

WebMD[®]

March/April 2015 / \$4.95

DOWNLOAD THIS ISSUE
ON YOUR TABLET FOR
FREE FROM THE APP STORE
OR GOOGLE PLAY!

**THE
FUTURE
OF
HEALTH**
PG. 36

GAME CHANGE

**Former NFL star
Michael Strahan
has a new playbook**

PG. 30

**HEALTHY
BEAUTY**

Serums for Your
Skin Type
pg. 18

**MEN'S
HEALTH**

Can Social Ties
Save Your Life?
pg. 14

**BY THE
NUMBERS**

Irritable Bowel
Syndrome
pg. 51

**FOOD &
FITNESS**

3 Ways to Cook
With Pineapple
pg. 41

**FAMILY &
PARENTING**

How to Live With
Allergies & Pets
pg. 28

**LIVING
HEALTHY**

From Pessimist
to Optimist
pg. 12



FEATURES

Pg.
30

Pg.
36

Game On!

You might recognize **Michael Strahan** as the co-host of *Live With Kelly and Michael*—and he is happy about that. The TV personality, who spent 15 seasons on the football field and was recently inducted into the NFL Hall of Fame, has transitioned from tough guy to entertainer, but the change wasn't without its challenges. He opens up about life after the gridiron and shares tactics from his new playbook.

Edge of Tomorrow

In its groundbreaking new multimedia series, WebMD takes a close-up look at the future of health. Get a sneak peek at five medical innovations and advances that are already changing people's lives.



36



54



Download WebMD Magazine for FREE on the App Store and Google Play.

“
I THINK IT'S REALLY COOL THAT I'VE BEEN ABLE TO MAKE THE TRANSITION TO WHERE PEOPLE SAY, 'HE USED TO PLAY FOOTBALL?'
”

IN EVERY ISSUE

Pg. **4**

EDITOR'S NOTE

The future of health

Pg. **54**

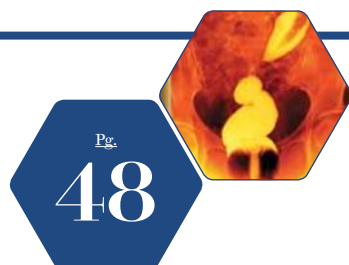
TAKE 10

Actor/author **Mariel Hemingway** has overcome a lot of demons in her life. She opens up about her family, and how she now stays happy and healthy.

WebMD® Contents

MARCH/APRIL 2015

 Pg. 6	HEALTHY START HOT TOPICS: Is there an allergen-free peanut in your future? Can yogurt help you stave off diabetes? Could high protein lower blood pressure? Find out and get more news you can use.
 Pg. 9	LIVING HEALTHY WEBMD ON THE STREET: Our experts help a landscape architect in California get to the root of some of her nagging health issues. • WOMEN'S HEALTH: Are you a glass-half-empty kinda gal? Pessimism is learned—and you can train your brain to tap into the power of positive thinking. • SPOTLIGHT: A head-to-toe guide to living with and staying healthy with diabetes. • MEN'S HEALTH: Are you a lone wolf or lonely? There's a difference. And strong social ties can help make all the difference. • MIND MATTERS: All that time spent on the computer might be good for you. Find out how your online time could boost your memory and brainpower.
 Pg. 17	HEALTHY BEAUTY YOU ASKED: Do you need a serum? We break down these potent solutions and help you pick the right one for your skin type. • YOUR SMILE: Would you travel abroad for a visit to the dentist? Dental tourism is popular. Here's what you need to know before you go. • BEAUTY SMARTS: Want a plumper pout? Find out if lip injections are right for you. Plus: Beauty 411, Aisle Do, Dirty Secret
 Pg. 22	FAMILY & PARENTING PET HEALTH: Fashion designer Zac Posen rules the runways, but his three dogs rule the roost. Find out why they are this man's best friend. • PREGNANCY: Could you be pregnant? Learn the early signs. • BABY TALK: Calling all new moms! You can get your body back. We explain how. • KIDS' HEALTH: Being online is a big deal if you're a kid. Parents, here's how to help them navigate the Web. • PET HEALTH: Do you have allergies—and pets, too? You can live in perfect, sneeze-free harmony.
 Pg. 41	FOOD & FITNESS IN SEASON: Pineapple is solid gold when it comes to dinner. The juicy fruit shines in our three easy and delicious recipes. • OFF THE MENU: Chef Gerard Craft shares his secret sauce for keeping fit and focused. • WORK IT OUT: Are you bored with your fitness routine? We can help you figure out why and how to fix it. • FITNESS CHALLENGE: Punch up your workout with a total-body boxing routine.



WEBMD CHECKUP

March is Colon Cancer Awareness Month. Learn more. • **HEALTH HIGHLIGHTS:** Get relief from chronic fatigue syndrome. • **LIVING WITH:** Multiple sclerosis. Learn how to stay active and healthy with these tips. • **BY THE NUMBERS:** We take a closer look at irritable bowel syndrome. • **MY STORY:** A reader shares her inspiring story about lupus. • **HEALTH CHECK:** Is your home allergy-proofed? Take the quiz to find out.



● How does someone who hates mornings and has bragging rights to sacking quarterbacks end up co-hosting national morning talk shows? One key is adaptability. A 6-foot-5-inch physique and a natural ease in front of the camera don't hurt either. On page 30, we talk to **Michael Strahan** about life after the Giants, his early upbringing, and his drive.

It's that drive and also his great attitude and openness to learning that help him to stay in shape. His focus on wellness is inspiring, especially this time of year when our New Year's resolutions are fading and the crowded gym classes of January begin to empty out. As spring starts to settle in, take a moment to check in on your goals for the year. Whether they are about connecting socially, combatting negative thoughts, or staying in shape, we've got you covered in this issue.

And speaking of inspiration, take some time to get inspired by our **Future of Health with Robin Roberts** report (page 36), spotlighting some of the promising innovations in fighting obesity, improving vision, treating infertility, and more. Have a wonderful spring.

Kristy

Kristy Hammam
Editor in Chief
kristy@webmd.com

WHAT'S NEXT?

3-D printing. Wireless medicine. Bionic eyes. These are among the medical innovations that have the potential to improve our health and wellness. WebMD and *Good Morning America* co-anchor **Robin Roberts** are highlighting these and other advances and the inspiring individuals associated with them in **WebMD's Future of Health with Robin Roberts**.

You can read more in the pages ahead and explore WebMD's exciting new video programming at webmd.com/FutureofHealth.



Access Now!



1 Download the free **Digimarc Discover** app, available at iTunes and Google Play.



2 Open the app. Hold your device 4 to 7 inches away from the activated icon (shown at right) to scan it. Your phone will alert you when Digimarc Discover recognizes the image.



3 Your browser will open to display a webpage where you can access WebMD articles, videos, slideshows, and more content; buy featured products; or download WebMD apps.



Look for this icon on pages throughout the magazine.

NOTE: WebMD does not approve or endorse any product or service featured through Digimarc digital activations, or those presented through ShopAdvisor, except for proprietary WebMD apps. All featured products, services, and information (except WebMD apps) are hosted and sold by third-party providers and sellers. WebMD makes no claims, promises, warranties or guarantees about the accuracy, completeness, or adequacy of any featured product or service.

Download
**WebMD
Magazine**
for **FREE**
on the
App Store and
Google Play.



We Want to Hear From You!



Like WebMD!
facebook.com/webmd



Tweet us!
twitter.com/webmd



Pin with us!
pinterest.com/webmd/webmd-magazine



Email the editors!
webmdmagazineeditors@webmd.net

A Healthy Way to Look and Feel Beautiful

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



WebMD
healthy
BEAUTYSM

WebMD[®]

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

EDITOR IN CHIEF
Kristy Hammam

EDITORIAL DIRECTOR
Colleen Parety

SENIOR EDITOR
Sylvia Davis

WEBMD.COM SENIOR DIRECTOR, EDITORIAL
Stephanie Snipes

WEBMD.COM ART DIRECTOR
Noel Triplett

CHIEF MEDICAL EDITOR
Michael W. Smith, MD

MEDICAL EDITORS
Brunilda Nazario, MD;
Hansa Bhargava, MD;
Arefa Cassoobhoy, MD, MPH

CONTRIBUTING WRITERS
Christina Boufis, Sonya Collins, Heather Hatfield, Jodi Helmer, Ayren Jackson-Cannady, Katherine Kam, Lauren Paige Kennedy, Shelley Levitt, Matt McMillen, Erin O'Donnell, Gina Shaw, Stephanie Watson

VICE PRESIDENT, PUBLISHER
Heidi Anderson

ASSOCIATE PUBLISHER
Vanessa Cognard

DIRECTOR, BUSINESS OPERATIONS
Mathew Reynders

VICE PRESIDENT, CIRCULATION
Paul Bar

SENIOR DIRECTOR, MARKETING
Kathleen Cusack

SALES OPERATIONS ANALYST
Kisha Jackson

ADVERTISING SALES

CHICAGO
Tracy Kennedy
tkennedy@webmd.net
312-416-9275

Anna Novinger
anovinger@webmd.net
312-416-9278

NEW YORK
Claudia Fern
cfern@webmd.net
212-624-3728

Patria Rodriguez
prodriguez@webmd.net
212-417-9542

John Schaetzle
jschaetzle@webmd.net
212-624-3787

WEST COAST
Nicole Jones
njones@webmd.net
805-770-2293

SOUTHEAST
Courtney Cofield
WNP Media
courtney@wnpmedia.com
770-569-8188

CHIEF EXECUTIVE OFFICER
David J. Schlanger

PRESIDENT
Steven L. Zatz, MD

EXECUTIVE VICE PRESIDENT, CHIEF OF CONSUMER STRATEGY
Lisa Ryan Howard

EXECUTIVE VICE PRESIDENT, CONSUMER SALES AND PRODUCT MARKETING
Michael Fogarty

CHIEF FINANCIAL OFFICER
Peter Anevski

CO-GENERAL COUNSEL & SECRETARY
Doug Wamsley

CO-GENERAL COUNSEL
Michael Glick

SENIOR VICE PRESIDENT, MARKETING
Yiatin Chu

VICE PRESIDENT, FINANCE
James McCann

DIRECTOR, POLICY & GOVERNANCE
Theresa Saladino

CHIEF COMMUNICATIONS OFFICER
Adam Grossberg

McMURRY/TMG

EDITORIAL, DESIGN, PRODUCTION MANAGEMENT

EDITOR AT LARGE
Kim Caviness

DEPUTY EDITOR
Andrea Gabrick

MANAGING EDITOR
Rebecca Scherr

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

ART DIRECTOR
Melissa H. Miller

PHOTO EDITOR
Katie Ellsworth

PRODUCTION DIRECTOR
Connie Otto

PRODUCTION MANAGER
Judi Sheffer

ADVERTISING TRAFFIC MANAGER
Jennifer Morgan

PRODUCTION ARTIST
Brenda M. Waugh

COPY EDITOR
Sharon K. Congdon

SENIOR VICE PRESIDENT, MARKETING SERVICES
Joanne LoPinto

SENIOR MARKETING MANAGER
Megan Manning Vereb

CUSTOMER SERVICE & SUBSCRIPTIONS

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

READERS Download *WebMD Magazine* on your iPad or Android device for free. Go to the App Store[®] (apple.com) or Google Play[™] (googleplay.com).

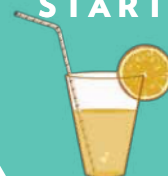
Comments? Questions? Go to CustomerCare.WebMD.com or "Contact Us" at the bottom of every page on WebMD.com.



WebMD Magazine is distributed to doctors' offices throughout the U.S., online at WebMD.com, and by download from the App Store or Google Play. WebMD Magazine is not responsible for advertising claims. WebMD Magazine (ISSN 1553-9946), Vol. 11, No. 2, is published by WebMD, LLC, and may not be reproduced in whole or in part without written permission of WebMD, LLC. All editorial content is reviewed by our board-certified physicians, is for informational purposes only, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. WebMD does not endorse any specific product, service, or treatment. Always seek the advice of your health care provider with any questions regarding a medical condition and never disregard professional medical advice or delay seeking it because of something you have read in WebMD Magazine. If you think you have a medical emergency, call your doctor or 911 immediately. © 2015 WebMD, LLC. All rights reserved.

CLOCKWISE FROM TOP LEFT: STEVE BROWN PHOTOGRAPHY/GETTY IMAGES; ERIC HOOD/GETTY IMAGES; IMAGE SOURCE/GLOW IMAGES (2); KARANDAEV/GETTY IMAGES; ELL_ASENOWA/GETTY IMAGES; MICHELE CONSTANTINI/GLOW IMAGES; KAIS TOLMATS/GLOW IMAGES

HEALTHY
START



HOT TOPICS!

FACTS AND NEWS YOU CAN USE



81% of parents admit they steal candy from their children's Easter basket.

Source: National Confectioners Association

200 liters Amount of blood that kidneys filter a day

Source: National Kidney Foundation

6 to 12 months

Recommended age babies should see an eye doctor

Source: American Optometric Association



Top dessert trends of 2015, according to chefs: artisan ice cream, bite-sized treats, something savory, hybrid desserts, and smoked ingredients



Source: National Restaurant Association

April is National Autism Awareness Month. More than 3.5 million Americans have an autism spectrum disorder.

Source: Autism Society



Most children spend **40%** of their lives sleeping.

Source: National Sleep Foundation



18% of Americans who exercise use wearable devices.

Source: Mintel



1 in 8

NUMBER OF COUPLES WHO HAVE TROUBLE GETTING PREGNANT OR CARRYING A PREGNANCY TO TERM

Source: Resolve



6 Calories per peanut (dry-roasted, without salt)

Source: U.S. Department of Agriculture



one in ten

Deaths due to excessive drinking among adults ages 20 to 64 between 2006 and 2010

Source: CDC

GOOD ADVICE

Popeye had it all wrong. When kids hear that foods are good for them, they're less likely to eat them. In an experiment, preschoolers were offered a snack of carrots or crackers. Before the snack, some of the children listened to a story about how that same snack helped a child grow strong, learn to read, or learn to count. Regardless of the benefit described in the story—health or academic—kids who heard the food was good for them ate less of their snack. They also rated the food as less tasty.

Source: Journal of Consumer Research



On the Block

Trans fat—that partially hydrogenated fat in manufactured foods like crackers and baked goods—may block more than just your arteries. About 1,000 healthy men completed a questionnaire about their diets and took a word-recall test. Researchers showed them 104 words on cards, and the men had to say whether each word had already appeared on another card. Men ages 20 to 45 who had the most trans fat in their diets were the worst at remembering whether they'd already seen a word. Each additional gram of trans fat per day equaled almost one fewer word they remembered. Men who consumed the most trans fat remembered 10% fewer words than those who took in the least.

