

# WebMD<sup>®</sup>

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**WHY ARE  
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### Night Rider

Staying up late is not for everyone, but funnyman **Seth Meyers** has made a career of it. And the key to his success? Sleep. The late-night host and long-distance runner approaches his gig like a marathon and explains how he gets those all-important zzz's and stays healthy and fit.

### Heavy Duty

Stress among kids today is at an all-time high. What's making them so frazzled? Experts take a look at the latest research and identify the top factors at play—and what parents can do.



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“  
**NOT ONLY DO I GET EIGHT HOURS EVERY NIGHT WITH MY NEW SCHEDULE, I GET THE SAME EIGHT HOURS.**  
”



32



49

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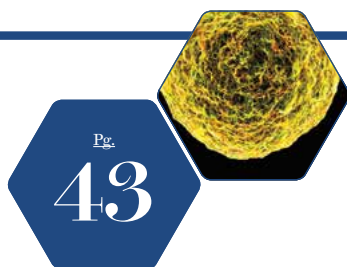
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## WEBMD CHECKUP

September is **Leukemia and Lymphoma Awareness Month**. • **HEALTH HIGHLIGHTS:** Stay healthy and happy as you age with these tips. • **BY THE NUMBERS:** We take a closer look at seasonal allergies. • **LIVING WELL:** Learn how to stay healthy after a prostate cancer diagnosis. • **MY STORY:** A reader gets real and shares her family's journey with addiction. • **HEALTH CHECK:** Test your cholesterol smarts with our quiz.

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Although New Year's is the more traditional time to reassess goals or set new ones, I think the transition from summer to fall is the more natural one. Maybe that's because of the sometimes rude awakening to the heavily scheduled routine that kicks in when kids head back to school.

As the daylight hours get both shorter and busier this year, my goal is to get an early dinner on the table and go for a family walk at least a few nights a week. The change in season also provides a good reason to adjust my fitness routine.

It turns out switching things up a bit can do more than just keep things interesting—it can also help prevent injury. In our interview with comedian and late-night host **Seth Meyers** (pg. 26), he tells us about how he's introducing cross-training into his running regimen to help overcome knee pain. Our expert underscores the importance of both varying workouts and strength training.

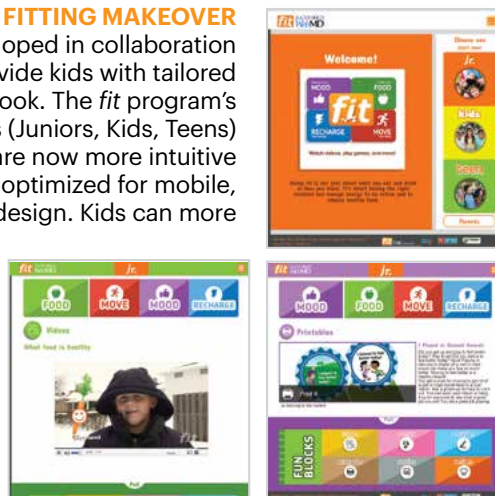
Meyers also reveals how switching jobs and getting married have helped him live a healthier lifestyle. Whether it's a life change or just a change in season that motivates you, take some time to re-evaluate, especially when it comes to your health and wellness.

Kristy Hammam  
**Editor in Chief**  
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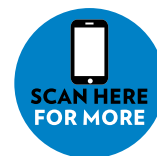
### A FITTING MAKEOVER

WebMD's *fit* initiative, developed in collaboration with Sanford Health to provide kids with tailored health information, has a new look. The *fit* program's three age-specific websites (Juniors, Kids, Teens) have been revamped and are now more intuitive and easier to navigate, fully optimized for mobile, and feature a cleaner, fresh design. Kids can more easily find targeted activities, recipes, and games, as well as more videos than before.

Parents can find more complementary content about Raising *fit* Kids in the Parenting channel at [WebMD.com](http://WebMD.com). Go to [fit.webmd.com](http://fit.webmd.com) to see for yourself.



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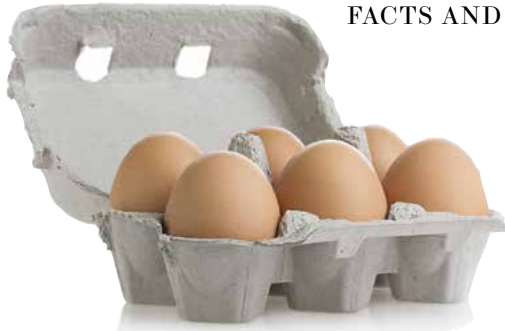
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# HOT TOPICS!

FACTS AND NEWS YOU CAN USE



*It's National Food Safety Education Month. Keep the refrigerator temperature at or below 40°F to reduce the risk of foodborne illnesses.*

Source: USDA

**5.8**  
MILLION  
children live in  
their grandparents'  
homes, and more  
than 2.5 million  
grandparents take  
on the responsibility  
of caring for  
those kids.

