? Before you venture out, you can check your chances of catching a cold, chicken pox, or other illnesses, just like you check the weather. A new smartphone app scans social media networks for reports of illnesses in your area. You can compare your symptoms with others around you and connect with sick Facebook friends or Twitter followers to wish them a speedy recovery.

Source: Sickweather.com



20% to 40%

PERCENTAGE OF DEATHS FROM EACH OF THE FIVE LEADING CAUSES OF DEATH IN THE U.S. (HEART DISEASE, CANCER, ACCIDENTAL INJURY, STROKE, AND RESPIRATORY DISEASE) **THAT COULD HAVE BEEN PREVENTED**

Source: CDC



POT TALK

It's now legal in two states, but even casual recreational marijuana use could damage your brain. Researchers examined brain MRIs of 20 young adults who smoked pot at least once a week. When they compared the MRIs with those of young adults who didn't smoke pot, the researchers found abnormalities in the shape and size of two "reward centers" in the pot smokers' brains that are fundamental to almost everything we do. These regions are involved in processing the rewards of positive experiences, such as spending time with loved ones, and motivating us to make decisions accordingly.

Source: The Journal of Neuroscience



CREATIVE PATH

Just can't think of a catchy title for that annual report? Take a hike. Seriously. Walking gets the creative juices flowing. In an experiment, participants were tasked with coming up with creative uses for common objects, such as a button. Those who completed the task while walking or immediately after walking had more ideas, such as "a doorknob for a dollhouse," than those who completed the task while sitting. Walkers had improved creativity whether they walked outdoors or on a treadmill that faced a wall.

Source: Journal of Experimental Psychology

1 IN 10

Number of deaths among working adults caused by excessive alcohol use.



Source: CDC

You probably don't give the printer in your office much thought. It's a hardworking fixture of the work world, but it commands scant attention until a paper jam right before a big meeting threatens to ruin your day. Well, now this humble machine is poised to generate plenty of buzz—and even transform lives.

Researchers and doctors across the country are already putting 3-D printers to work, using plastic or metal gel to create teeth, fingers, and joints, building each one layer by layer following an MRI or CT scan. Living tissue and organs such as livers may not be that far behind. As one of the experts in our story (page 60) puts it, "3-D printing will change the delivery of health care."

Exhibit A is Sydney Kendall, a teenager who lost part of her right arm in an accident several years ago. Today she wears a personalized plastic 3-D printed robotic arm—in bright pink. She joins the growing ranks of patients who can thank the cool new cousin of the printer we all know and think little about. Until now.

Check out our story, and let me know how you like it.

Colleen

Colleen Paretty
Editorial Director
colleen@webmd.com



Dig Deep

Looking for happiness? We all are, and Leslie Becker-Phelps, PhD, author of WebMD's Art of Relationships blog, has some tips for success.

"Look to attain life satisfaction by living according to your values. Begin by thinking about what is most important to you in life, and then follow up with considering how you might make that central to your life. For instance, you might value justice. You can enact this value by becoming a police officer, judge, attorney, or advocate for a marginalized group. Or you might want to nurture others, which you can do in countless ways. To achieve life satisfaction, it's also important to build on your personal strengths, such as creativity, bravery, love, loyalty, humility, and gratitude. You might ask yourself what you are 'called' to do in life. Then you can search out life paths that offer you an opportunity to use and nurture these strengths. With a little soul-searching and planning, your personal path for a meaningful life will become clear. It's essential to understand that being open to life experiences will bring life satisfaction. Along the way, you will learn things about life and yourself that may alter your direction. That's OK. As long as you are aware of what does and does not work for you, you will remain on the path of a well-lived life and you will find deep happiness."



Principal Matters

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

Photograph by Colin Lenton

BREATHING ROOM

"Asthma and allergies shouldn't stop you from exercising. In fact, 8% of Olympic athletes have asthma. The key is getting the right diagnosis and managing your symptoms, so work with your allergist. Avoid exercising outdoors when there's a smog alert or heavy pollen levels. If you're allergic to pollen, don't exercise at midday. And always warm up well before exercise. Even trained athletes can get short of breath when pushing their limits, so it's possible you're pushing yourself too hard. Listen to your body when you're working out. Slow down, or stop if you need to."



Stanley M. Fineman, MD, MBA
allergist and past president of the American College of Allergy, Asthma & Immunology

WEBMD ON THE STREET

Jabari Whitehead

Principal, 40
Ridley Park, Pa.

As if life weren't hectic enough for Jabari Whitehead, the elementary school principal and father of two recently enrolled in a doctorate education program. "I truly enjoy my career and positively impacting the lives of the children I interact with every day," he says. But it's his own kids, Avery, 4, and Evan, 2, and his wife who really drive him. "Our family is the reason I breathe. I am motivated to be the best possible version of myself because of them." Finding balance, however, is hard. "Trying to juggle it all has left me feeling frustrated and stressed out. I feel like I'm not giving 100% to anything," Whitehead says. And this past school year was the worst in terms of health, fitness, and nutrition. "What seemed to be a small schedule change threw me into a tailspin of bad eating habits with missed meals and poor hydration. It was a big disappointment after at least 30 years of relentless fitness regimens. How can I get back on track?" He's a distance runner and into CrossFit, but says acid reflux as well as his asthma and allergies hamper his breathing during training. And he wonders how to manage the chronic tension headaches, muscle spasms, and bouts of high blood pressure he has. "I realize I need to maintain peak condition to be the father and husband I want to be. It is time to take back what is rightfully mine."—**Andi Gabrick**



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

HEAD START

"Tension headaches are triggered by lack of sleep and stress, so focus on some aspects you may be better able to control: eyestrain and irregular meals. Get your eyes checked, and keep snacks on hand for chaotic days when you can't sit down to eat lunch. Biofeedback and breathing exercises can reduce stress and may help you develop a better sleep routine."



Brumilda Nazario, MD
WebMD lead medical editor

BACK ON TRACK

"You've taken the most important step—committing yourself to getting back on track. Now, go slow. Starting off too hard, too fast is a setup for failure. Today, swap one not-so-good food for a healthier choice. Add a vegetable to your lunch. Drink a glass of water as soon as you get up in the morning. Or fix a healthy, quick breakfast, like scrambled egg whites. Make that one habit stick, then build on it."



Michael W. Smith, MD
WebMD chief medical editor and certified personal trainer

ON BALANCE

"No one can have it all, do it all, or be it all—and certainly not all at the same time. So it's important to prioritize. Identify the domains of life that are most important to you—say, job, children, wife, schooling, and yourself (and you should definitely be on your own priority list). Each day, write down what *needs* to get done, and what you *would like* to get done. Consider each domain, even if you choose to attend less to a certain one that day. If you're coming up short no matter how you divide your time, you need to reassess your expectations."



Leslie Becker-Phelps, PhD
psychologist, author of *Insecure in Love*, and blogger on WebMD's *Art of Relationships* blog

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Is time of the essence? Take **Test Your Fertility IQ**, a top quiz at the Health & Pregnancy center.

[LEARN MORE ON PAGE 5](#)

LIVING
HEALTHY

WOMEN'S HEALTH

Freeze Frame

DO YOU HEAR YOUR BIOLOGICAL CLOCK TICKING? STORING YOUR EGGS MIGHT BE AN OPTION

By Gina Shaw

● You think you want to have a baby—someday. What can you do today to make sure your eggs are ready when you are?

One option is to have your eggs harvested and fertilized—just as women who undergo in vitro fertilization or IVF do—but instead of having them implanted, resulting embryos are frozen and stored. Your biological clock ticks in your ovaries, not your uterus, so whether you have those embryos implanted at 35 or 40 or 45, they'll still be embryos created from “younger” eggs—and more likely to be healthy.

But what if you don't want to use a sperm donor or a casual boyfriend to help create embryos that may someday become your children? Can you just freeze your eggs and have them fertilized later?

Until recently, that was a risky proposition. The egg—the largest cell in the human body—contains a significant amount of water. Think about what often happens when you freeze water into ice cubes and then start to thaw it. The ice can crack.

“The egg contains everything necessary for early embryonic development, but any kind of break within its structures can damage it,” says Teresa K. Woodruff, PhD, chief of the Division of Obstetrics and Gynecology-Fertility Preservation at Northwestern University Feinberg School of Medicine in Chicago. For years, health experts considered egg freezing experimental, with success rates below those for either embryo freezing or using fresh “donor” eggs.

But thanks in large part to a new technology called vitrification, egg freezing



THE 411

How does it work? Egg freezing is similar to in vitro fertilization: Fertility drugs are used to stimulate your ovaries to produce multiple mature eggs in one cycle. Doctors then harvest your eggs in an ultrasound-guided procedure under light anesthesia. But instead of being fertilized and implanted, the eggs are frozen—and can stay that way for 10 years or more.

What does it cost? In general, an “oocyte cryopreservation” cycle costs about \$10,000. Storage of the eggs runs around \$500 a year, and an egg thaw cycle is about \$5,000. IVF is then needed to fertilize the egg and implant the embryo—that can also cost around \$10,000.

Does insurance cover the process? Not usually, although it may cover part of the cost of some medications. You'll have to pay the fertility center and request any reimbursement from your insurance carrier.

is ready for prime time. “Vitrification takes all the water-like substances in the egg and transitions them without the cracking that can occur during freezing or thawing,” Woodruff says.

As of fall 2012, the American Society for Reproductive Medicine took the “experimental” label off the technology. There have now been more than 2,000 live births from frozen eggs, about 1,000 within the past five years.

Age still matters. Your ultimate odds of a successful pregnancy are greater if you're younger when you freeze your eggs. If you do it when you're 30, there's about a 13.2% chance of getting pregnant in a given cycle, compared with just 8.6% with eggs frozen at 40.

“This is a great step forward,” Woodruff says. “Being able to bank eggs provides real autonomy for women.”

Reviewed by **Arefa Cassoobhoy, MD, MPH**
WebMD Medical Editor



Can You Boost Testosterone Naturally?

Read this top Men's Health article at WebMD.com to find out.

[LEARN MORE ON PAGE 5](#)

LIVING
HEALTHY

MEN'S HEALTH

T Time

IS TESTOSTERONE THERAPY REALLY SAFE? FIND OUT WHAT YOU
NEED TO ASK YOUR DOCTOR

By Matt McMillen

Over the past decade or so, the number of men age 40 and older who take testosterone replacement therapy (TRT) has tripled. With that rise has come a debate over the safety of TRT, especially for men with heart disease. Two large studies, one published last fall and the other in January, suggest that TRT poses severe, sometimes fatal risks, including heart attack and other serious cardiovascular problems.

Both studies have vocal critics. They claim the data don't support the studies' conclusions. To add to the mix, another large study presented in May concludes that TRT does not harm the heart. It may even protect it. And a new study involving 25,000 men funded by the National Institutes of Health found no increased risk of heart attack linked to testosterone use. Confused yet?

One thing is certain: As men age, their testosterone reserves start to slip. Over time, that can lead to a less active libido, reduced vitality, and an unfamiliar lack of confidence and motivation.

Can TRT restore a man's youthful vigor safely? "We don't know," says endocrinologist and men's health



TAKE 5

HERE ARE THE FIVE KEY QUESTIONS YOU NEED TO ASK YOUR DOCTOR, SAYS ENDOCRINOLOGIST BRADLEY D. ANAWALT, MD, CHAIR OF THE HORMONE HEALTH NETWORK AND PROFESSOR OF MEDICINE AT THE UNIVERSITY OF WASHINGTON IN SEATTLE.

1. What are the symptoms of testosterone deficiency?
2. What besides testosterone deficiency could explain my symptoms?
3. How likely am I to have a testosterone deficiency?
4. Do I have any of the common causes of testosterone deficiency?
5. Should I have my blood testosterone measured?

specialist Shalender Bhasin, MD, of Brigham and Women's Hospital in Boston. "It's important to acknowledge the uncertainties about benefits as well as risks of testosterone therapy for age-related testosterone decline," Bhasin says of the lack of strong evidence supporting TRT use in older men.

He adds that TRT has not been approved to restore the testosterone decline that occurs naturally with aging.

So, what's an aging man to do? Bhasin suggests:

Have a real conversation with your doctor. A blood test for testosterone and a review of symptoms will help establish whether you have low testosterone.

If you both decide that TRT is worth a try, you'll need follow-up evaluations with regular blood tests to see how you're responding.

Take good care of yourself. Exercise and a healthy diet can help raise testosterone levels. For example, men who are mildly or moderately obese can boost their testosterone by losing weight, Bhasin says. "Whatever else is done," he says, "lifestyle interventions are safe and feasible, and should always be encouraged. They are effective and very beneficial."

Reviewed by
Ranjith Ramasamy, MD
WebMD Men's Health Expert



Oil Change

Use an oil to clean your face? It sounds odd, says Soheil Simzar, MD, a dermatologist at AVA MD in Santa Monica, Calif., but cleansing oils are just another way to rid your skin of dirt and debris—and deliver some benefits, too. “For starters, cleansing oils are not as harsh as some other washes can be. They don’t strip the skin of vital natural oils like most cleansers do, and they also help whisk away makeup, pollution, and dirty buildup that accumulate on skin daily,” she says. But perhaps the main reason people use oil for skin cleansing is because of its moisturizing effect. When you cleanse your face with oil, you eliminate the need for a moisturizer afterward. “I usually don’t recommend it for patients with oily skin, but my patients with dry skin love it,” says Simzar.

Wrinkle in Time

NO MATTER WHAT YOUR AGE, YOU CAN TRY AN ANTI-AGING REGIMEN. JUMP-START YOURS WITH THESE EXPERT TIPS

By Ayren Jackson-Cannady



Shop for these products!

LEARN MORE ON P. 5



1 Line Up

Neutrogena Healthy Skin Anti-Wrinkle Cream (\$13.99) "Starting an anti-aging regimen for the first time? Keep it simple. Healthy living—and using an SPF 30 or higher, antioxidants, and a wrinkle-reducing retinol product like this one daily—does the trick the majority of the time. Try to avoid fad creams that promise the world, but deliver little."

2 Clean Break

Cetaphil Gentle Skin Cleanser (\$10.79) "It is always best to use a mild, nonsoap neutral pH cleanser. This gentle cleanser does not strip the protective skin barrier."



Mona A. Gohara, MD
associate clinical professor of dermatology, Yale School of Medicine

Reviewed by Karyn Grossman, MD
WebMD Skin Care Expert

3 High Five

Garnier Skin Renew Dark Spot Hand Treatment SPF 30 (\$7.99) "A new study from Australia shows that SPF can slow the signs of aging, even for those in their mid-50s—but the earlier you start, the better. And don't forget about your hands, which are just as exposed as your face. Apply a hand cream like this non-greasy version, which contains a broad-spectrum SPF 30. And remember to reapply it often."