Source: American Heart Association

72%
Number of
American
adults
who make
spring
cleaning
an annual
ritual

*Source: American
Cleaning Institute*



TOUGH CUT

Omega-3 fatty acids could help you beat cigarette cravings. In a study of smokers trying to quit, those who got about four doses of omega-3 every day smoked significantly less and had fewer cravings than their peers during the one-month experiment. The month after they stopped taking the fatty acids, they still didn't smoke or crave cigarettes as much as their peers. Those in the study took 2,710 milligrams of EPA (eicosapentaenoic acid) and 2,040 milligrams of DHA (docosahexaenoic acid) every day. These two fatty acids are common ingredients in fish oil supplements.

Source: Journal of Psychopharmacology





String Theory

A single piece of string could tell you if you're a healthy size. Cut the string to match your height, then fold it in half. If it reaches around your waist, you're in good enough shape to be healthy, say researchers who studied data on waist-to-height ratio to find the right rule of thumb. Doctors have long pushed waist-to-height ratio as a better measure of healthy size than body mass index or weight, but ratios can be confusing. Now it's simple: Keep your waist to less than half your height.

Source: BMC Medicine

GO PRO

A yogurt a day could keep diabetes away. In a study that tracked more than 100,000 people for 20 years, those who had a daily 8-ounce serving of plain or flavored yogurt were 18% less likely to develop type 2 diabetes during the study period than those who didn't eat yogurt. Other dairy products didn't bring the same benefits. Researchers say the good bacteria (probiotics) in some yogurt might play a part.

Source: BMC Medicine



**JUMP
START**



The future is now. That could easily have been the title of our new initiative called the **Future of Health**, produced in partnership with Good Morning America co-anchor Robin Roberts.

But the "now" part is key; our mission is to sift through the tsunami of medical breakthrough news to surface and explain the innovations that are here today, already giving people hope and making a difference in their lives. Some of these recent developments include:

- Transplanted wombs and ovarian tissue freezing are just two new ways that infertile women can now conceive and deliver healthy babies.
- 3-D printers build limbs, joints, and tissue.
- New medications and devices now help people who are obese achieve real, meaningful weight loss.
- Sensors, devices, and wearable clothing are just a few innovations in wireless medicine.
- Corneal implants and bionic eyes now bring better vision not only to those of us who need reading glasses but even to those who were once totally blind.

Our full **Future of Health** report is on **WebMD.com**, with expert interviews, infographics, videos, and more. For now, enjoy a sneak peek starting on page 36.

Colleen

Colleen Paretty
Editorial Director
colleen@webmd.com

38%

**DROP IN HOSPITALIZATIONS FOR HEART
ATTACKS IN THE DECADE ENDING BEFORE 2011**

Source: Circulation



NUTTY IDEA

While some researchers work to free people from their peanut allergies, others work to free peanuts of the ingredients that cause those allergies. Shining ultraviolet light on peanuts—a new process used to decontaminate food—a food scientist at the University of Florida has cut 80% of the allergens from the nuts. His goal is to produce a 99.9% allergen-free peanut, which would be safe for 95% of people with peanut allergies.

Source: Food and Bioprocess Technology



Ground Control

If only you had more willpower, you would easily stick to your diet or exercise program, right? Nope. You need a lot more than willpower to do things like that. It's not just about self-control. In fact, willpower might be the most misunderstood of virtues. Once you get wise to how willpower works, you'll know how to use it, why it can go off the rails, and how to get it back on track. Think of your willpower as a piggy bank. Just like dollars in your bank account, your willpower is in limited supply. On any given day, you should budget your willpower so you have it when it counts. For example, if you plan to hit the gym after work, pack a nutritious lunch because you may not have the wherewithal to both resist pizza for lunch and work out on your way home. One of the best things about willpower, according to Marina Chaparro, RD, a registered dietitian, is that growing self-control in one area of your life leads to other positive changes. "Many people think you're either born with willpower or you're not," Chaparro says. "But that's not true. It's like a muscle you can strengthen over time." You work out your willpower a little differently than you exercise your abs, but both routines require doing something over and over. Setting small, incremental goals that you regularly meet is the best way to give your willpower a boost, Chaparro says.—*Joy Manning*

Gardener State

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

Photograph by Thomas Alleman

SLEEP SENSE

"Feeling tired after working outside may be due to dehydration. Check your urine. If it's dark, you need more water and water-rich foods like fruits and vegetables. Also, dress for the weather. Layering clothing allows you to shed layers and stay cool. Sunglasses and a hat will protect you from the sun's glare. And look at your full day. Are you overdoing it with another activity? Are you getting quality sleep at night? If the fatigue is still a problem, talk to your doctor."



Arefa Cassoobhoy, MD, MPH
WebMD medical editor

Read more expert advice in our free tablet apps!

WEBMD ON THE STREET

Brenda Wadsworth

Landscape architect, 45
Santa Clarita, Calif.

Brenda Wadsworth became a landscape architect, thanks to her horticultural roots. "I grew up on a farm in southern Utah and just loved to be outside," she says. "I picked fruit and gardened. I was never big enough to haul hay, so I drove the tractor." Now, she designs drought-tolerant and fire-safe landscapes in Southern California. It's her dream job, but working outside with allergies is less than ideal. "I sometimes try to manage my allergies with medications, but as a smaller-sized person, if I take a full-sized dose I'm zonked, and if I take half a dose it doesn't work." Even her skin reacts, breaking out in a nasty rash after she touches certain plants. "I'm looking for some kind of soothing lotion that will relieve the itch after I'm exposed to these plants." Skin dryness is another issue, and Wadsworth worries her low-fat diet may contribute. "Are there any foods I can add to my diet that may help?" Working outdoors in the heat for three to four hours at a stretch also saps her energy. "I try to keep hydrated, but after that amount of time outside I feel so tired and worn out." And even though running her own business from home is liberating, she wonders, "How do I make sure I get enough social interaction when I work in such a solitary environment?" Another challenge is how to juggle the demands of career and family. "I seem to work all the time. How do I set boundaries?"

—Stephanie Watson



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

LIVING HEALTHY

SEASON TICKET

"Some oral antihistamines can make you sleepy. To avoid the drowsiness, you can try nonsedating antihistamines such as Claritin or Allegra. You may also want to try Nasacort Allergy 24 HR over-the-counter treatment, which usually works better than OTC oral antihistamines for seasonal allergies. To get the best response to nasal steroid sprays such as Nasacort, start using them a few days before your allergy season starts."



Andrew S. Kim, MD
medical director, Allergy & Asthma Center of Fairfax, Va.

SKIN DEEP

"While no evidence proves foods play a large role in skin dryness and sensitivity, some small studies suggest a few key ingredients that increase the health and hydration of your skin. These include essential fatty acids such as omega-3 and omega-6 oils in walnuts, flaxseed, and safflower oils, salmon, and other fish and antioxidants in berries and many other fruits."



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

GUARD DUTY

"More important than a lotion after the fact is to protect the skin from exposure to plants, saps, and oils. Wear long sleeves and gloves that completely cover your skin. Also, apply a poison ivy barrier cream to your skin before touching plants to prevent oils from penetrating the skin. It's also critical to wash any exposed skin immediately. Try an over-the-counter 1% hydrocortisone cream for the itch."



Jeffrey Benabio, MD
dermatologist, Kaiser Permanente, San Diego, and a fellow of the American Academy of Dermatology

STEP OUT

"Make a point to get together over a meal with business contacts, or take a break from work by dining out with friends. You might also exercise regularly with a friend or take a weekly yoga or cooking class. Make a conscious effort to meet with others on a regular basis."



Leslie Becker-Phelps, PhD
clinical psychologist and author of Insecure in Love



Take the **Happiness Quiz** at WebMD.com.

LEARN HOW ON P. 4

LIVING
HEALTHY

WOMEN'S HEALTH

Positively Not?

PERSPECTIVE IS EVERYTHING—AND YOU CAN LEARN TO CHANGE YOUR PESSIMISTIC WAYS

By Colleen Oakley

APP EXTRA!
What's the difference between pessimism and depression?

● Think happy thoughts.
● Find the silver lining.
Look on the bright side.

Rolling your eyes yet? Alexandra Hruz, 27, a self-proclaimed pessimist who lives in Chattanooga, Tenn., is. "When people are overly optimistic, it's much easier to be let down by circumstances," she says. "I don't think the world is going to end tomorrow, but I also don't like to hang my hopes on things working out on their own, simply by the power of positive thinking."

But experts say positive thinking has serious benefits that go beyond a perky disposition. According to a recent



"Pessimism is a learned behavior, which means anyone can also learn to be optimistic."

study from the University of Pittsburgh, women who expect good things to happen have a 30% lower risk for heart disease. Optimism was also linked to a lower risk of stroke in a University of Michigan study. And a study in the *Canadian Medical Association Journal* found that as they age, optimists tend to get fewer disabilities and live longer than pessimists.

If you're a pessimist, you can still change your view. "Pessimism is a learned

behavior, which means anyone can also learn to be optimistic," says Elizabeth Lombardo, PhD, author of *A Happy You: Your Ultimate Prescription for Happiness*. "It's a skill you can teach yourself." Here's how:

Reframe your frustrations. Researchers at the University of Kent in England found that people who strived to see the positive side of things that went wrong—rather than venting to friends about what went wrong, or

blaming themselves for small failures—were happier and more satisfied at the end of the day.

"If you didn't get that promotion or you failed an exam or a relationship disintegrated, what can you learn from it? Failure can be a huge gift," Lombardo says.

Just say "om." Recent research suggests that people who meditate daily have more positive emotions than those who don't. Mindful meditation, or savoring, works just as well, says Richard O'Connor, PhD, author of *Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive*

Behavior. Noticing a pretty flower, getting an ice cream with your kids, making every green light on your morning commute—savoring these positive moments helps train your brain to observe more good things.

Make a happy list.

Every evening write down three or four great things that happened that day. A recent study in the *Journal of Research in Personality* found that writing about positive experiences for just three consecutive days has lasting effects on mood.

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



Check out the **Diabetes head2toe** tool at WebMD.com/managing-diabetes.
[LEARN HOW ON P. 4](#)

DIABETES

BODY GUARD

DO YOU HAVE PREDIABETES OR DIABETES? HERE'S A HEAD-TO-TOE GUIDE FOR STAYING HEALTHY

By Stephanie Watson

Eyes

See your eye doctor for a comprehensive dilated eye exam at least once a year. Control blood sugar levels to prevent damage to the eye's blood vessels (called retinopathy).

Heart

Limit unhealthy fats like those in red meat, baked goods, and fried foods. Increase fiber in your diet to lower cholesterol. If you smoke, ask your doctor for ideas to quit.

Waist

Set weight-loss goals you can achieve. Trim back on calories and fat. Get active at least 30 minutes a day, five days a week. Keep a food and exercise journal to stay accountable.

Feet

Check your feet every day for sores, cuts, blisters, and other problems you might not feel because of nerve damage. See your podiatrist for a thorough foot exam once a year.

Brain

To reduce your risk of a stroke, keep your blood sugar, blood pressure, and cholesterol levels in check. Take medicine if you need it. Kick the cigarette habit. Eat right and exercise regularly.

Teeth

Brush with a soft toothbrush and fluoride toothpaste twice a day, and floss once daily. Get checkups twice a year. Alert your dentist to problems like pain, bleeding, or loose teeth.

Kidneys

Have your blood pressure checked a few times a year and, if needed, lower it with medicine. Get urine protein and estimated glomerular filtration rate (eGFR) tests once yearly—they could signal early kidney problems.

Sexual Health

Diabetes can cause erection problems in men, and painful sex in women. For a healthy sex life, stay active and lower your high blood sugar, blood pressure, and cholesterol.



Reviewed by
Brunilda Nazario, MD
WebMD Lead Medical Editor



MEN'S HEALTH

Sole Men

GOING IT ALONE ISN'T ALWAYS THE BEST CHOICE.
FIND OUT WHY STRONG SOCIAL TIES MATTER

By Matt McMillen



Few people find joy in isolation, but the burden of being alone may be particularly tough for men to bear. Alexander Tsai, MD, PhD, reported last summer that men who don't have strong social ties commit suicide at more than twice the rate of men who surround themselves with friends, family, and community groups.

Tsai's study followed nearly 35,000 men between the ages of 40 and 75 over 24 years. He says his results matched those he sees in his practice in Boston.

"When I talk to people in various forms of distress, one of the common threads is some element of social isolation or dissatisfaction with personal relationships and social engagement," says Tsai, an assistant professor of psychiatry at Harvard Medical School.

His study, he says, underscores the need for suicide prevention experts to look beyond depression and other significant psychiatric difficulties when assessing suicide risk. Slipping social ties may also be danger signs.

Ask yourself: Are you a lone wolf or lonely? "Some people are quite happy to do their own thing," Tsai says. But some men are truly lonely, which means that their desire for a connection with others does not match their reality. They have few friends or are in relationships that do not satisfy their needs. Does that describe you?

Take stock. "Ask yourself, how happy am I with the quality of my relationships?" Tsai says. "Do I have the types and breadth and range of relationships that I want? And if I don't, why is that?" Don't be shy: Reach out to a social worker, a psychologist, or a psychiatrist for assistance.

Take small steps to connect. You don't have to join a support group, Tsai says. Instead, do something fun. Go to book readings, join a poker club, or sign up for a group outing to a baseball game. Focus on the activity while around others. That will ease you into the group setting. "Taking small steps can help you learn what's comfortable for you."

THE
DOCTOR
IS IN

Mood difficulties? Depression might be the culprit. Sam V. Cochran, PhD, clinical professor of counseling psychology and director of University Counseling Service at the University of Iowa and co-author of *Men and Depression: Clinical and Empirical Perspectives*, suggests asking your doctor these questions:

I'm having trouble getting my work done or staying focused. Could this indicate depression?

I've been drinking more than I should, sometimes to the point of passing out. Could this reflect underlying depression?

I don't have the sex drive I used to have, and I don't think anything's wrong with the plumbing. Is this a symptom of depression?

My partner and friends have all told me I need to chill out more. I am more irritable than ever. Could this indicate an emotional problem such as depression?

I don't feel like hanging out with my friends or doing things I used to do. I've read this could be a sign of depression. What do you think?

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

MIND MATTERS

Surf's Up

COULD COMPUTER TIME BE GOOD FOR YOU? IT MAY BE THE KEY TO BETTER MENTAL FITNESS

By Stephanie Watson

Many of us spend more than five hours each day online—about 4½ hours more than we devote to exercise. While surfing the Web doesn't offer the aerobic advantages of surfing a wave—or any other physical activity, for that matter—this sedentary endeavor can put your brain through a real workout, preserving mental fitness as you age.

Recently, researchers have noted a cognitive boost in older people who spend time in the digital world. In one study, searching the Internet stimulated activity in parts of the brain that control reasoning and problem solving. In another, people who were both computer users and regular exercisers were less likely to have memory loss than those who didn't do either activity. Even playing video games appears to enhance skills such as multitasking and mental processing speed.

Nothing proves that searching Google or emailing your college roommate will keep your brain sharp and ward off memory loss, but it makes sense that staying active—in the real or virtual world—has cognitive benefits. “I think that is more in the domain of common

sense than scientific proof,” says David S. Knopman, MD, professor of neurology at the Mayo Clinic College of Medicine in Rochester, Minn. “The more mentally active individuals remain, the better their brain health—and emotional health—will be.”