Source: AARP



**September  
is National  
Childhood Obesity  
Awareness Month.**

**More than 30%  
of the nation's  
children are  
overweight or obese.**

Source: American College of Sports Medicine

**MOST U.S. ADULTS  
SUPPORT RAISING  
THE MINIMUM  
AGE FOR BUYING  
TOBACCO  
PRODUCTS TO 21,  
INCLUDING  
SEVEN IN  
10 SMOKERS.**

Source: American Journal of  
Preventive Medicine



**Tweets might be  
able to predict  
heart health.**

Communities where people express sentiments of anger, stress, and fatigue on Twitter have higher risks of heart disease than communities where people express positive emotions like excitement and optimism.

Source: University of Pennsylvania



This back-to-school season, **double-check the weight of your child's backpack.** It should be less than 10% of his or her body weight. (For a student who weighs 100 pounds, that means no more than 10 pounds.)

Source: American Occupational Therapy Association

**ALMOST  
90%  
OF  
TEENAGERS  
WHO ARE  
SEXUALLY  
ACTIVE  
USED BIRTH  
CONTROL THE  
LAST TIME  
THEY HAD  
SEX.**

Source: CDC



**It's California Wine Month.  
Vintners use about  
2.8 pounds of grapes to make  
one bottle of wine.**

Source: Wine Institute of California



**Nearly 80% of Americans believe that alcohol is a very serious threat to safety on the roads.** They're more concerned about people driving drunk than driving under the influence of marijuana, prescription painkillers, and antidepressants.

Source: Gallup



**ON PURPOSE**

Whether you get it from your kids, your career, or volunteer work, a sense of meaning in life can protect your heart. Researchers analyzed studies that followed more than 137,000 people for about nine years. The studies tracked whether the people died, how they died, and whether they reported having a sense of purpose. During the study period, the more purpose-driven people were 23% less likely to die of any cause and 19% less likely to have a heart attack or stroke, or to need bypass surgery or cardiac stenting.

*Source: Mount Sinai St. Luke's and Mount Sinai Roosevelt*

**Energy Crisis**

That canned caffeine jolt could give your blood pressure a jolt, too.

Twenty-five healthy young adults drank an energy drink one day and a placebo drink another day. Researchers took their blood pressure before and after each drink. The energy drink gave everyone's blood pressure a boost. But the people who weren't used to drinking caffeine every day saw their blood pressure rise twice as much as the regular caffeine drinkers did. Read labels. Most people shouldn't have more than 400 milligrams of caffeine per day.

*Source: Mayo Clinic*



# 45%

of Americans don't eat the recommended five or more daily servings of fruits and vegetables.

*Source: Gallup*

**PARTING SHOT**

Vaccines help you avoid lots of contagious diseases and viruses. But how do you avoid needles? French researchers may have an answer. They have developed a way to prompt the skin's surface to absorb a vaccine. They apply a liquid that painlessly removes a microscopic layer—thinner than a strand of hair—of mostly dead skin. When they apply the vaccine to the same spot, the skin absorbs it. The skin's built-in immune system then responds to the vaccine.

*Source: Experimental Dermatology*



## SAFE SEX?

The human papillomavirus vaccine protects against HPV, a sexually transmitted infection (STI) that can lead to genital warts and several types of cancer. Critics worry the vaccine, which doesn't protect against other STIs, could encourage unsafe sex. But a study suggests people who get vaccinated still play it safe. Researchers compared the increase in STI rates in a large group of teenage girls before and after vaccination with that of a large group of unvaccinated girls over the same period of time. The increase in rates of STIs other than HPV was similar in both groups.

Source: JAMA: The Journal of the American Medical Association

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### Hot Hits

What's trending on WebMD.com right now\*

Are chia seeds healthy?

The kettlebell workout

Panic attack symptoms

Benefits of yoga

What causes vertigo?

What is E. coli?

Birth control options

Is HRT safe?

Medical marijuana

Signs of binge eating disorder

\*as of Aug. 1, 2015



## Fish Tale

A pescetarian diet—that's vegetarian plus fish—might cut your risk for colorectal cancer. A study that followed 77,000 people for seven years found that vegetarians of any kind—vegetarians who ate eggs and cheese, vegans, pescetarians, and part-time vegetarians—were all less likely to get colorectal cancers than meat-eaters. When researchers broke down the risk by diet type, pescetarians had a whopping 43% lower risk than meat-eaters. Vegetarians who didn't eat fish had a 20% reduced risk. Researchers say that omega-3 fatty acids—the so-called good fats in some fish—play a role.

Source: JAMA Internal Medicine



**CALORIES  
IN A LARGE  
BAKED POTATO.  
COMPARE THAT  
WITH 539 IN A  
TYPICAL LARGE  
ORDER OF FAST-  
FOOD FRIES.**

Source: Nutrition Data

## JUMP START



What's the No. 1 health issue facing kids today? Obesity? Too little sleep? Lack of exercise? Not exactly, says American Academy of Pediatrics President Dr. Sandra Hassink, who recently spoke to WebMD.

