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Close's Call

Glenn Close has earned numerous awards and nominations for her roles in TV, movies, and theater. But now, in her most important role as sister and advocate, she raises awareness to change the stigma tied to mental illness with her nonprofit Bring Change 2 Mind. This year, we honor Close as the **WebMD Health Heroes People's Choice** award winner.

Greater Good

Every year, WebMD celebrates Americans who change the health landscape in our country. This year, we honor winners in four categories: scientist, prodigy, advocate, and People's Choice. Meet the **2015 WebMD Health Heroes**.



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“
SINCE IT'S SUCH AN ISSUE IN MY FAMILY, IT'S NOT SURPRISING THAT I'D BE ON THE SPECTRUM OF DEPRESSION SOMEWHERE.
”

IN EVERY ISSUE

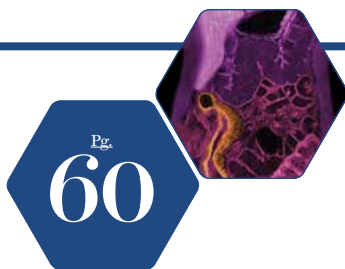
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Ron Howard knows about sea changes—in his latest movie and in life. He reflects on his career, long-lasting marriage, and healthy lifestyle.

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EDITOR'S
NOTE



The term *hero* tends to be used a great deal, but it's not a word we take lightly when referring to our WebMD Health Heroes award winners. The inspiring group of individuals featured in this issue are giving of themselves, often making great sacrifices, to not only help others but also to improve health care for all of us.

Each of our 2015 award winners has worked to help those affected by conditions of the often uncharted territory of the mind. Our scientist winner, Dr. Bennet I. Omalu, discovered a disease of the brain caused by repeated head trauma and was the first to identify it in a former NFL player. Our prodigy, teenager Kenneth Shinozuka, invented a device to help track the movements of Alzheimer's patients. Advocate winner, Ronald "Jake" Clark, founded a program to help veterans crippled by PTSD. And our People's Choice winner, **Glenn Close**, works to help everyone have a better understanding of mental illness. Turn to page 28 to read the compelling stories of Close, and our other three winners.

Wishing you much joy this holiday season.

Kristy Hammam
Editor in Chief
kristy@webmd.com

WATCH OUR EXCLUSIVE VIDEO WITH GLENN CLOSE!

Good Morning America co-anchor Robin Roberts, host of our 2015 WebMD Health Heroes awards ceremony on Nov. 5, sat down with



this year's People's Choice winner, Glenn Close. They discuss how Close's own personal experience with her sister led her to found Bring Change 2 Mind, a nonprofit group dedicated to ending the stigma surrounding mental illness.



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TOP LEFT: GREGORY MILLER; LORENZO CINIGLIO

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WebMD

HEALTH HEROES

Individuals Working to Improve Health and Wellness in America



ADVOCATE

RONALD "JAKE" CLARK

Creator and Executive Director
Save A Warrior, Malibu, California



PEOPLE'S CHOICE

GLENN CLOSE

Award-winning Actor and Activist
Founder, Bring Change 2 Mind, San Francisco, California



PRODIGY

KENNETH SHINOZUKA

Senior, Horace Mann School, Bronx, New York



SCIENTIST

BENNET I. OMALU, MD, MBA, MPH

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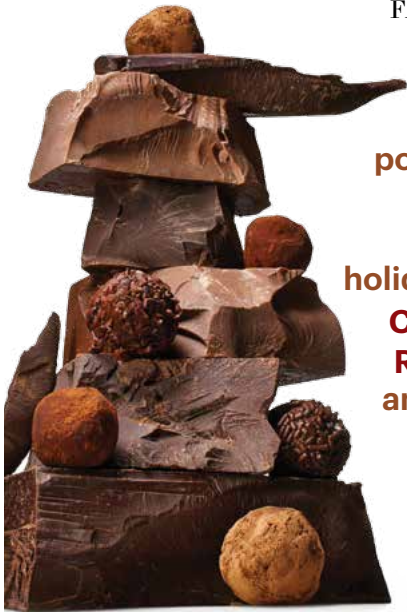
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HOT TOPICS!

FACTS AND NEWS YOU CAN USE



Most popular snack purchased during the holidays: candy. CHOCOLATE RANKS NO. 1 among candy buyers, followed by candy canes.

Source: NPD Group

Traveling this holiday season? Watch out for bedbugs—75% of exterminators report finding these pests in hotels.

Bedbugs live in every state, and they can eat seven times their own weight in blood.



Source: National Pest Management Association



7-10 DAYS: HEALING TIME FOR A TATTOO

Source: American Skin Association

AMERICA'S MOST PET-FRIENDLY CITIES:
CINCINNATI
ST. LOUIS
COLORADO SPRINGS, COLO.
TAMPA, FLA.
RICHMOND, VA.



Source: WalletHub



More than half of Americans say they try to avoid soda (diet and regular) and sugar.

Source: Gallup



8 MILLION
Number of lives saved since tobacco control efforts launched in the 1960s

Source: American Lung Association

1 in 3
NUMBER OF PEOPLE WITH HIGH BLOOD PRESSURE IN THE U.S.

Source: National Heart, Lung, and Blood Institute

40%-90%
of people who wear contact lenses do not care for them correctly.

Source: CDC

9,340
Estimated number of TRICYCLE ACCIDENTS treated in U.S. emergency rooms from 2012 to 2013

Source: Pediatrics



65.7 million Americans—29% of adults—care for a sick, disabled, or elderly loved one.

Source: Family Caregiver Alliance



2^{IN}3

**NUMBER OF
AMERICANS
WHO ARE
OVERWEIGHT
OR OBESE**

Source: JAMA



FLU FIGHT

The flu will try to knock you off your feet this season. Don't go down without a fight. First, get a flu shot, which will slash your chances of getting sick. Then wash your hands often and keep them away from your eyes, nose, and mouth—that's how viruses get in. If you do get the flu and your doctor prescribes antivirals, take them. They can make your symptoms milder and your sickness shorter.

Source: CDC



Picky Eaters

“Yuck!” is typical dinnertime talk when kids are at the table. But if your child is super picky, that might not be because she's just being willful. A recent study of kids ages 2 to 6 finds that finicky eaters may be more sensitive than other children—and not only to food tastes and textures. In the study, the pickiest eaters were more likely to show signs of anxiety, depression, and attention deficit hyperactivity disorder then and later in life. If you have concerns about your choosy child, talk with your pediatrician.

Source: Pediatrics

STEP TO IT

It's time to stand up for yourself. In an experiment, adults ages 36 to 80 wore activity trackers that detected when they were sitting, standing, or stepping, 24 hours a day for seven days. Those in the study who stood up or moved around the most had several signs of better heart health. Replacing two hours sitting per day with standing can significantly lower blood sugar and bad cholesterol while raising good cholesterol. Replace that sitting with stepping, and you could see all those results plus a smaller waist and lower body mass index.

Source: European Heart Journal

BRAIN BOOST

For people at risk for Alzheimer's disease, exercise can help boost brain health. Adults ages 55 to 89 with mild cognitive impairment—a risk factor for Alzheimer's—were divided into groups that did either high-intensity aerobics or low-intensity stretching. They exercised 45 to 60 minutes, four times a week. After six months, the aerobic group had reduced levels of tau, an abnormal protein that builds up in the brains of people with Alzheimer's. Blood flow increased in the memory and processing centers of their brains, and attention, planning, and organization tasks improved.

Source: Alzheimer's Association





THIS HOLIDAY SEASON LOWER THE SUGARS ... NOT THE *Sweet*

HOLIDAY YAMS

Serves: 8

INGREDIENTS:

- 6 cups peeled yams, cut into 1/2" to 1" cubes
- 4 tbsp butter, melted
- 1/2 tsp salt
- 1/8 tsp pepper
- 4 packets SweetLeaf® Organic Stevia
- 1/2 tsp cinnamon

Calories per serving: 240



DIRECTIONS:

Preheat oven to 350° F.

Toss the cubed yams and melted butter together and spread the coated cubes onto a parchment-lined cookie or baking sheet. Then season yams with the salt, pepper, SweetLeaf Organic Stevia, and cinnamon.





Bake for 35 minutes or until yams are cooked through and slightly caramelized.



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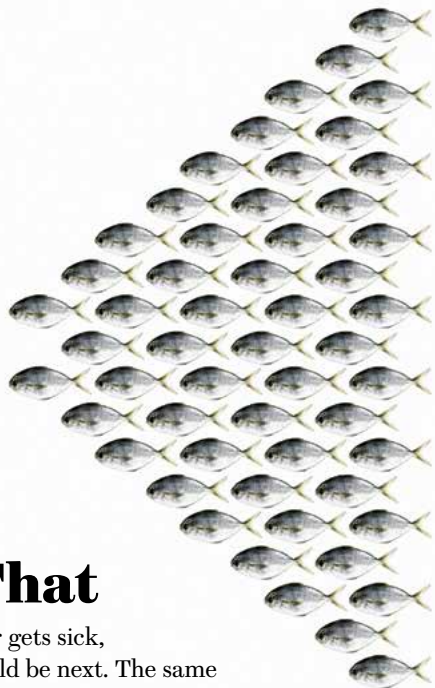


SPICE FOR LIFE

Bring on the spice! It might prolong your life.

Researchers in China tracked nearly 500,000 adults ages 30 to 79 for seven years. During those years, those who ate hot, spicy foods once a week or more were less likely to die prematurely than those who didn't. Overall death risk was reduced and so was the risk of death from heart and respiratory diseases and cancer. And the more spice, the better. Those who ate spicy foods every day were the least likely to die during the study.

Source: British Medical Journal



Copy That

When a co-worker gets sick, you know you could be next. The same is true when a co-worker is rude. In an experiment, business students practiced negotiating with partners. When the students rated their partners as rude, they were more likely to perceive their next partner as impolite, too. Then they responded rudely in return. Bad manners can even infect bystanders. In another test, business students watched a video of either a rude or neutral professional interaction. Later they responded to neutral-toned client emails. Those who had seen the uncivil interaction were more likely to reply with hostility.

Source: Journal of Applied Psychology

JUMP START



As we have since 2006, we celebrate another exemplary group of WebMD Health Heroes in this issue. You'll meet this year's honorees, starting on page 34, and learn what our 2014 winners have been up to since they were honored. You can also read about the inspiring candidates in the People's Choice category.

All make vital contributions that reach and improve the lives of so many people—this is what we mean by "health hero." We are so proud of each and every one.

Our Health Heroes selection team works the better part of each year to find, research, evaluate, and finally select each winner—with the exception of the People's Choice honoree, who really belongs to you when you vote for your favorite celebrity health advocate each August.

We'll start our search for the 2016 Health Heroes candidates early in the new year, and as always, we welcome your suggestions. If you know of someone doing something extraordinary in health or medicine, drop me a line.

Meanwhile, happy, healthy holidays,

Colleen

Colleen Paretty
Editorial Director
colleen@webmd.com

2

Number of times per decade adults age 30 and older get the flu. Kids get it about every other year.

Source: PLOS Biology



FAT ZAP

After menopause, maintaining a healthy weight can be difficult. Unfortunately, extra body fat after "the change" can increase your risk for breast cancer. Longer workouts might be the key to staying lean. In a study of 400 previously inactive, postmenopausal women, those who exercised for 40 minutes a day lost more fat than those who got the nationally recommended 20 minutes a day. Although both groups lost the same amount of weight, the ones who worked out longer lost more total fat, belly fat, and inches off their waist.

Source: JAMA Oncology



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Hot Hits

What's trending on WebMD.com right now*

Vitamin B12

What happens in a concussion?

Fast weight loss

Asperger's Syndrome

What do retinoids do?

Strep throat

Healthy fats

How do you get warts?

Immune-boosting foods

Cold feet

Exercise for beginners

Symptoms of depression

*as of Oct. 1, 2015

Nature's Call

A walk through the woods may be a boon for your mental health. A new study suggests that spending time in a natural setting can keep negative thoughts at bay and ward off mental illness. In the study, published in *Proceedings of the National Academy of Sciences*, people who took a 90-minute walk through a natural setting reported fewer negative thoughts than those who strolled in an urban environment. You can benefit from connecting with nature in many ways, says Ellen Albertson, PhD, a psychologist and certified Wellcoach. Walk through a park, forest, or botanical garden. Plant a small tree. Go birding. Lay out a blanket and gaze up at the stars. The trick is to be mindful. "Leave your cellphone at home or in your car, find a place you are drawn to, relax, and observe your surroundings," Albertson says. Smell the trees. Observe the changing leaves. And don't let a dip in temperature hold you back. Dress in layers. Proper footwear, a hat, and gloves will keep you warm and dry.—**Kara Mayer Robinson**

LIVING
HEALTHY



Santa's Secrets

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

Photograph by Chuk Nowak

HEALTHY HABIT

"If a child looks sick, don't get too close. Flu and cold viruses can spread when a child talks or coughs and droplets land on you, or you breathe them in. Get in the habit of not touching your face so germs on your fingers don't enter your eyes, ears, or mouth. And use an alcohol-based hand rub between each child to keep everyone healthy."



Arifa Cassoobhoy, MD, MPH
WebMD medical editor

HAPPY MEAL

"Temptations are at their peak when you're hungry. Resist the cookies by fueling up with a healthy meal before you get to work, and stash snacks to keep up your energy level throughout the day. Best bets include protein and fiber to keep you feeling full for several hours. Try Greek yogurt topped with whole grain cereal, berries, and nuts; a veggie omelet and whole grain toast; or an apple and chunky peanut butter."



Kathleen Zelman, MPH, RD, LD
WebMD director of nutrition

LIFT TICKET

"I recommend having a step near you so the children can be as high and close to you as possible before you lift them. Have the parents put children on your lap whenever they can. When you sit for long periods, use lumbar or low-back support. Put padding on your thighs and sit the children on alternate legs."



Mary Ann Wilmarth, PT, DPT, OCS
CEO, Back2Back Physical Therapy, Boston

BREATH DEFENSE

"The first thing you should do is make sure you brush and floss after every meal, as the greatest source of bad breath is gum disease. Brushing or scraping your tongue could also temporarily help reduce bad breath. And, with your long holiday hours, be sure to stay well hydrated, since dry mouth can be a cause of bad breath."



Eric Yabu, DDS
Lim and Yabu Advanced Technology Dentistry, Oakland, Calif.

WEBMD ON THE STREET

Tom Valent

Santa, 65
Midland, Mich.



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

Some boys want to be firemen or doctors when they grow up, but Tom Valent had other ambitions. "Santa used to come to our house every year," he says. "Man, I got excited. It was a wonderful part of my childhood. I thought if I could make people happy doing that, it would be a great thing." In his 20s he donned the signature red suit and white beard, playing Santa for his friends' children and at a local mall. Today, he teaches other aspiring Santas the tricks of the jolly trade as dean of the Charles W. Howard Santa Claus School—the world's oldest continuously operating Santa school. Valent wants to give every child an unforgettable visit, but he could do without the germs they sneeze and cough into his beard. "I get a flu shot each year. What else can I do to avoid getting sick?" The proximity also makes oral hygiene a priority. "The kids who sit on my lap get very close to my face. How do I keep my breath fresh?" he asks. Though Santa is known for his rotund belly, Valent wants to stay healthy to perform at his best. When kids bring him cookies—as they often do—"How do I avoid the temptation?" Lifting children onto his knee is another hazard that puts strain on his back and knees. Still, he wouldn't trade the job for anything. "It's a great privilege," he says. "People love Santa. He's the most well-known character in the world." —Stephanie Watson



Make healthy habits stick. Get the **WebMD app** for on-demand healthy living tips. [LEARN HOW ON PAGE 4](#)

LIVING HEALTHY



WOMEN'S HEALTH

Help Wanted

RESEARCH SHOWS THAT VOLUNTEERING IS GOOD FOR YOUR HEALTH

By *Lisa Marshall*

● If you've ever served Thanksgiving dinner at a homeless shelter, rung the bell for the Salvation Army, or written a check to a favorite charity, you probably recall the calm glow of satisfaction social scientists call the "helper's high." But do such acts of generosity have lasting physical benefits?

Yes, says Stephen G. Post, PhD, a professor of preventive medicine at Stony Brook University and author of *The Hidden Gifts of Helping: How the Power of Giving, Compassion, and Hope Can Get Us Through Hard Times*. Recent studies show people who volunteer regularly have healthier hearts, less chronic pain, and bolstered immune systems. They battle addiction better and are less likely to suffer dementia with age. They also live longer. "The science is exploding," Post says. "We have begun to discover that there is something going on, physiologically, in this process of helping others that makes people not only feel happier but also report greater health."

As far back as 1988, an informal analysis of 1,700 female volunteers found that 68% reported a sense of calm after volunteering, akin to what they got from exercise. Decades later, studies used magnetic resonance imaging (MRI) to track brain activity

to explain why. One NIH study of 19 people found that merely cutting a check to charity lights up the mesolimbic reward system (the same brain region that fires when we eat, have sex, or receive money), igniting a flood of dopamine and other feel-good chemicals. When that generosity is practiced face-to-face, levels of oxytocin (the calming hormone released when a mother nurses her infant) and pain-killing endorphins also rise, Post says.

Meanwhile, as we shift our minds away from our own troubles to focus on others' needs, levels of stress hormones like cortisol—long known to be hard on the cardiovascular system—fall. One 2013 study of 1,654 older adults found that those who volunteered at least 200 hours per year were 40% less likely to develop high blood pressure than non-volunteers.

An evolutionary reason may explain why our reward centers light up when we help someone else. Working in a team, Post and others say, could very well have helped us survive as a species. Some even suggest women's innate tendency to "tend and befriend" rather than fight or fly in times of crisis could, by buffering stress hormones, partially account for why women live longer than men.

FEELING GOOD

HERE ARE THE BEST WAYS TO GET THE MOST OUT OF VOLUNTEERING, SAYS STEPHEN POST, PHD:

Help others get through something you've gone through.

Studies show recovering alcoholics are twice as likely to stay sober when they help other recovering alcoholics, and chronic pain sufferers see their pain decrease when they help someone with a similar condition.