How much brain gain you get from computer use depends on what you put into it. Staring at a YouTube video won't do much to engage your mind, but learning a new language online or playing one of those train-your-brain games might. Social components, such as connecting with friends on Facebook or Skyping with your kids or grandkids, can also help prevent loneliness, which contributes to health decline and a shorter lifespan.

Get in your online time daily, but couple it with real-world activity. Exercise, one of the best ways to protect your intellect, sends a surge of blood and oxygen to nourish brain cells, and it prevents brain shrinkage with age.

When working your brain, choose activities that both stimulate your mind and keep you engaged, whether you use a computer, join a book club, or play chess with a friend.

TECH 101

ABBY STOKES, COMPUTER TEACHER AND AUTHOR OF *IS THIS THING ON? A COMPUTER HANDBOOK FOR LATE BLOOMERS, TECHNOPHOBES, AND THE KICKING & SCREAMING*, OFFERS A FEW TIPS TO LAUNCH YOURSELF INTO THE DIGITAL WORLD.

Get tech help. Take a computer class to get up to speed, but find one at your level. “The best places to look for classes are at your local library and senior center.”

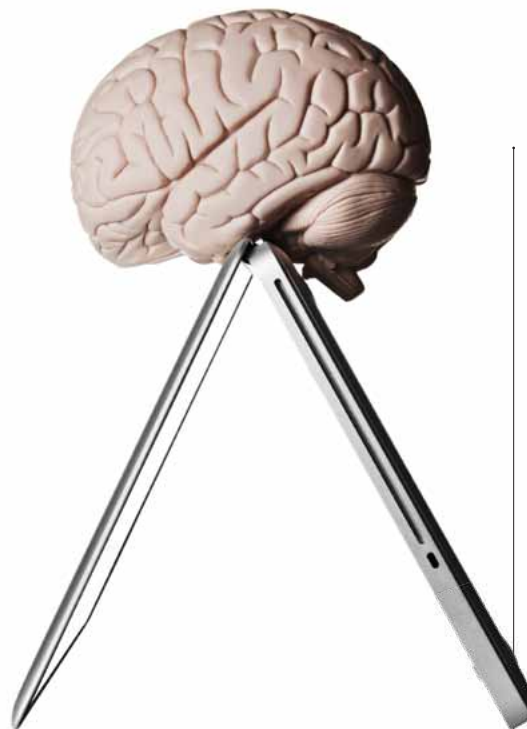
Master the mouse. “The hardest part of the computer is learning how to maneuver the mouse. It's like the clutch of a car. Until you get a feel for that, you really can't master the computer.” Stokes recommends playing solitaire, which will teach you to single click, double click, and click and drag.

Get a wingman. Have a digital native sit with you and walk you through how to reach a website.

Choose your model. Approach buying a new computer the way you would buy a car. What features do you need? What's your budget? “I recommend people go into a store and not be committed to buying that day, but just look at cost, look, and feel,” Stokes says. Make sure that the screen is big enough and that you can type easily.

EXPERT TIP

“I've never met somebody who couldn't learn how to use the computer. My mother still can't change the clock radio when the time changes, but she can get on the Internet.” —*Abby Stokes, computer teacher and author*



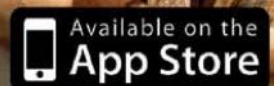


Keep Track Every Day, Until That Special Day

The WebMD Pregnancy app gives expectant moms all the info they seek when they need it, easy-to-use tools to help her get organized, plus a pregnancy journal to capture those precious memories.

Download it **FREE** today.

WebMD
Pregnancy





Eye Do

The skin around your baby blues (or browns...or greens) is the thinnest and most sensitive on your face, and yet it is often one of the most neglected areas, says New York City celebrity esthetician Joanna Vargas. “Most people have two basic complaints about their eyes: That they are puffy and they are dry.” Give your peepers some extra-special attention with this DIY treatment from Vargas. Start by putting two brewed and cooled chamomile tea bags on each eye for 10 minutes. “This will soothe the skin around the eye completely and take away any redness,” Vargas says. Follow that with a moisturizing eye mask like Clarins Skin-Soothing

Eye Mask (\$46). Over the mask and your eyes, place two peeled cucumber slices. The cucumber is cooling and hydrating, and it will keep the eye mask in place and active on the skin. After 10 minutes, remove the cukes, gently rinse around your eyes, and finish with an eye cream. It’s like a facial—for your eyes. The result? Brighter, smoother, and more refreshed skin around your eyes.



YOU ASKED

Concentrated Advice

WHAT IS A SERUM? DO YOU NEED ONE? WE EXPLAIN THESE POTENT SOLUTIONS AND HELP YOU PICK THE RIGHT ONE FOR YOUR SKIN TYPE

By Ayren Jackson-Cannady

**1 Best for:
Dry Skin**

Topix SRS Pro-Ceramide Barrier Repair (\$77)

"The hefty dose of ceramides, hyaluronic acid, and glycerin in this feel-good serum increases the skin's moisture levels and replenishes the lipid layer of the skin. Antioxidants help calm the irritation caused by dry skin, and rosemary extract boosts the ceramide production of the skin so that it can repair itself more effectively."

**2 Best for:
Aging Skin**

L'Oréal Paris Revitalift Triple Power Concentrated Serum (\$24.99)

"With a texture that's more cream than serum, this product comes with a potent plant extract called Pro-Xylane that helps speed up collagen production to make skin firmer over time. It also contains hyaluronic acid (a mega-moisturizer) and lipohydroxy acid (a skin refiner)."

**3 Best for:
Breakouts**

La Roche-Posay Effaclar Serum (\$44)

"Best used in the evening, this serum coats the skin with glycolic and lactic acids that help control acne, refine pores, and kick skin cell turnover into high gear."

**4 Best for:
Fighting Wrinkles**

SkinCeuticals CE Ferulic (\$157)

"If you're going to splurge, this is the product to do it on. Applied in the morning, this antioxidant-rich concoction fights off free radicals from UV/sun exposure throughout the day. Worn under SPF, this serum helps prevent many signs of skin damage that can occur from being outdoors."

**5 Best for:
Sensitive Skin**

John Masters Organics Green Tea & Rose Hydrating Face Serum (\$26)

"This 100% natural serum protects with green tea and soothes sensitive complexions with sea algae. Bonus: You can skip moisturizer with this because it contains sunflower oil, which is high in super-hydrating omega-6 fatty acids."

**6 Best for:
Combo Skin**

Colorescience Blemish Serum (\$25)

"Dab this serum up to twice daily to reduce breakouts. Tea tree oil and vitamin E target inflammation and bacteria, and vitamin A from carrot seed oil and beta-carotene calm and conceal blotchiness due to skin irritations."



Melanie Palm, MD

director of Art of Skin MD and assistant clinical professor at University of California, San Diego

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

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



YOUR SMILE

Going the Distance

HOW FAR WOULD YOU TRAVEL TO SEE THE DENTIST? MORE AMERICANS ARE GOING ABROAD FOR DENTAL WORK

By Jodi Helmer

Scheduling a root canal or wisdom tooth extraction on vacation might seem odd, but increasing numbers of Americans make appointments with dentists abroad. The phenomenon is known as dental tourism. More than 500,000 Americans traveled out of the country for dental care in 2013, according to the medical tourism group Patients Beyond Borders.

“Most people do so to receive the high-quality care they cannot afford back home,” says Alberto Meza, DDS, dentist and director of Meza Dental in San José, Costa Rica. Travel to destinations such as Costa Rica, Mexico, Czech Republic, and Thailand—the top spots for dental tourism—can save patients up to 70% on dental health costs.

But before you hop on a plane for dental care, do your homework.

Evaluate the costs.

You need to figure in other expenses, including the cost of international airfare and hotel rooms. Meza notes that most foreign patients spend at least a week in Costa Rica to accommodate multiple appointments; some procedures require several international trips.



Find a reputable provider. Research the education, experience, and accreditations of international dentists, says Meza, who is a UCLA-educated dentist with accreditation from the American Academy of Cosmetic Dentistry. Check organizations such as the World Dental Federation or the Academy of Dentistry International and Patients Beyond Borders.

Connect your dentists. Before patients arrive at his clinic, Meza requests X-rays, photos, and a treatment

plan from the patient's U.S. dentist. “We believe a patient's case should be fully diagnosed before they decide to purchase airline tickets,” he says.

Plan post-appointment care. Most dentists don't advise combining major procedures like wisdom tooth extraction with a vacation. Instead of sightseeing or jetting back home after dental work, Meza suggests adding recovery time into your travel itinerary and also creating a plan for follow-up care.

BEFORE YOU GO

TRAVELING ABROAD FOR DENTAL CARE? I. GLENN COHEN, A PROFESSOR AT HARVARD LAW SCHOOL AND AUTHOR OF *PATIENTS WITH PASSPORTS: MEDICAL TOURISM, LAW, AND ETHICS*, OFFERS TIPS TO PREPARE.

Sign up a companion.

Arrange to have a relative or close friend in the waiting room if possible. In addition to providing care after procedures that require anesthesia or pain medications, Cohen notes, “a loved one should be there in case something goes wrong.”

Purchase insurance.

Insurance can offer protection in cases where patients can't recoup the fees for canceled trips or sue for malpractice. Or, “there can be complications that require extended stays beyond what you planned,” Cohen says. Ask your health insurance company if it covers care received abroad.

Pack medical records.

Your dentist should send test results and X-rays to the international dentist in advance of your appointment, but request additional copies and take them with you.

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

BEAUTY SMARTS

The Full Story

WANT A PLUMPER POUT? GET THE SCOOP ON LIP INJECTIONS—HOW THEY WORK AND IF THEY'RE RIGHT FOR YOU

By Ayren Jackson-Cannady



BEAUTY 411

What are toners?**Do I need one?**

While toners aren't as vital as your daily moisturizer, these watery solutions can be helpful. They serve to balance the level of oil and moisture in the skin as well as help clear away every last bit of stubborn makeup. Some toners contain alcohol, to remove excess oil, while others include glycolic or salicylic acid, to help prevent breakouts. Toners with glycerin and hyaluronic acid can help hydrate the skin and prevent dryness. In general, toners are best for people with oily or acne-prone skin—a swipe after cleansing can help tamp down grease or shine. If you have dry, older, or very sensitive skin, however, you should avoid toners because even the most moisturizing ones can still dry out the skin to some degree.

—**Papri Sarkar, MD**
dermatologist, Brookline, Mass., and secretary of the New England Dermatological Society

While a slew of home makeup tricks can temporarily fake full lips, a growing number of women (and men) now opt to plump up their puckers long-term in the doctor's office. In fact, injectables for fine lines, wrinkles, and lips increased by 21% in 2013. One theory for the uptick in lip enhancement appointments is that these procedures are safer than ever, plus they give more natural results than they once did (no more fish-face looks).

The procedure may be safe, but is it for you? "It is not just about making lips

bigger but rather creating balance and proportion to the upper and lower lip," says Julius Few, MD, a plastic surgeon based in Chicago. "In addition, as people get older, they tend to lose definition in the lips, especially at the cupid's bow of the central upper lip and lip border."

Lip injections add volume where it has been lost most. Your goal could be anything from defining the cupid's bow and lip line to smoothing the skin on your lips.

Doctors start by cleaning the area and then apply a numbing gel to the lips.

After 15 to 20 minutes, the lips are injected with a filler, typically made up of hyaluronic acid (the only FDA-approved substance for use in lips). The process typically takes 30 to 45 minutes from the time you walk in to when you leave. If all goes as anticipated, lipstick or lip gloss can go on that evening. If any irregularities—bumps or swelling—of the lips' shape crop up, these can be massaged at your doctor's office during the first 24 hours post-procedure.

continued on page 21



Watch **Healthy Lip Tips**, a video at WebMD.com.

LEARN HOW ON P. 4

HEALTHY BEAUTY



LIP SERVICE

YOU'VE SCORED THE LIPS OF YOUR DREAMS. NOW WHAT? TAKE THESE STEPS, SAYS PLASTIC SURGEON EDWIN F. WILLIAMS III, MD:

If you have pain at the injection site, take acetaminophen.

Use ice compresses during the first eight to 12 hours to cut down on swelling and irritation.

You can eat solid foods, but you may be more comfortable sticking to a liquids-only diet for a few hours after the treatment. You should be able to return to your regular diet after a couple of days.

Try to keep your head elevated for a few hours after the procedure. At bedtime, just prop your head up with an extra pillow as you snooze.

Steer clear of alcohol, overzealous exercise, and lots of sun or cold exposure immediately following your treatment.

You can wear lipstick soon after treatment but remove it with the gentlest touch so you don't unnecessarily bruise the treatment area.

continued from page 20

"Side effects that can occur are some swelling and bruising, and, on an extremely rare occasion, a patient can react, creating an inflammation," says Edwin F. Williams III, MD, president-elect of the American Academy of Facial Plastic and Reconstructive Surgery.

Any trained physician (and some professional nurses) can perform lip injections. Still, facial plastic surgeons and dermatologists have a more complex knowledge about the anatomy of the lips and the aging process, which could mean the difference between a good lip augmentation and an extraordinary one. "If the filler is overdone, adding too much volume, then the movement of the lip can be distorted,"

says Edward H. Farrior, MD, a plastic surgeon in Tampa, Fla.

Even though permanent silicone injections are FDA-approved for use in other parts of the face and body, they are not approved for the lips. Steer clear of a physician who recommends them—there is potential for lumps, bumps, unevenness, and granulomas.

The average cost of lip injections (with hyaluronic acid) is \$600, and most treatments done by professionals last approximately one year. But some people can see two to three years of desired fullness and correction, according to Williams.

If you decide to plump your pout, remember that lips come in many different shapes and sizes, and no one-size-fits-all kisser exists, so your results may not look like someone else's.

Dirty Secret

"I use my makeup brushes every day—and I rarely wash them. Is that bad?"

Makeup brushes collect old bits of makeup, oil, dirt, and dead skin cells and can be breeding grounds for bacteria. If you're swiping all of this onto your face on a daily basis, you are more prone to clogged pores, breakouts, skin irritations, and—worst case scenario—infections.

Washing makeup brushes every other week should be a part of your regular beauty routine. Just wet the brush, apply a dot of your normal face cleanser onto the bristles, and wash the brush in your palm. Rinse with water and lay the brush on a flat surface to dry overnight before using again. Bonus: Keeping your brushes clean also makes them last longer.

Fran Cook-Bolden, MD
director of Skin Specialty Dermatology, New York City, and assistant clinical professor of dermatology at Columbia University



AISLE DO

PRODUCT PICK

Clinique Even Better Eyes Dark Circle Corrector (\$39.50)

EXPERT

Elizabeth Tanzi, MD

co-director of laser surgery, Washington Institute of Dermatologic Laser Surgery, Washington, D.C.

"As a cosmetic dermatologist who works closely with the beauty industry, I receive a lot of products to sample. Every now and again, I come across what I think is a stand-out product—this is one of those. I love that it helps immediately brighten my eye area.