4 Made in the Shade

La Roche-Posay Anthelios 50 Mineral Ultra Light Sunscreen Fluid (\$29.99) "I am a big fan of this SPF because it is cosmetically elegant, it's a physical block (which sits on the skin's surface instead of being absorbed into skin), it's perfect for layering, and it does not leave a white chalky film behind, making it a good choice for a diverse range of skin tones."

5 Perfect and Protect

PCA C-Quench Antioxidant Serum (\$64) "Free radicals are little chemical particles, caused by UV light, that wreak cosmetic havoc on the skin. Antioxidants fight free radicals, leaving the skin less susceptible to their wrath. Antioxidants are an essential part of any morning routine—put them on your skin by using serums like this infused with vitamin C."

6 Soft Sell

CeraVe Hydrating Cleanser (\$11.99) "This cleanser is mild and specifically formulated for people with normal, sensitive, or acne-prone skin—in other words, all skin types. It's perfect for dissolving grime, removing makeup, and maintaining the skin barrier in the process."

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FROM WEBMD.COM

Q&A

"My hairstyle looks great—for about 10 minutes, and then it falls flat. What's up with that?"



D. J. McErlean-Hopson
26, program manager,
New York City



EXPERT ANSWER

"Look for a part volumizer/part dry shampoo, such as Bumble and Bumble's Prêt-à-Powder, as your go-to hair boosting tool. This dry shampoo can extend your style while giving your mane that 'oomph.' Another volume helper: Add a little teasing to your crown. When flat hair happens, take a boar bristle brush and some hairspray and begin to lightly tease hair, first moving the brush down in the same direction several times and then up in the same direction several times, at the crown of the head. This adds an instant dose of volume and allows you to keep your style in place."



Mario Russo
owner/lead stylist, Salon
Mario Russo, Boston

BEAUTY SMARTS

Nailing It

GEL MANICURES LAST LONGER, BUT ARE THEY SAFE?

By Liesa Goins

With sales of nail polish nearing \$800 million a year in the United States, there's a sea of decorated digits out there. But spending that cash on polish that chips or flakes in a couple of days can be a waste of time and money. Now, women have the option of gel polishes that offer two to four weeks of staying power.

"Gel polishes last longer and resist chipping because they contain a polymer that cures

cause DNA damage to the skin that can result in premature aging and possibly cancer.

"To be honest, there's not a simple answer about the danger of the UV rays in gel nail lamps," says Chris Adigun, MD, a clinical assistant professor of dermatology at New York University School of Medicine. "But I wouldn't spend time worrying about the UV exposure from these lamps," she says. "The risk of malignant cancer due to nail lamp exposure

"The risk of malignant cancer due to nail lamp exposure is extremely low."

with UV light," says cosmetic chemist Ni'kita Wilson, CEO and co-owner of Catalyst Cosmetic Development in Union, N.J. The polymer, or long chain of molecules, gives the polish strength by forming a durable yet flexible coat upon hardening. The polish sets with exposure to ultraviolet light, while traditional polishes dry as solvents evaporate.

The downside with gel manicures stems from the crucial UV curing step. A recent study found that the cumulative damage from the light frequencies the nail lamps emit can

is extremely low." Even so, Adigun suggests applying sunscreen to the tops of your hands or investing in sun-protective gloves with the fingers cut off.

Nail damage is another downside, Adigun says. "One study found significant thinning of people's nail plates after gel polish application."

continued on page 19

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



continued from page 18

The cause isn't clear, but it could be a result of the polish remover, which often contains acetone.

The same issues apply with do-it-yourself gel manicure kits. "Home versions aren't going to be as powerful as the salon lights," Wilson says, so you'll likely have to spend more time under the lamps.

No matter where you get gelled, give your nails a week or two to recover. Between polishes, moisturize with a lotion such as Aquaphor to rehydrate your nails, Adigun adds.



AISLE DO

PRODUCT PICK

L'Oréal Paris True Match Lumi Healthy Luminous Makeup (\$12.95)

EXPERT

Papri Sarkar, MD
dermatologist, Brookline Dermatology Associates, Brookline, Mass.

"I used to be loyal to a high-end department store foundation because I couldn't find anything else that matched my skin as well. I'd often have to blend two different colors to find a shade that works for my

skin and I hate that. But I was in a rush to find makeup before an event and discovered L'Oréal Lumi at a drugstore. It matches my skin very well and has a huge range of shades with enough pigment to really cover imperfections. This is a great makeup to create an even canvas—and it looks natural, not flat. The finish has a luminosity that gives a bit of a glow. Usually people can't tell I have it on, which I really like. Plus, it's so inexpensive that I can afford to buy multiples—I keep one in my office, one in my makeup bag, and one in my bathroom."

TAKE IT OFF

JULIE KANDALEC, CREATIVE DIRECTOR OF PAINTBOX NAIL STUDIO IN NEW YORK CITY, OFFERS POINTERS ON PAINLESSLY REMOVING GEL POLISH:

Moisturize your nails.

Apply cuticle oil every day while you're wearing gel polish. The oil will help keep your nails flexible and prevent the nail from peeling away when the polish is removed.

File first. Rough up the top of the polish with a fine-grit nail file to allow the acetone in the polish remover to penetrate thoroughly.

Use foil. Soak a cotton ball in polish remover and place it on your nail. Wrap the finger in a strip of foil, which will keep the remover from evaporating and help accelerate removal.

Be patient. Wait 10 to 15 minutes, and then use an orange stick—no metal implements or you risk damaging the nail bed—to slide off the polish.



Dirty Secret

"My family and I all keep our toothbrushes in a communal cup. I hear this can pass along germs and viruses. Is that true?"

I always tell my patients people do a lot of things that turn out to be not so healthy. Case in point: You may brush your teeth two or more times a day, but you're not taking good care of your toothbrush in between.

Simply put, your mouth is a veritable sewer of microorganisms. A lot of those are good microorganisms—good for you, that is. But every mouth is its own eco-system, and they might not be healthy for someone else. When toothbrushes are wet, they can transmit bacteria if the bristles touch the bristles of another brush. Bacteria that might hitch a ride from one toothbrush to another include staph, strep, and a wide variety of microbes that lead to periodontal disease. Viruses that cause the cold or the flu can also be spread from toothbrush to toothbrush. By mingling brushes, you run the risk of infecting someone else—and re-infecting yourself.

So, swap the family cup for a toothbrush holder that keeps the brushes separated and stores them in an upright position. If you have a cold, the flu, or gum disease, rinse your toothbrush with an antibacterial mouthwash after each use.

Take extra precautions when you're away from home. If you're brushing your teeth in your office or gym bathroom, a hotel, and, especially, in an airplane lavatory, never rest the toothbrush on the counter. You don't know how well those surfaces have been cleaned or what the person who was in there before you may have placed on the counter.

Finally, remember to replace your toothbrush every three months.

Michael F. Kraus, DDS
cosmetic and restorative dentist,
New York City



Check out the **Top Problems in Your Mouth** slideshow in the Oral Care center at WebMD.com.

[LEARN MORE ON PAGE 5](#)

YOUR SMILE

Snooze News

WHAT DO THE DENTIST AND SLEEPING HAVE TO DO WITH EACH OTHER? MORE THAN YOU MIGHT THINK

By Liz Krieger

Have you heard of sleep dentistry? No, it's not napping during a cleaning. Sleep dentistry is what dentists do to help people with sleep problems. It's not especially new, but it is gaining traction, says Leopoldo Correa, BDS, associate professor and head of Dental Sleep Medicine at Tufts University School of Dental Medicine in Boston.

Since the American Academy of Dental Sleep Medicine's founding 15 years ago, doctors, sleep specialists, and dentists have increasingly worked together, mostly on easing sleep apnea and snoring symptoms. About 50 million to 70 million Americans have chronic sleep disorders, including about 18 million with sleep apnea.

Obstructive sleep apnea (OSA) happens when tissue in the back of the throat collapses and blocks the airway while you're sleeping, reducing the amount of oxygen delivered throughout the body. When blood-oxygen levels drop low enough, you momentarily wake up, though sometimes so briefly you don't even know it, says Mark Wolff, DDS, PhD, professor and chair of Cariology and Comprehensive Care at NYU College of Dentistry. Snorers may also lose sleep,



WAKE-UP CALL

COULD YOU HAVE SLEEP APNEA? LOOK OUT FOR RISK FACTORS OTHER THAN SNORING AND WAKING, SAYS DENTAL SLEEP MEDICINE EXPERT LEOPOLDO CORREA, BDS.

Study the scale—and your collar size. Sleep apnea is more often diagnosed in people who are overweight and who have a large neck circumference; excessive tissue in the throat contributes to constricted airflow.

Put down the coffee.

Are you chugging coffee because you're always tired—despite getting to bed early enough? People with sleep apnea may log plenty of hours in the sack, but the quality of sleep is so poor they are always fatigued.

sometimes because their own loud honking rouses them—not to mention their bed partner, also tormented by the noise.

One effective dental remedy: a custom oral appliance worn at night. These plastic devices pull the jaw forward, which advances the tongue and potentially opens the airway, cutting down on snoring and the tissue collapse that causes OSA. They are like night guards and retainers with a top *and* a bottom.

During your first visit, your dentist takes molds of your teeth and bite, and sends them out to a manufacturer. At the next visit, he or she will adjust the appliance, show you how to put it in, and modify it to make it more comfortable.

The workup and the device can run up to \$5,000—but medical insurance may cover much of the cost, depending on your diagnosis.

For many people with OSA, appliances are a better choice than CPAP (continuous positive airway pressure) machines prescribed to regulate nighttime breathing. The bulky masks aren't for everyone, says Correa; almost half of people stop using them. That's why oral appliances are a welcome alternative, says Wolff—one that people are more likely to use. A 2013 study confirmed that oral appliances can successfully treat apnea cases of all levels of severity.

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

PREGNANCY

Charmed Life

By Lauren Paige Kennedy

Alyssa Milano, 41, the former child star who grew up before our eyes on the television hits *Who's the Boss?*, *Melrose Place*, and *Charmed*, fully embraces not only adulthood these days, but motherhood, too. In fact, her most important production at the moment is giving birth to her second baby, a girl, due this fall. With son Milo, 3, and talent agent husband Dave Bugliari already her biggest fans, Milano's latest script is tending to her current ABC series, *Mistresses*; her successful women's sports-themed clothing line, Touch; her return tour as host on Lifetime's *Project Runway All Stars*; and, of course, loving her big, traditional—and growing—Italian family.

FAMILY & PARENTING



"My philosophy is to give your child what he needs to feel secure and safe."

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

Congrats on baby No. 2! How has your second pregnancy differed from your first?

It's been totally different. With Milo I didn't have an hour of morning sickness. I also had a vegetarian pregnancy, and craved no meat. This time around I had morning sickness for three months and first-trimester exhaustion, and this baby craved turkey and chicken. On top of that, the first time around is such a magical, albeit frightening, experience: You're so focused on the baby. The second time, you're still focused on the *first* baby because you still need to take care of him. I also wasn't working [when pregnant] with Milo, so I could take two-hour naps. Couldn't do that with this baby!

Will your parenting approach change—with sleep training, for example—now that you've got some experience under your belt?

I'm pretty happy with my whole experience with Milo. I don't believe in sleep training. My philosophy is to give

your child what he needs to feel secure and safe. Milo has slept in his crib since he was 6 weeks old. He just came out like that.

How does Milo feel about having a sibling?

He's so excited! We talk about it all the time with him. He talked to my belly and kissed it every night. He calls the baby "his" baby. We told him we were having the baby for him, so he wouldn't think it was to replace him.

What has surprised you most about motherhood?

One is that I had no idea the capacity to love would be so endless. Never in my life did I expect to feel my heart grow and expand as it did when Milo was born. The other thing is that the fear never goes away. There's always something new to worry about, whether it's social or health issues.

Are you a helicopter parent?

In certain situations? Maybe. I try to

give Milo as much independence as possible. Milo has always been really independent. I think the most important thing to do as a parent is to allow your child to be whoever he or she is, and to encourage that.

Do you find it difficult to find balance between work and home life?

I was lucky to have a baby at 39, to have success in business and in my career, and those things happened because I've been a perfectionist. But when Milo came along, my focus shifted to him. I enjoy everything my life is about right now. Again, it's an interesting exercise for me not to place the importance of being a perfectionist in every aspect of my life, and I'm really enjoying it. Maybe today I won't do this scene the best I can, or memorize my lines perfectly, but I'll go home and put my son to bed, and it's OK. Something's gotta give!

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



Check out **Your Child's First Year of Development**, the top slideshow in the Health & Baby center at WebMD.com.

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PREGNANCY

Off Limits?

DOES WHAT YOU EAT DURING PREGNANCY HELP PROTECT YOUR CHILD FROM FOOD ALLERGIES?

By Stephanie Watson

Pregnancy is a time filled with do's and don'ts. Do take folic acid. Don't smoke. Do get daily exercise. Don't take super-hot baths.

Particularly when it comes to your diet, you face a laundry list of advice. Until recently, that advice included a caution about potentially allergy-inducing foods. In 2000, the American Academy of Pediatrics advised allergy-prone moms to avoid peanuts and tree nuts during pregnancy to help prevent their babies from developing allergies. They extended the warning to breastfeeding, adding cow's milk, eggs, and fish to the list.

But times have changed, and so has the thinking about allergy prevention. "The incidence of food allergies, particularly peanuts, has increased since those recommendations," says Frank R. Greer, MD, professor of pediatrics at the University of Wisconsin. "The idea of avoiding peanuts was based on deduction, but it seems like that wasn't a good idea."



Published medical studies find no evidence that avoiding foods like milk and eggs during pregnancy has any effect on a baby's allergy risk, and little evidence that shunning peanuts helps.

"Mothers don't need to avoid any of these allergic foods. If anything, they might be beneficial," Greer says. One recent study found that non-allergic mothers who ate peanuts or

tree nuts five times a week or more were less likely to have a baby with a nut allergy. The new thinking is that introducing foods early might help an infant develop a tolerance to them, thus lowering the risk of allergies.

Still, if you've got a strong family or personal history of allergies (at least one immediate relative, such as a parent or sibling, with a documented allergy), your infant is likely high-risk. Talk to your OB/GYN or allergist before you dip into the peanut brittle. There's enough uncertainty in the research to justify caution—at least when it comes to nuts.

What else can you do during pregnancy to cut your child's risk of developing food allergies? Studies show some evidence that taking probiotics (beneficial bacteria such as those found in yogurt) late in pregnancy and while breastfeeding may decrease allergies in your baby. The research isn't solid enough to recommend that every pregnant woman take probiotics, but there's probably no harm in trying a supplement if your doctor says it's OK.