Instead, she said, it's stress. The research supports her observation. Childhood stress and anxiety disorders are alarmingly common, setting in early and persisting as kids grow into their college years and beyond. "Childhood stress today is a much more stressful event than it has been in the past. As a parent, I felt it. As a pediatrician, I feel it," Hassink told us.

We decided to find out why. We dove into recent research and tapped experts to surface the top stressors in kids' lives. They range from intense pressure at school to media over-saturation to, yes, lack of sleep and exercise.

What can you do to restore some much-needed play and spontaneity to your child's life? Turn to page 32 to find out. Then read the results of our survey of parents and their awareness of stress at WebMD.com. The results might surprise you.

Colleen

Colleen Paretty  
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## Word Gains

Learning new words may do wonders for your brain. A recent study suggests a rich vocabulary can ward off cognitive decline. To boost your word count, try these tips from Sharon Green, MEd, who teaches vocabulary enrichment 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 each day, the better. Don't skip over words you don't recognize. 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.** Vocabulary 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. **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.—*Kara Mayer Robinson*

# CLASS ACT

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

Photograph by Robert Houser

## WATER WORKS

"Your water needs are based on how much fluid you lose daily (through sweating, urine, and bowel movements), your health, the climate, and your activity level. Healthy teens need about 9 to 13 cups daily to keep well hydrated. If you drink enough, your urine will be almost clear and you shouldn't feel thirsty. Drinking too much water is rare, but overdoing it could cause the level of salt in your blood to drop."



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



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

## STRESS LESS

"One of the most effective ways to reduce stress is to look on the bright side. Students who think optimistically tend to earn higher grades. Optimistic teen athletes often perform better, are less anxious, and are more confident. By viewing experiences more positively, teens can greatly reduce the stress they feel. They just need to incorporate positivity into their daily thinking routine, and in time it will become a habit."



**Sherrie Bourg Carter, PsyD**  
psychologist specializing in women and stress, Ft. Lauderdale, Fla.

## POWER UP

"The best snack before a game combines protein and slow-burning carbs. Peanut butter on wheat bread or a banana with Greek yogurt will fuel your body without filling you up. Energy bars are convenient, but watch out for those high in sugar and calories. To stay hydrated, drink water before the game and every 15 minutes while you play."



**Michael W. Smith, MD**  
WebMD chief medical editor

## TIME MACHINE

"It's definitely possible to balance sports and school, as long as you're super organized and you know how to plan your time. For example, if you have a big game one week, do homework ahead of the due date or study for tests in advance. Organizing your study time will help now, and it will give you good habits for college, when the workload gets tougher."



**Hansa Bhargava, MD**  
WebMD medical editor

## WEBMD ON THE STREET

### Julia Galloway

High school student, 16  
San Ramon, Calif.

The need to find a balance in life begins early, as Julia Galloway has already discovered. A 16-year-old at Dougherty Valley High School heading into her junior year, she seeks expert advice on how to juggle her studies, a busy social life, annual family vacations ("I love to travel," she says), and, most of all, sports. She describes herself as a "very active person," and is a committed student athlete, playing on two teams for her school: volleyball in the fall and softball in the spring. She says, "I try very hard in school to maintain my grades, and am very proud of what I have accomplished so far." Still, she asks, "What's the best way to balance sports and school?" Pre-game, she wants to know about the healthiest snacks she can eat and how much water she needs (and if it's possible to drink too much). She wants to look her best as well. "Is there an easy way or maybe a product to tame my frizzy hair and straighten it without a heated flat iron?" Overall, she wonders how she should manage stress in everyday life. For a high school teen, that may be the most important question of all—and the answer can help her through the new school year and beyond.

—Colleen Paretti



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## WOMEN'S HEALTH

# Relief Map

HORMONE REPLACEMENT THERAPY CAN EASE MENOPAUSE SYMPTOMS. FIRST, KNOW THE BASICS

By Sonya Collins

Many women say hot flashes and night sweats are the worst menopause symptoms. They can interrupt your sleep and wreak serious havoc on your waking hours, too. The sudden heat, which usually lasts from 30 seconds to 10 minutes, can make your heart pound, leave you red in the face and chest, and wake you up drenched. If you want relief, "hormone therapy is the most effective treatment," says JoAnn E. Manson, MD, a professor of women's health at Harvard Medical School.

Hot flashes and other menopause symptoms happen when your ovaries decrease hormone production. They can start a few years before your periods stop, and last a few years after that. Prescription hormones, usually a combination of estrogen and progesterone, "replace" those your body no longer makes.

## What are the benefits and risks?

Besides relieving hot flashes and night sweats, studies show that hormone therapy can help prevent osteoporosis and reduce your chances of breaking a bone. But it



has risks, too. Combined estrogen and progesterone therapy can raise your risk for breast cancer, stroke, blood clots, and heart attack. To minimize risks, take the lowest dose for the shortest time you need to get relief.

## SERMs may reduce risks.

One way around this is to take estrogen along with a selective estrogen receptor modulator (SERM), which may reduce some of the risks that come with hormone replacement therapy. The SERMs direct estrogen to parts of the body that need it

gynecology and obstetrics at Johns Hopkins University School of Medicine. "They can target the bones to help prevent osteoporosis." Meanwhile, SERMs can make sure estrogen bypasses the breasts and the uterus to keep cancer risk low.