Do what you're good at. When volunteers feel like they're just in the way, the experience can backfire and boost their stress. Choose a volunteer opportunity where you can make a real contribution.

Mean it. Those who contribute to organizations they're passionate about see stronger physiological responses. "Motivation matters," Post says. "When people are genuinely altruistic in their actions, they have a better response."

Reviewed by
Brunilda Nazario, MD
WebMD Lead Medical Editor

MIND MATTERS

Word Play

WANT TO KEEP YOUR MEMORY SHARP? IMPROVE YOUR VOCABULARY

By Kara Mayer Robinson

● Learning new words may do wonders for your brain. A recent study suggests having a rich vocabulary can ward off cognitive decline. Many experts agree that activities that engage your mind may keep you sharper longer.

Boosting your word count can be fun and easy. Try these tips from Sharon Green, who teaches vocabulary at Niagara University in upstate New York.

Read the news every day. Whether it's your local newspaper or *The New York Times* digital edition, the more words you expose yourself to every day, the better. Don't skip over words you don't recognize. Try to use the context to decode the meaning. Or highlight the word and look it up in a dictionary when you're done.

Visit a vocab website. Vocab sites are packed with new words, challenges, games, and quizzes. You can even sign up to have a new "word of the day" delivered to your inbox. Some to try: m-w.com/game, vocabulary.com, dictionary.com, and learning.blogs.nytimes.com/category/word-of-the-day.

Leaf through a dictionary. Seriously, this can be fun. You may be surprised how many words jump out at you that you're familiar with but don't quite know the meaning of.



Read the definition and—presto!—you've got it.

Read for fun. You may not realize it when you're doing it, but reading is a great way to upgrade your speech. Green says many avid readers pick up new words all the time, without being told what the meanings are. "Repeated exposure to a word through regular reading gives you a feel for how and when to use the word," she explains.

Talk to smart people. "Look for opportunities to talk with people who use a broader vocabulary," Green says. As you hear a wider range of words, you automatically absorb them and store them for later use.

Listen to smart people. You can even up the ante by tuning into television and radio shows with a higher bar. "As I listen to NPR on my daily commute to work, I often hear words that I've taught to my college students," Green says.

In fact, Green discovered that letting her teen daughter tune into British sitcoms exposed her to more SAT-worthy vocab words than typical American shows.

Use your new words. Last but not least—when you pick up a new word, use it! "This is vital," Green says. The rule of thumb: If you use it three times, it's yours.

POP QUIZ

QUIZZING YOURSELF ON YOUR NEWLY ACQUIRED WORDS CAN CEMENT THEIR MEANINGS AND HELP YOU OWN THEM FOR GOOD. TRY THESE TESTING TIPS FROM SHARON GREEN.

Make flashcards. As you discover a new word, write it on a flashcard. On the back, jot down the definition. You can also write down the phonetic spelling. Ask a friend or family member to quiz you.

Plug them in. Make a list of new words and type them into a word quiz or game website like quizlet.com. You'll get custom-made quizzes and games to test your knowledge. Keep at it and do it often.

Get a calendar. Get a tear-off, word-of-the-day calendar. Before you glance at the definition, try to make an educated guess at the meaning. Collect the torn-off pages. At the end of the week or month, quiz yourself on the meanings.

Use it in a sentence. After you learn the meaning of a new word, use it in a sentence. Write it down on paper or find a way to work it into conversation.

Reviewed by
Hansa Bhargava, MD,
WebMD Medical Editor



MEN'S HEALTH

Strong Hold

MAKE NO BONES ABOUT IT—OSTEOPOROSIS ISN'T JUST FOR WOMEN

By **Matt McMillen**

Many men might think of osteoporosis as a woman's disease, if they think about it at all. Don't make that mistake and put yourself at risk of broken bones—or worse.

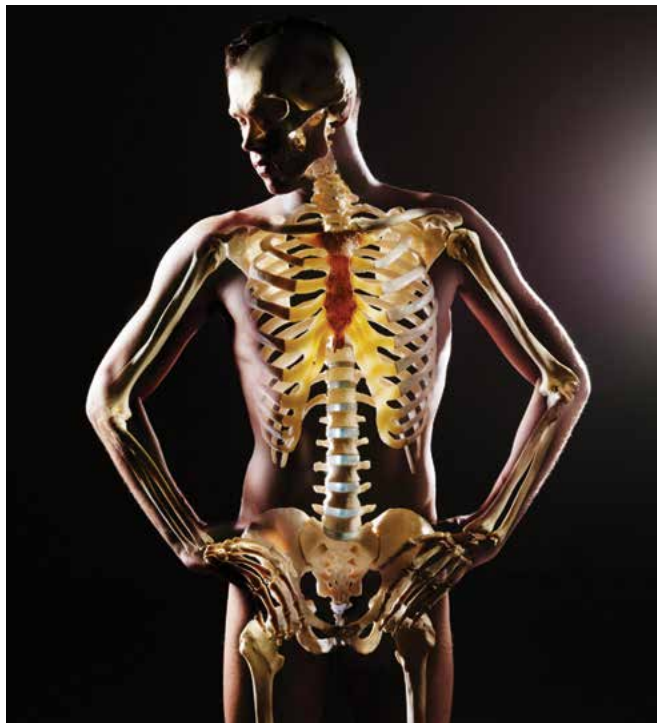
"If a man falls and breaks his hip, he's more likely than a woman to have a major complication from it, including death or being confined to a wheelchair," says Gisele Wolf-Klein, MD, director of geriatric education at North Shore-LIJ Health System in New Hyde Park, N.Y.

The bone-thinning disease affects up to 2 million aging men, while as many as 13 million men have its precursor, osteopenia, or low bone-mineral density. Wolf-Klein recently co-authored a study that showed men rarely get screened for osteoporosis, which indicates that many doctors also may not be aware of its impact on men.

Fortunately, you can do a lot to both prevent and live better with osteoporosis. Here's how:

Share your history.

Tell your doctor if



osteoporosis runs in your family or if your father, uncles, or grandfathers had unexplained bone breaks. "That is very relevant, as is information about any past fractures that you have had," Wolf-Klein says. Also, make sure your doctor knows if you took steroids for asthma or other ailments as a child or young adult.

Such medications can weaken developing bones.

Strengthen your bones. To help prevent osteoporosis, do weight-bearing exercises to build up your bones. "Walking is fabulous and so is running, provided you run in the right kind of shoes so you don't jar your bones, your joints, your tendons,"

says Wolf-Klein, who also recommends lifting weights—a reasonable amount and not to excess. Talk to your doctor about the right exercises for you.

Eat right. "Nutrition," Wolf-Klein says, "is a key-stone of prevention." For bone protection, that means calcium and vitamin D, often in supplement form. Men are much less likely than women to take such bone-health boosters. Before popping supplements, though, check with your doctor. "Doses need to be individualized," Wolf-Klein says. "There's no cookie-cutter standard."

Wear proper shoes. If you have brittle bones, falls can be disastrous. "Before you engage in any kind of activity, such as walking on cobblestones, climbing mountains, running, whatever it may be," Wolf-Klein says, "it's imperative that you have the proper footwear to prevent a fall that could result in a fracture." Check your shoes to be sure the soles are still in good shape. Replace or resole them as necessary. Says Wolf-Klein: "You have to have a pair of shoes that you can trust."

EXPERT TIP

"If as a young person you had a diet that did not include milk or other calcium-rich foods, please share that with your doctor, who can determine if that puts you at risk for osteoporosis." —**Gisele Wolf-Klein, MD**

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



Sensitive Subject

More than half of women describe their skin as sensitive, adhering to what they believe is a gentler beauty regimen that includes all-natural and organic products. But according to dermatologist Annie Chu, MD, some of the products or ingredients people with delicate complexions apply may be the root cause of any irritation. What people are sensitive to is unique to each person, she says. Some of the natural or botanical extracts in organic products can cause allergic reactions. Lemon essence, orange extract, and even certain essential oils make some users' skin turn red and itch. "The example I use for my patients is that poison ivy is almost a universal skin sensitizer, yet it is 'organic and natural.'" The bottom line: Just because a label says gentle, natural, or organic doesn't mean it is appropriate for sensitive skin. If you don't want to abandon an all-natural or organic skin care routine, just be sure to do a patch test on the back of your hand before slathering a product all over your face or body.

YOU ASKED

Luxe List

WHAT TO GET THE BEAUTY MAVENS ON YOUR LIST THIS YEAR? A TOP DERMATOLOGIST SHARES SPLURGE-WORTHY ANTI-AGING GIFT IDEAS

By Ayren Jackson-Cannady

1 Brush Hour

NARS Kabuki Ita Brush (\$55)

"Inspired by Japan, where it is used in dance theater, this is the ultimate contouring brush. Although it does not have any plumping or lifting ingredients, it has an anti-aging purpose, which is to make cheekbones appear more prominent and raised with the use of blush and contouring."

2 Glow Away

Chanel Le Blanc Brightening Moisturizing Lotion (\$67.50)

"Derived from akoya pearls in Japan, this is another alternative for bringing radiance to the skin. This product, in addition to being glam, happens to be extremely hydrating, making it perfect for layering in a morning or nighttime routine."

3 Face Off

Fresh Black Tea Instant Perfecting Mask (\$92) and Sugar Face Polish (\$62)

"Together, this gift-worthy duo transforms dry skin in a flash. The mask is infused with antioxidants that leave skin empowered to fight off the free radicals that wreak havoc on skin (read: wrinkles, splotches, and sagging). The brown-sugar face polish gently exfoliates without irritation."

4 Hair Apparent

Dove Quench Absolute Crème Serum (\$5.98)

"When it comes to anti-aging, we often forget about hair health. This holiday season, drop a few bottles of this gem into a cute box with a bow on it. The lightweight serum uses dimethicone and fruit oils to nourish strands and tame frizz on the go."

5 The Real Peel

Tata Harper Resurfacing Mask (\$55)

"This all-natural, made-in-Vermont face mask uses beta hydroxy acid to work like a gentle peel to decongest pores and leave you looking refreshed and revitalized."



6 Lip Service

Yves Saint Laurent Rouge Volupté Shine Lipstick (\$36)

"This high-shine lip lacquer is infused with fruit extracts and antioxidants that smooth and soften the lips. It comes in a slew of colors, but to make teeth look brighter and whiter choose one like this (Rouge in Danger) with blue undertones."

7 Tight Shift

Chanel Le Lift Masque de Massage (\$100)

"For those who want a nonprocedural approach to anti-aging, studies show that the main ingredient in this face mask, morning glory extract, leaves skin more supple than before. It gets bonus points for smelling and feeling so elegant."

Reviewed by Karyn Grossman, MD
WebMD Skin Care Expert



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

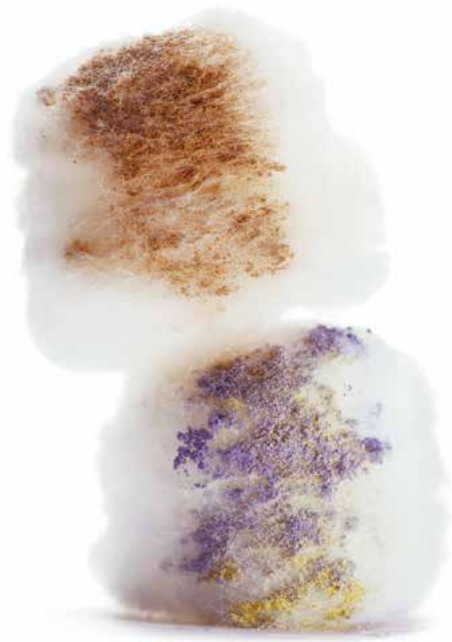
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Take the **Avoiding Common Makeup Mistakes** quiz at WebMD.com.

[LEARN HOW ON PAGE 4](#)

HEALTHY BEAUTY



BEAUTY SMARTS

Once Removed

A FOOLPROOF GUIDE TO MAKEUP REMOVAL AND HOW TO TARGET STUBBORN FORMULAS

By *Liesa Goins*

Dirty Secret

“I hardly ever condition my hair. Will I regret that?”

Yes, you probably will wish you used conditioner more frequently. Most shampoos use detergents to help cleanse hair of grit and grime. These same detergents can strip away the sebum from your hair, exposing the cuticle and making it susceptible to damage like split ends and breakage. Using conditioner repairs and prevents this damage by smoothing the cuticle and replacing the moisturizing oils you wash away during the shampoo process.

If time is an issue, don't worry—you don't necessarily have to condition with every single wash. Use the feel of your strands as a guide. If it's time to wash your hair and it feels dry and brittle, pile on the conditioner. If your hair feels extra oily or greasy, you may be able to get by with just a shampoo.

Edward Tricomi
master hair stylist and co-founder, Warren-Tricomi Salons, New York City

Reviewed by
Mohiba K. Tareen, MD
WebMD Beauty Expert

For many women, the holiday season means social gatherings that call for a more festive makeup look. And while you may focus on the application, removing any traces of mascara and red lipstick are just as important. “If you don't thoroughly remove your makeup before going to bed, you can irritate skin, clog pores, and cause acne,” says Gervaise Gerstner, MD, a dermatologist in New York City. “Plus, any makeup left around the eyes can cause inflammation and redness.”

Gerstner advises a two-step approach to your cleansing routine when you've got a full face of makeup to remove. First, use products designed to dissolve the mascara and foundation you've applied; then wash your face with your favorite cleanser. “If you're really tired, it's OK to squeeze the routine into one step—as long as you do one or the other,” she says.

When it comes to selecting an all-purpose makeup remover, look for one that's alcohol-

free with a low acid concentration, says Dennis Gross, MD, a New York City dermatologist. “Be wary of harsh makeup removers containing alcohol if you have sensitive skin, and cleansers containing alpha hydroxy acids might be too strong to use around the eye area,” he says. Gross suggests witch hazel for its gentle astringent properties.

To speed the cleansing process along, he suggests wetting your hands and applying a non-foaming cleanser to dry skin. This will ensure the product adheres to makeup, dirt, and oil on the skin, allowing for a more thorough cleansing.

Here's how to target stubborn makeup formulas:

Foundation

Cream-based foundations can be harder to remove than liquid foundations because they often contain mineral oil or wax that can

(continued on page 20)



(continued from page 19)

settle into the skin, says Jake Aebly, a makeup artist in New York City. You can use a cleanser or a wipe to remove the majority of the pigment, but follow with micellar water (a cleansing product that doesn't need to be rinsed) on a cotton round to eliminate every last trace of your foundation, he suggests.

Long-Wear Mascara and Eye Makeup

"Black eyeliner and mascara are always the toughest to remove," Gerstner says. You want to avoid tugging or rubbing the eye area, she cautions. This skin is very fragile, and aggressive cleansing can lead to puffiness and irritation and even cause your lashes to fall out. She suggests dipping a cotton swab in eye makeup remover to target eyeliner and areas of intense pigment.

Mascara also requires a gentle touch. "Soak a cotton pad in a dual-phase eye makeup remover—the oil cuts through pigment while the water phase soothes skin," says Jenn Blum,

a makeup and special effects artist in New York City. "I gently press it into the lashes for five to 10 seconds and gently wipe."

Glitter

Those tiny glitter particles tend to cling to your skin. "Water won't do the trick, but a natural oil or oil-based makeup remove will grab glitter," Blum says. She uses coconut oil that she removes with a makeup wipe or cotton pad. "You want to use a fresh side of the cotton or wipe every time you swipe or you'll just redistribute the glitter particles."

Long-Wear Lip Color

To kiss your long-lasting lipstick goodbye, you'll need to exfoliate because the pigments sink into the skin, Blum says. She uses a petrolatum-based balm like Vaseline or Aquaphor to loosen the lipstick. "I apply a thick layer and let it sit for a few minutes," she explains. Then she uses a very soft toothbrush to lightly remove the pigment. Gerstner says a washcloth will also do the trick.

AISLE DO

PRODUCT

PICK

Bio-Oil (\$11.99)

EXPERT

Whitney Bowe, MD

dermatologist, assistant professor of dermatology at Mount Sinai Medical Center, New York City

"One of my favorite products to recommend for dry, scaly skin during the winter is Bio-Oil. My patients (and I)



love it because it has all the hydrating benefits of oils without feeling greasy—dry skin soaks it right up. I can apply it after the shower and get dressed immediately, thanks to a technology that reduces the thickness of the oils, making them absorb more easily into the skin. The chamomile extract is soothing, and the vitamin E is a powerful antioxidant that helps replenish the lipids in skin. It is also a cost-friendly option. Definitely one of my new favorites!"



BEAUTY 411

What does charcoal in skin care products do?

You may be used to finding charcoal in your backyard grill or your water filter. The carbon derivative has even been used in medicine to help prevent toxic substances from being absorbed in the gastrointestinal tract. And now it's showing up in skin care as a way to "detox" the skin.

But you're not rubbing briquettes on your face. The charcoal in facial products is a cosmetic-grade version that is further refined to remove impurities. The concept is the same as charcoal's medical application—the particles are supposed to pull dirt, oil, and other impurities from the surface of your skin.

The thinking is that because charcoal has the ability to bind oils and non-water soluble toxins to its surface it can also pull harmful agents from your pores. Many companies have claimed that charcoal can absorb minerals, impurities, and other harmful substances from skin, but little independent evidence shows that charcoal does much of anything when delivered in a cosmetic cream. So the claims are just marketing in most cases. The reason is that charcoal will bond to whatever is close, so if you add it to a cream, gel, or liquid, it is going to just absorb the ingredients in the formula and won't be able to absorb anything from the skin. However, if charcoal is in powder form, as some facial masks offer, it could possibly help with oil absorption.

If you're looking for a proven way to remove dirt and oil, look for products containing salicylic acid.

—Perry Romanowski, MS
cosmetic chemist, Chicago

**YOUR SMILE**

Dry Spell?

HOW TO TELL IF DRY MOUTH IS CHRONIC AND WHAT TO DO ABOUT IT

By Jodi Helmer

● You know the feeling:
● Your lips are chapped and your mouth is as dry as the Sahara. No matter how many times you swallow or run your tongue across the roof of your mouth, you can't find relief.

Dry mouth is common, especially if you're dehydrated, nervous, or under stress. According to some estimates, up to 46% of Americans have dry mouth, which can cause a dry, sticky or burning feeling in the mouth; chapped lips; a dry, rough tongue; difficulty swallowing; mouth sores; and oral infections.