So many concealers get cakey and make wrinkles look worse, but not this one. The combination of brightening and hydrating ingredients make this unique. Dimethicone smooths the skin, and light reflectors make the skin look instantly better. I use a generous amount and put it on with my finger, not the applicator, under my eyes and up to my lids. It's great for people who have mild or moderate dark circles from allergies, too little sleep, or plain old aging. But if you have dark circles due to genetics, you can't lighten them with this topical treatment. This is a daily camouflage cream that happens to be a good moisturizer, too."

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



PET HEALTH

Designer Dogs

By Melanie D.G. Kaplan

After 11 years with his black miniature poodle Tina Turner, fashion designer Zac Posen doesn't hear much about resembling his dog. By now, he says, it's simply stating the obvious. As usual, his House of Z juggles numerous projects. In 2014, he launched new eyewear and fine jewelry collections and a wedding collection at David's Bridal. He was also named creative director for Brooks Brothers' signature women's collection. Posen is especially excited about returning as a judge on Lifetime's *Project Runway*, which he says now has a "whole different caliber of taste and talent." He and his partner, House of Z creative director Christopher Niquet, and their three handbag-sized dogs live in New York City.



● **Your dogs are Tina Turner, Betty Blue, and Candy Darling. What's behind the names?**

Tina Turner—I'm a big fan. And this miniature poodle has very long legs and likes to dance. Christopher had Betty Blue, a dapple miniature long-haired dachshund, named after the movie character. She's more shy, but she's been photographed by all the great photographers. Christopher worked with Karl Lagerfeld for a few years, and Lagerfeld really fell in love with animals through Betty. He named her the Linda Evangelista of dogs. And Candy Darling, an English cream miniature dachshund, is the blond baby that we adopted. Not to be cliché.

What is your home life like with Christopher and the three "kids"?

All of the dogs except Betty Blue were meant to be uptown dogs. They love walking down Sutton Place and seeing all the other fancy dogs. Tina at moments is eerily humanistic—watching TV, watching me cook. Sometimes I have to give them chomps of carrots when I'm cooking. It's hard to resist having these three dogs in bed, but they don't sleep with us. They have their own little bed on my side. Tina is a superstar poodle-gymnast, and they all curl into one big dog ball together. They're pretty patient until we're up and dressed and ready to walk them.

What is mealtime like?

I feed them twice a day. You don't want to overfeed them, so you need to be very disciplined because they will eat until they pop. People will make comments—maybe the dogs look too skinny. But our vet said they are the dream weight. And I said, "Well, they work in fashion and they're supermodels." They have a naughty side with food. Betty has an affinity for caviar. You can't really put fish roe caviar or herring on a table. Other than that, they're very well behaved.

Where do you stand on dogs and clothing?

I don't go there. My dogs would like it too much, and I don't have room

for their closet. The dachshunds have quilted jackets in the winter, and Tina wears a red hand-knitted cashmere sweater. The only color you can put on a black miniature poodle is red—that's a rule. But that's it.

“Three dogs is a lot. It can get overwhelming at times. It takes a lot of responsibility and is a full commitment for a long period of time. But they truly are my best friends.”

Are your city dogs upset when you take them into the country?

No. Tina loves it. Candy loves it because she's a girl from the South. Betty loves it, but she's more of a beach girl. They go in their custom Zac Posen dog carriers—that we used to make—to travel to Harbour Island in the Bahamas. They have to get special visas. They love the beach and sunbathing more than anything in the world.

Have you thought about a fashion show with dogs?

I have, and it's really hard. Animals, children, and lasers/headpieces become distracting from the clothing. With our clothing, there's a real craft

and skill that goes into them, and that should be the focus.

It almost would be silly or insulting to the people who make the clothing and the people that watch it to have it on animals. If you're looking at a fashion show that's about integrity of design, you don't want a cute shih tzu or poodle stealing the attention. But I have brought them on the *Project Runway* set.

You have a new office. Does it have space for the dogs?

Not right now. But instead of being down in Tribeca, now I can walk to work, so I can go home and walk them.

What do the girls think about your being so busy?

I think they'd like more vacation. Pretty soon they're going to have to get into the mindset for me having real children, when that happens in the future. They're going to be extremely protective. Tina's going to be crouched near the baby and growling at anyone who comes near it. Three dogs is a lot. It can get overwhelming at times. It takes a lot of responsibility and is a full commitment for a long period of time. But these dogs have been with me as I've built my company. They truly are my best friends.

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



Are You a
College Student?
Do You
Know One?

Download the issue today for **FREE**
on the App Store or on Google Play.





Take **How to Boost Your Pregnancy Chances**, a quiz at WebMD.com.

LEARN HOW ON P. 4



PREGNANCY

Think Positive

HOW DO YOU KNOW IF YOU'RE EXPECTING? KEEP AN EYE OUT FOR THESE SIGNS AND SYMPTOMS

By *Rebecca Felsenthal Stewart*

● You haven't missed your period yet, but something seems different. Could you be pregnant? Some women notice changes in their energy level, mood, or breasts—a lot like having premenstrual syndrome. Other signs that might take you by surprise include:

Tender breasts One of the first signs is often achy, tender breasts. They may feel fuller and heavier. You might even notice the area around your nipple getting bigger and darker. Most early pregnancy symptoms, including tender breasts, are related to rising levels of the hormone progesterone, says Treesa McLean, a licensed midwife in Hayward, Calif. Another reason your breasts swell is that your body retains more water during pregnancy, which can also make you feel bloated.

Fatigue “Women who have never been able to nap before often suddenly start needing naps during the first

trimester,” says Jeanne A. Conry, MD, PhD, assistant physician in chief at Kaiser Permanente in Roseville, Calif., and an associate clinical professor of obstetrics and gynecology at the University of California, Davis. At this point, it's the extra progesterone that makes you feel wiped out. You can look forward to a bit of an energy boost in your second trimester.

Mood swings Those hormone changes that make you emotional during your monthly cycle stick around for early pregnancy, too. And once you know you're pregnant, you might get stressed out about the idea of becoming a parent. “Even if it's planned, there can be a lot of fear,” Conry says. “We see the positive pregnancy test and have the baby's life—and the rest of our lives—planned in a moment.” Fatigue and hunger can make mood swings worse, McLean says, so try to find time

to rest and eat small snacks throughout the day. You're likely to feel better by 14 to 16 weeks, Conry says.

Lightheadedness Some women get lightheaded or dizzy during early pregnancy. Some even have fainting spells. It could be hormones, or it might be low blood pressure, McLean says. See your doctor or midwife for a better idea of what's going on. If your blood sugar is low, try eating smaller meals throughout the day. For many women, the spacey feeling gets better after the first trimester, she says.

Aversion to specific foods Some women find that one of the first signs of pregnancy is a heightened sense of smell. It makes scents they were OK with before absolutely sickening. Other women develop a funny taste in their mouths that they just can't get rid of, McLean says. Take a prenatal vitamin to make sure you're getting enough nutrients, including folic acid, which you need to prevent certain birth defects. Drink lots of liquids, too. You'll likely lose your disgust as you head into your second trimester.

Peeing often Your kidneys have to process more urine during pregnancy. Plus, your growing uterus puts pressure on your bladder. Together, that's a lot of trips to the bathroom. Getting up in the middle of the night may be annoying, but don't cut back on how much you're drinking, says McLean. You need the extra fluids to keep enough water in your body.

Reviewed by **Kecia Gaither, MD, MPH**
WebMD Medical Reviewer



BABY TALK

Body Language

MAKE ROOM IN YOUR NEW POST-BABY ROUTINE FOR YOU.
GET YOUR BODY BACK WITH THESE TIPS

By Chryso D'Angelo

Now that your new little bundle of joy has arrived, you're probably ready to start shedding the baby weight you gained during your pregnancy.

First, take your time and focus on healthy weight loss. Eat at least 1,800 calories daily to shed weight safely and effectively. Add 500 more calories if you're nursing, according to the Association of Reproductive Health Professionals (ARHP).

Next, slip on your sneakers, stock your pantry, and get in gear with these tips. (You can take baby along for the ride.)

Grab your stroller. No time to exercise? No problem. You can squeeze fitness into your baby-and-me routine. Pushing a baby stroller makes walking a workout. "Start slow and build up gradually by adding more hills for more intensity," says Lisa Druxman, certified personal trainer, co-author of *Lean Mommy: Bond With Your Baby and Get Fit With the Stroller Strides Program*, and founder of Fit4Mom.

She recommends stroller lunges to help tone your lower body: Take long strides and lower your body down until your front thigh is almost parallel to the ground. Slowly squeeze your thighs and glutes as you come up.



Sleep when baby sleeps. "Sleep deprivation slows post-pregnancy weight loss," says Elizabeth Ward, RD, author of *Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy*. "Exhaustion can drive you to overeat comfort foods, such as sweets and chips, and make you feel too tired to exercise." Pumping milk also lets your partner handle those 2 a.m. feedings.

Nurse for double the benefits. Breastfeeding burns 300 or more calories per day. It's great for your

baby, both for the nutrition and for mother-baby bonding, says Carolyn Brown, RD, a nutritionist at Foodtrainers in New York City. For extra calcium, especially if you breastfeed more than five months, Ward recommends one or two calcium-rich snacks a day. Cottage cheese and kale chips are great sources of calcium.

Stock up on snacks. Stash prepackaged healthy snacks that you can grab and eat in little time, Ward says. She recommends planning meals and snacks around proteins to stay

full longer. Try part-skim cheese sticks, individual servings of Greek yogurt, and tuna and salmon (in a can or pouch) to add to salads and prewashed greens.

Eat with baby. Once he is old enough to sit in a high chair and feed himself, the two of you can make it a date, nutritionist Maryann Jacobsen, RD, says. "Moms often put all their energy into their baby and forget about themselves." But you need fuel, too.

Hydrate with food. ARHP recommends drinking 11.5 cups of fluid daily, but you have more choices than plain water. You can also enjoy water-rich fruits (watermelon, berries, grapes, and peaches) and vegetables (tomatoes, lettuce, and summer squash). These foods will help you feel fuller on fewer calories.

Pop pistachios. Nosh on a healthy snack like pistachios that takes time to open, so you end up not cracking as many. Plus, all those empty shells are a visual cue that you've had plenty, so you may eat less. Pistachios are also lower in calories than most other nuts (100 calories per 30).

Reviewed by
David T. Derrer, MD
WebMD Medical Reviewer



KIDS' HEALTH

Digital Dependents

KIDS SPEND A LOT OF TIME ONLINE, WHICH HAS ITS BENEFITS. HERE'S WHAT YOU CAN DO TO KEEP THEM SAFE

By Lauren Paige Kennedy

● Your seventh-grade son wants to join a social network to swap skateboarding tips with his pals. Your daughter in high school doesn't hang out at the mall with her girlfriends like you once did—she's too busy posting selfies with them on Instagram.

Should you put a stop to this digital dependence? Is it a good idea to instill your fears in your kids about the dangers of sexual predators on the Internet, and the possibility of permanently writing their adolescent wrongs, searchable forever online? And what about the perils of sexting—texting with sexual overtones and often imagery?

Kids need to understand online safety issues and to learn the dos and don'ts of cyberdating. But researcher and author Danah Boyd, PhD, whose book, *It's Complicated: The Social Lives of Networked Teens*, cites her 10 years of fieldwork documenting teens across America on Internet usage, says it's just as important that they tackle technology now. Especially, she adds, since today's children have been denied some of the freedoms previous generations took for granted as they grew up.

"These technologies are not going away," Boyd says. "This is how public life is now constructed. We need young people to learn to navigate these environments responsibly. We do our youth a disservice when we simply exclude them from these dynamics and then expect them to figure it all out when they're off in college."

Stranger danger is a leading concern among parents, Boyd notes, but the facts regarding Internet predation simply don't jibe with the level of alarm. "A central challenge in addressing the sexual victimization of children is...facing the reality that strangers are unlikely



TECH TIPS

SCHOOL YOUR KIDS ABOUT BEHAVING SAFELY WHEN ONLINE WITH THESE TIPS FROM RESEARCHER DANAH BOYD:

Encourage technology.

"The key is to create digital training wheels when kids are younger and to offer more freedom in the teenage years, so when they leave home they make responsible decisions."

Acknowledge the pluses.

Not everything said online is negative. "Many youth who have grown up with technology use that distance as young professionals to navigate difficult discussions with bosses, or otherwise navigate conflict in new ways."

Open up worlds for your child.

"The Internet allowed me to see a world that was bigger than the small town in which I grew up."

perpetrators," Boyd says. "Most acts of sexual violence against children occur in their own homes by people whom those children trust."

Boyd's research reveals that the majority of kids who've been documented engaging in risky behaviors online—interacting with strangers in private chat rooms, offering details about themselves on random sites, even arranging to meet unfamiliar people face-to-face—are often the same children who are most at-risk offline, too.

What may be a more valid concern is the rising trend of sexting as well as cyber-harassment among teens who are dating, cited in a new study conducted by Children's Hospital of Pittsburgh of the University of Pittsburgh Medical Center.

Reviewed by Hansa Bhargava, MD
WebMD Medical Editor

PET HEALTH

Fur Crazy

ARE YOU ALLERGIC TO YOUR FOUR-LEGGED FRIEND? OUR EXPERT EXPLAINS HOW YOU CAN BOTH LIVE HAPPILY EVER AFTER

By Sonya Collins



As much as you love Fido, you don't love the runny nose and itchy eyes that come along with him. What is it about some furry friends that makes you react like this? And, more important, how do you stop it?

It is possible for pet-allergic people to live happily with their pets, says John Costa, MD, a fellow of the American Academy of Allergy, Asthma, & Immunology and the medical director of the Allergy and Clinical Immunology Practice at Brigham and Women's Hospital in Boston. He explains what you need to know.

What causes my symptoms?

Cats and dogs have unique proteins in their saliva, sweat, urine, and skin that can trigger an allergic reaction in people. When sweat, saliva, and urine dry on your pet's fur, they form a coating called dander, which contains allergens. The dander dries, cracks, and falls onto your carpet, your

FROM WEBMD.COM

Q&A

"My border collie-black lab mix smells. We have tried spas, sprays, and baths, and the smell always returns as foul as ever. Could it be an indication of some other problem?"



Natty Bumpercar,
41, stand-up comic,
Cedar Grove, N.J.



EXPERT'S ANSWER

"My dog smells' is one of pet owners' most common complaints. A dog whose odor sends you running despite regular shampooing warrants a trip to the vet. Pets can have yeast or bacterial infections of the skin, lips, and ears as well as dental disease. The smell can also be caused by underlying problems such as allergies. Skin that is sticky, thickened, hyperpigmented, or flaky can indicate infection, though some skin may appear normal. Your vet can help sort out the mystery and get your dog back to normal soon."



Jessica Vogelsang,
DVM, Paws Into
Grace, San Diego

furniture, and your clothes. You can inhale it or transfer it from your hands to your eyes and nose.

"Dander is like a glazed doughnut when the glaze breaks into little pieces and falls all over the place," Costa says.