## Say no to custom-compounded hormones.

Some women want bioidentical hormones, which are most like those your body produces naturally. The FDA has approved several bioidentical hormones.

But many women mistakenly believe they need to go to custom-compounding pharmacies to get them, Manson says. These drugs are not FDA approved, and they don't go through the same safety and efficacy testing required for their FDA-approved counterparts.

"You can be sure these products contain the amount of hormone that's on the label," she says.

## ASK YOUR DOCTOR

1. What lifestyle modifications can I make to reduce hot flashes or other symptoms before trying medications?
2. How do I identify my personal "triggers" for hot flashes?
3. Am I an appropriate candidate for hormone therapy?
4. What are the pros and cons of a hormonal patch versus pills?
5. What are my options for nonhormonal therapy and alternative therapy for hot flashes?
6. How long should I plan to use treatments for menopause symptoms?

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



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**MEN'S HEALTH**

# Small Change?

MENOPAUSE AFFECTS MEN—MAYBE MORE THAN YOU THOUGHT

*By Colleen Oakley*

● Menopause isn't just a difficult time for women—it's also hard for the men who love them. If your spouse or partner is in the throes of "the change," unpleasant symptoms like hot flashes and mood swings inevitably affect you and your relationship. In a recent survey, 38% of men said their wife's night sweats and insomnia related to menopause affected intimacy and cited their partner's lack of sleep or poor sleep as the main reason.

You may not be able to prevent hot flashes (although you can kindly turn down the thermostat when she requests it), but you can help the woman in your life get through this trying time—and preserve and strengthen your relationship.

**Know what to expect.**

The average age of menopause in the U.S. is 51, but many women start to develop symptoms in their early 40s. They can begin as early as seven years before a woman's final period and last five years or more afterward—that's some 12 years of disruptive symptoms, like hot flashes, night sweats, and insomnia.

What causes them? "Changes in hormone levels [like estrogen and progesterone] during menopause can affect the body's ability



and potential that may strike your wife as sad," says Gail Saltz, MD, author of *The Ripple Effect: How Better Sex Can Lead to a Better Life*. "Try to imagine yourself reaching some biologic milestone that changes your body—and how you might feel about it. By standing in her shoes, you'll be better able to be supportive about the changes."

**Talk about it.** Many men are uncomfortable discussing menopause, Saltz says, but try to talk about ways you can help relieve her symptoms as a team. Ask how you can reduce her stress levels, encourage better sleep habits, or start an exercise regimen together. Some women may need encouragement to see a doctor to look into various hormonal and nonhormonal treatments.

**Keep up the romance.** A woman still wants to feel desired and appreciated during this time, Saltz says. Don't avoid intimacy; embrace it, as long as your partner feels comfortable. "A romantic dinner or holding hands on a walk can make a big difference in her view of both herself and the two of you as a couple."

**SEX ED**

WHAT CAN YOU DO TO KEEP THE SPARK ALIVE?  
REBECCA BRIGHTMAN, MD, OB/GYN, HAS SOME IDEAS.

**Communicate.** Maybe sex is painful or uncomfortable. Talk to her about what feels good and what doesn't.

**Experiment with lubricants.** Many over-the-counter moisturizers help ease vaginal dryness. Try several till you find one you both like.

**Be patient.** Just because she may not want sex now doesn't mean she never will again.

to regulate its core temperature," says Rebecca Brightman, MD, OB/GYN, assistant clinical professor at Mount Sinai Hospital in New York City and a North American Menopause Society-certified menopause practitioner. Some women may also have vaginal bleeding at unexpected times, vaginal dryness, and pain during sex.

**Be empathetic.** Along with the biological changes, the emotions surrounding menopause can be difficult. For example, "even if no one wants more children, menopause can still represent a certain loss of youth

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



## Mask Appeal

With fall's perks—cooler temps and pumpkin treats—come its cons. Dry, flaky skin is a telltale sign that the temps are falling. To repair and prevent the damage, Jillian Wright, clinical esthetician and owner of Jillian Wright Clinical Skin Spa, suggests adding this soothing DIY face mask to your skin care routine once a week. Mix together with a spoon  $\frac{1}{2}$  teaspoon honey,  $\frac{1}{2}$  teaspoon pulverized oatmeal (just run the oats through a food processor),  $\frac{1}{2}$  teaspoon cocoa powder, and  $\frac{1}{2}$  teaspoon plain yogurt. Wash your face and neck area as usual. Apply a thin layer of the mixture and cover with a warm towel. Relax for 10 minutes before washing off. Rinse well and follow with your favorite hydrating moisturizer. Why it works: Oatmeal and yogurt are both soothing for the skin, while honey has antibacterial qualities and cocoa powder is a natural antioxidant.