EXPERT TIP

"I ate a well-rounded balanced diet including cow's milk, eggs, and nuts during my pregnancy. Thankfully, my children are allergy free. However, I don't have a 'high risk' family history of allergies that could increase my children's risk."—**Nivin C.S. Todd, MD**

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

Join 200+ convos on WebMD's Baby's First Year community.



BABY TALK

Soothe Sailing

GET THE SCOOP ON PACIFIER OPTIONS TO FIND OUT WHICH ONE MIGHT BE RIGHT FOR YOUR BABY

By Colleen Oakley

When you're a new parent, every decision can seem daunting. Even choosing whether to use a pacifier isn't an obvious choice. Aren't you just creating a bad habit that will be hard to break later?

Not necessarily, say baby care experts. "Pacifiers are great for soothing a fussy baby and helping them sleep better," says Mayra Rosado, MD, a pediatrician with HealthCare Partners in Los Angeles. They even offer some health benefits. A recent study published in *Maternal and Child Health* found that having babies use pacifiers significantly reduced the risk of sudden infant death syndrome.

But before you run to the store and purchase a handful of binkies, review these helpful tips.

If you're breastfeeding, wait. "Introducing the pacifier too early may interfere with suckling and getting a good latch on the breast," says Rosado, "which can interfere with lactation." The American Academy of Pediatrics recommends waiting until breastfeeding is established, usually within the first three to four weeks.

Try a few different styles. "Some babies can be particular about which ones they'll take," says Rosado. Pacifiers can be made

of silicone, latex, or a combination of plastic and silicone. Silicone nipples are sturdier, don't retain odors, and are easy to clean, says Rosado, while latex nipples are softer and retain scents (which your baby may like) but are not as sturdy with repeated washings. Regardless of your (or your baby's) preference, check that the pacifier is dishwasher-safe and that the nipple is securely attached to the base. "Give it a good tug, to make sure the nipple does not detach," says Rosado. Avoid pacifiers that have a gel or liquid filling, which is potentially harmful.

Don't force the issue. If your baby isn't interested in any pacifier, don't worry—that's perfectly normal as well. "Some babies just don't like them," Rosado says.

When it comes to weaning, the earlier the better. "I recommend weaning from the pacifier before 12 months simply because the child has not had the time to form a deep attachment yet," Rosado says. But if it has developed into a habit for your toddler, try to gradually shorten the length of time your child uses the pacifier, find other ways to comfort him (perhaps with a blanket or stuffed animal), or trade the pacifier for a new toy.

FROM WEBMD.COM

Q&A

"My 3-year-old son sucks two of his middle fingers on his left hand, and I'm worried about our future orthodontic bill. What can I do?"



Kirsten Ott Palladino
36, writer/editor,
Atlanta



EXPERT ANSWER

"Curbing thumb-sucking can be a challenge. It's helpful to take note of when he does it. If he sucks when he's tired, try giving him a substitute for comfort, like a cuddly stuffed animal. If he sucks when he's bored (like in the car) have interesting toys that keep his fingers busy. If he sucks when he's anxious, provide reassurance. But try not to draw too much attention to the habit. Thumb- or finger-sucking at 3 is normal, and most kids outgrow it by age 5."



Dawn Huebner, PhD
author of *What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More*

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor



KIDS' HEALTH

Tough Call

WHAT DOES BULLYING LOOK LIKE? IT'S NOT JUST PHYSICAL AGGRESSION—VERBAL BULLYING IS NOW MORE COMMON

By Stephanie Watson

● There's a definite pecking order on the playground, and some children learn early on that one way to get to the top is to become the queen or king of mean. But where does typical kid nastiness cross the line into bullying?

"Currently, there's a lot of confusion about what bullying is. The word is so overused that it's come to mean almost anything that hurts your feelings," explains Elizabeth Englander, PhD, professor of psychology at Bridgewater State University, and founder and director of the Massachusetts Aggression Reduction Center.

True bullying involves more than a few isolated instances of mean behavior. It's a repeated pattern of taunting, teasing, and other aggressive actions. "It's a situation where [the bully is] setting out on a campaign to make the target's life miserable," Englander says.

Over the past few decades, the face of bullying has changed. Today bullying is less about punching and hitting, and more about teasing and name-calling. The forum has also shifted, from school into cyberspace. A 2011 survey found that nearly 20% of U.S. high-school students had been bullied through social media, texts, and other electronic communications.

What should you do if you suspect your child is being bullied? First, says Englander, don't freak out. You always want kids to feel like they can cope. "We've absorbed this value now that if you're a good parent, you leap up and get involved. But the truth is, everyone has to learn to deal with small meannesses."

Listen to your child without overreacting. "You can coach them on how to respond, but let them feel capable,"



TALK IT OUT

IT'S EASY TO BE OUTRAGED IF YOUR CHILD IS BEING BULLIED—BUT WHAT IF YOUR CHILD IS THE AGGRESSOR? BULLYING EXPERT ELIZABETH ENGLANDER, PHD, HELPS YOU SPOT THE SIGNS—AND OFFERS ADVICE ON STOPPING THE BEHAVIOR.

Look for bullying red flags. "One of the big tip-offs that we often see is in how these kids treat their siblings," she says. Siblings almost always bicker, but if one child is particularly nasty or aggressive to another, that attitude could be spilling over into school.

Teach good values. "The families that really push being a good person, where that's the most important value, are the ones whose kids are the least likely to turn around and mistreat their peers," Englander says.

Englander says. Try role-playing, offering your child different ways to respond to the bully—these might include walking away, looking the person in the eye and saying, "Cut it out," or using humor to lighten the situation. Don't step in further unless your child shows increased moodiness, slipping grades, trouble sleeping, or new problem behaviors like drinking or using drugs. However, if you are concerned about physical interactions or altercations, definitely get your school involved.

If the situation doesn't blow over on its own, contact the school. All schools are required to address behavior that creates a hostile environment.

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

PET HEALTH

Word of Mouth

HAVE YOU TAKEN YOUR FOUR-LEGGED FRIEND TO THE DENTIST?
MAKE TEETH CLEANING ROUTINE TO HELP PREVENT DISEASE

By Sonya Collins

Has your vet said it's time for your pet to get his teeth cleaned? If so, you might wonder if it's really necessary.

Just like visits to the vet, dental cleanings should be part of routine pet care. Cleanings help catch or prevent periodontal diseases, conditions of the gums and the bones that hold the teeth in place. If left untreated, these diseases can damage your pet's internal organs, not just his mouth.

Periodontal disease, including gingivitis and periodontitis, can develop when plaque and tartar accumulate underneath the gums. Potentially painful, periodontal disease could cost your pet his teeth. If the bacteria that caused the plaque enter your pet's



*Pets live longer with better veterinary dental care.
The results are worth the investment.*

bloodstream, they can create heart, lung, and kidney problems too.

The risk of disease varies by animal size. "The chances of periodontal disease in a big-breed dog are less than in smaller dogs. There are 42 teeth in a dog's mouth and 30 in a cat's. In a smaller mouth, there's competition for bone space, and that can

lead to disease," says Barden Greenfield, DVM, DAVDC, specialist in pet dentistry and oral surgery, and owner of Your Pet Dentist in Memphis, Tenn.

Periodontal disease is preventable if your vet catches signs early, which can only happen during a cleaning. The American Animal Hospital Association

recommends that annual cleanings start at age 1 for cats and small- to medium-breed dogs and at age 2 for larger dogs.

The procedure isn't just about cleaning your pet's teeth. The veterinarian also performs a full exam and takes X-rays. "About three in 10 dogs and four in 10 cats have disease underneath

FROM WEBMD.COM

Q&A

"My white boxer will soon be a year old. Is it time to have her teeth cleaned, or can that wait until she is a little older?"



Shanna Tomlinson
33, horticulturist,
Grand Rapids, Mich.



EXPERT ANSWER

"All dogs and cats should have a dental exam once a year. And boxers have a predisposition for embedded teeth. An experienced eye should look in her mouth sooner rather than later to determine all teeth are present and to make sure there is no traumatic malocclusion—misalignment that can cause pain and further dental problems. The exam should include a diagnostic periodontal examination with X-rays. Since 80% of dogs and cats have periodontal disease by age 3, starting now with a clean mouth is best."



Barden Greenfield,
DVM, DAVDC
owner, Your Pet Dentist,
Memphis, Tenn.

Reviewed by
Will Draper, DVM
WebMD Pet Health Expert



Check out **Risky Mistakes Pet Owners Make**, a top slideshow in the Pet Health center at WebMD.com.

[LEARN MORE ON PAGE 5](#)

their gum line that can only be detected via X-ray,” Greenfield says.

Your pet has to be sedated with general anesthesia, which might sound a little scary, but a full pre-anesthetic exam will ensure your pet is healthy enough for it. Bad reactions to anesthesia, while extremely rare, can range from mild irritation where the anesthetic is injected or a minor drop in heart rate to major allergic reactions and even death. But only about one in every 100,000 animals has any reaction at all.

You can help minimize

risks by following your vet’s instructions for fasting your pet before sedation. If your pet is sedated with food in his system, he could vomit, which could cause choking,

pneumonia, and even death.

The cost of a veterinary dental cleaning varies by geographic region and your pet’s needs. However, pet owners will likely pay more

than they would pay to have their own teeth cleaned. Besides anesthesia, pets require more equipment, manpower, and time for a cleaning. But the results are worth the investment, Greenfield says. “Pets live longer with better veterinary dental care.”

After cleaning and polishing, your vet may apply a product to prevent or slow future plaque buildup. You’ll learn some tips for home care, which include brushing your pets’ teeth and giving him Veterinary Oral Health Council-approved dental chews.



D E N Z E L

DEFINED

Throughout his long and impressive career, the award-winning **Denzel Washington** has played many varied parts. Perhaps none is more life-changing than his longtime role as national spokesperson for Boys & Girls Clubs of America. The organization helped shape him, and today, as its most famous alum, he inspires kids to follow his lead

Photograph by Lorenzo Agius/CTMG, Inc.

BY MATT McMILLEN





Read **Helping a Child Build Self-Esteem** to set a good foundation from the start.

[LEARN MORE ON PAGE 5](#)

Walking to Nathan Hale elementary school in Mount Vernon, N.Y., Denzel Washington passed the construction site for the Boys Club building each morning, anxious to get inside.

“I was 5, 6, maybe 7 years old, and I couldn’t wait,” Washington recalls. “My mother took me there when it finally opened, and the rest is history.”

The two-time Academy Award winner and star of the new film *The Equalizer* says the Boys Club of Mount Vernon (later renamed the Boys & Girls Club) helped set the foundation for his success, and he’s been the national spokesperson for Boys & Girls Clubs of America (BGCA) for more than two decades now. “I’m asked to do a lot of things, but this is one [cause] that I can speak honestly about,” says Washington, 59. “I know what was done for me there, and I’m sure there are thousands of young men and women who can attest to the same difference it made in their lives.”

Washington, who grew up in Mount Vernon, a city just north of the Bronx, was the son of loving but busy parents. His father was a Pentecostal minister who worked two jobs during the week and preached on Saturdays and Sundays. His mother owned and ran a beauty parlor. Washington needed a place to be after school, and the club gave him a safe haven from the streets.

“The lessons that I first learned at home and at church and then later at the club kept me from getting into any serious trouble,” Washington says. Of course, he didn’t know that then. He was simply thrilled to have a place to play, a place to be around boys his own age. “We were being taught good lessons along the way, but as a kid, that’s not what I went there for.”

Still, the club made an indelible mark upon him in his 12 years there. Washington recalls with affection a number of the club staff members who acted as counselors and mentors to the many boys who came through the doors. Charles White was one of them.

“I remember him saying to me, ‘You’re a very smart young man and you can do anything you want in life.’ I don’t know if that was the truth,” Washington says with a laugh, “but I remembered it. Up to that point, I’d never thought of myself that way. Having an adult tell a child something positive like that is a powerful thing. Words are powerful. I remember leaving the club and walking home and thinking, ‘Wow, I can do something.’ I didn’t know what that meant at 8 years old, but I never forgot it.”

Club Kid

Today, BGCA hosts close to 4 million kids in more than 4,000 clubs throughout the United States and on U.S. military installations around the world. More than just a place to play, the clubs work to keep kids in school, help them excel while there, and prepare them for the future.

The clubs support kids’ academic efforts through programs like the new summer Brain Gain initiative, which helps students retain what they learned during the school year so they’re ready to hit the books come September, says Jim Clark, BGCA president and CEO.

“Kids often lose math and reading proficiency during the summer months,” Clark says. “And we know that kids coming from low-income, under-resourced, and economically challenged households tend to not have access to the experiences and opportunities that kids in middle- and upper-class families have. That’s a leading contributor to learning loss over the summer months and why they enter the school year behind before it even starts. Brain Gain gives them a running start.”

BGCA has grown enormously, both



“I remember leaving the club and thinking, ‘Wow, I can do something.’ I didn’t know what that meant at 8 years old, but I never forgot it.”

in its reach and its impact, and Clark points to Washington as a major influence on the nonprofit’s expansion over the past 20 years.

“When Denzel Washington stepped forward to become our national spokesperson, BGCA was a different, much smaller organization,” Clark says. “He is the one who brought our

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

brand to life. We were not on the top of the charts of recognized national nonprofits, but we are today. Denzel has done so much for this organization and for kids today in terms of being a guiding light, role model, and mentor.”

Washington has stayed involved with the organization on a local and national level. In April, he brought 50 boys and girls from his club in Mount Vernon to Broadway to watch him portray Walter Younger, the male lead character in the Tony-nominated revival of Lorraine Hansberry’s classic drama *A Raisin in the Sun*.

This summer, Washington recorded a public service announcement for the launch of BGCA’s Great Futures campaign. “It’s a wakeup call to really call attention to the issues that children in America face: poverty, high school dropout rates, obesity,” Clark says. “We’re bringing those issues together and calling attention to them as kids prepare to go back to school. We want to give kids the tools to be successful in school, but also to be successful beyond school, in life. After school, at Boys &

Girls Clubs, we can help them build the right infrastructure.”

No one is more pleased with Washington’s positive impact on the BGCA than the actor himself: “I’m as proud of that as anything I’ve accomplished.”

Solid Foundations

And he has accomplished a lot. In addition to his two Oscars (one for 1989’s *Glory* and the other for the 2001 film *Training Day*) and four

DENZEL’S LIFE LESSONS

Denzel Washington has done more than absorb and benefit from the lessons his mentors have taught him. He’s made a point of passing them on to others, especially kids, including his own. Here are his tips for growing into greatness.