If the condition, called xerostomia, is chronic, it can wreak havoc on your oral health because plentiful saliva in the mouth is important for preventing cavities and other problems, explains Vidya Sankar, DMD, associate professor and director of the oral medicine clinic at the University of Texas Health Science Center.

When you eat, saliva bathes your teeth, washing away sugar and debris. Without adequate moisture in the mouth, food debris remains on your teeth and acidity builds up in your mouth, increasing the risk of decay. A dry mouth also causes bad breath and boosts your risk of developing oral bacterial infections, Sankar says.



Medication side effects are one of the biggest causes of dry mouth. Several drugs, including antidepressants, blood pressure medications, and diuretics, affect saliva production. Cancer patients undergoing chemotherapy or radiation frequently have dry mouth. It's also a symptom of diseases like diabetes, HIV and AIDS, and an autoimmune disease called Sjögren's syndrome.

If medical issues are ruled out, your habits could be to blame. Sankar notes that caffeine decreases saliva,

increasing the risk for dry mouth. Smoking can also be a trigger: Inhaling chemicals in cigarettes causes inflammation of the salivary ducts and reduces moisture.

The treatment for dry mouth depends on the cause. When the condition is temporary and related to stress or dehydration, Sankar recommends chewing gum, sucking hard candy, or sipping water. For those who have underlying conditions, medications (prescription and over-the-counter) are available.

ASK YOUR DOCTOR

IF YOUR MOUTH OFTEN FEELS DRY, ORAL CARE EXPERT VIDYA SANKAR, DMD, SUGGESTS ASKING YOUR DENTIST THESE QUESTIONS.

Could my medications be to blame? The Special Care Dentistry Association notes that dry mouth is a side effect of more than 500 medications. If you take a drug that causes dry mouth, ask about changing the medication or dose to ease the symptoms.

Can I change my habits to reduce my symptoms? Tell your dentist if you smoke, drink caffeinated beverages, or use alcohol (and remember, some mouthwashes contain alcohol). A few tweaks to your daily habits could make dry mouth disappear.

How can I find relief? Many products relieve dry mouth symptoms. Ask your dentist to recommend an oral spray, gel, or rinse to help boost saliva production.

Do I have cavities? Less saliva production makes you more prone to cavities. Filling cavities helps prevent further damage.

Reviewed by
Eric Yabu, DDS
WebMD Oral Care Expert

**PET HEALTH**

Canine Cop

By Melanie D.G. Kaplan

Best known as Detective Erin Lindsay on NBC's police drama *Chicago P.D.*, and previously Brooke Davis on CW's long-running series *One Tree Hill*, Sophia Bush describes herself as "the dog version of the crazy cat lady." She'll stop strangers on the street to chat about their dogs and has yearned to rescue pups for most of her 33 years. The Los Angeles native—who starred in the remake of the classic horror film *The Hitcher*, the independent comedy *Table for Three*, and the feature film *Chalet Girl*—has earned multiple Teen Choice awards and has been recognized for her philanthropic work.



NBC's Chicago P.D. airs on Wednesdays this season.

Did you grow up with dogs?

When I was born, Bouncer, my mom's Doberman, was my protector. He slept by my crib every night, and I grew up rolling around with him my whole childhood. I wanted to rescue every dog I saw.

What was your first rescue?

I was 6, and my tennis teacher's dog, who wasn't spayed, got out one night. They found her a few hours later, and when they realized she was pregnant, they decided to give the puppies up for adoption. I begged and pleaded to adopt one, and my dad said, "Absolutely not." But my mom saw how upset I was, and eventually my dad gave in. His name was Jake. There were many more rescues after that, but he was the first one I managed to finagle. We never had fewer than three dogs in the house. My parents were troupers.

Now you have three pit bull mixes?

They all came from the shelter. Patch is 13 years old, has one eye, is the color

of a Weimaraner and is the sweetest man who ever lived. No matter how many dogs you have in your life, you have one that's a soul mate dog, and for me, that's Patch. Penny is 6 years old, and she has these massive ears, which makes me think she is part pharaoh hound and part red pit bull. She looks like Rosie, the red pit bull I grew up with. Griffin is 3 years old, and he's a blue-nosed pit and maybe part mastiff or Great Dane. He has a perfectly ginormous square pit head, and his body is horse-sized. He has a heart-shaped spot on his belly.

Do you live alone with the dogs?

My two best friends live with me, which is great because the dogs are a lot to manage. Everyone wanted to hold Griffin when he was a puppy, and he still thinks he's a lapdog. He just wants to lie on top of you or sit on your feet at all times. We love him, but we obviously have to set rules when guests are over, because not everyone is into being mounted by a giant dinosaur dog.

What are some of the silliest things you do with your pups?

Half the time people come over and look for me, and they realize I'm on the floor with the dogs or in the dog bed. I had a nozzle on a hose in the tub so I could give the dogs a full beauty shop shampoo. They don't love to get baths, but they like the after-bath routine—the aggressive rubdowns and little massages. If I'm bathing them in the winter, I blow-dry them.

Do they join you for exercise?

Patch is so old now. He used to be able to leap 6 feet in the air and run all day long. I'm worried that Penny will run until she actually keels over. And Griffin is just so big. So they're not all on the same page for exercise. My workouts are my own, but if I'm not home, I have an amazing woman who takes them for hikes in the canyons.

Reviewed by Will Draper, DVM WebMD Pet Health Expert



Get the **WebMD Baby App** to track growth and capture your baby's special moments.
[LEARN HOW ON PAGE 4](#)

PREGNANCY

Game Plan

BABY IS ON THE WAY. CHECK THESE 5 TO-DO'S OFF YOUR LIST

By Barbara Brody

While you'll learn much of what you need to know about parenting "on the job," taking a few extra steps now can help you feel less frazzled later. Here are five key moves to make before your water breaks.

Take a breastfeeding class. Yes, it's natural, but most new mothers don't realize just how difficult and painful breastfeeding can be in the beginning, says Catherine Keith, CNM, a certified nurse and midwife with WestMed Medical Group in White Plains and Scarsdale, N.Y. Learning what to expect can help moms who want to breastfeed get through those first few weeks more smoothly and up the odds of success. If you don't have the time or desire to take a class, at least chat with friends and family members who've done it.

Investigate child care options. Will you be staying home with your baby? Signing up for day care? Hiring a nanny? "Life happens, so it pays to be flexible," says Hana Solomon, MD, a board-certified pediatrician in Columbia, Mo., and contributor to *The Mommy MD Guide to Your Baby's First Year*. Give child care some thought now. Some popular day care centers have months-long waiting lists.

Find a pediatrician. A hospital pediatrician will likely check on your baby right after you give birth, but you'll need to start checkups with your own doctor shortly after you head home. Not sure whom to choose? "Many pediatricians offer a prenatal meeting, with no fee or obligation," says Peter Richel, MD, chief of pediatrics



ASK YOUR DOCTOR

How will I know when I'm going into labor? Make sure you know what to look for and when to head to the hospital.

What are the signs of postpartum depression? Most women don't see their health care providers for a post-baby checkup until their baby is 6 weeks old, but a lot can happen in that time. Know when you should call for help sooner, especially if you have a history of anxiety or depression.

What should I know about birth control? Sex may be the last thing on your mind right now, but planning ahead can help you avoid another pregnancy before you're ready. Breastfeeding or a prior history of fertility problems isn't a guarantee that you won't conceive unexpectedly.

When and how can I reach you? No question is too small or too silly to ask. Find out how to best contact your doctor and the staff.

at Northern Westchester Hospital in Mount Kisco, N.Y. He recommends scheduling these meetings during your third trimester.

Build your support system. Babies are wonderful—but they're also hard work. "Don't wait until you're crashing and burning to ask for help," Solomon says. She advises making arrangements for whatever support you might need ahead of time, especially if you're predisposed to postpartum depression because of a history of anxiety or depression.

Brace yourself for a bumpy ride. Remember: Everything your baby is about to encounter will be brand-new to him or her, and it might take some time to adjust. "The first three months can be hell," Keith says, "but then the clouds will part." Whether a baby has terrible gas, trouble sleeping, or just cries nonstop for no reason at all, parents are rarely at fault.

Reviewed by **Nivin Todd, MD**
 WebMD Pregnancy Expert



KIDS' HEALTH

Present Tense

UNWRAP THE MEANING BEHIND GIFT-GIVING AND FIND OUT HOW MUCH IS TOO MUCH

By **Lauren Paige Kennedy**

Intuitively, parents know what happens when they overindulge their children with too much *stuff*. Yet while many parents steadfastly resist their kids' constant pleas for toys, digital devices, and smartphone apps during much of the year, they feel pressured to deluge their progeny with presents during the holiday season.

Is all this gifting good for kids? Can there be negative consequences?

It all depends on the motivation behind the presents, says Seema Desai, MD, board-certified psychiatrist and assistant clinical professor in the departments of child, adolescent, and adult psychiatry at NYU School of Medicine.

"In our culture, the holidays are a time for celebration, tradition, and, yes, gift-giving," Desai says. "What's important is for parents to reconnect with their own values, and to

HAPPY TALK

Not only do kids develop better coping skills when they're not overindulged—they're happier, too, according to a recent *Children's Worlds* study that surveyed children across 15 countries, rich and poor. Some highlights from the study:

Kids are happy, even without "stuff": Kids ages 8 to 14 were asked whether they had access to nine things (good clothes, a computer, the Internet, a mobile phone, their own room, books, a family car, a music player, and a TV) and about how happy they felt. Relative happiness was very high among all the children, with poorer Romanian children the happiest of all. Wealthier English kids ranked lower: 13 out of 15.

...but the grownups aren't: Interestingly, when the adults in these same countries were similarly polled, a direct correlation between material possessions and happiness occurred. Wealthy Norway ranked the highest with life satisfaction; impoverished Ethiopia ranked last.

understand what brings *them* happiness. Gift-giving should not be fueled through a sense of guilt or obligation—or manipulation on the part of the kid. It's really important that it comes from a place of compassion and generosity. The same series of gifts with different motivations have different effects—and these motivations can affect the outcome for the child, too."

In other words, bombarding a child with presents to make her happy during this festive season without any larger connection to something meaningful—spiritual or otherwise—may leave both giver and receiver feeling empty. Desai is a big believer in rewarding kids with gifts that leave a sense of accomplishment or are tied to a greater achievement. She encourages parents to help their kids engage in "social activities that cultivate kindness, gratitude, service, and generosity and foster a sense of connection and meaning."

She also advises linking gifts, as much as possible, with positive behaviors—and reminds parents that a little deprivation can be a good thing.

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor





Check out **25 Most Popular Dog Breeds and Their Health Issues**, a slideshow at WebMD.com.

[LEARN HOW ON PAGE 4](#)

PET HEALTH

Down Dog

CANINE FLU IS REAL AND DANGEROUS. IS YOUR POOCH AT RISK?

By Stephanie Booth

You've heard of flu outbreaks making people sick, but did you know they can happen to dogs, too? Dogs can catch canine influenza, which not only causes them to feel bad but can be dangerous as well. If you know what to look out for, you can keep your dog from getting sick, or help him feel better if he does.

The disease usually isn't fatal. But "canine influenza can cause more serious illness than the average respiratory infection," says Cynda Crawford, DVM, PhD, of the University of Florida College of Veterinary Medicine. In some cases, the flu can turn into pneumonia, a more dangerous disease. Puppies and older dogs are more likely to get severely ill once they're infected.

If your dog is exposed to an influenza virus, the chance he'll become sick is "close to 100%," Crawford says. "The vast majority of dogs in the U.S. have not been previously infected or vaccinated against dog flu."

Dog flu is very contagious. Your pup can catch it when an infected dog sneezes or coughs on him. Since the virus also can live on objects, he could get it by putting an infected ball or toy in his mouth. People can give their dogs the virus, too. If an infected



SYMPTOM CHECK

WHAT ARE THE SYMPTOMS OF DOG FLU? BARRY N. KELLOGG, VMD, SENIOR VETERINARY ADVISER TO THE HUMANE SOCIETY VETERINARY MEDICAL ASSOCIATION, DESCRIBES WHAT TO LOOK FOR.

"Just like when people get the flu, you can expect your dog to sneeze, have a runny nose, and cough," Kellogg says.

Other symptoms are tiredness and lack of appetite.

Some dogs also develop a fever of 104° to 106°F.

But you may not know your dog has the virus. Up to 20% of dogs with the flu don't show any symptoms.

dog coughs or sneezes on you, the virus can survive on your skin for two minutes and on your clothes for a day or longer.

All ages and sizes of dogs are equally at risk. But "dogs with 'smushed-in' faces like pugs, French bulldogs, and Pekingese may have a tougher time dealing with the flu," Crawford says. "Because of the anatomy of their respiratory tract, any respiratory illness takes a harder toll on them."

If your dog does come down with the flu, what can you do? Just like humans, dogs need rest and fluids. Make sure your pet has a quiet, comfortable place to recover and plenty of water to drink. Your vet may prescribe antibiotics if your dog gets a bacterial infection along with the flu.

If your pet shows any signs that he's sick, keep him away from other dogs. Avoid dog parks, kennels, or any other place where he'll be around a lot of other dogs, says Amesh Adalja, MD, an infectious diseases expert at the University of Pittsburgh Medical Center and School of Medicine. Most dogs get better in two to three weeks.

A canine influenza vaccine is available, so if you live in an area where an outbreak of dog flu happens, or your pet often comes into close contact with other dogs, ask your veterinarian about the shot. It won't necessarily prevent the flu but will reduce severe symptoms.

Reviewed by
Amy Flowers, DVM
WebMD Pet Health Expert



BABY TALK

Safe House

COULD DECKING THE HALLS MEAN DANGER FOR YOUR LITTLE ONE?
LEARN HOW TO BABY-PROOF FOR THE HOLIDAYS

By Colleen Oakley

● We know—your holiday to-do list is already a mile long. But one thing that may not be on it and should be? Baby-proofing your home. If you have little ones toddling around, extra care around the holidays is a must.

“The holidays are the time of year when you introduce all kinds of new objects into your home,” says Josefina S. Jacinto, MD, chief of pediatrics at Orange Coast Memorial Medical Center in Fountain Valley, Calif. “These new objects change the dynamic of your space. It changes the dynamic for babies, too.” To help keep everyone safe, follow these tips.

Choose LED holiday lights. “The slightly more expensive LEDs are safer than incandescent lights because of their lower operating temperature,” Jacinto says. That means they’re less of a fire hazard—and curious fingers touching the bulbs won’t get burned.

Monitor the menorah. “Keep all candles out of a child’s reach and away from the edge of a table,” says Courtney Ilarraza, founder of Baby Bodyguards, a professional baby-proofing service. “And never leave a candle burning unattended.”

Put plants out of reach. Holiday plants such as



mistletoe, holly, Jerusalem cherry, and poinsettias can cause illness if eaten. “The berries look like food to little children,” Ilarraza says. Make sure they’re not within a toddler’s grasp.

Anchor your tree. A tree grabbed by a child can easily topple, so place it in a wide, sturdy stand and anchor it to ensure the tree doesn’t fall over, says Debra Holtzman, author of *The Safe Baby: A Do-It-Yourself Guide to Home Safety and Healthy Living*.

Decorate wisely. Use only noncombustible or flame-resistant materials and avoid decorations that are sharp, breakable, or weighted or have small removable parts (if you have

ASK YOUR PEDIATRICIAN

What toys are age-appropriate for my baby or child?

What holiday foods are safe for him to try?

What are your holiday hours?

Do you have a nurse hotline in case I have a question when the office is closed?

What vaccinations should I make sure holiday guests are up to date on?

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor

these, place them up high), Holtzman says. “Be careful with icicles and tinsel, too. If a baby gets hold of these items, she may put them in her mouth and they may contain lead and tin, or block her airway.”

Do a quick cleanup. “After opening presents, immediately discard gift wrap, plastic bags, foil paper, tape, gift bags, and ribbons, as they can pose strangulation, suffocation, and choking hazards for young children,” Holtzman says.

Beware of holiday buffets. Popular holiday snacks like candies, nuts, and popcorn can pose a choking hazard for kids under age 4. Keep these out of reach.

CLOSE'S *Call*

Growing up, **Glenn Close** didn't see the signs of mental illness in her younger sister. But later in life, the struggle became all too clear and she saw a new role for herself. Close established a nonprofit to abolish the stigma associated with the disease. We talk to the WebMD Health Heroes People's Choice award winner about her family's history of mental illness and her hope for change

BY GINA SHAW PHOTOGRAPH BY ANDREW ECCLES/AUGUST



In flashes of childhood memory,

actor Glenn Close can still see her younger sister, Jessie, anxiously picking at the skin between her forefinger and thumb. Many children have nervous habits—but Jessie's seemed different.

"She'd worry that skin until it was all bleeding and crusty," she recalls. "Today, that kind of anxiety and hurting yourself would be a big red flag. But I was young, she was young, and our parents weren't around that much. And that kind of thing was never talked about in our family."



Close, 68, whose collection of awards over her 40-year career in film, television, and theater includes three Emmys, three Tonys, and half a dozen Oscar nominations, always felt protective of Jessie, who is six years younger. But she didn't always have the opportunity to act on those protective instincts. In 1954, when Jessie was a baby, their father, a surgeon, joined a cult called Moral Re-Armament and uprooted his wife and four children to the group's headquarters in Switzerland, where the family lived in a hotel.

"I was always fascinated and charmed by Jessie. She had such imagination; she was so funny and original. I guess I kind of considered myself her guardian. But when we were in that big hotel, we were all in different rooms, and you don't live together like you do when you're in a family. I was

with her but not 'with her,' you know? So Jess really fell through the cracks."

SISTER STRUGGLES

During the next few decades, Jessie Close's life became increasingly turbulent. She began drinking heavily and doing drugs in her teens. She had five failed marriages, three children, and lots of affairs. "I had my first psychotic break when I was 21," Jessie recalls. "I was living in Washington, D.C., and going to school. I felt this prickling on my scalp and I turned around and looked, and I was sitting on my bed looking at me. It scared me so much I couldn't leave the apartment until I ran out of food."