Cats and dogs produce different allergens. You can be allergic to one but not the other. You can also become allergic because more exposure to allergens over time, including pollen, dust, mold, and pet allergens, can push you to your allergic limit. Also, as your pet ages or his health declines, he can produce more allergen than before. On the other hand, neutered animals produce fewer allergens.

How can I create a sneeze-free home?

If you reduce your exposure to pet dander, you can reduce your allergic reaction. While Socks may be free to roam the rest of the house, consider making your bedroom a pet-free zone. "On average, you spend about a third of your life in the bedroom. If you can make that part of your home dander-free, that's a simple, reasonable compromise that lets you keep the animal in your home while you can breathe freely in this one privileged space," Costa says.

Keep the door closed at all times and try a HEPA air filtration device in the bedroom. A nonporous floor—such as varnished



Watch **Hypoallergenic Dogs**, a video at WebMD.com.

[LEARN HOW ON P. 4](#)

ECHO/GETTY IMAGES



Cats and dogs produce different allergens. You can be allergic to one but not the other.

hardwood—with limited carpeting will help keep the bedroom free of dander, Costa says. And remember: Pet dander can remain in a room or a home for several months after pets are removed.

“Carpet can be a reservoir for stored dander.”

Is it time to medicate?

For some people, a pet-free bedroom could do the trick. Others might need

more help. “What works for you might not work for me, depending on where we each fall on the allergic spectrum,” Costa says. “So animal owners may need to use medications on a regular basis to blunt the allergic reaction that is still going on.”

Start with long-acting, non-sedating antihistamines you can buy over the counter, such as Claritin, Zyrtec, and Allegra. If

necessary, add an OTC anti-inflammatory nasal spray, such as NasalCrom, Costa says. If these don’t bring relief, he recommends allergy shots.

Allergy shots as well as allergy drops or tablets that go under the tongue are like vaccines: They expose the immune system to small amounts of the offending allergen. But while vaccines boost the immune response, allergy shots quiet down the response that leads to allergy symptoms.

Reviewed by
Will Draper, DVM
WebMD Pet Health Expert



GAME *On!*

Michael Strahan may no longer be on the field, but the former football player, recently inducted into the NFL Hall of Fame, is far from taking a time-out. He has made the transition to being in front of the camera on two daily morning shows, but he admits that life after the gridiron hasn't always been easy. He shares tactics from his new playbook

BY MATT McMILLEN PHOTOGRAPH BY MARK MANN/AUGUST

These days, 6-foot-5-inch, 240-pound MICHAEL STRAHAN scares very few people, and he likes it that way.

“They go, ‘Oh, he’s such a big, jolly fellow,” says the co-host of ABC’s syndicated morning talk show *Live With Kelly and Michael*. “They don’t understand that I used to take people’s heads off for a living.”

For 15 seasons, Strahan, 43, played defensive end for the New York Giants, and he terrified quarterbacks. He still holds the NFL record for most sacks in a single season. But the Michael Strahan that sportswriter Jay Glazer described as nastier and tougher than everybody else on the field? His new fans don’t know that guy.

“I like that they have no idea what I used to do,” says Strahan, who lives in New York City. “I think it’s really cool that I’ve been able to make the transition to where people say, ‘He used to play football?’”

After retiring in 2008, he joined the Emmy Award-winning *Fox NFL Sunday* team. His celebrity and obvious ease in front of the camera got him his first guest-host spot on *Live* in 2010. Strahan

settled in for good on September 4, 2012. A year and a half later, he also joined *Good Morning America* as a part-time host.

Was this all part of his master plan for success? Hardly.

“TV is just like football for me, in that I kind of got into it blindly,” says Strahan, who was inducted into the NFL Hall of Fame in August 2014. “Back when I started playing football, I was just happy to have a job so that I didn’t have to move back home.”

GIANT SUCCESS

As a high school senior in Houston, Strahan had little experience with football. What he had was the faith in himself that he’d gotten from his father, Gene Strahan, an officer in the U.S. Army. As for a plan, Strahan’s was simply to live up to his father’s expectations.

“As a football player, I was driven by failure,” Strahan says. “I wasn’t driven to be successful, per se. Failure meant disappointing my parents, not giving my best, having them look at an effort that they knew was not my best.”

The Strahan family—Michael’s the youngest of six kids—was living in Mannheim, Germany, when Gene Strahan sent his son to live in Houston with Michael’s uncle, Art Strahan, who had played pro ball. There, Michael’s father told him, he would excel at football. His dad believed it, and that’s all Strahan needed to believe it as well.

His one season of high school football earned him a scholarship to Texas Southern University, where his uncle had played before him. By the time he graduated, he’d been named to the College Football All-America Team in 1992, and he’d set the university record for career sacks. That got the attention of the New York Giants. They drafted him in 1993. He never played for another team.

XXX Retirement 000 LESSONS

Psychologist Yolanda Bruce Brooks, PhD, has worked with a lot of pro athletes during the past two decades. She says many former players, without a coach to lead or guide them, struggle to make the transition from professional sports to “civilian” life. Her advice to athletes is useful to anyone approaching or well into retirement.

GET PEOPLE IN YOUR CORNER. “Starting as early as possible, find people you can go to who can give you good advice and will tell you when you’re acting the fool—like a good friend, a family member, a surrogate parent, a mentor,” Brooks says.

REACH OUT. Faith, she says, is often very important to athletes, even for those who are not overtly religious. “Approach a minister, rabbi, or other spiritual leader,” she says. “Find someone who can impart wisdom.”

ADJUST ROUTINES. Pay attention to your body as well as your soul, Brooks says. Connect with experts, such as dietitians and trainers, who can help you develop a game plan for your health. “You need to learn about nutrition, about what’s good to put in your body and what’s not,” she says.

SEEK MENTORS. They can point you to opportunities for growth. “You want to learn new skills that will allow you to do things beyond playing on the field,” Brooks says. “What you used to do is different from who you are. That has to be a key distinction.”



Be LIKE MIKE

The key to retirement, Michael Strahan says, is to position yourself for success before your last game. The lessons he learned on the football field don't apply only to athletes; his wisdom is universal to off-the-field, everyday life as well.

Know it's coming. "There will come a day and time when you'll never put on another helmet, another set of shoulder pads, so make sure you are prepared for it. My biggest advice: Save your money. Save your money so that all this work you're putting in now—you can benefit from it later."

Think before you act. "The best advice I got at the time of my retirement was, be happy about your decision, but be sure about it and take your time to make it. It wasn't something I did abruptly. It was something I took my time to do."

Keep growing. "I never thought, Oh, I know it all. Any time you feel that way about any business, it's probably time to quit. I always had that desire, I still have it. That's what keeps me up, that's what wakes me up."



Strahan became the bane of opposing QBs in 1997, when he took down 14 of them, then 15 the next year. In 2001, his record-setting 22.5 sacks in a season (the half refers to an assist) helped earn him the title of NFL Defensive Player of the Year. More accolades followed. In 2008, Strahan sacked his last quarterback. The Giants faced the undefeated New England Patriots in Super Bowl XLII. They won. Strahan retired.

"Even after 15 years, I felt that I had a few more in me physically, but mentally I was exhausted," Strahan says of his decision to leave the game. "Once I won that ultimate team award, I was like, man, this is what you play for—you play to win as a team. It was time to get out.

Some people, when they retire, they cry. I was smiling. I was ready to go. I was done."

THE END ZONE?

Done, maybe. But he misses it.

"You feel like a gladiator out there, in a physical battle," Strahan says. "You look at it like, It's me or you, and it's going to be you. I'm not going to let it be me in front of all of these people. That's a great feeling. I absolutely miss that part of the game."

Last fall, when he received his Hall of Fame ring in a ceremony at Giants Stadium, he knew the moment would be bittersweet. "It put the cap on the fact that I'll never run out of that tunnel again as a player," Strahan says. "You always believe that you've somehow still got it in you."

Psychologist Yolanda Bruce Brooks, PhD, hears those words often from former pro athletes. "Even the guys who've been out for years, they'll tell you if they could get out there and play again, they would," says Brooks, founder of Dallas-based Sports Life Transitions Institute and a longtime consultant to the NFL and the NBA.

Brooks says former pros often struggle with retirement. From a very early age, elite athletes' lives center on their sport. It becomes an integral part of who they are. "There's nothing outside that sport, and that continues as the young athlete grows and evolves, to the elimination of other facets of life," Brooks says. After

But staying fit these days, he says, is a lot more work than when he was a Giant. "I think one of the hardest things when you retire is maintaining your health," he says. "We all think it's going to be easier when we retire, but I don't think guys realize just how much work they did to stay in shape. And that's all work that gets taken away from you."

Strahan, a spokesperson for Meta, a line of wellness products from the makers of Metamucil, has also learned the

"I'm more driven by the fear of failure than the spoils of success. That's why I'd always put in the extra work, the extra hour."



they retire, they often grieve, Brooks says, in part because they rarely choose to leave. Injuries or the inevitable slowing down that comes with age frequently force them out.

Fortunately, most if not all leagues and player unions offer resources for retiring athletes and their families to help the transition to a new life. Still, it's rarely easy for them to plan for the future. "Planning," Brooks says, "is a distraction that they can't afford if they want to do well in the game."

For Strahan, retirement brought a new field of play, television. Like football, it constantly challenges him. "It's kind of like a puzzle for me each week. How do I fit into *Fox NFL Sunday*? How do I fit into *Live*, how do I fit into *GMA*? Every day, I can learn something, every day I can be creative, every day I can bring something different to the table. That's why I lasted 15 years in football and was never bored with it, because I always felt I had something to learn."

TRAINING CAMP

It helps that Strahan's part of a team, a place where he thrives. And he plays for his teams much like he did for the Giants—constantly seeking new angles, new plays, new ways to engage onscreen. "You're always looking for a way to improve by paying attention to yourself and what you've done in the past."

True confession: "I always hated mornings. I'm so far from a morning person, but I've adapted." In fact, Strahan has come to like being an early riser. He sees it as a mark of maturity. He says he now reminds himself of his mom, who always had too much to do to think of sleep. "If I can get eight or nine hours, I'll be up at 5 or 6," he says. "I now enjoy getting up in the morning, and with these jobs, I'm up early."

Three times a week, he works out before and after *Live*—cardio in the morning, weights in the afternoon. On Tuesdays and Thursdays, he works out just once. "Working out is a big part of my life."

And he shares it with his family whenever he can, from his 10-year-old twins to his college-age son and daughter to his nephew in Los Angeles, when he's there shooting *Fox NFL Sunday*, says Strahan, a twice-divorced single dad. "It's fun, it's exciting, it keeps us together."

value of a healthy diet. "I understand more about eating than at any time when I played football," he says. "You have your indulgences, but in moderation. Who doesn't love a good burger and fries?"

Strahan says what drives him now are the same things that have always driven him. First, the best advice his father gave him: You get what you work for. And so he continues to work hard and push himself to excel. Second, there's his abiding fear of disappointing the people who love him and those he loves, whether it's family, friends, fans, or teammates—on the field or on-set.

"I'm more driven by the fear of failure than the spoils of success. That's why I'd always put in the extra work, the extra hour. If I'm doing something just for myself, I don't feel like I'm motivated. If I'd been playing football just for me? That would have been too hard. I would have quit," Strahan says. "It's important to me to know that, while we might not have won every game, while we may not win every day on these shows, those around me can say Michael did his part, he brought his best."

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



edge OF TOMORROW

What's the next big thing in medicine? Nearly every day brings news of a potential breakthrough that promises to cure disease or help us live longer, healthier lives. But how do we know which ones really deliver hope for the future?

WebMD and ABC's *Good Morning America* co-anchor **Robin Roberts** are partnering to answer that question with a new multimedia series, WebMD's Future of Health With Robin Roberts. Check out the entire innovative series, including videos and related content, at WebMD.com and read on for a closer look at five promising health and medical advances already transforming people's lives.

INFERTILITY

Health experts hailed the recent news that a woman gave birth to a healthy baby boy after a uterine transplant as revolutionary. The 36-year-old woman born without a uterus is one of nine who are part of an ongoing womb transplant study conducted in Sweden.

"It required a huge amount of hard work and dedication to get to the point where you can transplant a uterus into someone born without one and achieve a live baby," says Karine Chung, MD, assistant professor of obstetrics and gynecology at the University of Southern California Keck School of Medicine.

While the procedure will ultimately benefit a small group of women, other advances may give new hope to the estimated 7.4 million women with infertility in the United States. Egg freezing is the one most likely to make a difference for the average woman. To date, more than 1,000 healthy babies have been born after egg freezing.

It's "transformative," says Teresa Woodruff, PhD, director of the Women's Health Research Institute at Northwestern University Feinberg School of Medicine. Women can bank their eggs when they are younger, and use them when they are ready to get pregnant later, she says.

In another experimental freezing technique, strips of tissue from a woman's ovary (or sometimes one entire ovary) are surgically removed and frozen, then transplanted back at the right time. So far, ovarian tissue freezing has led to about 30 successful pregnancies, Chung says. All have been in women diagnosed with cancer, who had their ovarian tissue preserved before undergoing chemotherapy or radiation, procedures that can damage fertility.

What hasn't changed—and probably never will—is that a woman's fertility declines as she ages, peaking in the years leading up to age 30, Chung explains. "A woman is born with a limited supply of eggs, and no technology has been found to make her regenerate new ones." —**Gina Shaw**



MEDICAL 3-D PRINTING

When cancer researcher Rosalie Sears, PhD, clicks the *print* button, ink does not spray onto a page. Instead, actual human cells issue from the different printer heads of her 3-D printer. In a short while, she has before her a very small tumor, an exact replica of a patient's cancerous growth. At that point, she and her colleagues can

attack the printed model with a variety of cancer therapies to test how it will respond.

Sears' work is just one exciting aspect of 3-D printing's potential impact on medicine—from prosthetics and the bioprinting of cells to lifelike models of organs and the possibility of printable, implantable tissue.



"The range of materials is expanding, the cost of machines is dropping, and we just keep seeing more and more applications," says Cornell University

associate professor of engineering Hod Lipson, PhD, co-author of *Fabricated: The New World of 3-D Printing*. "We haven't seen the least of it yet."

EYE HEALTH AND VISION

As they age, one in five Americans needs reading glasses because of presbyopia, a common eye condition. But a corneal inlay called KAMRA may make those glasses obsolete. In some cases, the implant, surgically placed in the eye, restores near-perfect vision. KAMRA is already approved in Europe, and the FDA currently has it under review.



There's also hope for more serious eye problems. "This is probably one of the most exciting times in ophthalmology in terms of developing technology that can help people who were once blind be able to see again," says Anne Summers, MD, a spokesperson for the American Academy of

Ophthalmology. Among the breakthroughs are advances in drugs, stem cell treatments, and even an artificial retina, aka "bionic eye." Researchers have made many of these discoveries only in the past decade.

For instance, the Argus II bionic eye now helps people who have never seen before to see something—not everything, but more than was possible before. And clinical trials with adult and embryonic stem cells show promise for treating macular degeneration, eye trauma, and inherited retinal disorders.