## YOU ASKED

## Teen Scene

TEACH YOUR KIDS GOOD SKIN CARE HABITS WITH THESE EXPERT TIPS AND PRODUCT PICKS

By Ayren Jackson-Cannady

**1 Scratch Off**  
**Amlactin Ultra Hydrating Body Cream (\$14.99)** “The itchy, bumpy skin on your teen’s cheeks or arms may be something called keratosis pilaris, a condition also known as ‘chicken skin’ that affects 50% to 80% of adolescents. Treat it with a gentle scrub in the shower and a body cream like this, which contains rich humectants and exfoliating emollients.”

**2 Zit Stop**  
**Clean & Clear Continuous Control Acne Cleanser (\$6.59)** “Made with 10% benzoyl peroxide, which kills acne-causing bacteria, this cleanser is a great start to any acne regimen. It can be used in the shower once a day. But if your teen has sensitive skin, using it every other day is ideal.”

**3 Gentle Giant**  
**Vanicream Sunscreen, SPF 50+ (\$17.99)** “If your teen is worried about body breakouts with sunscreen, have him try this. It’s hypoallergenic and fragrance-free so even the most sensitive can use it without flaring up. Bonus: This is great for teens with eczema.”

**4 Clothes Call**  
**SunGuard Laundry Aid (\$3.99)** “Before your college kids start to pack their clothes, pretreat their favorite items with this UV protectant. One wash can increase the SPF of a normal white cotton shirt from SPF 6 to 30, and it lasts up to 20 cycles.”

**5 Meet Matte**  
**Olay Fresh Effects Dew Over Hydrating Gel Moisturizer (\$14.99)** “Check your teen’s products and have her use only those that are oil-free or non-comedogenic, like this nighttime gel cream that leaves skin refreshed and shine-free. Many teenagers use products that make their skin worse, and simply cutting them out can make a huge improvement.”

**6 Under the Sun**  
**CeraVe Facial Moisturizing Lotion AM (\$12.99)** “The most important bit of skin care advice I can offer a teenager is to use a daily moisturizer sunscreen like this one, with an SPF of at least 30, every day. Put it on first thing in the morning as the first layer of protection.”

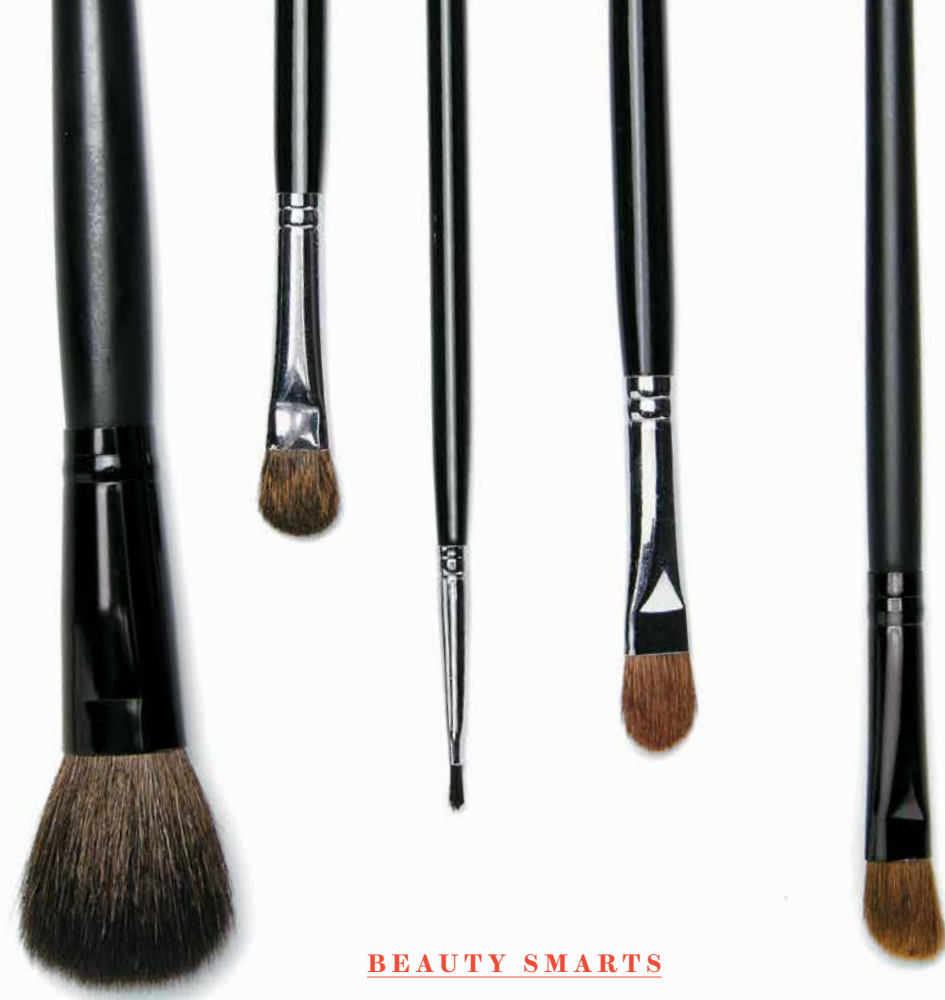
Reviewed by  
**Karyn Grossman, MD**  
WebMD Skin Care Expert



**Rhonda Klein, MD**  
assistant clinical  
professor in dermatology,  
Yale University

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## BEAUTY SMARTS

## Brush Strokes

DO YOU HAVE THE RIGHT MAKEUP TOOLS?  
THE PROS SHARE FIVE MUST-HAVES

By Liesa Goins

Just like carpenters and mechanics, you need the right tools for the job at hand, and applying makeup is no exception. “You can’t do great makeup without great brushes,” says Sonia Kashuk, a celebrity makeup artist in New York City.