But despite the family's history of mental illness—one uncle had schizophrenia and another committed suicide—no one realized that Jessie might be struggling with her own mental illness until she was diagnosed with bipolar disorder in 2004, at the age of 51. By then, she had come within inches of taking her own life.

"It was New Year's Eve 2001," she says. "I was really drunk, and that was when the urges to kill myself became impossible to

STOP THE *Stigma*

LEARN HOW YOU CAN HELP CHANGE MIND-SETS ABOUT MENTAL ILLNESS.

1 Educate yourself. Start with "Mental Health Myths and Facts" from the Department of Health & Human Services website, mentalhealth.gov/basics/myths-facts.

2 Start talking at home. "If you have issues in your own family, have the courage to start there," actor Glenn Close says.

3 Speak out. "Look to my sister, who put her whole reputation on the line to help those of us who have mental illness with no thought of herself and what it might do to her career, because the prejudice is so rampant in our society," says Jessie Close, who lives with bipolar disorder.

4 Choose your words. Words like "crazy," "nuts," "schizo" and "lunatic" may seem insignificant—but they perpetuate stigma. When you talk about someone with mental illness, don't say, "He's schizophrenic" or "She's bipolar." People are not defined by their disease. Instead, say, "He's living with schizophrenia" or "She has bipolar disorder."

5 Help create safe spaces. "Are there places in your area where people with mental health issues can go for support? If there aren't, try to do something about it," Glenn says.

6 Take the pledge. Take BC2M's pledge to stand up against the stigma of mental illness. Then spread the word to friends, family, and others in your social networks.

LEFT: DAN HALLMAN



Read **Coping With the Stigma of Mental Illness**, an article at WebMD.com.

LEARN HOW ON PAGE 6

ignore. My husband was asleep, all my kids were home in bed, and I went out to his truck and his gun was there and I was just going to be done with it. With my life. But then I all of a sudden pictured my children's faces and realized what they would have to deal with if they found me. It would be a lifelong curse."

She found the strength to quit drinking and started going to Alcoholics Anonymous—but "the bipolar disorder continued its nasty work in my brain."

Three years later, the sisters were visiting their parents when Jessie pulled Glenn aside as she was about to leave. "I told her that I had a voice in my head, telling me to kill myself over and over again," she recalls. "The week after that, I was at McLean Hospital in Boston. My sister takes things in hand." (The Harvard-affiliated psychiatric hospital was the setting for Susanna Kaysen's memoir, *Girl, Interrupted*, and Sylvia Plath's novel, *The Bell Jar*.)

It's taken time, and many adjustments to her medications, but today, Jessie successfully manages her illness and travels the country speaking about mental health.

Even though Glenn stepped in and made sure her sister got the help she needed, she says she didn't yet fully understand what Jessie had gone through. "There are a lot of things I didn't learn about, really, until I read the galleys of

her book," Glenn says. (*Resilience: Two Sisters and a Story of Mental Illness* was published in January 2015.) "We didn't have a tradition of checking up on each other—that wasn't one of the tools in our toolbox. What you have as a child is what your caregivers give you."

Glenn says she has forgiven her parents for any blame that anyone from the outside might expect her to assign them. "They were dealing with things I understand very deeply. They had their own lack of tools in their toolbox. Things can go from generation to generation until somebody says, 'Wait. Let's stop.'"

Jessie's own struggle was difficult enough. Even harder was watching her son, Calen Pick, battle schizoaffective disorder—a combination of schizophrenia and mood disorder symptoms. He, too, spent time in McLean Hospital, nearly two years, before getting his disease under control.

"He used to be the leader of the pack. He was drop-dead gorgeous, and the girls just flung themselves at him," Jessie recalls. "But when it became evident he had a mental illness, everyone was out of there. I said to Glenn, 'Never give me another birthday or Christmas present. Just do something about the stigma and prejudice toward those of us who have mental illness.'"

CALL TO ACTION

Jessie's plea inspired Glenn to launch Bring Change 2 Mind (BC2M) in 2010, a U.S.-based nonprofit organization working to change attitudes about mental illness through public education and partnerships. She assembled an advisory team of scientific experts in mental illness who help design and evaluate BC2M's programs. "Goodwill for goodwill's sake isn't enough. We have to evaluate what we're doing," Glenn says. "We need to know if we've made real change, if we've moved the needle."

"The No. 1 challenge in mental health care is stigma," says one of BC2M's scientific advisers, Stephen P. Hinshaw, PhD, a professor and former chair of psychology at the University of California, Berkeley and author of *The Mark of Shame: Stigma of Mental Illness and an Agenda for Change*. "It's because of the rather 'unspeakable' nature of mental illness that funding levels for research and treatment remain low." States have cut more than \$1.6 billion in general funds from their state mental health agency budgets for mental health services since 2009, according to the National Association on Mental Illness.

"People know more about mental illness than they did decades ago—surveys have shown that," Hinshaw says. "But at the same time, attitudes including 'social distance'—how close you might want to be to someone with mental illness—have not budged."



"I was always fascinated and charmed by Jessie. She had such imagination; she was so funny and original."

BC2M has developed a series of public service announcements about mental illness, appearing everywhere from bus-stop shelters and taxicabs to Yahoo!, *Sports Illustrated*, and *TV Guide*. Calen, Jessie, and Glenn appeared together in one of the PSAs, "Schizo," a powerful video that opens like a horror film and ends with the family together in the kitchen.

The latest campaign, "Stronger Than Stigma," features the unique challenges that men face when talking about mental health. On print ads and billboards—like one towering above the ads for Broadway shows *Matilda* and *Kinky Boots* in New York City's Times Square—a multiracial group of men declare, "We're talking about mental health. Are you?"

BC2M is also now piloting a new peer-to-peer "college

toolbox project" at Indiana University (IU), designed to change attitudes about mental illness (with the hashtag #stigmasucks). Glenn, very hands-on with the organization, went to the campus this year to hear presentations from students who had designed campuswide activities and events aimed at reducing stigma.

"The winners were three girls who came up with a big campus kickball tournament called Kick Stigma in the Balls," she laughs. Once the program has matured at IU, BC2M will package, market, and distribute it free of charge to interested colleges and universities nationwide.

The organization aims even younger, with LETS (Let's Erase the Stigma) BC2M, a campus club for high school students similar to a chess or drama club. A preliminary evaluation published in 2014 found that students who participated in a LETS club for at least a semester had dramatically improved attitudes about mental illness and were more willing to befriend others with mental illness. A randomized study will test the program's effectiveness at 27 high schools in northern California and has just launched this fall semester with thousands of students taking part.

Glenn, who starred in the long-running TV legal thriller *Damages*, is now shooting a new Damian Harris film, *Wilde Wedding*, with Patrick Stewart and her *Dangerous Liaisons* co-star John Malkovich, and preparing for a concert performance of *Sunset Boulevard* in London. The actor says she has had her own struggles with mild depression.

"It's something I've been aware of for a long time. It's like you spin your wheels and sometimes everything

seems absolutely impossible, and I take a very low dose of an antidepressant. Since it's such an issue in my family, it's not surprising that I'd be on the spectrum of depression somewhere."

She likes to say that "mental illness is a family affair"—and by that, she doesn't just mean family history and genetics. "It's about the support and love that anyone dealing with mental illness desperately needs from their family," she says.

"So many cultures and families don't want the neighbors to know. They think it will be a reflection on them, and that's how stigma starts."

Reviewed by Hansa Bhargava, MD, WebMD Medical Editor

GLENN'S *Close-Up*

ACTOR AND MENTAL HEALTH ACTIVIST GLENN CLOSE LAUGHS AT THE IDEA THAT SHE HAS ADVICE TO OFFER ABOUT LIVING A HEALTHY LIFE—BUT THEN OFFERS UP A FEW THOUGHTS AFTER ALL.

GET A PUPPY! "I lost my two old beloved dogs this year, and it was so hard," she says. "Now I have this puppy. His name is Pip, and he's a Havanese, and he's just unreasonably cute. Biking and having a dog, those are my two best health habits."

STRETCH. "I'm getting to that point in my life where my tendons and bones get sore, so I try to do a lot of core things: planks, stretches, sun salutations."

MEDITATE. "Just the idea of taking 20 minutes a day and gently trying to calm your system has a big effect. It's kind of surprising!"

KEEP TEMPTATION AWAY. "My favorite thing in the world are Oreos, but I can't buy them. I'll eat the whole box. When I was on Broadway this past year I would bring Oreos to our little green room. Then I found this article online that said Oreos trigger the same area in your brain that cocaine does. I printed it out and put it up on the wall!"

GET TO THE GARDEN. "I've been hugely spoiled by wonderful vegetables straight from the garden. You can just plant tomatoes in little pots practically anywhere. They don't take up much space, and you'll have these fantastic fresh tomatoes."

GREATER GOOD

Every year, WebMD celebrates Americans who change the health landscape in our country. This year we honor winners in three categories: scientist, prodigy, and advocate. Meet the 2015 WebMD Health Heroes

BY STEPHANIE WATSON



SCIENTIST

Bennet I. Omalu,
MD, MBA, MPH

Growing up in Nigeria, Bennet I. Omalu dreamed of becoming a pilot. His parents had other ambitions—they wanted him to be a doctor—so he reluctantly enrolled in medical school. He settled on forensic pathology, turning death investigation into a higher calling. “I realized it was a very good platform for me to seek the truth,” he says.

In September 2002, when legendary Pittsburgh Steelers center Mike Webster lay on Omalu’s table at the Allegheny County, Pa., coroner’s office, something about the story of his death rang false. The official cause was a heart attack, but Omalu had heard about Webster’s erratic behavior—the violent outbursts and incoherent ramblings. Intuition led him to delve deep into Webster’s brain. There, he found clumps of tau, an abnormal protein common in the brains of elderly Alzheimer’s patients, but never before seen in a 50-year-old football player. “I just couldn’t believe it,” Omalu says. He named the condition chronic traumatic encephalopathy, or CTE.

Naively, he thought the National Football League would welcome his discovery. Instead, it launched an attack to discredit his work. “It was a very lonely, painful experience,” Omalu recalls. But as the lineup of players with CTE grew, the NFL was forced to face the issue, instituting stricter rules to

limit head injuries.

Omalu’s research has transformed the way we look at—and play—football. And in *Concussion*, a new film about his work that opens in December, actor Will Smith plays Omalu. Still, he remains humble. “I don’t want to be glorified. I don’t want to be placed on any pedestal.”



PRODIGY

Kenneth Shinozuka

Kenneth Shinozuka grew up in a household with three generations, and he worried that his grandparents would be among the millions of older adults injured in falls each year. So he had an idea: Place sensors under bathroom floor tiles that send an alert to a caregiver's wristwatch if someone falls.

His "smart bathroom" concept never reached stores—he was only 6 years old when he invented it—but "that process implanted in me a very firm passion to help the elderly using technology," he says.

A few years later, Shinozuka's grandfather, who has

Alzheimer's, began to wander. One night, Shinozuka saw him get out of bed. "The moment his foot landed on the floor, I saw the solution." It took a year of trial and error for Shinozuka to design and build the prototype—a



pressure sensor worn inside a sock that immediately sends an alert to a caregiver's smartphone when someone with dementia steps out of bed. He tested the wearable sensor (he holds it up, over his eye, at right) on his grandfather—with 100% success—and at senior care facilities.

In 2014, Shinozuka's invention won the Scientific American Science in Action Award at the Google Science Fair. The 17-year-old high school senior hopes to one day develop cures for Alzheimer's and dementia "so that other generations don't have to suffer through the same pain my family did."





ADVOCATE

Ronald "Jake" Clark

"I came from a pretty hardscrabble background," Ronald "Jake" Clark says. "My mother was institutionalized for most of my childhood, and my father had his challenges with gambling and alcohol. I spent my first couple of years in an orphanage." Toughened by those early years, 17-year-old Clark enlisted in

the Army in 1983 and served till 1988. After stints with the Secret Service, Los Angeles Police Department, and FBI, he reenlisted in 2002. "9/11 really struck me. I felt compelled to try to serve at some level," he says. But this time, service felt differ-

ent. Clark returned home empty, self-destructive. And he struggled to understand why so many of his fellow veterans were committing suicide. "I wondered, 'How do you survive Iraq and Afghanistan and kill yourself back home?'" he says. "I decided I had to solve this problem."

In 2012, Clark pawned two Rolex watches for \$12,000 to create Save A Warrior, a Malibu, Calif.-based program that helps veterans recover from post-traumatic stress disorder. The weeklong residential program takes veterans on a healing journey that includes meditation, ropes courses, horse therapy, and counseling. Clark calls it "war detox."

More than 260 warriors have completed the program; most were suicidal when they entered. No graduate has committed suicide—a 100% success rate. He hopes to reach more of the at-risk population one day. "I'd like to be one of those guys who's on the winning side of suicide. I know what it's like to not want to be here."



WHERE ARE THEY NOW?

Every year since 2006 we've honored a group of outstanding people who work to find cures, raise awareness, encourage research, get treatment to people in need, and so much more in the areas of health and wellness. Here we check in with last year's winners to see what they've been doing in the time since their WebMD awards.

Carson Daly

2014 WebMD Health Hero
PHILANTHROPIST

In 2014, NBC's *Today* show invited its anchors to support worthy causes for its Shine a Light program. Carson Daly jumped at the chance. "I wanted to do something with kids and hunger." Daly partnered with KidsGardening.org to transform a school



playground in Crown Heights, Brooklyn, into a garden. "This particular area of Crown Heights is a concrete jungle. There's no green space anywhere," he says. Today, the garden is an outdoor classroom where kids learn the importance of nutritious eating. "When they build it, it's amazing how much more they can be convinced to like it." He hopes to start a green movement, encouraging kids everywhere to dig their fruits and vegetables.

Harold Koplewicz, MD

2014 WebMD Health Hero
ACTIVIST



More than 17 million children in the U.S. have a psychiatric disorder, and nearly two-thirds don't get any help, says child and adolescent psychiatrist Harold S. Koplewicz, MD. "Somebody has to speak up for these kids, because left untreated, their lives are really diminished." In 2009, Koplewicz and philanthropist Brooke Garber Neidich co-founded the Child Mind Institute, a nonprofit dedicated to children's mental health care. So far, the organization has treated nearly 5,000 kids. "It's going to be the science we develop here and share with the world, and the new treatment approaches, that are really going to change the lives of these kids."

Frank Papay, MD

2014 WebMD Health Hero
SCIENTIST

Some call cluster headaches "suicide headaches," because the pain is so severe they've driven some people to consider taking their own lives. "It's described as having a hot bore put into your eye," says Frank Papay, MD, the Cleveland Clinic plastic surgeon who helped pioneer a new surgical approach to treat cluster and migraine headaches. Papay was also part of the team that performed the first near-



total face transplant in the U.S. His next projects? Using artificial intelligence to help patients understand medical procedures—and developing goggles to help surgeons see tumors inside the body during operations.



Zarin Ibnat Rahman

2014 WebMD Health Hero
PRODIGY

In 2012, 16-year-old Zarin Ibnat Rahman studied whether too much screen time interferes with teens' sleep, mood, and academic performance. Her findings? "The kids who were sleep-deprived had more screen usage," she says. They were also drowsier and moodier during the day, and scored lower on mental tests. Rahman's research earned her the top Addiction Science Award at the 2013 Intel International Science and Engineering Fair. Now a sophomore at Harvard University, Rahman is studying neurobiology and psychology, and plans to go to medical school. She's also joined a research team working to understand how stem cells in the brain affect diseases like amyotrophic lateral sclerosis (ALS) and schizophrenia.

Martha Stewart

2014 Health Hero
PEOPLE'S CHOICE

Martha Stewart presides over a multimillion-dollar empire that encompasses magazines, TV shows, and home goods. Given her successes, Stewart considers philanthropy a personal responsibility. In 2007, with a



\$5 million donation, she opened the Martha Stewart Center for Living at Mount Sinai Hospital in New York. The center fills a need for quality senior health care at a time when 10,000 baby boomers turn 65 daily—a phenomenon Stewart calls "the silver tsunami." Today, more than 10,000 patients visit annually, making it one of the largest outpatient facilities in the country for older adults. "It's a good prototype for other hospitals around the United States," Stewart says.



Michael J. Fox

2014 Health Hero
HALL OF FAME HONOREE

For the past 17 years, Michael J. Fox has been a tireless advocate for Parkinson's disease awareness and research. In 2000, he launched the Michael J. Fox Foundation for Parkinson's Research, which has raised more than \$450 million to help wipe out this devastating disease. The foundation has also supported the development of groundbreaking treatments, working with pharmaceutical companies to make new drug compounds, and to speed these new therapies to market through clinical trials. His significant contributions as an activist, philanthropist, and "honorary scientist" have given hope and a voice to people living with the disease and their families.

YOU VOTED!

Once again this past August, WebMD asked you to choose from among four celebrity health advocates for the **2015 People's Choice Health Hero** award. When voting closed on August 31, we named actor and mental health awareness advocate Glenn Close the winner—she's our cover story this issue, page 28—but the other candidates are equally committed to improving health and wellness. Meet them here.



Carrie Fisher

Star Wars fans know Carrie Fisher as Princess Leia, but in real life the actor and writer has fought forces more powerful than the Dark Side. She's turned her personal struggle with bipolar disorder and

drug abuse into a chance to raise awareness and combat the stigma of mental illness. In 2001, she received the Purdy Award from the National Alliance for the Mentally Ill, for making strides to end discrimination against people with mental health problems.



Christina Applegate

Emmy award-winning actress Christina Applegate's foundation, Right Action for Women, promotes the early detection of breast cancer and offers help to women who can't afford screenings. Applegate was

diagnosed with the disease in 2008 and opened up about her double mastectomy on a 2014 *Entertainment Tonight* special. In 2013, Right Action for Women partnered with Asics America to produce a line of pink products, which support the group's efforts to help women get screened.



Jeff Gordon

NASCAR Cup driver Jeff Gordon doesn't win only on the racetrack. He's also a champion philanthropist. The Jeff Gordon Children's Foundation funds medical research and cancer treatment programs for kids. In

2011, the group helped launch the Butaro Cancer Center of Excellence, a cancer care program in rural Rwanda. In 2011, Gordon became spokesman—and driver—for the AARP's Drive to End Hunger campaign, raising money to feed hungry seniors.