Connect with others, not computers. “Computers, cell phones, and video games are just ways to keep you on your backside. Get out, run, exercise, and really interact with each other. Emails, texts, and Instagrams are not real human interaction.”

Seek role models and mentors. “Everybody says Michael Jordan was the greatest basketball player, but they can’t forget that he played for one of the greatest coaches of all time. Even his natural ability would have only taken him so far without the mentorship, the leadership of great coaches.”

Learn from the past, but don’t dwell on it. “When people ask me what’s my favorite movie I’ve made, I tell them the next one. I don’t really look back and reminisce. Instead, I enjoy the process of making movies, the sense of discovery.”

Be open to possibilities and to the input of others. “Acting sort of found me. I had never thought about being an actor or planned on being an actor, but once I got into it, I fell in love with it. Acting was something that I was good at, something that I enjoyed, and it was something that people told me I had a natural ability for. That encouragement was essential.”

“My body is my instrument, and you’ve got to take care of your body.”

Oscar nominations, Washington has two Golden Globe awards and a Tony award. He’s played Malcolm X, anti-apartheid activist Steve Biko, high school football coach Herman Boone, and gangster Frank Lucas as well as a host of other real-life and fictional characters during his three-decades-and-counting Hollywood career.

One secret of his great success came to him from Billy Thomas, director of the Mount Vernon club when Washington was a youngster. “I learned early on from him that your natural ability will only take you so far,” says Washington, who discovered acting while a student at Fordham University in the Bronx. “I remembered that and I applied it when I started acting.”

For Washington as a young actor, that meant he would not allow himself to coast on his newly discovered talent. Instead, he worked even harder to learn from others and refine his craft. “I had a lot of early success, but I told myself I had to go back to school and study.”

After graduating from college in 1977, Washington left New York for San Francisco’s American Conservatory Theater graduate program. Soon after, he met his future wife, Pauletta, on the set of the made-for-TV movie *Wilma*. They married in 1983 and have four children.

His oldest, John David, is a former professional football player turned actor. This fall, he co-stars

with Dwayne Johnson (known as “The Rock”) in the new HBO dramedy series *Ballers*. He’s got the acting gene, his father says, but he’s also got the work ethic.

“I told him his natural ability would only take him so far, and so he’s been in New York for eight months studying Shakespeare and other classic plays,” Washington says. “The same thing that was told to me 40, 50 years ago and that I applied to my life, I have passed on to my son and he’s applying it to his life. I have passed that on to all my children.”

The Right Fit

A healthy lifestyle figured into Washington’s early life lessons as well. His club’s counselors helped him learn the importance of a good diet and regular exercise, essential for health, but also, Washington says, for his career.

“My body is my instrument, and you’ve got to take care of your body,” Washington says. “I know how to eat. I know what I should do. Even those lessons go all the way back to the club.”

For the past 15 years, since he trained for his 1999 portrayal of boxer Rubin “Hurricane” Carter,



Watch Denzel talk about the Boys & Girls Club.

[LEARN MORE ON P. 5](#)

FINDING A MENTOR

Denzel Washington traces much of his success back to his mentors at what is now the Boys & Girls Club of Mount Vernon.

Kids everywhere can benefit from a relationship with a caring, interested adult who helps them build character and confidence. Many mentoring programs are available to help kids stay in school and excel, while giving them guidance for their futures. And recent research shows

that a strong mentoring relationship also can help counter depression.

Jean Rhodes, PhD, a psychologist and research director for the University of Massachusetts Boston’s Center for Evidence-Based Mentoring, explains how to get the most out of the relationship.

ID the right program.

“Look at organizations that have real infrastructure, trained volunteers, and a good track record,” says Rhodes, author of *Stand by Me: The Risks*

and *Rewards of Mentoring Today’s Youth*.

Make it age appropriate.

Early adolescents, teens, and young adults benefit the most from mentoring, Rhodes says. “That’s when mentors can have a profound effect in terms of identity development, social and emotional development, and role modeling.”

Give it time. Ideally, the mentoring relationship will last at least a year, but the longer the relationship, the better the outcome. “There’s definitely

a dosage effect,” Rhodes says. Research does not show benefits from shorter programs.

Stay the course. Make sure the mentor you choose for your child commits to a specific period and sticks with it. “The keys are consistency and longevity,” Rhodes says, “and if a mentor quits early, the mentoring relationship can do more harm than good.”

To find mentoring resources, check out The Chronicle of Evidence-Based Mentoring.

his favored workout has been boxing. “It’s my basic training,” he says. “Not getting hit in the head, but boxing training. There’s a real science to it, and it’s great cardiovascular work. It keeps me young, it keeps me sharp, and it keeps me healthy.”

In late May, while performing on Broadway eight times a week in *A Raisin in the Sun*, Washington managed to squeeze in four workouts a week. When he’s not working, he boxes five days a week. He bumped his routine up to six days to get in shape for filming *The Equalizer*, a high-octane adaptation of the CBS television series that ran from 1985 to 1989.

Washington says that as he gets older, he’s had to work harder to avoid gaining weight between jobs. For him, that means even vacations must include plenty of exercise. He favors swimming, a full-body workout that’s easy on his joints.

“I know that I’ve got to do something, try to keep some kind of exercise going,” he says. “As Terry Claybon, my boxing trainer, says, ‘If you know the way, you won’t get lost.’ I do know the way. I know what I have to do.”

Washington also pays close attention to what he eats...most of the time. He admits to a weakness for Häagen-Dazs Dulce de Leche caramel ice cream, which he’d eaten just before the interview. “We could all do with more vegetables, but I’m not doing too bad right now,” Washington says. “Ice cream is as bad as it gets.”

Well, not quite.

“We’re talking about guilty pleasures? OK. The other day I ate Cocoa Puffs. I ate Cocoa Puffs, man,” Washington admits. “I went to the store, and I looked up at the boxes in the cereal aisle, and the Cocoa Puffs were calling me. But I ate them, just one bowl, before I went to work out. I guess what I’m saying is: moderation. Anything taken to the extreme is an error. Don’t OD on Cocoa Puffs—but if you drink too much water you’ll drown.”

Washington’s not afraid to be humble. He knows he didn’t get to where he is today on his own. He’s had many guides along the way: his parents, his club counselors, and his church leaders, from whom he’s taken valuable lessons like this one: Though you may stumble at times, you’ll get the rest of the way with hard work and the help of others.

“It ain’t easy and it takes discipline,” Washington says. “My pastor, A.R. Bernard, says that to achieve your goals, you must apply discipline and consistency. I really like that. Between your goals and your achievement lie discipline and consistency. And I know that in terms of my regimen and what I need to do when I train, and I’m trying to apply it just in the way I live. I’m trying. You do your best. You know what the ideal is. And whether you’re able to stick with it 100% or not, at least you know what the measuring stick is.”

A young girl with a prosthetic arm is swinging happily on a swing set. She is wearing a blue t-shirt and a white headband. Her prosthetic arm is pink and blue, with a white wristband. The background is a lush green lawn. The title 'New DIMENSIONS' is overlaid on the left side of the image, with 'New' in pink script and 'DIMENSIONS' in white bold sans-serif. A decorative line of small squares runs diagonally across the image.

New DIMENSIONS

*Can a printer
make a robotic
arm? The answer
is yes. But it's no
ordinary printer. 3-D
printing is changing
the face of medicine
and revolutionizing the
medical industry*

BY SONYA COLLINS

PHOTOGRAPH BY ROBERT BOSTON

Sydney Kendall

lost her right arm below the elbow in a boating accident when she was 6 years old. Now 13, she has used several prosthetic arms since then. But none is as functional—or as cool, she'd argue—as her plastic, 3-D printed robotic arm.

The arm was custom-designed for her this spring, in pink at her request, by engineering students at Washington University in St. Louis through a partnership with Shriners Hospitals for Children. They printed it while Sydney and her parents watched. “It took about seven minutes to do each finger,” says Sydney’s mother, Beth Kendall. “We were all blown away.”

When Sydney wore her new arm to her school outside St. Louis, her classmates were blown away, too. “They were like, ‘Sydney, you’re so cool! You’re going to be famous!’” Sydney recalls.

The robotic arm helps Sydney grip a baseball, maneuver a computer mouse, and pick up a paper coffee cup. The cost? About \$200. Traditional robotic limbs can run \$50,000 to \$70,000 and need to be replaced as children grow. “Kids don’t usually get to have robotic arms because they are so expensive,” Beth Kendall says.

Robotic arms like Sydney’s are just one example of how 3-D printing is ushering in a new era in personalized medicine. From prosthetics to teeth to heart valves, it’s bringing made-to-order, custom solutions into operating rooms and doctors’ offices. Health experts say dozens of hospitals experiment with 3-D printers now, while researchers work on more futuristic applications of the technology, such as printing human tissue and organs. To foster even more research, NIH in June launched a 3-D Print Exchange that allows users to share and download files.

“3-D printing is a potential game changer for



medical research,” says NIH Director Francis Collins, MD, PhD, in announcing the exchange. “At NIH, we have seen an incredible return on investment. [A few] pennies’ worth of plastic has helped investigators address important scientific questions while saving time and money.”

As one of the leading researchers in the field, Anthony Atala, MD, director of the Wake Forest Institute for Regenerative Medicine in Winston-Salem, N.C., understands its promise firsthand. The institute has already created miniature livers that live in petri dishes as a step toward creating organs. He says 3-D printing “has the potential to revolutionize medicine.”

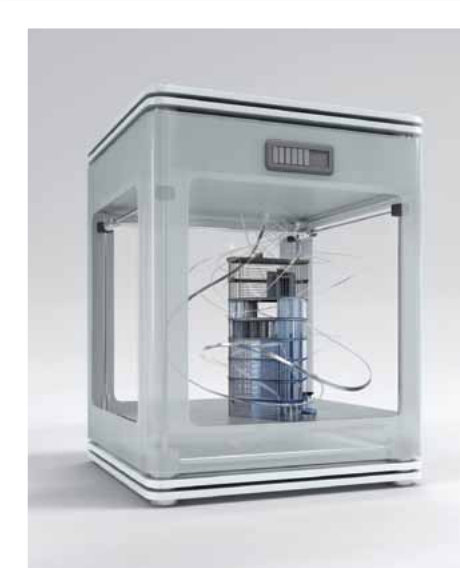
WHAT IS IT?

Imagine an ink-jet printer that, rather than spraying out ink in the shape of letters, sprays out a plastic or metal gel or powder in the shape of a tooth, finger, or hip joint. A typical printer receives a document to print, while 3-D printers take their commands from an MRI or a CT scan of a body part. Also known as “additive manufacturing,” 3-D printing produces an object, layer by layer, from the ground up.

Although 3-D printers have been around since the 1980s, medical uses have increased exponentially in the past few years. The printers can produce more complex shapes than traditional manufacturing. This allows the products to be highly personalized—a tooth that looks just like the one you lost or an exact replica of a hip joint.

The process can save time and practically bring production of medical devices to the patient’s bedside. Although no one has exact numbers, University of Michigan biomedical engineering professor Scott Hollister, PhD, believes about several dozen medical centers in the country now use 3-D printers in some form.

The 3-D printing method is already widely used for body parts, usually made of plastic or metal, that come in contact with the body but don’t enter the bloodstream. These include teeth, hearing aid shells, and prosthetic limbs. “In the past, a dental crown had to be fabricated in a lab, which takes a few days if not a few weeks and two to three trips to the dentist,” says Chuck Zhang, PhD, professor of industrial and systems engineering at



The process can save time and practically bring production of medical devices to the patient’s bedside.

Georgia Institute of Technology. Now a dentist can take a 3-D scan of a tooth and print the crown on the spot.

The technique gives amputees like Sydney an alternative to ugly and ill-fitting prosthetics. Studios that feature 3-D printing often collaborate with clients to design stylized, artistic limbs the user wants to show off—not hide.

Zhang and his colleagues at Georgia Tech work with military veteran amputees to correct prosthetics’ notoriously poor fit. His team uses 3-D printers to create a prosthetic socket that adapts to the body’s changing fluid levels. It will tighten or loosen as needed so the limb doesn’t fall off or become painfully uncomfortable.

IMPLANTABLE DEVICES

Not just for exterior use, plastic and metal parts produced with 3-D printers have also made their way inside the body. Doctors at University of Michigan’s Mott Children’s Hospital have saved the lives of two babies since 2012 by implanting 3-D printed plastic splints into their windpipes.

The babies had a rare birth defect, tracheobronchomalacia. Without treatment, their weak airways would collapse, suffocating them. The only treatment is to insert a tracheostomy tube and put the baby on a ventilator for up to several

years until, hopefully, the airways become strong enough to stay open on their own.

But 17-month-old Garrett Peterson’s airways weren’t showing any signs of getting stronger while he was on a ventilator. Doctors in Utah, where the Petersons live, said they had done all they could. “Garrett couldn’t cry or he’d turn blue. He couldn’t poop, or he’d turn blue,” his father Jake says. “We just had to hold him and keep him perfectly happy, so it wasn’t realistic to keep him on the ventilator.”

The Petersons read an article about a similar baby helped at the university in 2012 with a 3-D printed tracheal splint, and sought the help of surgeon Glenn Green, MD. “We decided this was Garrett’s only chance. The hospital here in Utah said to enjoy him for the rest of the time we had him. And we weren’t ready to do that,” Garrett’s mother Natalie says.

Based on CT scans of Garrett’s airways, Hollister and Green designed and printed custom-fit splints to hold Garrett’s airways open. His body will eventually absorb the device and the airways will stay open on their own. Mott

Children’s Hospital says it was the first facility in the world to perform this procedure. “I think it was the first example of using a 3-D printed device in a life-or-death situation,” Hollister says.

Costs for a tracheostomy and extended time on a ventilator exceed \$1 million per patient. By comparison, costs for the splint totaled \$200,000 to \$300,000, Hollister says.

Surgeons have implanted other 3-D printed devices into patients. Cranial plugs fill holes made in the skull for brain surgery. Cranial plates can replace large sections of the skull lost to head trauma or cancer. Mayo Clinic and some other hospitals offer hip and knee replacements created on 3-D printers to eligible patients. The custom joints minimize surgery and recovery time as surgeons do not have to chisel away at bone to put them in.

LIVING TISSUE

In addition to metals and plastics, doctors and scientists across the country are loading 3-D printers with human cells and printing living tissue, called bioprinting. The holy grail is to print a living organ for transplant using a patient’s own cells. Some experts predict this could be just a couple of decades away and potentially revolutionize organ transplants. People wouldn’t die waiting for organs, and their immune systems wouldn’t reject the organs.