"I think the really exciting part is that these clinical trials are starting, so it's no longer practice or speculation—it is being applied," says Bruce Ksander, PhD, associate professor of ophthalmology at Harvard Medical School and an eye researcher.

"It would be great to have in the next 10 years new stem cell treatments that can slow or reverse blindness in patients," Ksander says, "and I think that is a very achievable goal." —**Matt Sloane**

DIET AND WEIGHT LOSS

More than a third of Americans are obese, suggesting that diet and exercise alone are inadequate for millions of people trying to slim down. But they're not exactly clamoring for medical treatments for their disease, leaving a large and relatively untapped market for a number of new approaches now in the pipeline.

Weight-loss surgery is highly effective, but fewer than 2% of candidates take that step, according to one estimate.

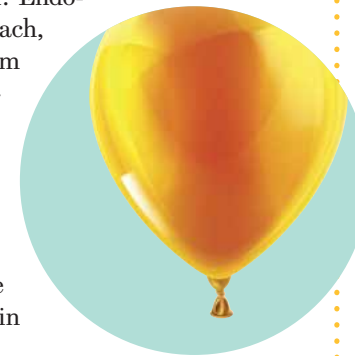
"Patients are very reluctant to undergo surgery," says Caroline Apovian, MD, director of nutrition and weight management at Boston Medical Center. "They just don't realize that their obesity is not under their control."

In January, the FDA approved the Maestro system, which uses a pacemaker-like device to regulate hunger and fullness by blocking the vagus nerve. The device, called the VBLOC, is one of a few intriguing approaches researchers are studying as potential obesity treatments.

Another approach involves placing balloons in the stomach to help a person feel more full. Researchers are testing two, including the ReShape Duo filled with saline and the Elipse balloon filled with water. Endo-Barrier takes a different approach, with a liner that blocks food from reaching a portion of the intestinal wall.

The devices also represent a field energized by recent FDA approvals of four new anti-obesity drugs: Qsymia in 2012, Belviq in 2013, Contrave last September, and Saxenda in late December.

Research continues on other obesity drugs, including Gelesis, a capsule with ingredients that soak up water and expand in the stomach; Beloranib, a twice-weekly injection that allows patients to burn off stored fat without hunger; and Mirabegron, an overactive-bladder medication that raises the metabolic rate, the amount of energy the body burns at rest. —**Rita Rubin**



WIRELESS MEDICINE

As technology improves, so too does the ability to measure your health and fitness. This concept, called the "quantified self," is exploding, and experts predict personal health and wellness devices will grow from a \$4 billion to \$8 billion industry by 2018.

Many experts say wireless medicine has the potential to change preventive care in this country, allowing people to catch little problems before they become big, expensive, and chronic issues. Two examples: Sensors built into smartphone cases can read your electrocardiogram waves, giving you and your doctor a picture of your heart health. Parents can send an image of their child's ear to a doctor to diagnose an infection.

Another growing area in wireless medicine aims to help us track health conditions of others, such as aging parents. The Proteus "smart pill" has built-in microsensors that let you know when your elderly parents take daily medication.

Devices aimed at wellness are becoming more evolved. Michael Gorman, editor in chief of *Engadget* magazine, says we'll see more products in two areas this year: headband wearables for meditation and sensor-laden clothing for fitness. For the former, he says, "a lot of people are building software to help you train to calm your mind and keep you focused, and I think those are going to proliferate some." If you're headed for the gym, "smart clothes" with built-in electrodes now allow you to monitor your muscle movement and give you real-time workout feedback.

Adds Sharon Bergquist, MD, an Atlanta-area internist: "As physicians, we're always looking for more tools to encourage patients to reach their goals. These devices help me give patients very tangible, practical goals." —**Matt Sloane**



PREVIOUS PAGE: SCIENCE PHOTO LIBRARY/CORBIS IMAGES; CLOCKWISE FROM LEFT: AMELIE-BENOIST/CORBIS; PONOMARENKO/THINKSTOCK; CHESKY, WITH/THINKSTOCK

RIGHT: CHRISTOPHER NUZZACCO/THINKSTOCK; CHRIS GORGIO/THINKSTOCK

What Will Help You Lose Weight?

WebMD Food & Fitness Planner

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

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

Visit WebMD.com and search "food and fitness planner"





IN SEASON

Golden Globe

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

After a long, gray winter, the sweet-tart flavor of pineapple is a welcome taste of sunshine. One cup contains just about 80 calories and around 100% of an adult's recommended daily value of vitamin C. That's one reason this fruit became popular on ships sailing through the tropics beginning in the 15th century. "Sailors knew if they could get their hands on some pineapple, it would prevent scurvy," explains Anne Shovic, PhD, RD, associate professor of human nutrition at the University of Hawaii at Manoa. Pineapple is also a source of bromelain, an enzyme that cooks commonly use as a meat tenderizer. Some experts believe the enzyme may have anti-inflammatory properties (many people swear by eating pineapple right before dental surgery), but Shovic says "the jury is still out" on whether consuming pineapple fights inflammation in the body. Still, pineapple is a superstar in smoothies and fruit salads, and our three recipes prove it also holds its own as a delicious addition to dinner entrées.

Stick to It

These scrumptious kebabs are seasoned with a marinade that includes five-spice powder, a kicky Chinese seasoning you can buy in large grocery stores and Asian markets. Serve kebabs with rice and steamed broccoli.

Pineapple and Jerk Pork Kebabs

Makes 4 servings

Ingredients

- 2 cups green onions, sliced
- 2 tbsp freshly squeezed orange juice
- 2 tbsp freshly grated orange zest
- 2 tbsp apple cider vinegar
- 1 tbsp low-sodium soy sauce
- 1 tbsp brown sugar
- 2 tsp freshly grated ginger
- 1 tsp Chinese five-spice powder
- 1 tsp dried thyme
- 2 cloves garlic, smashed
- 1–2 habanero peppers, seeded
- 1 (½ lb) pork tenderloin, cut into 1-inch pieces
- 1½ cup fresh pineapple, cubed
- 1 large green or red bell pepper, cubed
- 12 pearl onions, peeled
- 8 oz button mushrooms
- 1 tbsp canola oil
- 8 skewers

Directions

1. In a blender or food processor, combine the first 11 ingredients and purée until smooth. Add this marinade to a zip-top plastic bag with the pork tenderloin. Refrigerate 4 to 24 hours.
2. Preheat grill to medium-high. Lightly oil the grill with cooking spray.
3. Remove pork from bag and pat dry with paper towels. Discard marinade. On metal or soaked wooden skewers, alternately thread pork, pineapple, bell pepper, pearl onions, and mushrooms. Lightly brush kebabs with oil.
4. Place kebabs on grill for about 6 to 8 minutes per side or until an instant-read thermometer inserted in the pork reaches 145°F. Remove from heat and serve.

Per serving

348 calories, 39 g protein, 26 g carbohydrate, 10 g fat (3 g saturated fat), 109 mg cholesterol, 4 g fiber, 16 g sugar, 240 mg sodium. Calories from fat: 26%

If you don't plan to eat a pineapple right away, keep it fresh in the fridge with the leaves and spiny covering intact.



Food historians believe the pineapple originated in South America.

Take a Wok

This meat-free stir-fry is a delicious way to teach children about the benefits of eating the rainbow. Serve the stir-fry with brown rice.

Pineapple Tofu Stir-Fry

Makes 4 servings

Ingredients

- 1 14-oz package extra-firm tofu, rinsed
- 2 tbsp canola oil, divided
- 1 red bell pepper, sliced
- 1 onion, chopped
- 8 oz snow peas, trimmed
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- ¼ tsp red pepper flakes
- 1½ cups fresh pineapple, cubed
- 1 tsp sesame oil
- 3 tbsp hoisin sauce
- 2 tbsp chopped green onion
- 2 tbsp unsalted peanuts, chopped

Directions

1. Drain tofu thoroughly and dry; cut into ½-inch cubes.
2. Heat 1 tbsp canola oil in a large non-stick skillet or wok over medium-high

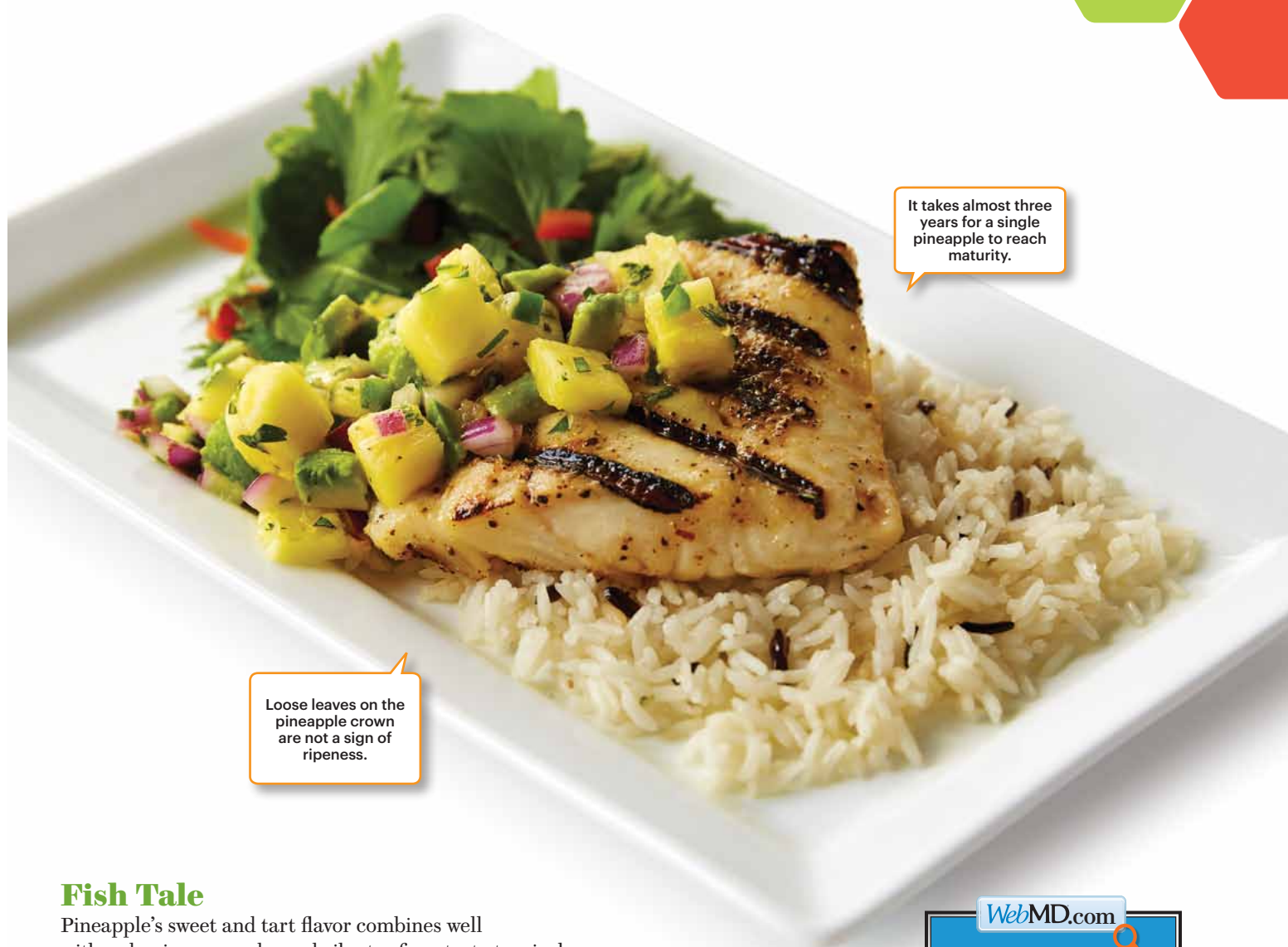
heat. Add tofu and cook until golden on all sides, about 8 to 10 minutes. Remove tofu from skillet and place cubes on a plate.

3. Keep the skillet on medium-high heat and add remaining canola oil. Stir-fry red pepper and onion 3 minutes. Add snow peas, garlic, and ginger and cook 2 to 3 minutes. Next, add red pepper flakes, pineapple, sesame oil, hoisin sauce, and tofu. Continue cooking 1 to 2 minutes until heated through. Divide onto four plates, and garnish with green onion and peanuts.

Per serving

317 calories, 17 g protein, 27 g carbohydrate, 18 g fat (2 g saturated fat), 6 g fiber, 14 g sugar, 211 mg sodium. Calories from fat: 49%

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



It takes almost three years for a single pineapple to reach maturity.

Loose leaves on the pineapple crown are not a sign of ripeness.

Fish Tale

Pineapple's sweet and tart flavor combines well with red onion, avocado, and cilantro for a tasty tropical salsa that's a terrific topper for grilled fish. You can make the salsa ahead and store it in the fridge for up to an hour before mealtime. For best results, use a firm white fish such as halibut, tilapia, or mahi mahi.

Grilled Fish With Pineapple Avocado Salsa

Makes 4 servings

Ingredients

- 1 cup fresh pineapple, cubed
- 2 tbsp red onion, minced
- 1 avocado, peeled, pitted, and diced
- 2 tbsp fresh cilantro, minced
- 1 tbsp fresh lime juice
- 1 tsp lime zest
- 1 jalapeño, finely minced (optional)
- ¼ tsp ground cumin
- ¼ tsp sea salt
- 1 tbsp olive oil, divided
- 4 5-oz fillets of firm, white fish
- freshly ground pepper to taste

Directions

1. In a small bowl, combine pineapple, red onion, avocado, cilantro, lime juice, lime zest, jalapeño, cumin, dash of salt, and 1 tsp olive oil. (Make the salsa up to an hour ahead.)
2. Preheat grill to medium-high. Rub fish with remaining olive oil, salt, and pepper. Lightly oil the grill with cooking spray. Grill fish 3 to 4 minutes on each side until flaky. Serve topped with salsa.

Per serving

269 calories, 30 g protein, 10 g carbohydrate, 12 g fat (2 g saturated fat), 45 mg cholesterol, 3 g fiber, 5 g sugar, 228 mg sodium. Calories from fat: 39%

WebMD.com

What's Cooking!