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HEALTHY HOLIDAY
FOODS

MEDICINE CABINET
CHECKLIST

Nick Jonas

spreads the word
about living with
type 1 diabetes

Beyond Brothers



Meal Plan

How to savor and survive the holiday season with your waistline intact

BY KERRI-ANN JENNINGS

REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR

The holidays are a time to celebrate. But being in celebration mode for a month can mean letting your healthy habits slide. With these tips, you can get the most out of the holidays without a lasting, er, reminder.

Smart swaps

Instead of potatoes, use cauliflower and celery root—these two white, nonstarchy vegetables make great substitutions for more calorie-dense mashed potatoes. Steamed cauliflower pressed through a ricer can stand in 100% for mashed potatoes, while swapping up to half of the potatoes for flavorful celery root slashes carbs.

Instead of cream, use low-fat evaporated milk, a full-bodied stand-in for heavy cream. Try it in pumpkin pie, “creamy” casseroles, and mashed potatoes.

Instead of butter, use broth. Low-fat, low-sodium chicken or mushroom broth can infuse dishes with lots of flavor and keep them moist without adding many calories. Use broth to steam green beans, bind stuffing for stuffed mushrooms, or caramelize onions.

Dining strategies

Eat your calories, don't drink them, says Lezlie Sparks, MS, RDN, LD, a certified diabetes educator at The Medical Center of Plano in Texas. Favor calorie-free drinks, such as flavored sparkling water or unsweetened iced tea, and be mindful and moderate about alcoholic beverages.

Be realistic. This is not the time to try to lose weight or start a new strict diet. Instead, aim to maintain your weight—and remember to exercise regularly.

Eat right...most of the time. Decadent dishes stop being a treat when you have them day in and day out. Keep the majority of your November and December meals super healthy



and you'll more fully enjoy the splurges. Hearty veggie- and bean-packed stews and chili satisfy your belly (and your taste buds) for daily fare. Save richer casseroles and desserts for the truly special occasions.

Be carb conscious. Starchy foods—think stuffing, buttery Parker House rolls, sweet potato casserole—make up the bulk of holiday fare, but if you want to curb calories and carbs be selective about the ones you pile on your plate. Leave room for your favorite starches and skip the ones you're not as into.

Don't skip meals. “Saving up” for a big meal or party by skipping breakfast and lunch might seem like a smart idea, but it often backfires—you might ravenously overeat when you finally give yourself the chance, Sparks says. Instead, focus on eating regular, healthy meals, and snack on a piece of fruit or some raw veggies before going to a party.



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See the Light

How to cope with seasonal affective disorder

BY CHRISTINA BOUFIS

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

During winter, for about 5% of the U.S. population, shorter and darker days bring a form of depression known as seasonal affective disorder (SAD). Symptoms include lack of energy, oversleeping and overeating, difficulty concentrating, and feelings of isolation and loneliness, says Sheela Raja, PhD, clinical psychologist and assistant professor at the University of Illinois at Chicago.

Though statistics vary, as many as one in 10 people may develop a mild form of SAD during the winter months. Women are four times more likely to be affected than men.

What can you do if the shorter days darken your mood? Raja offers some tips.

Get natural light. Go outside even for a few minutes, ideally within the first hour of waking up, Raja says. “It may sound counterintuitive, especially if you live in a northern climate where it’s dull and dreary outside, but getting natural light actually does make a difference in helping regulate melatonin.” Melatonin is a natural hormone that helps you sleep.

Can’t make it out in the morning? “Get outside for 10 or 15 minutes at lunchtime,” she says.

Keep moving. “Exercise definitely helps,” Raja says. “We have so much evidence about how exercise helps people control their mood.”

Aim for moderate physical activity, such as brisk walking, for 30 minutes, three to five times a week. “It’s great if you can exercise outdoors, though that’s not always possible,” Raja says. Outdoors, you’ll be exposed to more natural light.

Set a bedtime routine. Though many people with SAD tend to report they sleep too much, studies suggest quality of sleep may suffer even if you spend more time in bed, Raja says. For refreshing zzz’s, keep your bedroom cool and dark, set a bedtime routine with regular sleep and wake times, and banish electronics from the bedroom. The light from these devices may interfere with your ability to sleep properly, Raja says.

Find ways to de-stress. Stress can make



seasonal depression worse. “Schedule some time to do things you enjoy or get support from people around you,” Raja says. Exercise is a great stress buster. For others, a vacation helps. “Some people find that going somewhere and getting a little break from that lack of sun—even if it’s for a few days—helps to break the cycle,” she adds.

Talk to your doctor. Treatment is available. You may feel better with light therapy, or your doctor may recommend medication or talk therapy or a combination. With light therapy, you sit in front of a light box—about 100 times brighter than the lamps in your home—for about 30 minutes each morning, which may help reset your sleep-wake cycle, Raja says. Check with your doctor to see if this treatment is right for you.



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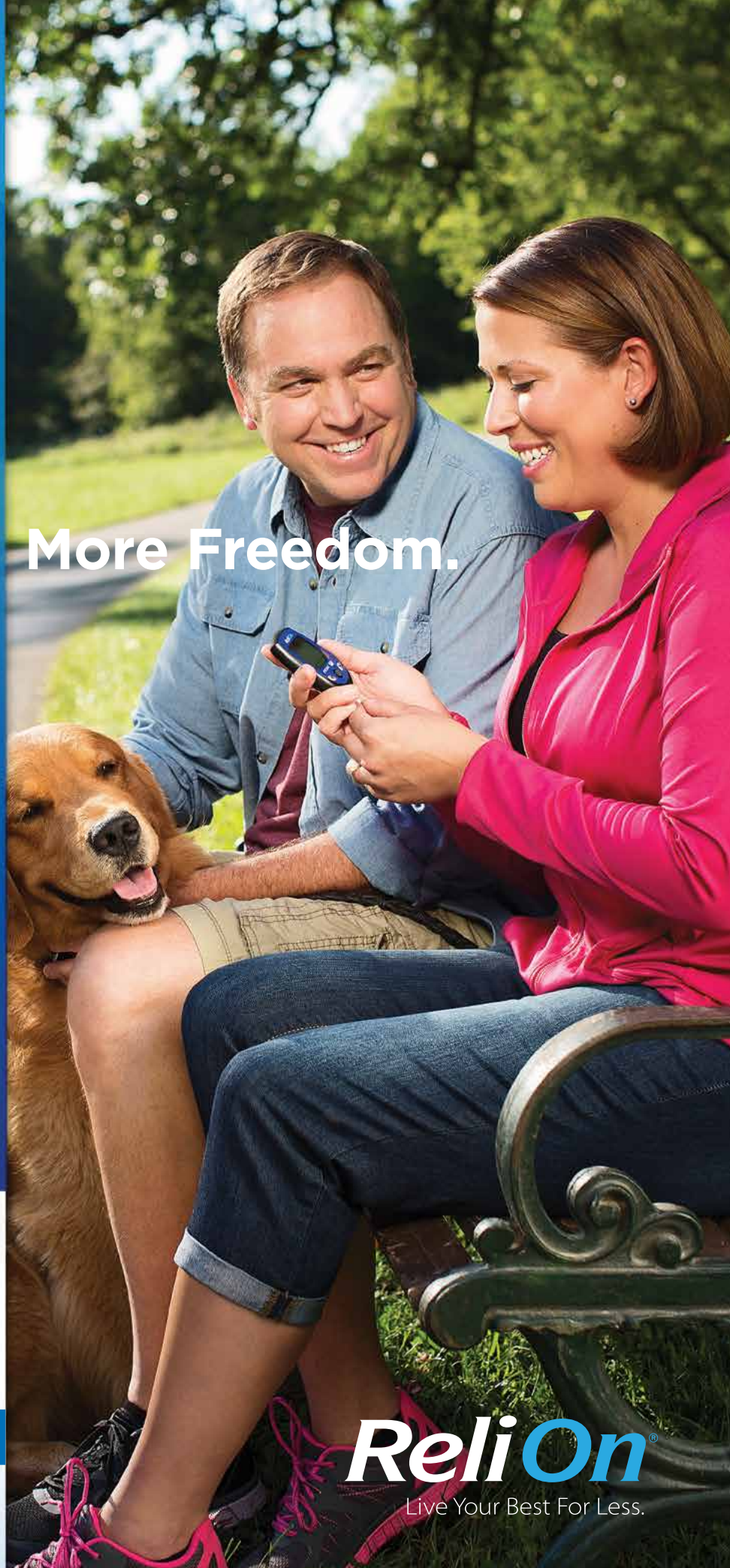


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Beyond BROTHERS

Singer Nick Jonas spreads the word
about living with type 1 diabetes

Singer Nick Jonas has made the stage his home since he was 7 years old, first on his own and then with his two older brothers, Kevin and Joe, in the hit boy band the Jonas Brothers. Now, he's a solo performer once more, with two dance chart-topping singles and a No. 1 self-titled album released last year.

But for 10 years now, Jonas, 23, has shared the spotlight with type 1 diabetes. He's been an outspoken advocate for diabetes awareness since shortly after he was diagnosed at age 13.

"The priority at first was getting a grip on the diabetes itself so that I could get to the point where I felt comfortable speaking about it," Jonas says. "I knew pretty quickly after my diagnosis that that was something I wanted to do."

From the start, he had the support of his family, friends, and people he performed and toured with. That helped him cope, but he says it wasn't easy. "I wasn't alone, but there weren't a lot of people to look to and say, 'Wow, they're doing what they want to do while living with this disease,'" Jonas recalls. "But I quickly met people who encouraged me and helped me to tell my story. That was a good thing."

More than 1 million U.S. children and adults have type 1 diabetes. The disease, which usually develops in the teen years, destroys insulin-producing cells in the pancreas. Without insulin, the body can't regulate blood glucose levels. Unchecked, diabetes can cause blindness, heart disease, kidney failure and other life-threatening complications.

To maintain healthy blood glucose levels, people with type 1 must monitor those levels closely and inject or inhale insulin or rely on a pump to do it for them three to four times per day.

Nick Jonas is no different. Like everyone else with diabetes, he must keep a constant watch on his disease. He wears a continuous glucose monitoring system, which tracks his glucose levels. With a sensor placed just under his skin, the device sends readings to his phone as well as to his caregivers. "I have great tools," he says.

Still, life with diabetes is difficult. And when Jonas goes on tour, as he did in September and October, he often feels the burden of his condition. "It can be really challenging," he says. "It's one of those things that affects you every single day and every minute of every day. Some moments, of course, are tougher than others."

Jonas encourages everyone with diabetes to connect to other people with the disease. "Having a



support system is always helpful," Jonas says. "I've met a lot of young people with diabetes who've told me how important it was to them to have groups that helped them. My situation was different, but if I hadn't been touring and performing all the time, I would have gone to groups as well."

To help create communities that encourage such connections, Jonas co-founded Beyond Type 1 earlier this year. The goal: to use social media and special events to bring together the wide range of people who live with the disease, and to provide education, build awareness, and raise funds for research.

"It's one of those things that affects you every single day and every minute of the day."

Jonas does more than make music. He's also appeared on screens both large and small. He has several Disney Channel roles under his belt, and, since 2014, he's co-starred in DirecTV's *Kingdom*. This fall, he has a recurring role on Fox's new horror comedy *Scream Queens*.

To stay in shape for screen and stage, he works with a trainer in Los Angeles. "I do lots of different exercises that work different parts of my body," Jonas says. "I get my cardio burn on while I'm lifting."

Jonas starts a typical day with turkey bacon and avocado for breakfast. He eats a salad for lunch, then chicken and broccoli for dinner. "I'm a terrible cook, so bad, but I love to eat," he says. "If I had my way, I would eat Italian food every day. But I can't do that."

And while he often finds it difficult to slow down, his ideal day sounds truly relaxing: a round of golf, a good nap, and then hanging with friends. "That's perfect," he says. "It's all about keeping it low-key."

BY MATT McMILLEN

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR

PHOTO BY BILL BERNSTEIN/CORBIS OUTLINE

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Vanity Fare

Got guests? Stock your medicine cabinet with these staples this holiday season

BY JODI HELMER

REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR

Bloated? Constipated? Hung over? Nauseous? Feeling ill during the holidays can turn merrymaking into misery—especially for guests who left home without packing medications to ease their symptoms.

“During the holidays, we all overindulge a little,” says Donna M. Feudo, BSP Pharm, RPh, adjunct clinical assistant professor in the Ernest Mario School of Pharmacy at Rutgers University. To address complaints ranging from digestive upset and headaches to allergies and minor injuries, Feudo suggests stocking the medicine cabinet in the guest bathroom with these essentials:

- Heartburn relief such as antacids
- Digestive aids to ease diarrhea, indigestion, and nausea
- Acetaminophen, ibuprofen, or aspirin for fever reduction and pain relief. (Remember, to avoid the risk of Reyes syndrome, children under 12 should never be given aspirin.)
- Antihistamines (for allergic reactions)
- Antibacterial ointment (for cuts or scrapes)
- Bandages in several sizes
- A dosage spoon, dropper, or cup to measure liquid medications
- Thermometer

Already have some of these items on hand? Check the expiration dates to make sure the products are still safe for your guests to take.

If you need help deciding which over-the-counter remedies to choose, ask a pharmacist. Expert advice will help you feel more confident to handle illnesses that happen during the holidays.

But when should you call a doctor? Over-the-counter remedies might be effective antidotes to a headache or heartburn but even the most well-stocked medicine cabinet can't ease serious symptoms. A call to the doctor is in order if your guests have these issues:

They have a fever: Feeling chilly but warm to the touch? Check your thermometer and call a



doctor if your guests have a fever (a temperature above 100.4°F or 38°C). “A fever is a red flag that there is an infection or underlying illness that needs to be looked at,” Feudo says.

Symptoms won't subside: Regardless of the illness, see a doctor if symptoms are persistent and OTC medications offer no relief. Feudo advises reading medication labels for warnings—most list the number of days to take the medication before seeking medical attention. “You have to respect those recommendations,” Feudo says.

They're taking other medications: It's a good idea to get medical advice before taking OTC medications to ensure they won't interact with prescription drugs. Call the pharmacy before taking a pill or other medication from the medicine cabinet.



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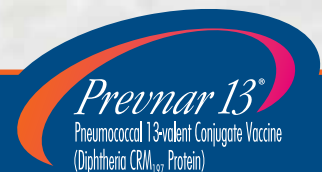
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- Prevnar 13[®] is not 100% effective and will only help protect against the 13 strains included in the vaccine

IMPORTANT SAFETY INFORMATION

- Prevnar 13[®] should not be given to anyone with a history of severe allergic reaction to any component of Prevnar 13[®] or any diphtheria toxoid-containing vaccine
- Adults with weakened immune systems (eg, HIV infection, leukemia) may have a reduced immune response

- In adults, immune responses to Prevnar 13[®] were reduced when given with injected seasonal flu vaccine
- In adults, the common side effects were pain, redness, or swelling at the injection site, limitation of arm movement, fatigue, headache, muscle pain, joint pain, decreased appetite, chills, or rash
- Ask your health care provider about the risks and benefits of Prevnar 13[®]. Only a health care provider can decide if Prevnar 13[®] is right for you

You are encouraged to report negative side effects of vaccines to the US Food and Drug Administration (FDA) and Centers for Disease Control and Prevention (CDC). Visit www.vaers.hhs.gov or call 1-800-822-7967.

Please see Important Facts for Prevnar 13[®] on the adjacent page.

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IMPORTANT FACTS



Prevnar 13[®] (pronounced “Prev • nar 13[®]”)

Generic Name: Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM₁₉₇ Protein)

WHO SHOULD RECEIVE PREVNAR 13[®] (Pneumococcal 13-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein])?

- Prevnar 13[®] is approved for adults 50 years and older for the prevention of pneumococcal pneumonia and invasive disease caused by the 13 vaccine strains
- Prevnar 13[®] is a vaccine also approved for children 6 weeks through 17 years of age for the prevention of invasive disease caused by the 13 strains of *Streptococcus pneumoniae* included in the vaccine, and for children 6 weeks through 5 years for the prevention of ear infections caused by 7 of the 13 strains
- Prevnar 13[®] is not 100% effective and will only help protect against the 13 strains included in the vaccine

Adults 50 years and older:

- A single dose of Prevnar 13[®] is recommended for adults aged 50 years of age and older

Children 6 weeks through 5 years of age:

- Prevnar 13[®] is recommended for children 6 weeks through 5 years of age
- Prevnar 13[®] is given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age
- **Transition schedule:** Children who have received 1 or more doses of Prevnar[®] (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein]) may complete the 4-dose immunization series with Prevnar 13[®]
- **Catch-up schedule:** Children 15 months through 5 years of age who are considered fully immunized with Prevnar[®] may receive 1 dose of Prevnar 13[®] to elicit immune responses to the 6 additional strains
- The immune responses from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13[®]

Children 6 years through 17 years of age:

- In children 6 years through 17 years of age, Prevnar 13[®] is given as a single dose

WHO SHOULD NOT RECEIVE PREVNAR 13[®]?

Children or adults who have had a severe allergic reaction to any component of Prevnar 13[®] or any diphtheria toxoid-containing vaccine should not receive Prevnar 13[®]

BEFORE STARTING PREVNAR 13[®]

Tell your health care provider or your child's health care provider about all medical conditions, including:

- Previous allergic reactions to other vaccines
- Especially tell the health care provider if your child or you are taking medicines that can weaken the immune system, such as steroids (eg, prednisone) and cancer medicines, or are undergoing radiation therapy
- If you are pregnant or nursing, or if you plan to become pregnant

WARNING

- A temporary pause of breathing following vaccination has been observed in some infants born prematurely. Decisions about when to give Prevnar 13[®] to infants born prematurely should be based on consideration of the individual infant's medical status, and the potential benefits and possible risks of vaccination
- The safety and efficacy of Prevnar 13[®] when given to persons with a weakened immune system (such as HIV infection, damaged spleen, cancer, or kidney problems) is not known. Children or adults with a weakened immune system may have a reduced response to Prevnar 13[®]

WHAT ARE THE POTENTIAL SIDE EFFECTS?