Atala of the Wake Forest Institute says researchers will use the miniature livers they created to test drug toxicity. They expect the method to be far more accurate than traditional animal and cell testing, he says.

As for the future, Hollister predicts every hospital will have a 3-D printer, thanks to the immediate benefits. “3-D printing is ushering in the era of personalized medicine and surgical reconstruction. Instead of fitting the patient to the implant, we now fit the implant to the patient.”



Watch and read **Will 3-D Printing Revolutionize Medicine?**, a special report at WebMD.com.
[LEARN MORE ON PAGE 5](#)

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



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Derrick Coleman from
his NFL dreams—or
the Super Bowl



Call the Shots

No kidding—adults need vaccinations too. Here are the five you should know about

BY GINA SHAW

REVIEWED BY **BRUNILDA NAZARIO, MD**
WEBMD LEAD MEDICAL EDITOR

With winter weather around the corner and viruses lurking, it's time to think about immunizations. "Vaccines are not just for kids; they're for adults too," says William Schaffner, MD, professor of preventive medicine at Vanderbilt University School of Medicine in Nashville, Tenn., and past president of the National Foundation for Infectious Diseases. Here are five vaccines adults should consider.

Flu

"Everybody over the age of 6 months old needs a flu vaccine every year," Schaffner says. The flu vaccine, available as a shot or a nasal spray, begins to arrive in doctors' offices, clinics, and pharmacies in early September, and doctors say you should get vaccinated by Thanksgiving. Each year, scientists design the vaccine to protect against the types of flu viruses expected to be the most prevalent in the coming year. There are two big flu "families"—A and B. "Trivalent" vaccines protect against two A strains and one B strain of flu, while newer "quadrivalent" vaccines protect against two A and two B strains.

Pneumonia

Everyone over age 65 should get the pneumonia vaccine, as well as some younger people. "These are people who are at greater risk for pneumonia, including people with underlying heart or lung disease, diabetes, or asthma; people who are in any way immunocompromised; and people who smoke," says Schaffner. Unlike the flu vaccine, the pneumonia vaccine is usually a one-time deal rather than an annual requirement.

Tdap

Unless you've given birth to a child within the last few years, odds are you haven't had a tetanus, diphtheria, and pertussis booster. "A very large proportion of the adult population needs this vaccine," Schaffner says. "It's widely available in pharmacies, most clinics, and doctors' offices." It's currently



licensed as a one-time booster, but Tdap is soon expected to be established as a booster vaccine given every 10 years, replacing the current Td vaccination, which protects against tetanus and diphtheria only.

Hepatitis B

The recommendation for hepatitis B vaccinations has changed in the past two years. This vaccine is given universally to children and adolescents, and to intravenous drug users and people who are sexually active but not in a monogamous relationship. "Now we recommend people with diabetes under age 60 should be vaccinated against hepatitis B," Schaffner says. This is because of the increased risk that goes along with handling blood products. Sharing blood glucose meters, finger-stick devices, and insulin pens can spread the virus.

Shingles

Shingles is a resurgence of the chicken pox virus that creates a red rash with little blisters that can be very painful, persistent, and even disfiguring. "The pain associated with it can continue for months after the rash abates," Schaffner says. "That's why we recommend that all people 60 and older should receive the shingles vaccine, unless they are immunocompromised."



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This content is selected and controlled by WebMD's editorial staff and is funded by Walmart.

5 Eye Health QUESTIONS

with a Walmart Optometrist



Dr. Chad Overman, OD
Walmart Optometrist
Bentonville, AR

Q. What is essential to know when it comes to proper eye care?

A. It is important to note that your overall health greatly affects your eye health. Eating a nutritious diet filled with fruit, vegetables, and other nutrient-rich foods helps to strengthen your eyes. Habits, such as smoking and eyewear safety, play a critical role in your health. Smoking is a major cause of macular degeneration, which can lead to blindness. Eye injuries are common, especially in the workplace, and it is always in your best interest to use safety eyewear.

Q. What advice would you give for people who work at a computer all day?

A. It is important to think of your eyes when you are at work. Make sure to set up your workstation with proper lighting to minimize glare, and exercise your eyes often by blinking, taking frequent breaks, and looking away from your screen at least every 20 minutes. I would also suggest scheduling a comprehensive eye exam and consider computer eyewear.

Q. What is the best way to protect my eyes from the sun?

A. It is essential to protect your eyes in the sun all year long, not just in the summer months. I would strongly suggest wearing sunglasses (that protect against UVA, UVB, and HEV light), a hat, and sunscreen. When outside, it is recommended to avoid the sun between 10 a.m.–4 p.m.

Q. At what age should children begin having their eyes checked?

A. See chart.

Recommended Examination Frequency For the **PEDIATRIC PATIENT**

PATIENT AGE	EXAMINATION INTERVAL	
	ASYMPTOMATIC/RISK FREE	AT RISK*
BIRTH–24 MONTHS	At 6 months of age	By 6 months of age or as recommended
2–5 YEARS	At 3 years of age	At 3 years of age or as recommended
6–18 YEARS	Before first grade and every two years thereafter	Annually or as recommended

*Please discuss with your doctor what is considered to be "at risk"

Q. How often should I visit the doctor for eye exams?

A. See chart.

Recommended Examination Frequency For the **ADULT PATIENT**

PATIENT AGE	EXAMINATION INTERVAL	
	ASYMPTOMATIC/RISK FREE	AT RISK*
18–60 YEARS	Every two years	Every one to two years or as recommended
61 AND OLDER	Annually	Annually or as recommended

*Please discuss with your doctor what is considered to be "at risk"

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Vitamin Power

Are supplements right for you? Get the scoop on vitamins and how to choose one for your needs

BY HEATHER HATFIELD

REVIEWED BY AREFA CASSOOBHROY, MD, MPH, WEBMD MEDICAL EDITOR

Think of vitamin supplements as a safety net. You should get most of your nutrients from the food you eat, and most people do. But just in case you fall short in a few areas, multivitamins, and specific vitamins in some cases, can come in handy. Supplements can help the whole family get the recommended daily allowance of all the vitamins and minerals.

For kids who are picky eaters, for example, multivitamins are a backup, complementing a diet lacking in fruits and veggies with an alphabet soup of vitamins and minerals that help them grow: vitamin A, B (6 and 12), D, E, K, thiamin, riboflavin, folic acid, and more.

For future moms and women who might have more children, folic acid is a must. "Folic acid for pregnant



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women or women who might become pregnant helps to reduce the likelihood of birth defects, and it comes standard in most multivitamins, or you can get it in a folic acid supplement,” says Howard D. Sesso, ScD, an epidemiologist at Brigham and Women’s Hospital in Boston who specializes in vitamin supplements and their impact on health.

For older adults, calcium and vitamin D supplements can help prevent or slow osteoporosis (bone loss), especially for women.

Which supplement is right for you? Sesso says multivitamins are the first defense for balancing out a diet. They help ensure you get just enough of the important vitamins and minerals you need, while not going overboard. “Multivitamins provide a broad-based, low dose of all the essential vitamin and minerals in one capsule.”

Then, consider that “specific vitamin supplements might be warranted in some cases, such as for bone health or during pregnancy,” he says. “But generally speaking, the science shows that high doses of vitamins or minerals you get from a specific supplement don’t offer any meaningful

value to a person’s health over his lifetime.” In fact, taking dosages of a vitamin or mineral that exceed the recommended daily allowance will just go in and then out—your body can’t absorb it, Sesso says. Also, remember that supplements are not meant to prevent or treat disease.

“Start with a balanced diet,” says Sesso. “And then consider trying a multivitamin to round out what you need on a daily basis to keep you from being vitamin- or mineral-deficient.” Talk to your doctor about your family’s specific nutrient needs.

Do’s & Don’ts

Choose pills over chewies. Chewy supplements often cost more than tablets. Unless you can’t swallow a pill, save your money and skip the fruity chewies.

Avoid interactions. Talk to your pharmacist about the medications you’re taking and any possible interactions with vitamin supplements.

Act your age. Lots of formulations come packaged by gender and age group. Since your nutrition needs change as you get older, keep up by buying those based on your age.



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FIELD GOALS

Hearing loss did not keep Super Bowl champ **Derrick Coleman** from the NFL—or anything else

The one thing you will never hear from Derrick Coleman: excuses. At age 3, the Seattle Seahawks fullback lost his hearing. Twenty years later, in January of this year, he and his team won Super Bowl XLVIII.

Coleman, the first deaf person to play offense in the NFL, decided at an early age that football was his calling, and he didn't allow his deafness to stand in the way. "I look at obstacles as opportunities," Coleman says. "I am motivated by a drive to never give up."

He got that from his parents. They taught Coleman to work hard, to push himself, and to dream the same dreams as other children. They would not allow him to think of himself as different from, or less than, any other kid at his school, even as his classmates called him "four ears" and laughed at the two hefty hearing aids he wore. "My mother and father viewed me as a successful person who would attend college, so that is how I viewed myself," Coleman says, "and that helped me to have a good outlook on life."

The cause of his hearing loss has never been determined, though his doctors think it may be genetic. Each of his parents is missing a hearing gene. Whatever the cause, his condition is incurable.

In seventh grade, he joined the Pop Warner league football team in his hometown of Fullerton, Calif., after his parents consulted a doctor who determined that

playing football would not affect the hearing ability he had left.

To succeed at football, Coleman pushed himself to master lip reading so he could know which plays were called. He also demonstrated clear natural talent on the field. Eventually, he convinced coaches to take him seriously. He went on to play for Troy High School in Fullerton, where he was a starting tailback and a recruiting target for several Southern California universities. He chose UCLA.

After graduation, Coleman failed to make the NFL draft. Then, in 2012, the Minnesota Vikings signed him but cut him from the team a few months later. Not a bad thing, as it turned out, because Seattle soon came calling. He scored his first professional touchdown in December 2013. Soon after, he was on his way to the Super Bowl.

Naturally, fitness has always been crucial to Coleman's athletic success. "As far as I can remember, exercising has been part of my life," says Coleman, who eats four times a day to keep his weight consistent. "In high school is when I began to take my workouts seriously, even though I had to work out as a child just to make weight for Pop Warner football."

In the off-season, Coleman's favored workout is CrossFit, but he does Pilates and yoga as well. He also likes to run, play Ping-Pong, and shoot pool. "But during the

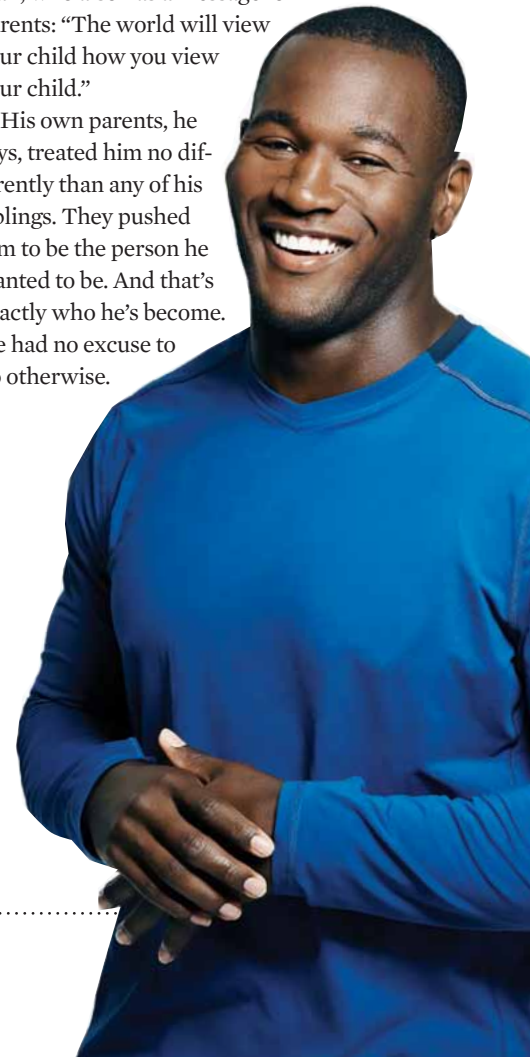
season the only thing I focus on is football; I don't do much of anything else."

What's next for Coleman? "Another Super Bowl, of course," he says.

He also plans to return to school for a graduate degree. And he intends to use his success to continue to inspire others who face challenges such as he did. In an ad for Duracell (Coleman is a spokesperson for the battery that powers his hearing aid), he speaks about what it was like to grow up deaf. The minute-long video on YouTube has been watched more than 22 million times.

"I am just happy to be able to help others overcome their struggles," says Coleman, who also has a message for parents: "The world will view your child how you view your child."

His own parents, he says, treated him no differently than any of his siblings. They pushed him to be the person he wanted to be. And that's exactly who he's become. He had no excuse to do otherwise.



BY MATT McMILLEN

REVIEWED BY AREFA CASSOOBHOY, MD, MPH, WEBMD MEDICAL EDITOR

PHOTOGRAPH BY SMALLZ + RASKIND

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In the Weeds?

Are fall allergies bringing you down? Get OTC relief with this survival guide

BY CHRISTINA BOUFIS

REVIEWED BY AREFA CASSOOBHOY, MD, MPH
WEBMD MEDICAL EDITOR

The leaves are changing, the air is crisp, and you're sneezing and congested. What gives? "Fall is the weed season—ragweed, pigweed, Russian thistle [tumbleweed]," says H. James Wedner, MD, professor of medicine and chief of allergy and immunology at Washington University School of Medicine in St. Louis. If you're one of the nearly 40 million Americans who are allergic to pollen, fall-blooming ragweed may bring you miserable allergy symptoms. Get relief with this guide.

Antihistamines

"Antihistamines are a major part of the therapy you should use," Wedner says. They're generally classed into two kinds: Older over-the-counter (OTC) medications such as diphenhydramine (Benadryl) or chlorpheniramine (Chlor-Trimeton) that can make you sleepy, and newer ones, like loratadine (Claritin), cetirizine (Zyrtec), and fexofenadine (Allegra) that shouldn't.

How they work: "They block the effect of histamine in the body—that's the thing that makes your nose stuffy or runny and makes your eyes itchy, scratchy, or watery," explains Wedner.

Pros: "They're very safe drugs," Wedner says. "And for mild allergies, that may be all you need."

Cons: For severe allergy symptoms, you'll probably want to add another OTC medication such as a decongestant, Wedner says.

Decongestants

"Decongestants come in a variety of forms," Wedner says. "When you see Allegra-D or Zyrtec-D, that 'D' is pseudoephedrine—a very good, short-term decongestant."

How they work: Decongestants shrink the blood vessels in the lining of the nose, which are swollen when you're congested, explains Wedner.

Pros: Decongestants work well for people whose noses are so stuffy that they can't breathe, Wedner says.