But when you’re faced with a wall of brushes at the drugstore, figuring out which shapes and sizes you really need can be overwhelming. We asked the pros to help narrow down the options to five key makeup tools.

Some tips first: Before you pick up a brush, make sure it’s clean. “I cannot put makeup on my face if

a brush is dirty,” Kashuk says. “It’s like putting on dirty clothes. The brushes pick up dead skin and oils and can harbor bacteria that cause breakouts and irritation. Plus, if your brushes are caked with makeup, they won’t work as well as they do when they are fresh.”

Though makeup pros differ on how they care for their tools, they agree that clean brushes work better and last longer. Kashuk washes her brushes every morning with a gentle cleanser and lays them flat on a towel to dry. Bruce Grayson, a Hollywood makeup artist who has worked on the Oscar and

Emmy shows, says cleansing at least every other week should suffice. “I use a natural soap, but any liquid soap will work,” he says.

Here are Kashuk’s and Grayson’s picks for the five most useful makeup brushes.

**Foundation Brush**

“You should always have a good foundation brush,” Grayson says. Look for one with tapered ends that’s flatter than it is fluffy. “When applying liquid foundation, these brushes allow you to reach the contours of the face around the eyes, mouth, and nose,” he says. “You can control



## BEAUTY 411

**Does argan oil work?**

While lots of anecdotal claims highlight the benefits of argan oil (such as improving the appearance of acne and wrinkles), currently no reliable clinical studies prove that any are true.

But that isn’t to say the oil doesn’t work. Argan contains high levels of the antioxidant vitamin E, and as an essential oil it acts as an emollient on the skin, making it feel soft and smooth. In addition, the high concentration of linoleic acid, an essential fatty acid with anti-inflammatory properties, may benefit people with extra-dry skin.

So is argan oil worth a try? Yes, but only if you already have relatively healthy skin that just needs a little TLC, and you’re willing to pay premium prices—pure argan oil doesn’t come cheap.

—Fayne Frey, MD  
dermatologist, West Nyack, N.Y.

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

the application and the amount that goes on to your skin better than with your fingers.” Look for stiff synthetic bristles, Kashuk advises. These fibers can hold heavier products like liquid and cream foundation without absorbing the makeup.

### Large Powder Brush

A large fluffy brush with a rounded shape is useful for dusting on loose powder—whether it’s setting powder or blush. “The fibers aren’t packed too tightly, so they can hold the powder and easily release it when you swirl it on your skin,”

Grayson says. The bigger size also helps evenly distribute powder. “A powder brush blends very well, so it’s great for blush,” he explains. “The large brush head doesn’t leave lines of demarcation, so you won’t end up with obvious stripes of blush.”

### Shadow Blending Brush

A large, dome-shaped eye shadow brush buffs makeup for a seamless application, Kashuk says. No matter how you apply shadow, the blending step is crucial to smooth harsh edges and create a soft, seamless effect for a smoky eye or a daytime look. “You can use this for all-over shadow application, but I like to use this to blend.”

### Angled Shadow Brush

“The majority of women emphasize their eyes for drama, and an angled shadow brush helps with



### SPONGE JOB

MAKEUP SPONGES OFFER ANOTHER OPTION FOR MAKEUP APPLICATION.

Makeup artist Sonia Kashuk uses a slightly damp sponge to soften makeup and help it meld with the skin. For best results, she suggests wetting the sponge, squeezing out excess water, then lightly dabbing it in your makeup.

A makeup artist favorite is the BeautyBlender, but other options mimic its egg-like shape. “It can roll over skin, blend into lines, and stipple. It’s my favorite tool,” says makeup artist Bruce Grayson. He uses it for applying foundation and cream blush and to roll powder under the eyes, as well as for blending shadow and concealer.

that,” Kashuk says. The short, angled bristles can deposit pigment in the crease of the eyelid to add depth. “The angled shape fits into the outer corner, making it ideal for contouring,” she says. And you can use the brush to deposit highlighting powder at the brow bone for added dimension.

### Pencil Brush

For the detail work, you need a small brush with a pointed end. Also called a concealer brush, a pencil brush deposits color exactly where you want it. “The pointed end is great for covering blemishes because it holds on to concealer until you deposit it,”

Grayson says. The tiny size also makes this makeup brush a handy multitasker. “The short, stiff bristles are great for applying gel, cake, or pencil eyeliner exactly where you want it on the lash line,” he says. The round shape makes a pencil brush easier to manipulate than a flat brush and won’t leave harsh lines, he adds.