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

Chicken and Tomato Skillet

Slow-Cooked Brisket in Onion Gravy

Glazed Mini Carrots

Nutty Pimiento Cheese Balls

Cauliflower Gratin

*as of Dec. 1, 2014

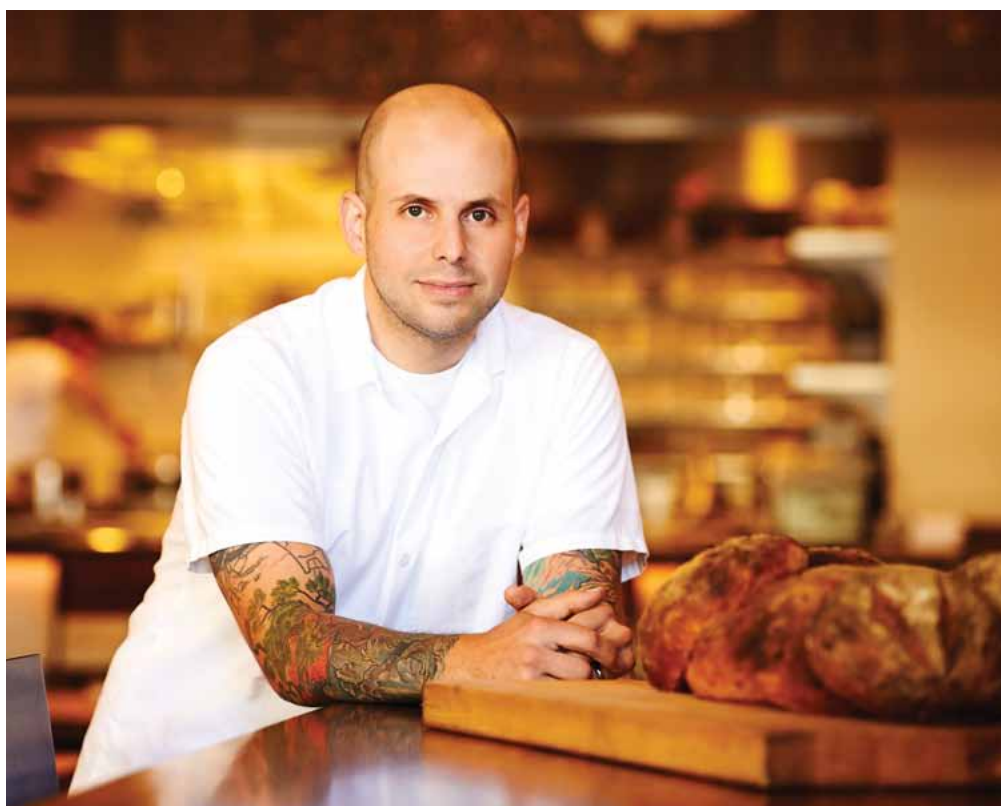


OFF THE MENU

Gerard Craft

NICHE, BRASSERIE, TASTE, PASTARIA
ST. LOUIS

By Matt McMillen



● Opening a new restaurant can take its toll. St. Louis chef Gerard Craft's scale revealed just how hefty that toll was: 40 extra pounds by the time Pastaria launched in 2012.

Research for the family-friendly Italian restaurant found him eating his way across the United States and Italy—a tasty tour, but it proved too much, says the father of two.

"It was eating as a job, sometimes five meals a day,"

he recalls. "We'd try five or six different pizza joints in each town and end up eating a whole pizza at each. Stress was a big portion of it, too. I wasn't ready for it with my lifestyle."

That lifestyle included lots of late nights and a lot of drinking. After the restaurant opened to rave reviews, joining Craft's other acclaimed eateries, Niche and Brasserie, Craft gave his lifestyle a reset.

"I took up cycling, and that's been big for me, both

for stress release and for health and fitness," says Craft, 35. "I also stopped staying out late and set some new priorities. That's helped a ton. I wake up super early, even when I'm traveling, and hit the gym or go for a run."

He also has more time for his family. A fun night off frequently means date night with his 6- and 9-year-old daughters or dinner at home, often with heaps of roasted vegetables prepared by his wife.

GERARD'S GO-TO'S

His favorite comfort food: "I love pasta, especially with cauliflower that's been chopped and then sautéed with olive oil, garlic, and chili flakes and finished with Parmesan. Super simple, super delicious."

When he wants to lose 5 pounds: "I go heavy on the veggies and eat less red meat. I never try to cut anything completely out of my diet because it kind of makes me go crazy."

Where he gets his best recipe ideas: "Traveling is key, but going to a farmers market is pretty much the most helpful thing to be creative."

The one lesson every home cook should learn: "Edit yourself. When planning a meal, take on one big project, like a perfect standing rib roast, and then make simple, easy things to go with it. When you bite off too much, you often do everything less well."

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor

APP BONUS!
Craft's recipe
for Orange Salad
With Olives and
Red Onion



Craft's focus on family matches his mission for Pastaria, inspired by his family's travels in Italy.

"In Italy more than anywhere else, eating at a restaurant is a family experience, and kids are welcome," says Craft, a *Food & Wine* Best New Chef in 2008 and frequent James Beard Award nominee. "It's such a shared experience, and we really

Pomodoro, a version of which Craft shares here. "I like it because it is incredibly easy, filling, and fresh tasting," Craft says. "It's really a perfect one-pan dish."

"In Italy more than anywhere else, eating at a restaurant is a family experience, and kids are welcome."

wanted to translate that to a restaurant in America, where there are few nice places to take kids and feel comfortable."

Simple food, well prepared: The menu boasts 10-plus pasta dishes, an equal count of specialty pizzas, and numerous salads. Pastaria also draws crowds for Sunday brunch, featuring Baked Eggs

The dish also dovetails with Craft's new and healthy priorities, which include giving breakfast its due as the most crucial meal of the day. "People have said how important it is for years, and I've always ignored it," Craft says. "But I know now that if I eat a solid breakfast, it sustains me and keeps me from snacking all day."

Baked Eggs Pomodoro

Makes 4 servings

Ingredients

- 4 thick slices of toast, ideally Italian-style bread, though any freshly baked, unsliced loaf should do
- pomodoro sauce, heated (recipe at right or good-quality purchased tomato sauce)
- 8 large eggs
- 2 oz grated Grana Padano or Parmigiano Reggiano cheese
- leaves from 4 sprigs of basil, sliced thin

Directions

1. Preheat oven to 350°F. Place toast in an oven-safe gratin dish. Cover with heated sauce.
2. Crack eggs (two at a time) into a dish and then pour them over the tomato sauce, being careful not to break the yolks. Bake until tomato sauce is bubbling and the whites of the eggs are set, about 15 minutes. Carefully remove from oven. Sprinkle cheese and basil on top, and enjoy!

Per serving

365 calories, 20 g protein, 23 g carbohydrate, 21 g fat (7 g saturated fat), 340 mg cholesterol, 2 g fiber, 5 g sugar, 694 mg sodium. Calories from fat: 52%

Pomodoro Sauce

(can be made up to 3 days ahead and refrigerated)

Ingredients

- 2 tbsp olive oil
- ½ small yellow onion, peeled and diced small
- ½ tsp salt
- 2 cloves garlic, minced
- ¼ cup white wine
- 1 14-oz can of Italian plum tomatoes, drained and chopped
- leaves of one sprig of basil

Directions

1. Heat oil over medium heat. Add onion and salt and cook slowly until onion pieces are soft and translucent, about 10 minutes.
2. Add garlic and cook one minute. Add wine and reduce by half. Add chopped tomatoes and basil and simmer 20 minutes.



Take **Fitness Dos and Don'ts**, a quiz at WebMD.com.

LEARN HOW ON P. 4

WORK IT OUT

See Change

DO YOU NEED TO BREAK OUT OF YOUR COMFORT ZONE?
MAKE THE MOST OF YOUR WORKOUT AND SWEAT MORE WITH THESE TIPS

By Karen Asp

● You've worked out for a while, and it starts to feel comfortable—maybe too comfortable. That means it's time to make exercise more challenging again. Revving things back up is a good idea if you recognize yourself in any of these scenarios:

You do the same moves over and over. When you first begin exercising, it can be tough to find an activity you love. Once you do, you want to keep at it, which is great—but after a while you need to switch it up.

"Your body adapts quickly, sometimes in just a matter of a week, to whatever exercise you're doing," says Janice Clark, a personal trainer in Los Angeles. "Once that happens, your body doesn't have to work as hard and you burn fewer calories."

The solution: First, make sure you have a well-rounded fitness program that includes aerobic exercise, resistance training, and stretching. That way you'll naturally give your body variety.

Then, every week to four weeks, change one thing. For example, ride a stationary bike instead of running on the treadmill or push yourself a bit more in one of your cardio workouts.

You talk with friends the entire time. Having a workout buddy can encour-

age and motivate you, but the time you spend working out is for getting fitter. If you can easily carry a conversation while exercising, you're not working hard enough, Clark says.

The solution: Don't dismiss your buddy, but save the major discussions for the coffee shop. When you exercise at a moderate level, you should be working hard enough so you can only get out a few choppy sentences. For vigorous intensity, you should be able to squeeze

out just a few words before needing a breath.

You're engrossed in TV, a magazine, or something online. Exercising on cardio machines while watching TV or reading can help motivate you to move and even exercise longer. But these distractions sometimes make it difficult to maintain the right intensity, Clark says.

The solution: Clark recommends doing most of your workouts without added entertainment. If you must watch TV or read a book,

check in every few minutes to make sure you're working at a moderate intensity.

You've barely broken a sweat. If you didn't sweat a drop during your entire workout, even if you were exercising in the cold, then your workout was too easy.

"Although some people sweat more than others, you should have some visible sweat, which indicates you've worked hard," says Kayla Itsines, a personal trainer in Australia and founder of the Bikini Body Training Co.

The solution: Push yourself into the sweat zone. Don't work so hard that you risk injury, but pick up the pace or intensity so that your sweat-wicking clothes have something to wick.

You don't feel like you've done anything. Be honest with yourself. It's OK to modify for your skill level or scale back when something feels too difficult, but you don't want to completely let yourself off the hook.

The solution: You'll know you're exercising at the correct intensity if your workouts feel challenging, but not so hard that you can't complete them. By the end, you should feel good.





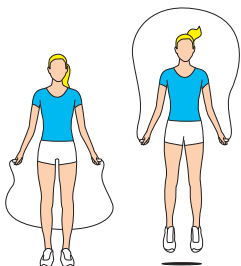
FITNESS CHALLENGE

Out of the Box

PUNCH UP YOUR WORKOUT WITH BOXING MOVES

By Jodi Helmer

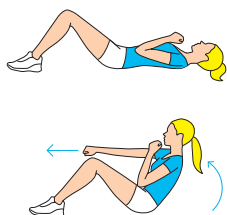
Boxing burns more than 700 calories per hour. Instead of lacing up gloves and stepping in the ring, get in fighting shape with three boxing-inspired moves that torch calories, build muscle, and improve balance. “If you’ve ever watched a boxer train, you can see that the moves engage the entire body,” says Kathy Kaehler, celebrity fitness trainer whose clients include Julia Roberts, Jennifer Aniston, and Kim Kardashian. “It’s a great workout.” Set a goal to do this workout at least three times per week.



Jump Rope

This classic boxer exercise torches calories and builds bone density. Start slow, focusing on technique and jumping as long as you can, even if it’s only 10 to 15 seconds at a time.

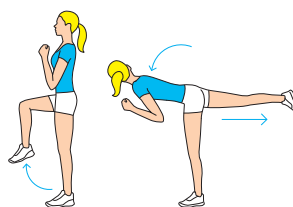
1. Standing with feet together, hold the handles of a jump rope in each hand with the rope loose behind your feet.
2. Keeping your elbows bent and at your sides, rotate your wrists to propel the jump rope over your head.
3. When the rope hits the ground, jump up lightly to let the rope slide beneath your feet. Try to stay on the balls of your feet.
4. Jump as long as you can, challenging yourself to work up to 100 revolutions without stopping.



Sit-Up and Punch

This move engages the core and the upper body.

1. Lie with your knees bent and your feet flat on the floor.
2. Bend your elbows, make fists with your hands, and hold them above your chest.
3. Engage the core and lift your shoulders off the floor, rising into a sit-up.
4. At the top of the sit-up, extend your right arm in front of you with a “jab” punch. Retract quickly and repeat with a left jab (a one-two punch).
5. Return to the starting position.
6. Repeat the move for 60 seconds. Try alternating punching moves, including uppercuts (punching toward the ceiling) and hooks (using your right fist to punch across the left side of your body).



Kick Back Kaboom

Kaehler loves this move because it isolates and tones the glutes and helps improve balance.

1. Stand with your feet hip-width apart and the knees soft, slightly bent.
2. Bend your elbows, make fists with your hands, and hold them up around chin height.
3. Lift your right foot and bend your knee, so that your right thigh is parallel to the floor.
4. Look over your right shoulder and bend forward, hinging at the hip.
5. Kick your right leg straight back.
6. Return to the starting position.
7. Repeat, 10 kicks per leg.

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

Q

“What is the 7-Minute Workout, and can I really get a good workout in such a short time?”

Beth Howard, 56
communications professional,
Charlotte, N.C.



A

“The 7-Minute Workout is a circuit-training workout that combines aerobic and resistance training. Twelve exercises are in one circuit.

You do each move for 30 seconds with a 10-second break between each move.

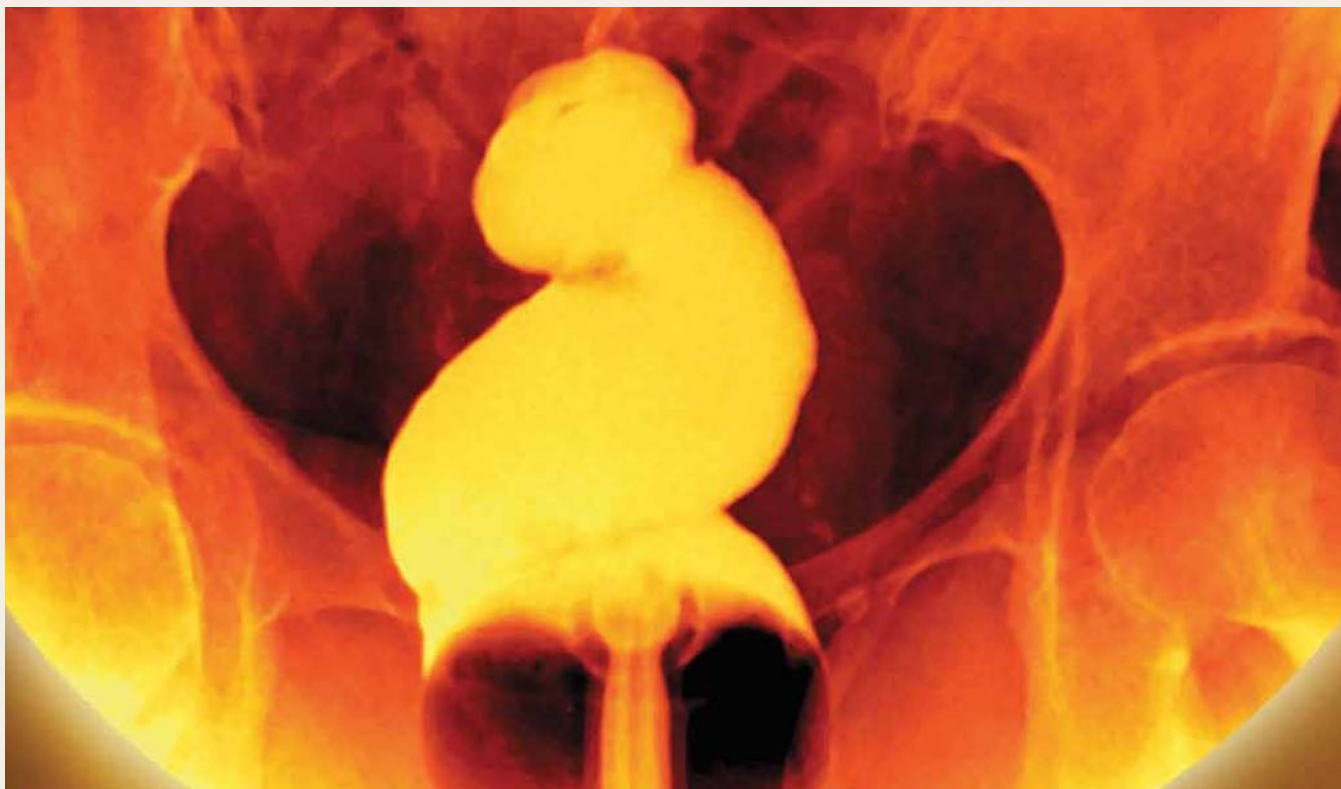
Although it’s called the 7-Minute Workout, the goal is to do three circuits (or a total of 21 minutes) at least three times per week. It’s still a short workout, but research shows that boosting the intensity of the workout allows you to decrease its duration and still gain cardiovascular and muscle-building benefits.”