Cons: Don't use if you have high blood pressure, since pseudoephedrine will raise your blood pressure, Wedner cautions. It can also give you a rapid heartbeat, may cause insomnia, and may not be taken if you have certain heart conditions. Ask your doctor first if pseudoephedrine is the right medication for you, he advises.

Nasal sprays

A **steroid nasal spray** is a very good line of defense against allergies. These sprays work by decreasing the inflammation that underlies all allergy symptoms, Wedner says. Some are available only by prescription, like Beconase AQ, Nasonex, Flonase, and Rhinocort Aqua. Others, such as triamcinolone (Nasacort), are available OTC. "Take it a week or two prior to the anticipated start of [allergy] season," Wedner says. "You spray it once a day in your nose," he adds. "But it's very slow to act. Don't expect to find [relief] for a couple of days."

Decongestant nasal sprays, such as oxymetazoline (Afrin and others like it) are "only good for very short periods of time," Wedner says. That's because decongestant sprays can have a rebound effect: Using them for more than three days can make your congestion even worse.



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Ticker Time

Got heart disease? Get heart smart with these healthy living tips

BY CHRISTINA BOUFIS

REVIEWED BY **BRUNILDA NAZARIO, MD**
WEBMD LEAD MEDICAL EDITOR

Hear disease doesn't go away, says Suzanne R. Steinbaum, DO, director of Women and Heart Disease at Lenox Hill Hospital in New York City and author of *Dr. Suzanne Steinbaum's Heart Book: Every Woman's Guide to a Heart-Healthy Life*. Even if you've had surgery or another procedure, you still have artery damage. But making healthy lifestyle changes can help you to live well with heart disease. Steinbaum offers these strategies.

Butt out. With heart disease, "there's no such thing as smoking ever again," Steinbaum says. "It's that simple. You'll have another heart attack." Smoking damages blood vessels, increases blood pressure, and can cause clots, which can lead to heart attacks. However, one year after you quit, your heart attack risk drops sharply. Also, smokers' risk of stroke is double that of nonsmokers, according to the CDC.

Think DASH when you dine. If you have high blood pressure (a risk factor for heart disease, heart attack, and stroke), the DASH diet—Dietary Approaches to Stop Hypertension—can help. High in fruits, vegetables, and low-fat dairy and low in sugars, saturated fats, and meat, the DASH diet reduces blood pressure in as little as two weeks, according to scientists at the National Heart, Lung, and Blood Institute (NHLBI).

Take the stairs. Studies show that 150 minutes of moderate exercise a week, or 30 minutes a day, can protect your heart by lowering blood pressure and increasing HDL or "good" cholesterol, according to the American Heart Association. "But you don't need to do the 30 minutes all at once," Steinbaum says. "You can do them throughout the day in 10-minute increments." Also, take the stairs at work. Go for a brisk walk. Just make sure to check with your doctor before starting exercise.

Know your numbers. "One of the numbers you should know is your body mass index [BMI], a measurement based on your height and weight," Steinbaum says. A BMI of 30 or greater



is considered obese; the higher the BMI, the greater your risk of heart attack, according to the NHLBI. That's why "getting your weight down is critical," Steinbaum says. Another number to know is your waist circumference. A waist bigger than 35 inches in women and 40 inches in men increases the risk of heart disease. Exercise and a heart-healthy, low-fat diet are key to minimizing that risk.

Find a stress-buster. "Stress is a huge risk factor for heart disease," Steinbaum says. One recent study shows that job stress can heighten the risk of a second heart attack. In addition, stress can lead to behaviors that increase risk factors for heart disease, such as lack of sleep and overeating, explains Steinbaum. The solution? Try yoga, meditation, deep breathing, or exercise to zap stress.

Take your time. While it can be overwhelming to make lifestyle changes all at once, it's important to start small and be patient, Steinbaum says. "If you begin and two weeks go by and you still don't feel better or lose weight, don't give up. Small changes eventually lead to big results, but it doesn't happen overnight."



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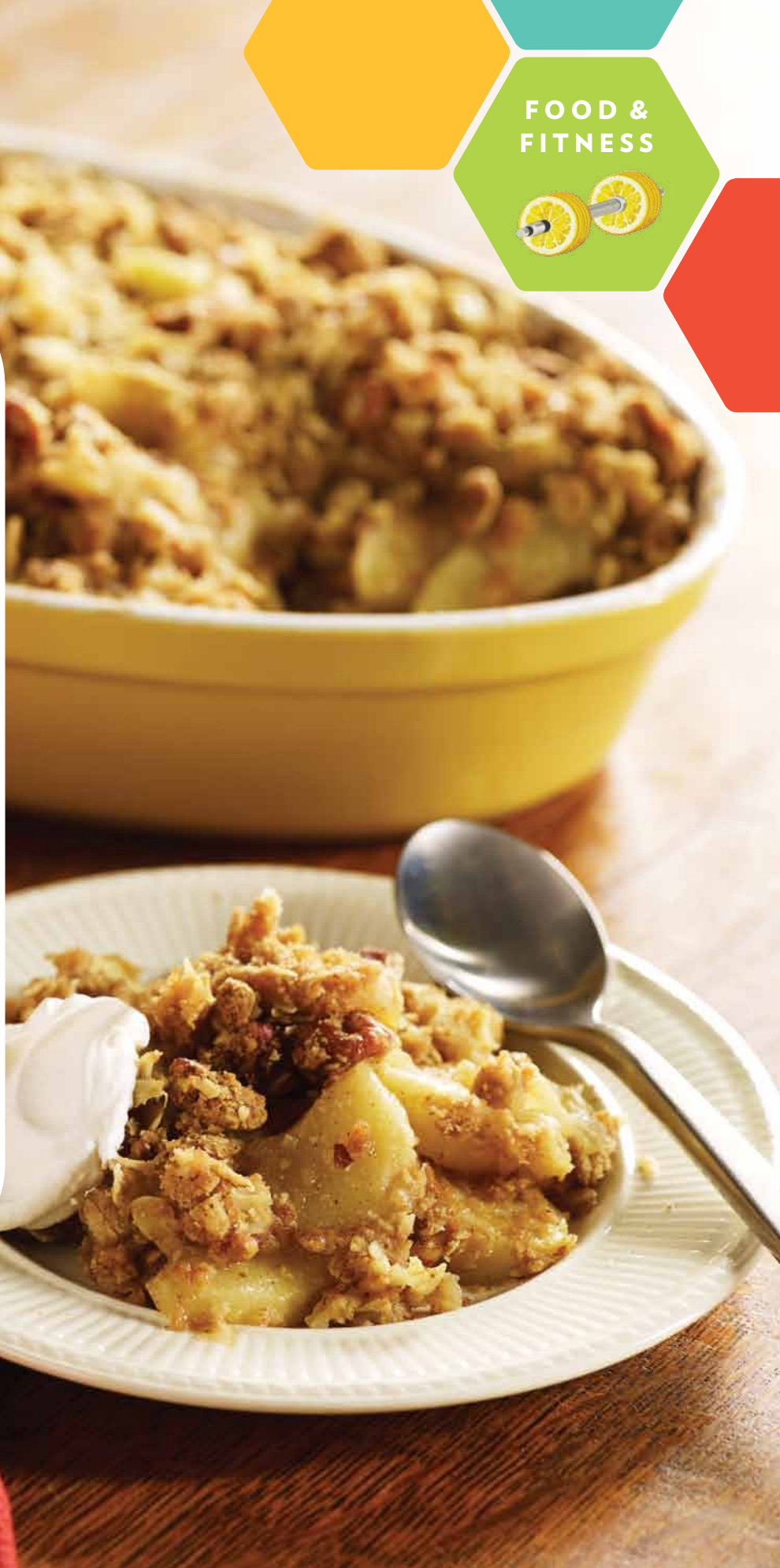


IN SEASON

Core de Force

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

An apple a day really might keep the doctor away. A study of postmenopausal women found that those who ate two medium apples daily for a year had a 23% drop in LDL or “bad” cholesterol. What’s apples’ secret? Bahram Arjmandi, PhD, RD, who led the study and is director for the Center for Advancing Exercise and Nutrition Research on Aging at Florida State University, believes one benefit comes from pectin, a powerful fiber that binds to cholesterol and sweeps it out of the body. “Consuming two apples a day does so much good in terms of cardiovascular health,” he says. Any type of apple will do, as long as you eat them with the skin (a source of beneficial plant chemicals called polyphenols) and choose the freshest fruit, since pectin begins to break down in overly ripe apples. Arjmandi himself has a daily apple habit; he believes men are likely to get the same cholesterol-lowering benefits. His core message? Get crunching.





Americans eat roughly 17 pounds of fresh apples per person annually; Europeans eat about 46 pounds apiece each year.

More than 2,500 apple varieties grow in the United States.

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Central Pork

This recipe pairs apples with roasted pork, a beloved fall combo. As an alternative to roasting, you can grill the pork until an instant-read thermometer inserted in the meat registers 145°F.

Spiced Pork Tenderloin With Glazed Apples

Makes 4 servings

Ingredients

- ½ tsp salt
- freshly ground pepper
- ¼ tsp allspice
- ¼ tsp mace
- ¼ tsp cinnamon
- 1 pork tenderloin, about 1½ lbs
- 1 tbsp unsalted butter
- 1 sweet onion, finely chopped
- ¼ cup apple juice or cider
- 1 tbsp Dijon mustard
- ¼ cup maple syrup
- 2 large apples, such as Granny Smith, Gala, or Honeycrisp, peeled and cut into wedges
- 1 tbsp apple cider vinegar
- 1 tbsp chopped fresh sage (can substitute rosemary or thyme)

Directions

1. Preheat oven to 450°F. In a small bowl combine salt, pepper, and spices, and sprinkle evenly over pork. Place pork in a roasting pan. Roast about 25 minutes or until an instant-read thermometer registers 145°F. Let rest at least five minutes before slicing.
2. While pork is roasting, coat a nonstick skillet with cooking spray and heat to medium-high. Add butter and onion, and sauté onion until lightly browned.
3. In a small bowl combine apple juice, mustard, and syrup. Add sauce and apples to skillet and heat until apples are just tender. Add vinegar and sage, and serve apple mixture over sliced pork medallions.

Per serving

287 calories, 27 g protein, 28 g carbohydrate, 8 g total fat (3 g saturated fat), 90 mg cholesterol, 2 g fiber, 23 g sugar, 404 mg sodium. Calories from fat: 24%

Spice of Life

This warming dessert features five-spice powder, a spicy-sweet Chinese seasoning made with cinnamon, cloves, fennel seed, star anise, and Szechuan peppercorns. Find it in the spice section of most large supermarkets, or use plain cinnamon instead.

Fall Apple Crisp

Makes 10 servings

Ingredients

- 3 lbs baking apples, such as Granny Smith, Crispin, Pippin, or Braeburn, cored and sliced
- 1 tsp lemon zest
- 1 tsp vanilla
- ¼ cup dark brown sugar
- 2 tsp cornstarch
- 1 tsp Chinese five-spice powder

Topping

- 1½ cups old-fashioned oats
- ¾ cup whole wheat pastry flour
- ½ cup all-purpose flour
- ½ cup dark brown sugar
- 2 tbsp chilled, unsalted butter, cut into small pieces (can substitute trans fat-free margarine)
- ½ cup chopped pecans, walnuts, or almonds
- ¼ cup wheat germ
- ½ tsp salt
- ½ tsp Chinese five-spice powder

Directions

1. Preheat oven to 350°F. Coat a 9x13-inch pan with cooking spray.
2. In a large bowl, combine apples, lemon zest, vanilla, brown sugar, cornstarch, and spice powder. Mix to coat apples. Pour into prepared pan.
3. Make topping: Combine oats, flours, and brown sugar in a large bowl. Using a pastry cutter or two forks, cut butter into oat mixture until evenly distributed. Add nuts, wheat germ, salt, and spice powder. Spoon over fruit to cover.
4. Bake 45 minutes or until edges are bubbling and topping is golden brown.
5. Serve with vanilla frozen yogurt or whipped topping (not included in nutritional analysis).

Per serving

321 calories, 8 g protein, 57 g carbohydrate, 8 g total fat (2 g saturated fat), 6 mg cholesterol, 6 g fiber, 25 g sugar, 123 mg sodium. Calories from fat: 22%

HEALTHY EATS

Out of the Box

IT'S BACK-TO-SCHOOL SEASON—WHICH MEANS IT'S BACK TO PACKED LUNCHES. GET CREATIVE WITH A WEEK'S WORTH OF IDEAS FROM THE EXPERTS

By Kerri-Ann Jennings



APP BONUS!
Get more lunch menus from chef **Cat Cora** and author **Catherine McCord** in our free tablet apps.



If the thought of packing another meal of PB&J and carrot sticks makes you groan, we've got the inspiration you need. We asked three food gurus and veteran lunch packers what they put in their own children's lunchboxes. Here, **Andrew Zimmern**, host of the Travel Channel's *Andrew Zimmern's Bizarre Foods America*, explains his philosophy: cooking dinner with an eye on how it becomes tomorrow's lunch for his 9-year-old son.

Check out our iPad app to learn how chef **Cat Cora**, owner of Cat Cora's Kitchen in Houston, Kouzzina at Disneyworld, and several other restaurants, streamlines the process of making healthy lunches for her four school-aged sons, and how **Catherine McCord**, author of *Wee!icious Lunches*, packs food for her 6-year-old son and 4-year-old daughter, using color and shapes to make well-balanced lunches.



Andrew Zimmern

"Kids get cut-up apples all the time. I keep it fun and funky by using vibrant, colorful fruits that kids can get excited about," Zimmern says. The real key to preparing lunch for his son, however, is dinner. "Make dinner and the rest will follow," he says. "I plan meals and cook and freeze a bunch of food on Sunday. Then lunch comes naturally out of that."



Asian Pork Salad

Zimmern says this dish is a great way to use leftover pork tenderloin. "I clean the vegetables out of the fridge with this salad, and I also add hot chile to the dressing because my son Noah likes spicy foods."

Makes 6 servings

Ingredients

- 2 tbsp creamy peanut butter
- 3 tbsp cider vinegar
- 2 tbsp soy sauce
- 3 tbsp peanut oil
- 2 tbsp toasted sesame oil
- 2 tbsp sugar
- 1 tbsp grated ginger
- 2 cups shredded leftover roasted or grilled pork
- 4 cups shredded napa or savoy cabbage
- 1 cup shredded carrots
- 1 cup julienne-cut cucumber
- handful chopped fresh cilantro leaves
- 1 cup crispy chow mein noodles

Directions

1. Whisk together peanut butter, vinegar, soy sauce, oils, sugar, and ginger.
2. Toss with remaining ingredients. Season and serve. For lunch, pack in a container with an ice pack.