## Dirty Secret

*“I exfoliate my skin daily. Am I scrubbing too much?”*

Exfoliation unclogs the pores, cleanses the skin, and promotes cell regeneration. These are all great for the complexion—just don’t overdo it!

You can exfoliate two ways—mechanically and chemically. Mechanical refers to scrubbing or rubbing off dead, unwanted skin. Chemical refers to products that lift dead skin so that simple washing removes it. For mechanical exfoliation, which tends to be more aggressive, once or twice a week will suffice. For chemical exfoliation, with a product like retinol, you can do it nightly. This approach tends to be more gradual but is equally effective over time.

Everyone’s skin is different, but if yours gets raw, pink, or flaky after polishing, then you are probably overdoing it. Over-exfoliating won’t be beneficial for your complexion and will only increase the risk of irritation. Try cutting back to see if the condition of your skin changes.

**Mary Lee Amerian, MD**  
dermatologist, Santa Monica  
Laser and Skin Care Center,  
Santa Monica, Calif.



## AISLE DO

PRODUCT PICK  
**Pureology Hydrate Shampoo and Conditioner** (\$54)

EXPERT  
**Audrey Kunin, MD**  
dermatologist in Kansas City, Mo., and founder of  
DermaDoctor Specialist Skin Care

“I joke that my hair is like Roseanne Roseannadanna and just springs up everywhere—I can’t control it. In Kansas City we have temperature extremes and high

humidity, so I just can’t manage the frizz or poufiness. Pureology Hydrate shampoo and conditioner give my hair moisture and help tame my frizzy, heavy hair. The conditioner is especially refreshing on my scalp—it has a minty smell and creates a cooling sensation. My scalp feels so clean after I use it.

“It’s also important that both these products are sulfate-free, so they avoid causing any further damage or dryness to my color-treated hair. The products do contain fragrance and dyes, so they may not be right for someone with eczema or sensitivities.”





Watch **How to Teach Your Kids to Floss**, a video at WebMD.com.  
LEARN HOW ON PAGE 5



**YOUR SMILE**

# Baby Steps

TIPS FOR PARENTS, FROM THEIR CHILD'S FIRST TOOTH TO THE FIRST DENTAL VISIT

*By Jodi Helmer*

● Not long after the first teeth break through your child's gums, she'll need more than an over-the-counter pain reliever and lots of snuggling. She needs her first dental appointment.

"Your child's primary teeth are critically important for the development of the permanent teeth," says James R. Boynton, DDS, clinical associate professor of pediatric dentistry at the University of Michigan. For a lifetime of healthy and beautiful smiles, Boynton highlights four things to know about caring for your child's teeth.

**Tooth decay is rampant.** Up to 42% of children between the ages of 2 and 11 have decay in their "baby" teeth, making it the most prevalent chronic disease in children. (Left untreated, tooth decay can lead to infection and other problems.)

The main reason? Boynton cites a diet that includes a lot of sugar-sweetened drinks. "One of the best things you can do for your child's teeth is let them drink tap water, which has fluoride, to help protect against decay," he says.

Children need to brush with a soft-bristled toothbrush at least twice a day. If your kids are too young to do a good job on their own, brush for them.



**Early appointments are essential.** The American Academy of Pediatric Dentistry recommends children have their first dental visit before their first birthday. Toddlers may not get a cleaning, of course. Pediatric dentists assess the health of their mouths and first teeth, and talk to parents about healthy habits.

**Oral health is contagious.** Tooth decay is a bacterial infection. Several studies show that parents with untreated cavities and a history of tooth decay can pass bacteria to their children. The transfer, according to Boynton, happens via saliva, including sharing utensils, blowing on food, sucking on a pacifier to clean it off, and even kissing.

"The important message here is that parents should go to their dentist for a checkup and to address any tooth decay issues to avoid passing bacteria on to their children," Boynton says.

**New treatments are available.** Fluoride is still an effective weapon against tooth decay. What's new is how pediatric dentists can apply it. They use a small brush to "paint" a layer on a child's teeth. Fluoride supplements are also available.

## ASK YOUR PEDIATRIC DENTIST

**Can I be present during the appointment?** In most practices, parents are welcome to sit with their children during the exam, but some offices ask parents to remain in the waiting room. Before booking an appointment, ask about their policies.

**How should I take care of my child's teeth?** Your dentist can make recommendations for brushing and flossing, and make product suggestions.

**How often should my child see the dentist?** The typical advice is every six months for a checkup and cleaning. But some children may need more frequent appointments, while others, including babies, can wait up to a year between visits.

**Is thumb-sucking or a pacifier harmful?** During an exam, the dentist can take a closer look at your child's teeth and see if her sucking habits are causing problems (and make recommendations to correct any damage, if needed).