- In adults, the common side effects were pain, redness, or swelling at the injection site, limitation of arm movement, fatigue, headache, muscle pain, joint pain, decreased appetite, chills, or rash
- The most commonly reported serious adverse events in children were bronchiolitis (an infection of the lungs) (0.9%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%), and pneumonia (0.9%)
- In children 6 weeks through 17 years, the most common side effects were tenderness, redness, or swelling at the injection site, irritability, decreased appetite, decreased or increased sleep, and fever. Most commonly reported side effects in children 5 years through 17 years also included hives

WHAT SHOULD I KNOW ABOUT RECEIVING PREVNAR 13[®] WITH OTHER VACCINES?

- In adults, immune responses to Prevnar 13[®] were reduced when given with injected seasonal flu vaccine
- When given within 1 year following pneumococcal polysaccharide vaccine, immune response to Prevnar 13[®] may be lower

ADDITIONAL IMPORTANT INFORMATION

- The safety and effectiveness of Prevnar 13[®] when used in children less than 6 weeks of age is not known
- In a study in which children received acetaminophen prior to Prevnar 13[®], immune responses to some strains in the vaccine were lower compared with responses among children who received acetaminophen after vaccination only as needed
- Ask your health care provider about the risks and benefits of Prevnar 13[®]. Only a health care provider can decide if Prevnar 13[®] is right for you or your child

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your health care provider or your child's health care provider for complete product information
- Go to www.Prevnar13.com or call 1-800-666-7248

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5

Eye Health QUESTIONS

with an Optometrist



Dr. Priya Bhuta, OD
Doctor of Optometry
Naples, FL

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

A. I highly recommend an annual eye exam, regardless of age. More frequent eye exams may be necessary if the patient has pre-existing conditions, such as diabetes, or has undergone vision-correcting surgery.

Q. What should I consider when selecting between glasses and contacts?

A. Consider need, comfort, and convenience. Glasses could be likened to jewelry for the face and require less maintenance. Whereas contact lenses allow

for the entire field of view to be in focus, which may be great while playing sports or in certain professions. Contact lenses may not be an ideal choice if you have dry or sensitive eyes; glasses won't irritate these conditions. "Colored" contact lenses are another option, and they're available at an affordable price. In fact, contact lenses in general are more affordable now. Discuss the options with your optometrist and learn how to properly maintain them to get their best use.

Q. What health history is important to share with my doctor?

A. It is extremely important to share all of your current health status, medications, medical history, and specific family health history with your optometrist. Conditions such as diabetes, hypertension, arthritis, and stroke are just a few major health conditions that impact vision.

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

A. The most common advice is to follow the 20-20-20 rule. Every 20 minutes it is

important to look 20 feet away for 20 seconds. Also, it is helpful if you can create an ergonomically friendly workstation by lowering and tilting the monitor to reduce glare on the screen, check lighting levels, and adjust your seat. Use preservative-free lubricating drops for your eyes and blink often. If necessary, you may want to consider computer glasses, as opposed to the over-the-counter readers that may exacerbate your symptoms over time.

Q. What foods or vitamins are best for maintaining optimum eye health?

A. Lutein and zeaxanthin, found in dark green leafy vegetables, eggs, and orange peppers, are important nutrients for good eye health. Omega 3s in flaxseed, cold-water fish, and walnuts help improve eye health and protect retinal function. Black currants and blueberries are high in anthocyanins. Vitamins A (apricots, cantaloupes, carrots, mangoes, red peppers, sweet potatoes), C (broccoli, Brussels sprouts, oranges, red peppers, strawberries), and E (almonds, peanut butter, spinach, sunflower seeds) are some of the best eye-healthy nutrients.

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IN SEASON

Berry Good

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

Legend says the Pilgrims served cranberries at the first Thanksgiving, and these tangy, scarlet gems have appeared on holiday tables ever since. But researchers say they deserve year-round attention. “Among berries, cranberries have a pretty unique profile of different phytochemicals shown to have health benefits,” says Catherine Neto, PhD, co-director of the Cranberry Health Research Center at the University of Massachusetts Dartmouth. Those plant chemicals include A-type proanthocyanidins, or PACs, which research shows can prevent bacteria from sticking to cells in the urinary tract, and ursolic acid, an inflammation-fighting compound. Cranberries also offer eye-protective lutein and wound-healing vitamin C. And preliminary research by Neto suggests the berries may play a role in colon cancer prevention. She recommends eating the whole fruit and skin in foods such as cranberry sauce or sweetened dried cranberries. But don't get bogged down in the same old recipes—see our creative cranberry ideas on the next few pages.



The top cranberry-growing states are Wisconsin, Massachusetts, New Jersey, Oregon, and Washington.

Cranberries grow near the ground in sandy bogs and marshes. Growers often flood bogs to harvest the fruit; cranberries float to the top.

French Twist

A clafouti is a French dessert with a custard-like texture. The creamy sweetness pairs well with cranberry and orange, creating a festive end to a holiday meal.

Cranberry Orange Clafouti

Makes 6 servings

Ingredients

- 1/4 cup whole milk
- 1 cup sugar, divided
- 3 large eggs
- 1 tbs vanilla extract
- 1/4 tsp salt
- 1/2 cup flour
- 2 cups fresh cranberries, chopped
- 2 tsp finely grated orange zest
- powdered sugar and whipped cream for garnish (optional)

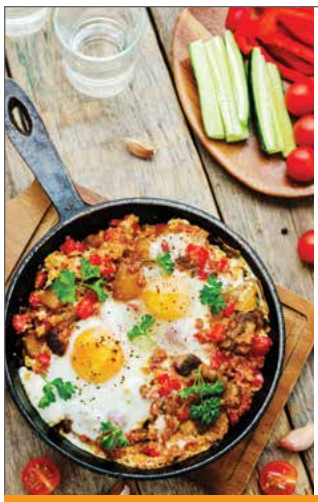
Directions

1. Preheat oven to 350°F.
2. In a blender or food processor, combine milk, 1/2 cup sugar, eggs, vanilla, salt, and flour. Coat an 8-cup glass baking dish with cooking spray. Pour about half the egg mixture into the pan and bake 7–10 minutes.
3. Remove pan from oven and sprinkle cranberries, orange zest, and remaining sugar on top of the custard. Pour remaining egg mixture over the first layer. Bake 45 minutes until firm. Do not over-bake; this will make the dish chewy. Serve warm or at room temperature topped with powdered sugar and whipped cream if desired.

Per serving (does not include whipped cream and powdered sugar) 255 calories, 6 g protein, 48 g carbohydrate, 4 g fat (2 g saturated fat), 111 mg cholesterol, 2 g fiber, 38 g sugar, 105 mg sodium. Calories from fat: 15%

(continued on page 56)

BREAKFAST 411



In many cultures—think Middle Eastern, Mexican, Asian cuisine—savory staples start the day. Jonathan Chovancek, executive chef of Café Medina in Vancouver, British Columbia, is a big proponent of savory breakfasts. His No. 1 reason? Delicious taste. Case in point: “Great-tasting eggs poached and served over a warm quinoa and tomato salad with African spice and local goat cheese is super healthy and delicious.”

As Chovancek notes, healthfulness also ranks as a reason to start savory. Savory breakfasts lend themselves to nutrient-

rich vegetables and whole grains, setting the tone for a healthy day. Get started with some of Chovancek’s easy breakfast ideas:

- Make an omelet with farmers market vegetables.
- Sauté leftover brown and wild rice from dinner; top with eggs and a pinch of cheese.
- Instead of granola, add equal parts cooked quinoa and red lentils to your yogurt and fruit bowl.

—**Kerri-Ann Jennings**

Cranberries are a native American fruit.



Cranberries are part of the plant family that includes blueberries and lingonberries.

Nutty Idea

This scrumptious side dish may outshine the turkey (and convert a few Brussels-sprout skeptics). It features a combo of beloved holiday ingredients—cranberries, pecans, and maple syrup—and offers plenty of fiber with the caramelized flavor.

Cranberry Brussels Sprouts With Pecans

Makes 6 servings

Ingredients

- 2 lbs Brussels sprouts, trimmed and halved
- 1 tbsp extra virgin olive oil
- ¼ cup finely minced shallots
- 2 tbsp maple syrup
- 1 cup fresh cranberries
- ¼ cup balsamic vinegar
- 2 oz pecan halves, toasted
- ¼ tsp sea salt
- freshly ground black pepper to taste

Directions

1. Preheat oven to 400°F. Spray a rimmed baking sheet pan with cooking spray.

2. In a large bowl, combine Brussels sprouts with olive oil; toss. Place sprouts on baking sheet and roast 15–20 minutes.
3. Remove sheet from oven. Sprinkle shallots, maple syrup, and cranberries over sprouts and return to oven for an additional 10 minutes or until sprouts are golden brown and cranberries are soft.
4. Transfer the mixture to a serving bowl. Add vinegar, pecans, salt, and pepper, and toss to combine. Serve immediately.

Per serving

186 calories, 6 g protein, 23 g carbohydrate, 10 g fat (1 g saturated fat), 7 g fiber, 10 g sugar, 138 mg sodium. Calories from fat: 43%

The Right Stuff

Cranberries and apples provide color and flavor in this tasty alternative to traditional stuffing.

Cranberry Apple Stuffing

Makes 8 servings

Ingredients

- 4 tbsp unsalted butter
- 2 tbsp olive oil
- 2 large onions, chopped
- 6 celery stalks, chopped
- 3 cups low-sodium chicken stock, divided
- 2 eggs
- 8 slices whole wheat bread, toasted and cubed
- 4 slices white bread, toasted and cubed
- ½ cup apple juice
- 2 apples, peeled, cored, and chopped
- 1½ cups fresh cranberries, chopped
- ½ tsp sea salt
- freshly ground pepper to taste
- 2 tbsp chopped fresh thyme
- 2 tbsp chopped fresh sage
- ¼ cup chopped fresh parsley

Directions

1. Preheat oven to 325°F.
2. In a large nonstick skillet over medium-high heat, melt butter and olive oil. Add onions and cook 10 minutes; remove from pan. Add celery to pan with ¼ cup chicken stock and cook until soft.
3. Beat eggs in a large mixing bowl. Add bread, apple juice, and 1–2 cups chicken stock; stir to combine and let sit about 10 minutes or until bread softens. Add onion, celery, apples, cranberries, and spices. Toss to combine. Add more chicken stock if needed.
4. Place stuffing in a roasting pan coated with cooking spray. Bake 60–90 minutes, covered with aluminum foil for the first 20 minutes, then uncovered for the remaining time, turning pan every 20–30 minutes until golden brown. Serve immediately.

Per serving

281 calories, 10 g protein, 34 g carbohydrate, 13 g fat (5 g saturated fat), 68 mg cholesterol, 5 g fiber, 11 g sugar, 335 mg sodium. Calories from fat: 40%

Perfectly ripe cranberries bounce when dropped. Growers use a device called a “bounce board” to sort fresh berries from rotten ones.





Craving more recipes? Sign up for **The Daily Bite** newsletter at WebMD.com.
LEARN HOW ON PAGE 4

OFF THE MENU

Hugh Acheson

CHEF, RESTAURATEUR, AND AUTHOR
ATHENS, GEORGIA

By **Matt McMillen**

When Hugh Acheson wants comfort food, he makes a salad: bitter greens, radishes, sliced dill pickles, and feta, finished with a classic French vinaigrette.

"I'm not the kind of person who will sit down and eat a huge amount of ice cream," says the chef and judge on Bravo's *Top Chef*, fresh from his garden where he'd been plucking basil leaves. "I'd rather eat salad. That's just the way I've always been."

Acheson's love of vegetables—and other things that grow—goes beyond the salad bowl, as he attests in his latest cookbook, *The Broad Fork: Recipes for the Wide World of Vegetables and Fruits*. His holiday table demonstrates his preference as well.



Yes, he serves a baked ham and the obligatory turkey, livened up by his take on

caponata, the classic Sicilian condiment (see recipe below). But the meat plays a

role secondary to the roasted or whipped sweet potatoes, Brussels sprout leaves, leek bread pudding, and the abundance of turnips he offers to his 12 or so guests.

A native of Canada, Acheson, 44, has made the South his home since the 1990s, when he moved to Athens with his wife, Mary Koon. The couple have two daughters, Beatrice, 13, and Clementine, 11, and both have taken to the kitchen with zeal.

Acheson himself first cooked professionally at age 15. "It became this endless topic that I could focus in on and learn more about. We all hope to find an occupation that thoroughly excites us every day."

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor

Spaghetti Squash Caponata

Makes 4 servings

Ingredients

- 1 spaghetti squash (about 1 lb)
- 2 tbsp olive oil
- kosher salt
- freshly cracked black pepper, to taste
- ½ red bell pepper, diced
- 1 stalk peeled celery, thinly sliced
- 2 tbsp honey
- 3 tbsp cider vinegar
- 2 tbsp dried currants
- 2 tbsp capers, drained

Directions

1. Preheat the oven to 325°F.
2. Cut the spaghetti squash in half lengthwise. Remove the strings and seeds. Drizzle the inside of the squash halves with 1 tablespoon of olive oil, and season with salt and black pepper.
3. Place seasoned squash, cut side down, in a roasting pan and roast 45 minutes or until cooked through. Remove squash from the oven, flip over, and set aside to cool to room temperature.
4. Place a medium saucepan over medium heat and add the remaining

tablespoon of olive oil. Add bell pepper and celery, and lightly sweat for 5 minutes. Add the honey and vinegar to the pan, raise the heat to high, and reduce liquid by half, about 2 minutes. Remove from the heat and set aside to cool.

5. Using a fork, very carefully flake the squash strands out of the shells onto a cutting board. Chop squash into shorter strands and put them in a large bowl. Add the pepper-celery mixture, currants, and capers. Mix well, and adjust seasoning with more kosher salt and



cracked pepper, if desired. Serve at room temperature, or store for up to one week in a sealed container in the fridge.

Per serving 133 calories, 1 g protein, 17 g carbohydrate, 8 g fat (1 g saturated fat), 1 g fiber, 10 g sugar, 439 mg sodium. Calories from fat: 52%



Watch **3 Things to Keep in Your Gym Bag**, a video at WebMD.com.
LEARN HOW ON PAGE 4



WORK IT OUT

Price Fix

GYM MEMBERSHIPS CAN BE EXPENSIVE—BUT THEY DON'T HAVE TO BE. SCORE A DEAL WITH THESE TIPS

By Kara Mayer Robinson

Want to give someone—or yourself—the gift of fitness without spending a fortune? Score a major deal on a gym membership with these insider tricks from New York City exercise physiologist Kate Vidulich, ACSM. She spent 10 years working in gyms as a membership consultant and personal trainer and shares the inside scoop on getting the goods—for less.

Boost your trials. Many gyms will give you a free trial before you sign on the dotted line. But don't limit yourself to just one. Test out several gyms before you commit. "Sign up for a few different three-day, seven-day, or 14-day trial offers near work or home," Vidulich says. "You could even trade in a trial offer for a discounted first month."

Negotiate. "Don't be afraid to ask for a better deal," Vidulich says.

In the world of gym memberships, she says, everything's negotiable. Ask recruiters to waive the initial fee. See if they'll match or beat a competitor's rates. If they don't slash your price, ask them to sweeten the deal by tossing in something for free, like personal training sessions or guest passes.



Join at the end of the month. "Membership consultants typically have quotas they're trying to meet," Vidulich says. They may need to sell a certain number of memberships every month. If the end of the month is approaching and they haven't met their goals, they may be more willing to make you a deal.

Pay for what you use. Ask the gym if you can pay less to use less. You may get a lower rate if you pass on extras you don't use, like the lap pool, sauna and steam room, or exercise classes. Some gyms cut their membership fee if you're willing

to use facilities at off-peak hours only. If you're a part-timer or you're hooked on one specific class, ask for a 10-visit pass and pay as you go, Vidulich says.

Watch for coupons. Some gyms post coupons or promo codes on Facebook or Twitter. You can also keep your eye on local daily-deal websites like Groupon, LivingSocial, and Gilt. You'll pay a lot less and you'll likely get a short-term package, which can be a boon if you're not sold on one gym.

"You can get a five-pack or 10-pack to try different facilities in your area

before making a decision," Vidulich says.

Use personal discounts. To encourage a healthy lifestyle, many large companies offer discounts on gym memberships, Vidulich says. "Ask your human resources department if they have any affiliations with local clubs. If not, ask if they'd be willing to set one up." You may also be eligible for a discount through your insurance provider, warehouse club, or automobile association.

Request a family rate. Many fitness facilities will cut a deal when a bunch of people join at the same time, Vidulich says. Ask the manager if she'll give you a special package rate if you sign up with a few family members or friends.

Get a referral. Some gyms reward members with a referral fee if they recruit a friend. Find out where your pals work out and do a trial run. If you like it, ask for a discount. "Gyms are more willing to offer a better price if you know current members," Vidulich says. "Your friend will be handsomely rewarded, too."

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



Want more tips like this?
Sign up for the **Living Better**
newsletter at WebMD.com.
[LEARN HOW ON PAGE 4](#)

FITNESS CHALLENGE

Wish List

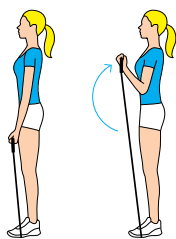
GIVE—OR GET—THE GIFT OF FITNESS
WITH THIS HOLIDAY GUIDE

By Jodi Helmer

● This holiday season, you might be the lucky recipient of a few fitness gifts to help you achieve your goal of shaping up in the new year. But why wait? Put those get-fit gifts to good use now.

“It’s great to start working on resolutions so you can hit the ground running in January,” says Tom Holland, MS, CSCS, exercise physiologist and author of *Beat the Gym*. “The bonus: Exercise will help reduce holiday stress!”

Holland shares exercises to make use of three popular fitness gifts. Repeat the whole circuit three times, three days per week.

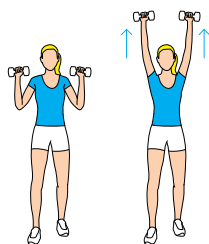


Resistance Bands: Bicep Curls

The constant tension of the resistance band and slow, controlled movement helps keep the muscles engaged. If you need more tension to increase resistance, Holland suggests spreading your feet farther apart; if there is too much tension, take one foot off the band.