Per serving

301 calories, 19 g protein, 18 g carbohydrate, 18 g fat (4 g saturated fat), 41 mg cholesterol, 3 g fiber, 7 g sugar, 456 mg sodium. Calories from fat: 53%

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

Weekly Menu

MONDAY

Pasta salad One idea: Plain cooked macaroni tossed with mini mozzarella balls, pulled roasted chicken, and halved cherry tomatoes marinated in basil, red wine vinegar, olive oil, chives, lemon, and salt

Strawberries, sliced and tossed with mint

and a bit of honey and layered in a small container with low-fat vanilla yogurt

TUESDAY

Roasted turkey BLTs with avocado slices on toasted whole grain bread

Cucumber sticks

Yogurt dill dip (plain nonfat Greek

yogurt seasoned with minced shallot, minced cucumber, mint, dill, lime juice, and salt)

Baked peaches

WEDNESDAY

Asian Pork Salad Rinsed canned lychees, mixed with other tropical fruit (kiwi, passion fruit, dragon fruit)

THURSDAY

Meatloaf sandwich (ciabatta roll layered with meatloaf and chile sauce or tomato jam)

Steamed, bite-sized cauliflower and broccoli tossed in a mustardy vinaigrette with raisins

Dried pineapple or mango

FRIDAY

Blended salad "gazpacho" (purée leftover salad of lettuce, tomato, carrot, celery and spinach)

Ham slices rolled around cheese sticks

Whole wheat crackers

Tendinitis: a top
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WORK IT OUT

Hold Court

READY FOR AN ACE OF A WORKOUT? LEARN TO LOVE TENNIS
AND SERVE EVERY MUSCLE IN YOUR BODY

By Kara Mayer Robinson

Who knew? Tennis is one of the best total-body workouts you can get.

For starters, “It’s a high-intensity interval training workout that burns between 400 and 1,000 calories an hour,” says Mark Kovacs, PhD, FACSM, a United States Professional Tennis Association Elite Professional and executive director of the International Tennis Performance Association.

It’s also an ace for strength training. “Tennis play uses nearly every muscle in the body,” Kovacs says. That includes your lower body, upper body, and core. You’ll strengthen your hips, adductors, abductors, calves, hamstrings, quads, glutes, lats, shoulder muscles, lower-back muscles, triceps, and biceps. Playing tennis two to three times a week also boosts your stamina, coordination, and bone density. Did we mention flexibility, balance, speed, and agility?

Good form and proper technique will improve your game as well as keep injuries at bay.



Warm up. Before you play, do a few sets of jumping jacks or three to five minutes of walking or jogging. Then do a few slow, controlled movements, taking your joints and muscles through a full range of motion.

Balance it out. Remember to bend your knees. Don’t overarch your back when you serve.

Bottoms up. The energy of your stroke comes from the ground up. As you bring your racket up, you’re transferring energy to the ball.

Wear a heart-rate monitor. Set a target heart rate and try to keep it above that number throughout play. About 140 beats per minute is a good number to aim for, whether you’re a beginner or more advanced.

TAKE
ADVANTAGE

GEAR UP WITH PROPER EQUIPMENT, SAYS TENNIS PRO MARK KOVACS, PHD. THE RIGHT STUFF WILL HELP YOU AVOID COMMON TENNIS INJURIES.

Sneak up. Look for sneakers made just for tennis. A good pair can ward off ankle injuries. They support your heel so your ankle doesn’t roll. For extra support, try special padded tennis socks.

Size it up. Go to a specialty tennis store to get fitted for the right racquet. If your racquet is too light or too heavy, you may end up with shoulder and elbow injuries. The wrong grip size or string tension can spell trouble for your wrists and arms.

Stay dry. Sweaty hands can lead to blisters, so dry the handle on your racquet as you play. Keep your feet dry by wearing socks made from synthetic fabric instead of cotton.

Be picky about your court. It’s best to stick with softer courts. If you can’t, slip heel inserts into your shoes. They’ll help absorb the shock.

EXPERT TIP

“When playing tennis, run between games when you change ends of the court. This is a 90-second period that occurs every 10 to 15 minutes during tennis play. It can increase the number of calories burned by 10% to 20%.”—*Mark Kovacs, PhD, FACSM*



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



Take the quiz! Check out **Fitness Do's and Don'ts** in the Health & Fitness center at WebMD.com.

[LEARN MORE ON PAGE 5](#)

FITNESS CHALLENGE

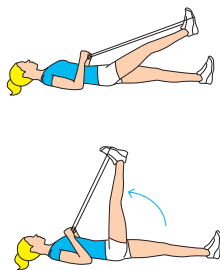
Within Reach

TAKE A DEEP BREATH AND TOUCH YOUR TOES. STRETCHING IS GOOD FOR THE BODY AND MIND

By Jodi Helmer

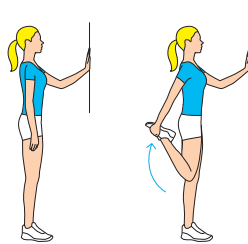
● Stretching is an important and often overlooked part of a workout. It can help improve your range of motion, decrease the risk of injuries, boost blood flow to the muscles, and ease tension—and it feels great.

“Stretching is a good way to make a mind-body connection,” says Kira Stokes, a certified personal trainer and owner of Kira Stokes Fitness in New York City. Try these three stretches at least four times per week.



Hamstring Stretch

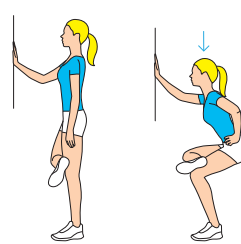
1. Lie on your back on the floor.
2. Holding the handles of a resistance band in each hand, wrap the band around the ball of your right foot.
3. With your left leg on the floor, keep your right leg straight, flex your right foot, and raise it toward the ceiling, using the resistance band to hold the position.
4. Keep your hips square and aim to have the bottom of your right foot parallel with the ceiling. (It may take time to be able to straighten your leg; for now, raise it as high as possible.)
5. Hold for 15 seconds.
6. Release and repeat three times.
7. Repeat with the left leg.



Quad Stretch

This basic quad stretch can be done almost anywhere, Stokes says. In addition to stretching the quadriceps, the move targets the hip flexors, which “tend to be super-tight in most people.”

1. Stand with feet a few inches apart and left hand on a wall for support.
2. Bend your right knee and lift your right foot behind you, grabbing your foot with your right hand.
3. Squeezing your glutes, pull your right heel toward your backside, pointing your right knee toward the floor. For added stability, hold onto the wall with your left hand.
4. Hold for 15 seconds.
5. Release and repeat three times.
6. Repeat with the left leg.



IT Band Stretch

The iliotibial or IT band, a layer of connective tissue that runs from your hip to your knee, gets tight from sitting. Stokes likes this stretch because it helps release tension in the glutes and outer thighs.

1. Holding a wall for support, cross your right ankle over your left knee.
2. Bend your left knee and lower into a “seated” position. Keep your knee over your ankle. Try to keep your left thigh parallel to the floor.
3. Hold for 15 seconds.
4. Release and repeat three times.
5. Repeat with the left leg.

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

Q

“What should I eat before I go to the gym?”

Robert M. de las Alas, 43,
family physician, Indianapolis



A

“For light activities like walking, there’s no need to fuel up first. For intense workouts, eat a few bites of fruit or sip a sports drink, which contains water and electrolytes. If you have time, a pre-workout meal with a mix of protein and complex carbs, like a turkey sandwich on whole grain bread, 90 minutes before exercising will give you the energy to power through a cardio and strength-training routine. If you want to head straight to the gym from bed, eat a light snack like half a banana with a tablespoon of peanut butter or half a cup of plain nonfat yogurt. Keep hydrated too (4 to 8 ounces of water for every 15 minutes of exercise).”

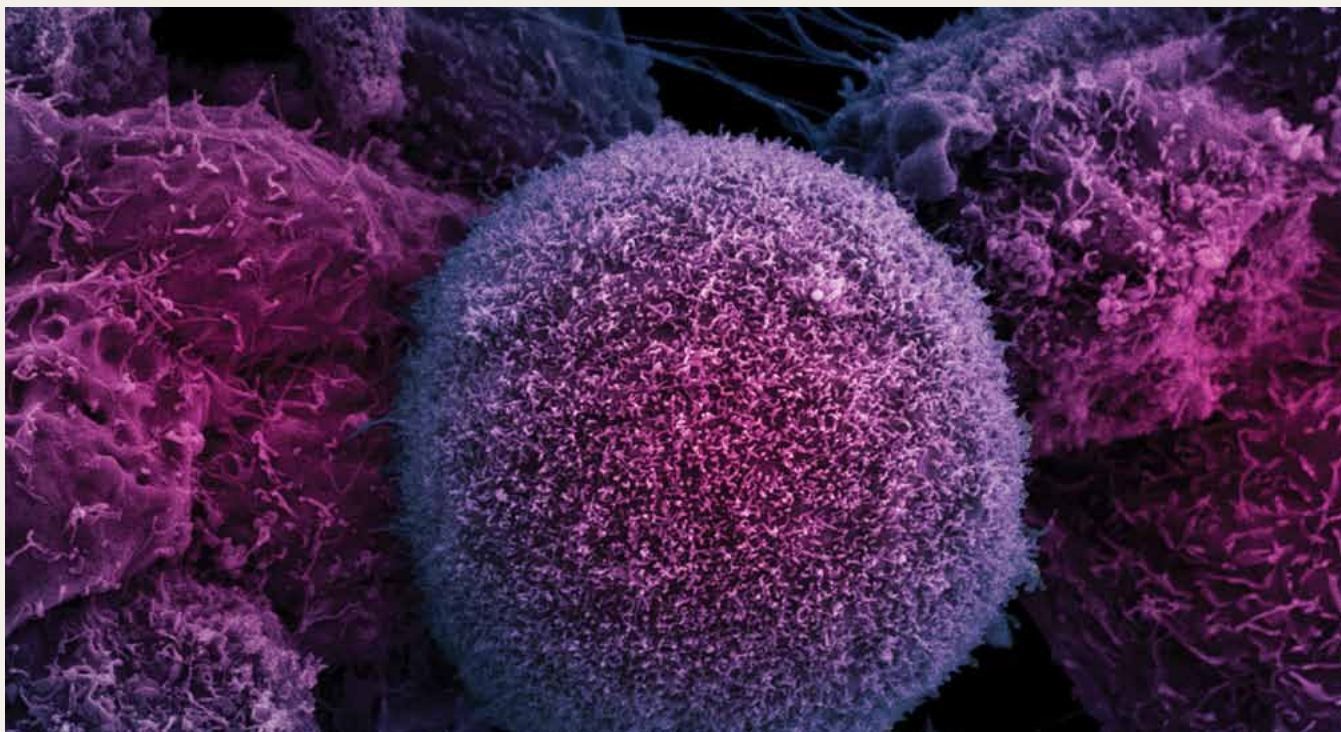


Jim White, RD, certified personal trainer and owner of *Jim White Fitness & Nutrition Studios*, Virginia Beach, Va.



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TAKING CARE, LIVING WELL



September is Prostate Cancer Awareness Month

Prostate cancer is the most common non-skin cancer in men. One in seven will be diagnosed in his lifetime. About two and half million men in the United States live with prostate cancer, and more than 230,000 men will get a prostate cancer diagnosis this year. Nearly 99% survive it.

Prostate cancer, which usually appears in men over age 65, grows very slowly and typically has no symptoms. For these reasons, many experts advise against screening otherwise healthy men. The prostate-specific antigen or PSA test, a blood test, can lead to unnecessary treatments, which can cause serious side effects related to sexual, bowel, and urinary function. Instead, experts recommend that each man discuss the risks and benefits of the test with his doctor to determine if it's right for him.

Current research demonstrates the need for better screening. A recent study found that trained dogs could smell the chemicals in the urine of men with prostate tumors with 98% accuracy. The researchers say this test could help reduce unnecessary treatments. Researchers have also found genes that increase risk for prostate cancer. Doctors might one day recommend screenings only for men with certain genes. Other genes might help doctors predict whether a man's cancer will be aggressive and require treatment.



Former New York Yankees manager Joe Torre became an advocate for prostate cancer awareness after his diagnosis. Golf superstar Arnold Palmer founded the Arnold Palmer Prostate Center, a nonprofit treatment facility in Rancho Mirage, Calif., after his diagnosis. Singer Harry Belafonte and former New York City mayor Rudolph Giuliani are also prostate cancer survivors.—*Sonya Collins*

BY THE NUMBERS

MULTIPLE SCLEROSIS

FACTS, FIGURES, AND STATS ON TOP HEALTH CONDITIONS

By Jodi Helmer



2.5 million

People diagnosed with MS worldwide

400,000

Americans living with MS



10

Long-term treatments approved for treating relapsing forms of MS, including injections, infusions, and oral medications

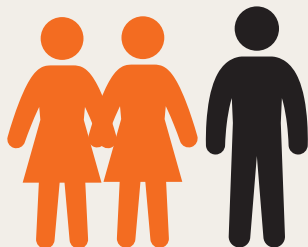


20-40

YEARS

Usual age at diagnosis

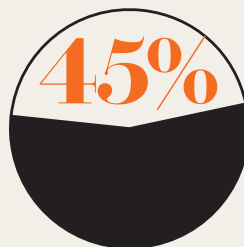
2-to-1



Ratio of women to men living with MS



Types of MS: relapsing-remitting (the most common form), primary-progressive, secondary-progressive, and progressive-relapsing



Percentage of people with MS who are not severely affected by the disease



Percentage of people with MS who have family members with the disease

85%

Percentage of MS diagnoses classified as relapsing-remitting

50%

Percentage of those diagnosed with relapsing-remitting MS who will develop the progressive form of the disease without treatment



50-75%

Percentage of people with MS who have cognitive impairment related to the disease



HEALTH HIGHLIGHTS

STAY STRONG

PREVENT ANOTHER BONE FRACTURE WITH THESE TIPS

By **Matt McMillen**

- 1** *Go with the flow*
Practice tai chi to improve your balance, essential to preventing falls.
- 2** *Stay strong*
Go dancing, climb stairs, take a walk. These and other weight-bearing exercises build bone strength.
- 3** *Avoid NSAIDs*
If you have a fracture, painkillers like ibuprofen may interfere with healing. Switch to acetaminophen instead.
- 4** *Choose proper footwear*
To help prevent falls, wear good, properly fitted walking shoes wherever you go.
- 5** *Eat right*
Get adequate calcium, vitamin D, and protein to protect your bones. Fortified milk provides all three.