Chris Jordan, CPT
certified strength and conditioning
specialist and director of
exercise physiology at the
Johnson & Johnson Human
Performance Institute

WebMD[®] Checkup

TAKING CARE, LIVING WELL



March is **Colon Cancer** Awareness Month

Colon cancer is the third most common cancer and a leading cause of cancer death in the United States. Every year, approximately 140,000 people learn they have colon cancer, and about 50,000 people die from the disease. But colon cancer is very preventable, and survival rates are high when doctors catch the cancer early. More than 1 million colon cancer survivors live in the United States today.

Colon cancer usually begins with abnormal growths in the colon called precancerous polyps. Doctors can find the polyps through a colon cancer screening and remove them before cancer develops or spreads. Because 90% of colon cancers occur in people age 50 and up, national guidelines recommend regular colon cancer screenings for everyone between ages 50 and 75. People with certain risk factors, such as inflammatory bowel disease

or a family history of colon cancer, may start screenings before age 50.

Several tests screen for colon cancer. With a fecal occult blood test, your stool is checked for blood. You do this at home with a test kit and send it back to your doctor. In a sigmoidoscopy test, a doctor inserts a thin, flexible, lighted tube in the rectum to check the rectum and lower colon for polyps and cancer. A colonoscopy uses a longer tube to check the entire colon for polyps and cancer. Ask your doctor which test is best for you.

Notable names speak out about the importance of colon cancer screenings. CDC's *Screen for Life* series of public service announcements includes actors Meryl Streep, Jimmy Smits, Diane Keaton, and Morgan Freeman.—**Sonya Collins**



HEALTH HIGHLIGHTS

CHRONIC FATIGUE

MARCH IS CHRONIC FATIGUE SYNDROME AWARENESS MONTH

By **Matt McMillen**

1 ***Go slow and steady***
Exercise increases energy, but don't overdo it. Too much may lead to setbacks.

2 ***Pace yourself***
To avoid a relapse, go easy on activities and errands, even if you have lots of energy.

3 ***Fill small plates***
Eat smaller, more frequent meals so that your digestive system does not overtax your energy reserves.

4 ***Listen up***
Does a loved one have CFS? The better you understand how she or he feels, the more supportive you can be.

5 ***Banish fear***
Don't be afraid to exercise. The right amount of physical activity will help you feel better, not worse.



6 ***Get together***
Join a support group—in person or online—to share your experiences, feelings, and what you learn about CFS.

7 ***Balance it out***
Work with your doctor to tailor a daily plan that balances activities and rest.

8 ***Think clearly***
Do puzzles and play word and card games to keep your mind alert and focused.

9 ***Keep connected***
Make plans with friends and family. You'll have fun and feel better.

10 ***Learn more***
Visit WebMD's CFS Health Center for more helpful tips, the latest news, and more.

EXPERT TIPS



Robert E. Graham, MD, MPH, FACP
director of Integrative Health, Department of Medicine, Lenox Hill Hospital, New York City

"Slow down and respect your time to complete a task. You will work at your best when time is broken down into manageable minutes instead of hours. Set a timer for 20 minutes and prep dinner, wash the dishes, or do the laundry until the timer goes off."



Lawrence Taw, MD, FACP
assistant clinical professor, UCLA Center for East-West Medicine, Department of Medicine, David Geffen School of Medicine, UCLA

"Treat your feet. Massage and then soak your feet in warm water before bedtime to help you relax and sleep more soundly."

"Eat warm, cooked foods. Cold and raw foods take more energy for your stomach to process and digest, leaving you feeling drained after you eat."



Karen Blütz, DO
director, Multiple Sclerosis Care Center North Shore-LIJ Health System

"Get the best rest possible by limiting beverages after 6 p.m. so you are not awakened for a bathroom call, read a book before bed instead of activating your mind with TV or news, and stick to a good sleep schedule to allow for seven to eight hours nightly."



LIVING WITH MULTIPLE SCLEROSIS

TIPS FOR STAYING ACTIVE AND HEALTHY WITH THE CONDITION

By Christina Boufis

Several years ago, Dave Bexfield, then 36, was watching TV when his entire right side suddenly went numb. “I went to the emergency room. I worried at first I was having a stroke,” he says.

But Bexfield’s numbness continued, spreading around his chest. A few weeks later, he was diagnosed with multiple sclerosis (MS). The disease happens when the body’s immune system attacks the insulation (myelin) that surrounds the nerves in the brain, spinal cord, and eyes. The disease is unpredictable; symptoms vary, and people with MS often have periods of flares



Tai chi can help improve balance. Exercise can also help reduce symptoms of depression.

and remission. “My course turned pretty aggressive,” Bexfield says. “About three years into it, I was using a walker full-time. But I was determined to stay active.”

How can you live well with MS? Howie Zheng, MD, a neurologist with The Neurology Center at Mercy Medical Center in Baltimore, shares his top tips.

Keep active. “Exercise has several benefits for people with MS,” Zheng

says. “It improves endurance, flexibility, balance, and muscle tone. It also helps maintain a healthy weight and, in some cases, can decrease pain.” Try aerobic exercises such as swimming or walking. To improve balance, take up yoga or tai chi. Exercise can also help reduce symptoms of depression, which affects many people with MS, Zheng says.

Eat well. “There’s no

specific diet for MS,” Zheng says. But a heart-healthy diet, low in fat and high in fruits and vegetables, is important for maintaining overall good health.

Small studies show that eating meals low in saturated fat and high in omega-3 fatty acids, plentiful in fatty fish like salmon and in flaxseeds, can help reduce MS symptoms. But more studies are needed to confirm that.

Beat the heat. For many people, MS symptoms get worse when they’re hot, Zheng says. “Avoid exercising during

peak sun hours, between 10 a.m. and 2 p.m.,” he suggests. Wear cool, breathable fabrics, or buy a cooling vest to bring your body temperature down.

Zap stress and reach out to others. “Stress is a major factor in making MS symptoms worse,” Zheng says. Try deep-breathing exercises, meditation, yoga, or tai chi to help de-stress.

You might want to find a support group and get tips on managing MS, Zheng says. Check out the National Multiple Sclerosis Society to find a group in your area.

BY THE NUMBERS

IRRITABLE BOWEL SYNDROME

FACTS AND FIGURES ABOUT TOP HEALTH CONDITIONS

By Heather Hatfield



**2.4
to
3.5
million**

Number of annual physician visits related to IBS in the U.S.



10%-15%
Percentage of adults in the U.S. with IBS

12%



Share of visits to primary care physicians each year in the U.S. related to IBS

\$791-\$7,737

Annual indirect costs (missed work, lower productivity, etc.) per person with IBS in the U.S.

20-39

Ages at which IBS is most common



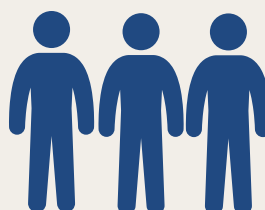
40%



People with IBS who are lactose-intolerant

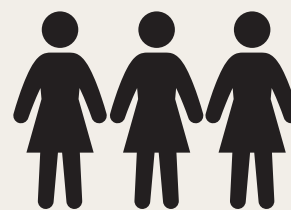


Ranking of IBS as a disorder diagnosed by a gastroenterologist



35%-40%

People with IBS who are male



60%-65%

People with IBS who are female



Join 100+ convos in the
lupus community at
WebMD.com.

[LEARN HOW ON P. 4](#)

Checkup

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

MY STORY

LIFE AFFIRMED

A READER OPENS UP ABOUT THRIVING WITH LUPUS

By Denise Dorfman
WebMD.com community member

One morning I woke up with such swelling and joint pain I could hardly move my fingers. I was 30 years old, and this had never happened before. My doctor ordered blood tests, and, when the results came back, she found I had very low levels of white blood cells, red blood cells, and platelets. My blood work looked so bad that she wanted to put me in the hospital. I was referred to a rheumatologist and diagnosed with lupus, or systemic lupus erythematosus (SLE), an autoimmune disease that affects different parts of your body, including your joints and organs.

My rheumatologist put me on medication, but the disease progressed, and I developed pericarditis, an inflammation of the lining of the heart, which can happen with lupus. I also got Raynaud's phenomenon, where my fingers and toes turned cold and blue—another complication.

Four years into the disease, I discovered the world of self-help literature. I learned about doing affirmations to help treat disease, and I started doing them. I repeated affirmations like, "I speak up for myself. I love and approve of myself. I am free and safe."



DENISE'S DO'S

"You don't have to do a triathlon, but getting moderate exercise is important for people with lupus. I highly recommend working with a personal trainer who can help you stay motivated and doing exercises that aren't too hard on your joints."

"Try to include anti-inflammatory foods like spinach, kale, blueberries, or pineapple in your diet. I'll often make a smoothie to get a large amount of fruits and vegetables."

"Love and respect yourself in order to stand up for what you want. This has really helped me with lupus."

really did seem to help with the inflammation and flare-ups.

I also started working out with a personal trainer. She suggested I slowly build up to working out four times a week. She never had me do anything that was painful. At first I'd do cardio and lift weights twice a week, then three times a week, and eventually four times a week. And she'd switch the workouts so I never got bored.

I was in such good shape that my doctor took me off all lupus medications. He said, "Whatever you're doing, keep doing it because you don't have any active disease." He said I was one of his best success stories.

I've had no active disease for about 10 years now. I think because I had all the tools necessary to help treat my disease, I helped nip it in the bud before it got too severe. It's all from taking really good care of myself. I feel better today at 48 than I did at 30 when I was first diagnosed with lupus.



ASK YOUR DOCTOR

1. How can I help avoid flare-ups?
2. Should I change my diet?
3. What can I do to prevent heart problems or complications?
4. What exercises can I do?



HEALTH CHECK

IS YOUR HOME ALLERGY-PROOFED?

Whether you're allergic to pollen, dust mites, mold spores, or a combination of these, you can take steps to reduce your exposure to allergens at home. "Showering before you get in bed and washing your bedding in hot water are helpful," **sgb188** tells another member of the WebMD allergies community. "Since you do have dust allergies, have you put allergy-proof covers on your box springs and pillows?" Those are all good tips. Do you know other ways to allergy-proof your home?

QUIZ

1. Do you shut windows and run the air conditioner when pollen counts are high?
☐ Yes ☐ No
2. Do you use a dehumidifier in humid areas?
☐ Yes ☐ No
3. Have you removed wall-to-wall carpeting in your home?
☐ Yes ☐ No
4. Do you have washable curtains or drapes?
☐ Yes ☐ No
5. Do you get help with yard work?
☐ Yes ☐ No

Answers: **1.** Use air conditioning and close your windows during allergy season to keep pollen out and cut down on hay fever attacks. **2.** Run a dehumidifier in high-humidity areas, such as basements and bathrooms, to deter mold growth. **3.** Hardwood floors (and washable area rugs) are easier to clean than wall-to-wall carpets. **4.** You're more likely to wash dust-catching curtains and drapes regularly if you can throw them in the washing machine rather than having to dry-clean them. **5.** If grass pollen is your trigger, hire someone to mow the lawn to minimize your exposure.

SOURCE:
WebMD Allergies Health Center

ASK YOUR DOCTOR

1. Should I be tested to find out what causes my allergies?
2. What steps can I take to reduce my exposure to allergens?
3. Should I take allergy medicines? Do I need a prescription or are over-the-counter products effective?
4. What about allergy immunotherapy? Should I try allergy shots or the new, under-the-tongue tablets or drops?

Mariel Hemingway

Actor/Author

1 **Your new book, *Out Came the Sun*, and the 2013 documentary about your life, *Running From Crazy*, bring home the personal demons and mental illness that run deep within your family. How have you been able to face and overcome your challenges?** I think there's always a person in a family who says, "I don't want to do this anymore." Maybe not in one generation, maybe it takes two generations. But someone says, "I don't want to keep passing this on." I don't know if my kids are going to be perfect, but they're not going to have secrets between themselves and me.

2 **Was it painful bringing up all those memories as you wrote the book?** To be perfectly honest, I had help finding structure. I would write the story itself, each thing as I would remember it. It was really therapeutic. It was actually kind of fabulous, like journaling. I had to get it out.

3 **You write that you stayed in an unfulfilling first marriage for 25 years. Why?** My marriage seemed OK because it was better than what I was brought up in. It took 25 years to realize I didn't have to settle



Read the full Q&A with Hemingway in our tablet apps.

Hemingway's new book, *Out Came the Sun*, will be available April 7.

and that I could be truly happy.

4 **In your book, you said that one of the deepest relationships is with nature. Why is that?** I found peace, joy, and happiness by going outside. Being around rocks and mountains and horses, being outside in wind. Those things kept me alive. I felt more myself when I was climbing up a mountain and feeling

everything about my body. That's how I survived my childhood.

5 **Your daughter Dree is a model and actor, and your daughter Langley is an artist. How did you feel about them going into the business?** When Dree was born, she was a very showy girl. She's been the same ever since. But I didn't want to let her model until she was 17.

6 **Do you worry about the genetic risk of mental illness for your girls?** I used to think about that a lot. Now, because of the things I've done, I know that I can help. It makes me sad that as a society we still fear talking about mental illness when it's far more prevalent than cancer and other diseases. Mental illness is not untenable. You can get to the bottom of this.

7 **Is that why you wrote the book?** I wrote the book to be able to say, I come from these complications and this set of joys and this amazing beauty and all this weirdness. I think it gives permission when somebody who has some kind of celebrity says, "Look, it's not perfect." We don't come from perfect places. I want everybody to feel that it's OK to tell their story.

8 **What's your guilty pleasure?** I used to smoke an American Spirit cigarette once a day because I wanted to have something gross that I did, but I quit. Now I drink too much green tea.

9 **What's a typical day like for you?** Bobby [her boyfriend, Bobby Williams] and I get up really early. We're outside most of the day. I try to spend a good half of the day outside somehow, even if I have to work. And we cook a lot.

10 **What are you working on?** A TV show, a film version of my grandfather's book *A Moveable Feast*, and a project with Bobby. I'm in a really great and grateful place, to feel this good about life. —Gina Sharv