1. Stand with both feet on the middle of a resistance band, holding one handle in each hand.
2. With hands at your sides, palms facing forward, slowly bend your elbows and bring both handles up toward your shoulders.
3. After a brief pause, slowly lower your hands to the starting position.
4. Do 10 repetitions.

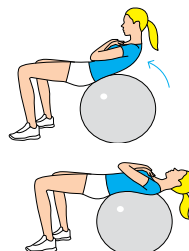
Reviewed by
Michael W. Smith, MD, CPT
WebMD Chief Medical Editor



Light Hand Weights: Overhead Shoulder Press

This move works the shoulder muscles, building the strength you’ll need to heft luggage into an overhead bin for travel. Once you can easily do 15 reps, increase the weight of the dumbbells.

1. Stand with one foot slightly in front of the other and knees slightly bent.
2. Hold a 3- to 5-pound dumbbell in each hand, arms bent and hands just about shoulder height, palms facing forward.
3. Slowly press the weights up over your head until your arms are fully extended and the weights are almost touching over your head.
4. Slowly lower your arms and return to the starting position.
5. Do 10–15 repetitions.



Stability Ball: Crunches

Doing crunches on the stability ball amps up the move. “The ball is unstable, so you have to work harder and engage core muscles to stay balanced,” Holland explains. Beginners may want to start with more of their upper bodies on the ball. As you gain strength, move farther back on the ball to make the move more challenging.

1. Lie with your back on the ball, your feet spread wider than shoulder width on the ground, and hands folded across your chest.
2. Exhale, tighten your abdominals, and lift your upper body up toward the ceiling.
3. Pause, squeeze your abdominals, and slowly lower back down to starting position.
4. Do 10–20 repetitions.

Q

“I’m an avid walker, but when winter arrives, I’m not sure how to safely maintain my routine. How can I prepare to walk in unpredictable weather?”

Marnie Feusting, 51,
assistant secretary, Urbana, Ill.



A

“With some preparation, you can keep up a walking routine all winter long. Start with the right gear. Dress in layers: A moisture-wicking base layer, an insulating layer (like fleece), and a water- and wind-proof layer on top work well. Add a hat and gloves. If it’s icy, try products that slip over your sneakers to improve your grip on the pavement and keep you from slipping. Your regular routes may be more dangerous during the winter. Look for alternate routes such as a track or paved path. You can also take your walking workout indoors in the winter.”



Michele Stanten, ACE-certified fitness instructor, walking coach, and author of Walk Off Weight

WebMD[®] Checkup

TAKING CARE, LIVING WELL

Bringing awareness to Crohn's disease and ulcerative colitis

Crohn's disease and ulcerative colitis are the most common forms of inflammatory bowel disease. People who live with these conditions have ongoing inflammation in their intestines that leads to diarrhea, abdominal pain, and bloody stool.

Doctors don't know what causes inflammatory bowel diseases. Current studies explore the role of bacteria that live in the intestines. Researchers want to know whether specific genes and certain bacteria interact to trigger development of the disease.

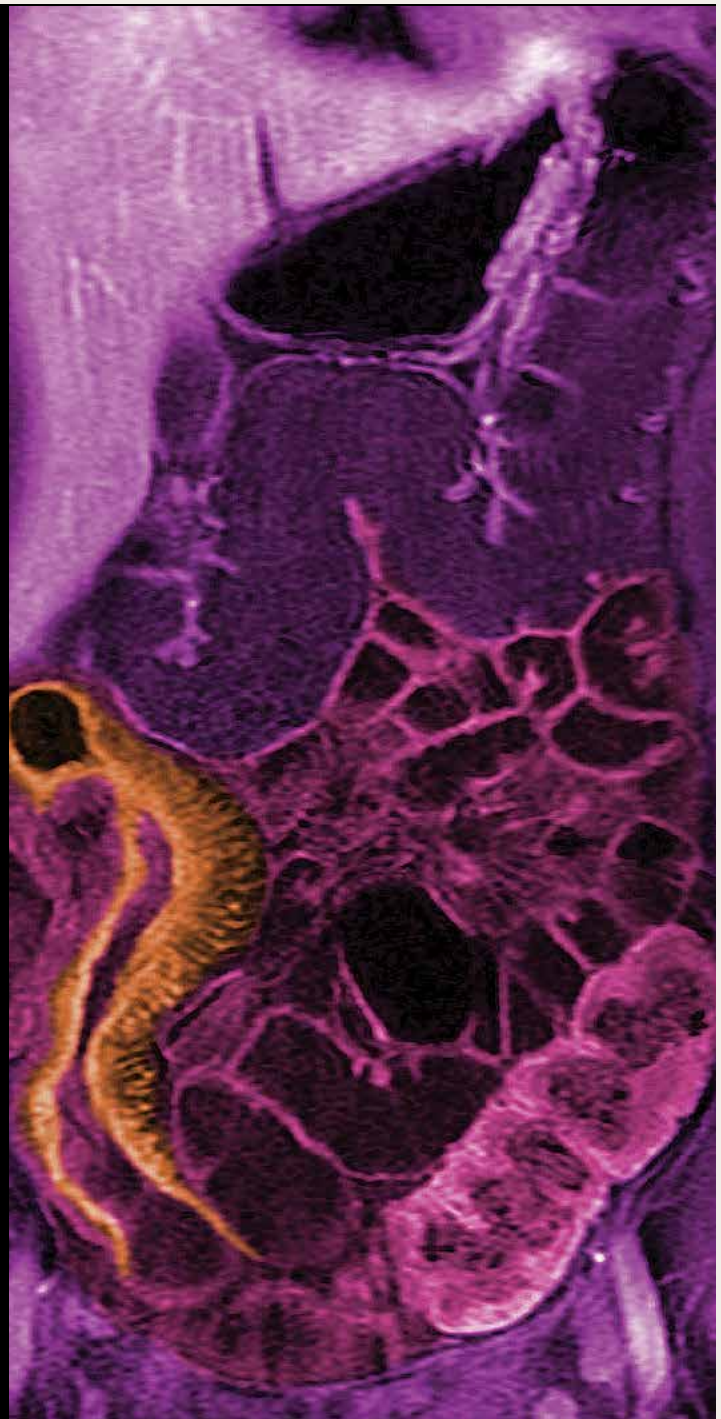
Crohn's can hit any part of the intestinal tract, from the mouth to the rectum. People with this disease change their diet and take medicine for as long as it helps them. As the disease progresses, medications may no longer be enough. People who don't get relief from medicine or who develop other problems related to their condition might need surgery.

Ulcerative colitis affects only the colon. In most cases, medicine and dietary changes bring substantial relief. If they don't, surgery to remove the colon may be an option. Doctors may also recommend this procedure for more severe forms of the condition or for those who develop other complications. People who have colitis for more than 20 years might have surgery to eliminate their risk of colon cancer.

NBC News correspondent Cynthia McFadden has Crohn's disease. She raises awareness about the condition through the Crohn's & Colitis Foundation of America. Television actors Gregory Itzin (*The Mentalist*, 24) and Amy Brenneman (*Reign*, *Private Practice*) have colitis. Both have recorded public service announcements about the disease.



—Sonya Collins



Reviewed by Brunilda Nazario, MD, WebMD Lead Medical Editor

HEALTH HIGHLIGHTS

NOVEMBER IS DIABETES AWARENESS MONTH

HOW TO LIVE HEALTHY WITH TYPE 2 DIABETES

By Matt McMillen

1 *Watch the sodas*
Too many sugary drinks can boost your blood glucose, according to the American Diabetes Association.

2 *Go tobacco-free*
Protect yourself against elevated cholesterol, blood pressure, and blood glucose, as well as lung cancer.

3 *Relax more*
Curb stress through positive thinking before it worsens your diabetes.

4 *Be fit*
Exercise will help you control your blood sugar and drop pounds, so ask your doctor what workout is right for you.

5 *Track health with tech*
Get an app (ask your doctor or diabetes educator).



6 *Take the test*
Schedule an a1c test at least twice a year to help you track your blood glucose over time.

7 *Keep it fresh*
To make fitness fun, try new activities and recruit friends to join you.

8 *Go away*
Travel with diabetes in mind and see your doctor at least a month before your trip.

9 *Be prepared*
Always keep three days of diabetes supplies on hand in case of emergency.

10 *Educate yourself*
Learn all about the disease at WebMD's Diabetes Health Center.

EXPERT TIPS



Maria E. Pena, MD
director, Center for Weight Management,
Lenox Hill Hospital, New York City

"See an ophthalmologist or optometrist. Every person with diabetes should see one at least once a year for a dilated-eye exam to look for signs of diabetic nerve damage (also known as retinopathy), which can lead to blindness."



Sethu K. Reddy, MD
director, Adult Diabetes Section,
Joslin Diabetes Center, Boston

"Enjoy food and life, but keep everything in moderation. Portion control is critical. Often, it's not what we eat that's the problem. It's how much. Also, be sure to get up to date with all vaccinations and flu shots at the appropriate time."



Jane Chiang, MD
senior vice president, Medical and Community
Affairs, American Diabetes Association

"Find ways to be active throughout your day. Take the stairs instead of the elevator. Walk around your home while talking on the phone or watching TV. Park farther from the store because the extra steps help."

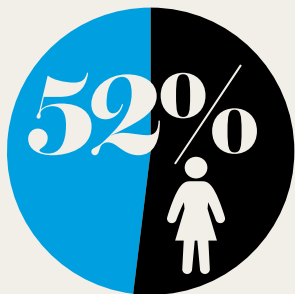
Reviewed by Brunilda Nazario, MD, WebMD Lead Medical Editor

BY THE NUMBERS

COPD

FACTS AND STATS ABOUT TOP HEALTH ISSUES

By Heather Hatfield



52% of people who die from COPD are women.



Chronic obstructive pulmonary disease (COPD) is the **third-leading cause of death** in the U.S.

15

million

people in the U.S. have been diagnosed with COPD.

6.3%

of people in the U.S. have COPD.

almost

150,000

people die as a result of COPD each year.

another estimated

12

million

might have COPD and not know it.

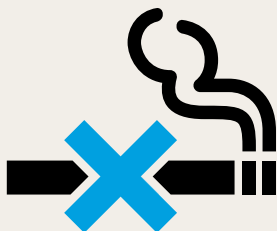


143,000

of people who die from COPD are age 55 or older.

13X

Women who smoke are 13 times as likely to die from COPD as women who have never smoked.



Smoking is the **No. 1 risk factor** for COPD.

80%

of COPD deaths are caused by smoking

12X

Men who smoke are 12 times as likely to die from COPD as men who have never smoked.



1 in 5 people over age 40 who are hospitalized are diagnosed with COPD.

\$50 billion

The annual **cost of COPD** is almost \$50 billion a year, according to the most recent data.

Sources: CDC, American Lung Association, COPD Foundation, NIH

ADVOCACY

YEAR BY YEAR

A Q&A WITH ACTOR SETH ROGEN AND WIFE, LAUREN, ON ALZHEIMER'S AWARENESS

By Kara Mayer Robinson

Last November, actor and comedian Seth Rogen talked with *WebMD Magazine* about his efforts to raise awareness of Alzheimer's disease through Hilarity for Charity, an organization he founded with his wife, Lauren Miller Rogen. We circled back for an update about their advocacy and progress with Alzheimer's research and funding during the past year.

What's new with Hilarity for Charity?

Seth: In October, we held our fourth annual Hilarity for Charity Variety Show, at which we hosted James Franco's bar mitzvah. He talked about having one for



“Our hope is that by accelerating awareness, it will bring us closer to a cure.”

years, and we think this one was able to live up to all of his boyhood expectations and raise much-needed funds for Alzheimer's.

Lauren: Our college-based initiative, Hilarity for Charity U, has expanded across the country. Each year, the school that raises the most money wins a special campus visit from us. To date, the program has raised

more than \$200,000.

We also launched a virtual support group for people under 40 and the Alzheimer's and Dementia Care Relief Grant Program with Home Instead Senior Care, which has already awarded more than 8,000 hours of in-home care to those who need it most. We also funded research grants focused on early-onset and detection of the disease

through the Alzheimer's Association International Research Grant Program.

Lauren, your mother has lived with early-onset Alzheimer's for more than 10 years. Any new insights to share?

Lauren: I've learned so much. Seeing my mom decline over 10 years is so difficult. Of course it feels awful—and I was angry and felt sorry for myself, my mom, and my family. But focusing on the facts, and what I could do, changed my attitude completely.

What do you hope more people will understand?

Lauren: Alzheimer's is a disease [that] is not a natural part of aging. People, and often people of my generation, don't think it will affect them. An estimated 13.8 million people will have Alzheimer's by 2050, according to the Alzheimer's Association. I'll be close to 70 years old then. My generation and all the millennials behind us will have a huge problem on our hands because the cost to our nation will be an estimated \$1 trillion.

What's the bottom line on Alzheimer's research and funding—have we made progress?

Seth: Currently there is no known way of slowing, stopping, or reversing the disease. In the United States, someone develops Alzheimer's every 67 seconds, yet no one survives. Unless we get serious about research, this already expensive public health crisis will overwhelm our health care system.

Lauren: We really feel the disease is starting to get the public attention it so desperately commands. Our hope is that by accelerating awareness, it will bring us closer to a cure.



Check out **What Is Postpartum Depression**, a slideshow at WebMD.com. [LEARN HOW ON PAGE 4](#)

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

MY STORY

BABY STEPS

A READER SHARES HOW SHE SURVIVED POSTPARTUM DEPRESSION

By Kate Ferguson
WebMD.com community member

I was 29 when my first child was born eight years ago. I had a healthy pregnancy and delivery, and I'd been working as a therapist throughout my pregnancy. I felt a tremendous love for my baby, but almost immediately, even when I was still in the hospital, I had a sense of time moving very slowly.

During the next six weeks, I watched the minutes every day and counted them down. I had a general feeling of dread because every day felt like a long, slow slog. I felt overwhelmed and lost interest in things I liked before. I



“I had a general feeling of dread because every day felt like a long, slow slog.”

loved my baby, but I wasn't enjoying life.

I also felt very anxious and couldn't sleep. I'd sleep for about three hours a night, then I'd roam the house worrying about what I was going to do when the sun came up. My daughter also had colic, and I thought, “Well, anybody would feel this way if they had a colicky baby.”

But when my daughter started getting better, my feelings of dread gave way

to a heavy feeling of hopelessness because I was not better. So I started trying to get help.

I went to two therapists, my midwife, and my internist, and said, “I don't feel right.” None of them could really help me. I wasn't the “typical” woman with postpartum depression: I appeared put together and fit. I had a healthy baby I felt attached to. I was trying to go back to work a couple of hours a week. I was a

therapist, savvy in mental health, but we didn't study postpartum depression or perinatal mood disorders in school.

It wasn't until I came across a website on postpartum depression and anxiety that I understood. I called my husband and said, “I have postpartum depression and anxiety. That's what's wrong with me.”

Then I found the right therapist and began working with her, reading books, taking medication, and sleeping better and, as part of my healing, got training in treating perinatal mood disorders so I could advocate for and treat other women in my practice. Within eight weeks, I felt so much better. By the time my daughter had her first birthday party, I felt like myself. I remember being able to bake a cake and laugh and experience joy. It was like surfacing from underwater.

I went on to have two more healthy pregnancies and babies. After their births, I had a postpartum plan with my husband, and I had educated my family members about this form of depression. I also went back on medication.

Today I'm vigilant about my own mental health and self-care. I also feel a lot of gratitude for what I went through because it brought me to where I am today.

ASK YOUR DOCTOR

1. Could I have postpartum depression or anxiety?
2. What are the symptoms?
3. Have you treated women with postpartum issues before?
4. What treatment do you suggest?
5. Where can I find additional resources for help?



How Much Do You Know About Jaw Pain? Take the quiz at WebMD.com.
LEARN HOW ON PAGE 4

LIVING WELL

TMD

WHAT TO DO WHEN YOUR JAW HURTS

By Christina Boufis

Take a moment to notice your jaw. Are your teeth clenched? Jaw muscles tense? If you're like most people, you probably don't think much about your jaw—until something hurts.

“Many people are totally unaware that they tense up their jaws, tap their teeth together, or clench, grit, or grind their teeth,” says David Alexander Keith, DMD, a professor of oral and maxillofacial surgery at Harvard School of Dental Medicine who practices at Massachusetts General Hospital.

Problems related to the muscles of the jaw—those that open and close the mouth and help you speak and chew—are called temporomandibular disorders or TMD, not TMJ, which is the name of the jaw joint itself, Keith explains.

And though researchers aren't sure what causes the condition, more than one in 10 people in the United States have some form of TMD, according to NIH, and women are more affected than men.

Another baffling aspect of TMD is that while many people develop mild forms of jaw pain that usually get better with home treatment, some develop more severe and longer-lasting



pain that is often difficult to treat.

If you have mild TMD, here's what you can do:

Set a timer. Use your smartphone or watch, or put a sticker on your computer to remind yourself to check in every hour and see how relaxed your jaw is, Keith says. “If you notice your jaw is tense or your teeth are clenched together, this is a good opportunity to relax the jaw.”

Eat soft foods. While you want to maintain a healthy diet, Keith says, avoid opening your mouth wide for a big bagel or

sandwich, and limit chewy things like nuts. Cutting your food into smaller pieces is easier on the jaw.

Find a physical therapist. “Physical therapy is a great way of rehabilitating the muscles, improving the range of motion of the jaw joint, and settling down any inflammation,” Keith

says. Find a therapist who specializes in the head, neck, and jaw, and one who can evaluate your posture, he adds, as “posture has a big influence on the jaw.”

Run hot or cold. “If you have inflammation, ice or heat can be helpful,” Keith says. “Heat helps tissues to heal, relaxes muscles, and helps blood flow into the muscles,” he explains. “Some people find ice is better because it freezes the area.” Others find alternating heating pads and icing their jaw area most effective, he explains.