- 6** *Clear a path*
Remove clutter and arrange your furniture so there's nothing to stumble over.
- 7** *Review your drugs*
Talk to your doctor or pharmacist about your medications. Side effects such as dizziness or drowsiness up your risk of falling.
- 8** *Get your ears checked*
Ear problems that cause hearing loss can also make you unsteady on your feet.
- 9** *Reduce the load*
When grocery shopping, carry small bags and make multiple trips to reduce your risk of spinal fractures.
- 10** *Ask the experts*
See a physical therapist or other specialist to learn to exercise safely.

EXPERT TIPS



Basil R. Besh, MD

orthopaedic surgeon and medical director, FORM Hand, Wrist and Elbow Institute, Fremont, Calif.

"Your body is pretty smart, so listen to it. If something hurts, don't do it. This is especially important after surgery, when you need to rest and give your body a chance to heal without disturbance."

"Prevent falls by wearing sensible shoes, avoiding uneven terrain, and exercising."



Elizabeth Eckstrom, MD, MPH

director of geriatrics, Oregon Health & Science University, Portland, Ore.

"Lots of older people lose their sense of thirst and end up not drinking enough fluid. Everyone needs 48 to 64 ounces of non-caffeinated, non-alcoholic fluid daily."

"When running errands or exercising outside, wear single-distance lens glasses; bifocals or progressive lenses can make the ground blurry, and you can feel unsteady."



Frederick M. Azar, MD

orthopaedic surgeon and president, American Academy of Orthopaedic Surgeons, Germantown, Tenn.

"Eat well. Make sure your caloric and protein intakes are adequate and, if necessary, add or continue multivitamin and calcium supplements. However, mega-doses of either will not help you heal faster."

"Whenever possible—and with your doctor's approval—keep moving."



Read **Frequent Urination: Causes and Treatments** at the Incontinence and OAB channel at WebMD.com.

[LEARN MORE ON PAGE 5](#)

Checkup

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

LIVING WITH GO TIME

DO YOU ALWAYS FEEL LIKE YOU NEED A TRIP TO THE BATHROOM?
IT COULD BE OVERACTIVE BLADDER

By *Christina Boufis*

You're sitting in a meeting when you have the sudden urge to urinate. Immediately. Or you can't sleep because your bladder wakes you up. Maybe you've canceled plans because you don't always make it to the bathroom on time. And you're embarrassed to talk about it.

No need to feel shame, says Maude Carmel, MD, assistant professor of urology at The University of Texas Southwestern Medical Center. "OAB [overactive bladder] is very common and there are solutions." In fact, OAB affects nearly four in 10 women, according to the Urology Care Foundation.

OAB is not a disease but a treatable condition, characterized by frequent urination (more than eight times in 24 hours and more than one time at night), sudden urges to empty the bladder, and, for some women, incontinence. When you have OAB, your bladder contracts at the wrong time, sending signals to the brain telling it to empty before it's really full, Carmel explains.

Certain medications, neurological diseases, and aging can increase your risk of OAB. Here's what you can do:



Rethink your drink.

"Anyone with OAB should probably limit herself to one or maybe two caffeinated drinks per day," Carmel says. Caffeine—in coffee, green or black tea, chocolate, and sodas—irritates the bladder and is a diuretic, "so it really just makes everything worse."

Limit alcohol (another diuretic) and artificial sweeteners, which also irritate the bladder, increasing feelings of urgency and frequency.

Write it out. Keeping a bladder diary—a log of what you drink, when you pee, and how much—is a great tool for evaluating how much you're really drinking and when your OAB symptoms are worse, Carmel says.

Do kegels. When done

correctly, these pelvic floor exercises strengthen the muscles that hold the bladder and help reduce OAB symptoms in women, says Carmel. "But you need to do them properly." Try stopping your urine mid-stream to identify the proper muscles. Then do 10 contractions two to three times a day, holding each contraction for five to 10 seconds.

Pee on a schedule.

"Bladder retraining is very

important," Carmel says. "It helps your bladder hold more urine before sending a signal to your muscles that it's time to go."

Start by urinating every two hours, for example. If the urge comes before then, postpone urination by doing kegels, Carmel says. If you can't make it to your scheduled time, do kegels and try postponing urination for five minutes. Gradually increase the time between urinating, which will help retrain your bladder muscles.

Shed pounds. Studies show that losing weight decreases OAB symptoms. "The extra weight on the bladder can make it oversensitive," Carmel says.

Fiber up. "You need to treat constipation if you have OAB," Carmel says, "because if the rectum is full it will make the bladder feel full, causing it to contract abnormally." Eat more fiber-rich foods, such as fruits and vegetables, or try an OTC fiber product, she adds.

DID YOU KNOW?

ONE STUDY SHOWED THAT IF YOU'RE OVERWEIGHT, **LOSING 8% OF YOUR BODY WEIGHT**—ABOUT 17 POUNDS FOR WOMEN IN THE STUDY—REDUCED INCONTINENCE EPISODES BY NEARLY HALF.

MY STORY

IN THE BALANCE

A READER'S STROKE EXPERIENCE BRINGS EVEN GREATER INSIGHT TO HER WORK

By Michelle Moccio, NP
WebMD.com community member

A year ago last October I got up at 4 a.m., went to the bathroom, and came back to bed, and all of a sudden everything started spinning. I got up and fell back down. I had blurry and double vision. I was extremely nauseous and vomited for hours.

It crossed my mind that I might be having a stroke—I've been a stroke nurse practitioner for eight years—but I thought, this is too ironic. I'm 44. I'm healthy. I have no known risk factors. I don't have high blood pressure, high cholesterol, or diabetes. I'm not on birth control pills, and I don't smoke.

My husband urged me to call 911, but I was thinking about other things that can mimic a stroke, such as an inner ear infection. I was ill the week before and on antibiotics, so this made sense. I called in sick and hoped to be back at my job soon.

The next day, my husband urged me to go see a neurologist at the hospital where I work, and I was



sent to the emergency room to have some images taken.

I don't remember a lot of what happened in the following days. I was told I had a stroke and was in the intensive care unit for five days, but I still couldn't believe it. Then I went to acute stroke rehabilitation for a week and was later discharged for outpatient physical and occupational therapy.

I had to learn to walk in a straight line. I couldn't walk without bumping into things. When I'd turn my

head, I'd experience vertigo. And the fatigue was just unbelievable. I was sleeping 10 to 12 hours a day. I still have some fatigue, but to a much less extent.

But therapy was amazing. After about four months, I was able to go back to work. Today I feel great, but if I'm sick or run down, the imbalance comes back. After my experience, I have a greater appreciation for what stroke survivors like my patients go through, a unique insight that I certainly didn't have before.

MICHELLE'S MENTALITY

Know the signs and symptoms of stroke: weakness or numbness on either side of the body; double, blurred vision or loss of vision in one or both eyes; difficulty speaking; difficulty understanding; extreme imbalance; severe headache. Call 911 immediately.

Remember that you don't have to have all the signs of stroke. Just one is enough to call 911.

Know your personal risk factors and how to control them.

Don't wait. If you get to the hospital within three hours of a stroke, you can receive a clot-busting agent.

? ASK YOUR DOCTOR

1. Do I need to change my diet?
2. How can I reduce my risk of stroke?
3. Do I need to take aspirin to prevent stroke?
4. What's a healthy range for my blood sugar, cholesterol, and blood pressure?
5. Will I regain full function after my stroke?

HEALTH CHECK

WHAT'S YOUR PHOBIA IQ?



It's easy to joke about phobias, but they're no laughing matter for those who have them. Officially defined as an irrational or obsessive fear of something, phobias can be debilitating. Take the case of **Curious_Hansen12**, who told the WebMD anxiety community, "When I'm in a phobic incident, I tend to breathe so heavy, heart's pounding, I feel irritable, my forehead sweats cold, and my inside body feels cold too." How much do you know about this anxiety disorder?

QUIZ

- Reactions to a phobia can include:
 - Dread
 - Uncontrollable thoughts
 - Rapid heartbeat
 - Desire to flee
 - All of the above
- The effect of phobias on a person's daily life is:
 - An inability to work efficiently
 - Disruptions to relationships
 - Trouble completing daily functions, such as shopping, driving, or gardening
 - Any or all of the above
- The best treatment for phobias is:
 - Cognitive (or "talk") therapy
 - Medication
 - A combination of both
 - There is no cure for phobias
- The percentage of people who get treatment for phobias is:
 - 82%
 - 75%
 - 51%
 - 34%

Answers: 1. e. Most people with phobias know their fear is out of proportion to the feared object or situation. Still, their response can be very intense and can include the above reactions as well as taking extreme measures to avoid a situation. **2. d.** Phobias can severely impact a person's ability to work, relate to others, or get about in the world. **3. c.** Research shows the combination of cognitive therapy (such as gradually learning to tolerate the presence of the feared object or situation) combined with medications (such as those that control anxiety) can help patients overcome their phobias. **4. d.** Only 34% of Americans with phobias receive even minimally adequate treatment.

SOURCES:
National Institute of Mental Health; Anxiety and Depression Association of America; American Psychiatric Institute for Research and Education; WebMD Anxiety & Panic Disorders Health Center



ASK YOUR DOCTOR

- How can I tell the difference between being afraid and having a phobia?
- Is my phobia curable?
- What treatments can I pursue?
- Are there support groups in my area for people with phobias?

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 BEAUTYSM

Johnny Galecki

Actor

1 You were still a teenager when you were on

Roseanne. Did any of the plot situations mirror your own life? It was actually the opposite for me. I had just moved to L.A. without family, and my life was all about getting my bearings as an adult while I was playing a teenager. But I remember watching the pilot with my family in Chicago and feeling like they were peering in our window—that's how realistic the show was in many other ways.

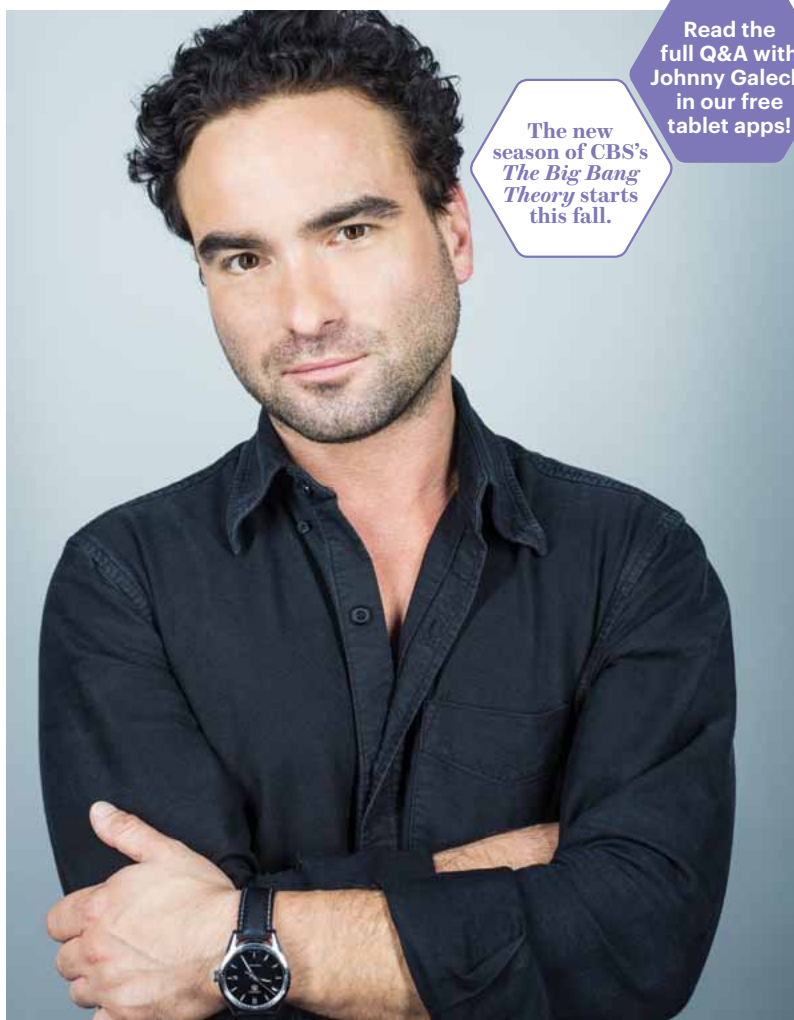
2 Are you anything like Leonard Hofstadter,

your brainy physicist character, on *The Big Bang Theory*? The writers do pick up on things and work them into the characters, whether it's dynamics or other stuff. But in terms of my IQ and Leonard's? I did take an IQ test years ago. I'm not revealing the score, but there was a huge discrepancy between the results.

3 What about Leonard's many health issues? Nope,

I come from fairly hardy stock. I do have terrible eyesight though, so I truly need those glasses.

4 You bought land on a vineyard outside of L.A.



The new season of CBS's *The Big Bang Theory* starts this fall.

Read the full Q&A with Johnny Galecki in our free tablet apps!

Is this your retreat?

Totally. It's a great place to get away from the madness of L.A. At first, owning the property was intimidating. I was a city kid and I travel a lot. But I feel like the place marks a new beginning for me.

5 What's your worst health habit?

Smoking. It's a tough one, but I have a plan in motion to quit and I am excited about it. I've tried [quitting]

before but never felt this hopeful or ready.

6 Do you have a fitness routine? It wasn't easy,

being from the Midwest, where there really wasn't a lot about health or fitness being taught. No one in my family went for a jog or had a gym membership. For a long time, I actually looked down on exercising, [thinking] it was a bourgeois thing

for fortunate people who hadn't been wrecked by blue collar jobs. Today is another story. I love the elliptical machine.

7 What changed for you? I was

doing a play [in 2006] and had to get into serious shape for the role. I had a hard-core, twice-a-day regimen. Becoming committed to that changed everything for me. Now I consider

exercise more about mood moderation than vanity. There's not a bad mood that I can't fix with 20 minutes on the elliptical.

8 What's your best health habit? I've

totally bought into the whole juice thing, and I make a real effort to stay consistent, despite frequent travel. Also, don't tell my brother, I do yoga. I'm a fairly stocky guy, so I like doing things that use my own body weight to keep off added bulk. The psychological element has also been life-changing for me.

9 Do you have a health philosophy?

People need to be gentler with themselves. Instead of beating yourself up for eating or drinking too much, I believe you need to coddle that side of yourself. Be kind and gentle—like you would with a loved one. Otherwise it could be a lifelong pattern of self-loathing and neglect. And I think that's how people end up very sick.

10 Are motor-cycles still a hobby?

With 200 co-workers who rely on me to be there every day, I feel like risking my life on a motor-cycle isn't so mature. These days I keep my bikes at the vineyard.—**Liz Krieger**