Consider a night guard. “Most of us clench or grind our teeth at night,” Keith says. “And this is one of the most common reasons people develop problems with their jaw joints, so night guards are usually recommended.” This removable, custom-fitted device fits between your upper and lower teeth to keep you from grinding your teeth against each other. Talk to your dentist to see if a night guard is right for you.

ASK YOUR DOCTOR

1. Why do I have TMD?
2. What foods can I eat?
3. What exercises can I do to help?
4. Should I wear a night guard?
5. How can I relax my jaw?

SEASONAL HEALTH

COLD CALL

WHAT TO DO WHEN YOUR BABY HAS THE SNIFFLES OR THE FLU

By Ellen Greenlaw

When your baby is sick with a cold, some simple remedies can make him feel more comfy. Our experts suggest ways to do that this cold and flu season.

Make sleep easier. Your baby's stuffy head, runny nose, or cough can keep him awake. Use a humidifier or cool-mist vaporizer to add needed moisture to the air in baby's bedroom. That helps keep his nasal passages moist and reduces nighttime coughing and stuffiness. Be sure to clean the device regularly so mold doesn't grow.

Raise your baby's head. But do this only if he is 7 months or older—younger infants should always lie flat in bed with no pillows,



to a teaspoon throughout the day as needed. You can use honey before bed, too. Studies show it works better than cough syrup to ease hacking at night.

For coughing spasms, try the mist from a warm shower. Sit with your baby in a steamy bathroom.

Ease a fever. You don't need to treat every high temperature. "If your child is drinking and doesn't seem too uncomfortable, it's fine to leave the fever be," says Claire McCarthy, MD, a primary care pediatrician at Boston Children's Hospital. "But if she's uncomfortable, not drinking, or otherwise acting ill, bringing down the fever may help her feel better."

Check with your doctor about whether you should use acetaminophen or ibuprofen for a fever. He or she can recommend the right dose, especially if your child is younger than 2. Don't use ibuprofen for infants younger than 6 months.

One note of caution: Don't give cough and cold medicine to kids younger than 4. If your child is between 4 and 6, talk to your doctor about whether you can give medicines to relieve symptoms.

Babies need plenty to drink when they're sick. Fluids help thin mucus, making it easier to clear.

blankets, or towels. If your baby is older, lift the head of his crib a few inches. You can also place books under the legs, or roll up a towel and put it under the head of the mattress.

"This keeps the mucus draining in the right direction and helps ease cough-

ing," says Wendy Sue Swanson, MD, a pediatrician at Seattle Children's Hospital.

Give fluids. Like grown-ups, babies need plenty to drink when they're sick. Fluids help thin mucus, making it easier to clear.

For babies younger than 6 months, breast milk

and formula are the best options. Older babies can also have water, juice, or small amounts of rehydration solutions.

Reduce coughing. Offer small amounts of warm, clear fluids to help thin mucus for older babies. Try one to three teaspoons of warm apple juice or water four times a day while the cough lasts.

If your child is older than 12 months, you can also use honey. Offer a half teaspoon

HEART HEALTH

TICKER TOCK

DO YOU KNOW WHAT IT MEANS TO SKIP A BEAT? FIVE HEART RATE MYTHS DEBUNKED

By Kara Mayer Robinson

Ever wonder if your heart is ticking just right? Sometimes you may think it beats too slowly, or you might worry it's racing too fast. The truth is, you've likely heard a lot of things about your pulse that are flat-out wrong. It's time to set the record straight.

Myth: A normal heart rate is 60 to 100 beats per minute.

That's the old standard. Many doctors think it should be lower. About 50 to 70 beats per minute is ideal, says Suzanne Steinbaum, MD, director of women's heart health at Lenox Hill Hospital.

Recent studies suggest a heart rate north of 76 beats per minute when you're resting may be linked to a higher risk of heart attack.

The better shape you're in, the slower your heart rate will be when you don't move around. "It might be OK to have a resting heart rate of 80, but it doesn't mean you're healthy," Steinbaum says.

Myth: An erratic heart rate means I'm having a heart attack.

When your heart beats in an irregular pattern, you're having what's called palpitations. You may feel as if it skipped a beat or speeds



HEART FLUTTER

Many things can cause palpitations, such as:

- Alcohol
- Caffeine
- Exercise
- Stress
- Dehydration
- Medication
- Fever
- Thyroid disorders
- Smoking
- Dietary supplements like goldenseal, oleander, motherwort, or ephedra

But if palpitations are a new symptom, or if you have chest pain or trouble breathing, call your doctor.

up. Or it may seem like a brief flutter or a pounding in your chest.

"Most of the time these sensations are not life-threatening," says Apoor Patel, MD, a cardiologist at North Shore-LIJ Medical PC in Manhasset, N.Y.

Myth: If my pulse is fast, I'm stressed out.

Stress is just one factor that can raise your pulse. Your heart rate may also speed up when you exercise, get excited, or feel anxious or sad.

When you stand up, your pulse may go up for 15 to 20

seconds before settling back to normal. Even the weather, like high temperatures or humidity, can raise it.

If you take thyroid medication, a fast pulse may be a sign you're taking too much. Talk to your doctor.

Myth: If my heart rate is normal, my blood pressure is fine.

Sometimes your heart rate and your blood pressure go hand in hand. For example, when you exercise, or get angry or scared, they both go up. But they're not always linked. If your heart rate is normal, your blood pressure may not be. It could be too high or too low, and you may not know.

Even if your heart rate seems fine, get your blood pressure checked regularly.

Myth: If my heart rate is slow, it means I have a weak heart.

Not necessarily. A slow heart rate can be a sign that you're healthy and fit. An athlete's heart muscle is in better shape, so it doesn't have to work as hard to keep up a steady beat.

In general, Patel says, slow rates are only a problem if you also pass out, feel dizzy, are short of breath, or have chest pain. See your doctor if you have any of those symptoms.

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

BY THE NUMBERS

PHYSICAL THERAPY

FACTS AND STATS ABOUT TOP HEALTH ISSUES

By Heather Hatfield



\$13.5 billion

Amount spent on **outpatient physical therapy services** in the U.S.

54 MILLION

Number of people in the U.S. who have **some type of physical disability**

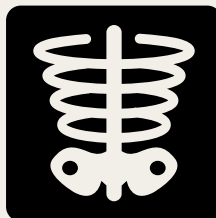


CO-PAYS OF \$10-\$75

Cost of **physical therapy session** if you have health insurance

88 MILLION

Number of **outpatient physical therapy visits** in the U.S. in one year



71%

of physical therapy visits are for **issues related to the lumbar spine, shoulder, or knee**

9.6



Average number of **physical therapy sessions needed per person**



\$50-\$350

Cost of **physical therapy session** if you don't have health insurance



41%

of **anterior cruciate ligament (ACL) injuries** can be prevented as a result of a **physical therapy-based training program**

within 24-48 hours

Length of time **after a stroke occurs** that physical therapy typically begins

66%

of the 700,000 people in the U.S. who have a **stroke, survive, and require rehab**, including physical therapy

nine MILLION

Number of **people in the U.S. 18 and older** who receive physical therapy in one year



40 DAYS

Average time between **first and last physical therapy session**

Sources: American Physical Therapy Association, Healthcare Cost, Journal of the American Physical Therapy Association, National Institute of Neurological Disorders and Stroke, University of Chicago, World Confederation of Physical Therapy

Checkup

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



HEALTH CHECK

WHAT'S YOUR BACK PAIN IQ?

About 80% of Americans have low back pain at some point—pain that ranges from mild aches to jaw-gritting spasms. Many aren't sure what to do when it hits. "A little while ago, I was cleaning my shower. Suddenly I felt a searing pain in my lower back and I went to my knees," **nikiporter** writes to the WebMD back pain community. "I painfully made it to my couch where I am lying now, but I am unable to get comfortable. What treatment should I do right now? Hospital? Ice? Heat?" Do you know how to treat back pain?

ASK YOUR DOCTOR

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

QUIZ

1. To avoid further injury, call a doctor right away if your back is in pain.
 Yes No
2. Plenty of bed rest and relaxation is the best cure.
 Yes No
3. Heat or cold can help some people with low back pain.
 Yes No
4. Surgery can help all types of back pain.
 Yes No

Answers: **1. Yes**, but only in certain circumstances. Try self-care for a couple of days if pain is persistent yet mild. But don't hesitate to call your doctor if pain is severe or if you have a fever. Call 911 if you have back pain with chest pain, you fell or suffered a severe blow, you are vomiting, or you have weakness, tingling, or numbness in your legs. **2. No.** Don't stay in bed more than a couple of days. Getting up and moving about some will speed your recovery. **3. Yes.** Right after the injury, cold from an ice pack or other source can be applied for 10 to 15 minutes. Repeat every two hours as needed for the first two or three days. After that, heat from a hot pack or other source can be applied for 15 to 20 minutes at a time. Warm baths may also help. **4. No.** Surgery usually helps only certain types of back pain, such as pain caused by a pinched nerve, a compressed spinal cord, or too much movement between the vertebrae (spinal bones). Doctors consider surgery a last-resort treatment.

SOURCES:

American Academy of Orthopaedic Surgeons, National Institute of Neurological Disorders and Stroke, WebMD Back Pain Health Center

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TEST YOUR SMARTS

ADULT INCONTINENCE

DO YOU KNOW HOW TO MANAGE URINARY URGES AND LEAKAGE?
 TAKE THIS QUIZ TO FIND OUT



When you constantly rush to the bathroom or leak urine with every cough or laugh, you might think you're the only one dealing with this embarrassing dilemma. Yet incontinence isn't as lonely a condition as you might imagine—up to a quarter of Americans deal with it. Most don't get help, though treatments can usually put a stop to the issue.

1. When you're training your bladder, which of these should you do to hold off the urge to go?

- a. Hop from one foot to the other
- b. Squeeze your pelvic floor muscles
- c. Eat a piece of fruit

2. Which of these exercises is best if you have incontinence?

- a. Pilates
- b. Aerobics
- c. Weight lifting

3. Which injected medicine might help control overactive bladder?

- a. Steroids
- b. Lidocaine
- c. Botulinum toxin

4. What drink should you avoid if you have overactive bladder?

- a. Water
- b. Diet soda
- c. Milk

ANSWERS

1. b. Bladder training helps you gradually increase the amount of time between bathroom visits. When you feel the urge to go, one way to control it is to tighten your pelvic floor muscles as hard as you can. This shuts off the urethra and stops you from leaking.

2. a. One study found Pilates to be as effective as pelvic floor muscle exercises (Kegels) for improving bladder control. Although this treatment isn't yet proven for incontinence, it's a better exercise option than aerobics and heavy weight lifting, which put stress on your bladder.

3. c. Injections of botulinum toxin (Botox) calm the overactive bladder muscle, just as they relax forehead wrinkles. Studies show Botox reduces the strong need to urinate in people with incontinence.

4. b. Both the caffeine and the artificial sweetener in diet soda can irritate your bladder and trigger the urge to go. Soda is also a diuretic, so it makes your body produce more urine. Don't stop drinking, but do switch to water. Though it sounds counterintuitive, dehydration can irritate your bladder even more, making incontinence worse.

SOURCES: *International Urogynecological Association*, *Neurourology and Urodynamics*, *Cleveland Clinic Journal of Medicine*, *American Urogynecologic Society*, *WebMD Incontinence & Overactive Bladder Health Center*

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HEALTH HIGHLIGHTS

HOME SAFETY

TIPS FOR KEEPING YOUR FAMILY SAFE AND SOUND

By Matt McMillen

1 *Not too hot*

Set your water heater to 120°F or the manufacturer's recommended temp.

2 *Outdoor dangers*

Check your yard for poisonous plants, a real danger for children. Get info at your local poison center.

3 *Prime-time safety*

Mount your flat-screen TV on the wall and put older, heavier sets on low, secure furniture.

4 *Smoke signals*

Place interconnected smoke alarms in every bedroom and on each floor of your house. If one sounds, they all sound.

5 *Slip proof*

Put nonslip mats or strips in the shower and bath to prevent falls.



6 *Out of reach*

Cook on the back burners so little hands can't reach up and touch a hot surface.

7 *Bath check*

Don't leave your child alone in the bath, even in very shallow water.

8 *Safety zone*

Keep anything that can burn at least 3 feet from your fireplace or space heater.

9 *Smoke free*

Tell smokers to step outside so they don't pollute your home's air.

10 *Clean sheets*

Wash all bedding weekly to reduce allergens, such as dust mites.

EXPERT TIPS



Benjamin Hoffman, MD
medical director, Doernbecher Tom Sargent Safety Center at Oregon Health & Science University

"Think about the 10-second rule. If you would not trust your child alone with an item for 10 seconds, then she should never be able to get to it. Crawl around the room to identify hazards. Pay special attention to medicines, poisons, and cleaning supplies."



Samira L. Brown, MD
pediatric specialist, Ochsner Health Center for Children, New Orleans

"If you use a humidifier in your home, be sure it is a cool-mist humidifier, since the warm mist can cause burns. Also, be sure to clean it according to the manufacturer's instructions to prevent mold or bacteria buildup."



Donald Teater, MD
medical adviser, National Safety Council; medical director, Mountain Area Recovery Center, Asheville, N.C.

"Watch your step: Falls among older adults have increased 112% since 1999. Make sure to install handrails in your home, clean up spills, secure electrical cords, and remove throw rugs."

Ron Howard

Director/Actor/Writer

1 Your new movie, *In the Heart of the Sea*, opens in

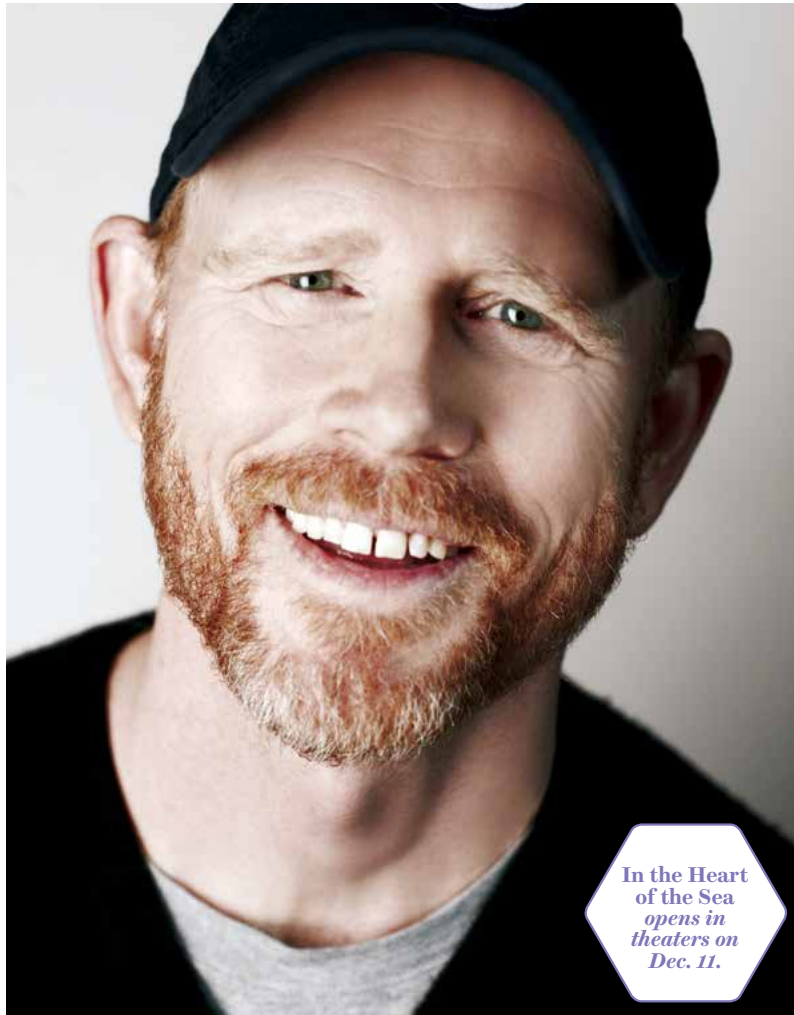
December. What drew you to this true story? I've always been fascinated by seafaring adventures. But this powerful, emotional survival story is also the origin story for *Moby-Dick*. This is the real event that inspired Herman Melville. The story is engrossing on so many different levels.

2 Did it ever feel like you had taken on the great

white whale yourself? It was definitely one of the most logistically complicated and physically challenging movies that I've done. But it was also thrilling to have a physical adventure while making a movie. The challenge of creating the world and the whale in a historically authentic and cinematically powerful way borrowed on every movie-making experience I've ever had. It's a movie I don't think I could have tackled even a decade ago.

3 You've made a lot of different movies over

the years. Does it get easier? This is my 23rd feature film, but every project is more or less like starting from scratch. You have a different set of



problems and different talents that you want to shape and harness in service of the story.

4 You shot this in the Canary Islands. Do you have to

travel far from home for a good story? It's not about a particular place. It's about an exciting combination of characters and story that I believe is going to be an interesting and

exciting journey for the audience. With the right story, that could take place inside of my office.

5 Your wife has said that you're most

at home on a movie set. Do you agree? Either on set or in my own house with Cheryl and the family—those are the two places that I understand the best and where I feel the most comfortable.

6 You and Cheryl celebrate your 40th

anniversary in June. Share your secret?

I think there can be some guiding principles to success in marriage, but each marriage is its own, discrete relationship that works on its own terms, so I can't offer much advice. Mostly, I feel grateful that it works and keeps working. It's the big blessing of my life.

7 What do you do to stay fit?

I like to play basketball and ride bikes. Long walks are great, and Cheryl and I try to do that no matter where we are.

8 Do you have a health philosophy?

It gets back to the basics: diet, fitness, sleep. You've got to work toward that, and you've got to factor peace of mind into it, no matter how you achieve it. Getting up early and having the place to myself for a while—that's something I like to do.

9 You put Cheryl in each of your movies,

right? She's my good luck charm! Some times it's pretty hard to spot her. It's kind of like *Where's Waldo*? But she's in there, I guarantee you. I'm superstitious about it now, so when she shows up on set in costume, I breathe a little easier.

10 What do you do on your days off?

I like going to the movies. I make time to catch up with my kids whenever and wherever I can. And when I just have a little block of time, I love to grab Cheryl and jump in the car and go exploring.

—Matt McMillen