Reviewed by Eric Yabu, DDS  
WebMD Oral Care Expert

Products, Ideas  
& Promotions  
for Healthy  
Living

# Health Happenings

## Nasacort® Allergy 24HR

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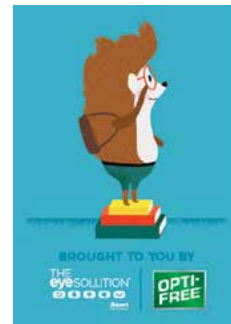
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**TEEN HEALTH**

# No Drama Queen

*By Lauren Paige Kennedy*

Abigail Breslin rocketed to stardom in 2006 in *Little Miss Sunshine*. Nearly a decade later, the native New Yorker, a professional actor since age 5, jumps from film to television with the campy fright-fest *Scream Queens* (created by *American Horror Story* and *Glee* mastermind Ryan Murphy) this fall. Breslin, 19, is an author as well—her first book, *This May Sound Crazy*, debuts next month.



*Fox's  
Scream  
Queens airs  
on Tuesdays  
this fall.*

**You have grown up in the spotlight. What's it like dealing with the pressure in Hollywood?**

It's destructive. The focus is more on what an actress looks like and what she wears to a premiere than what she did in the movie. But *you* can't focus on it too much. Don't check your phone or Twitter comments. Let it go. I have social-media-free days.

**Describe your health regimen.**

I believe in doing everything in moderation. That's my thing. Deprive yourself of nothing. I'm allergic to gluten, which sounds like an actress-y thing to say, but I actually am. So I try to eat as healthy as I can. I also do a lot of [recumbent] cycling. And I love this *8 Minute Abs* tape I do in my trailer, every single day. It works!

*"I believe in doing everything in moderation. That's my thing. Deprive yourself of nothing."*

**Do you still suffer from asthma?**

It's mostly an allergies thing. It's been better lately, but I still carry around my inhaler. Well, actually, I make my mom keep it in her bag anytime we go anywhere together!

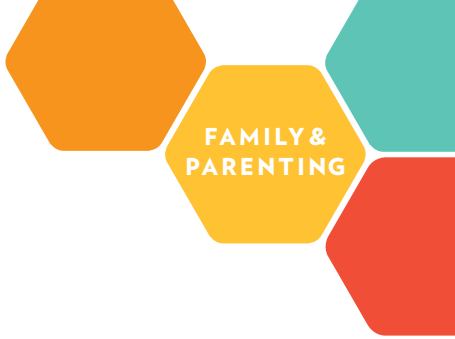
**Your Tumblr blog, *Mixtapes & Winter Coats*, inspired you to write a book. It's got advice for teens, right?**

I started blogging when I was 16. About my emotions, guys, and important things in life like that...I want [other teenagers who] read it to see you're not alone, even when you're wondering when it's OK to text your crush first, which is the most terrifying situation ever. I'd tell my 14-year-old self not to think guys are the most important thing in the world. I'd say that to my 17-year-old self, too!

Reviewed by Hansa Bhargava, MD  
WebMD Medical Editor



Watch **What Is Amniocentesis?**, a video at WebMD.com.  
LEARN HOW ON PAGE 5



**PREGNANCY**

# History Test

YOU CAN NOW SCREEN YOUR GENES BEFORE YOU CONCEIVE. BUT SHOULD YOU?

*By Rachel Reiff Ellis*

What if you could find out your odds of having a child with a genetic disorder before you even got pregnant? Modern genetic testing makes it possible.

To do a genetic carrier screening, also called preconception testing, your doctor takes a small sample of your saliva or blood during a checkup. She'll send the samples to a lab for testing. The tests look closely at your DNA for genes that are linked to certain diseases, usually cystic fibrosis, fragile X syndrome, blood disorders such as sickle-cell disease, Tay-Sachs disease, and spinal muscular atrophy.

Newer tests, called expanded genetic carrier screenings, can also detect flawed genes for more than 400 other disorders, some of which are rare and have few treatments.

Your doctor will probably recommend a test for you and your partner if either of you is at a higher risk of being a carrier (although some experts now advise universal screening



regardless of your health history or background). You face this risk if a disorder runs in your family or if you belong to an ethnic group that has a high risk of genetic diseases, including Ashkenazi Jewish (Tay-Sachs disease and others), African (sickle-cell disease), and Mediterranean and Southeast Asian (thalassemia).

Before you get the test, think about what the

from a genetic screening only help doctors more accurately predict your chances of passing problematic genes on to your children.

In the end, these tests aren't right for everyone. Here are a few things to consider before you make your decision.

**How might the results affect me?** Will knowing your chances of passing down a genetic disorder make you more or less anxious during pregnancy?

**How might the results affect my family?** Sharing (or not sharing) your results with family members who may also be affected by the information could cause tension.

**What will my next steps be?** Think ahead about how you might handle news of your results. A genetics counselor can help you examine the possibilities and your options. Ask your doctor for a referral.

## ASK YOUR DOCTOR

1. I am not sure of my family history. Should I get a genetic screening test?
2. What are the pros and cons of these tests?
3. Are the results 100% accurate?
4. Is the test invasive or complicated?
5. Can you refer me to a genetics counselor to help me review the results?

Reviewed by  
**Traci C. Johnson, MD, FACOG**  
WebMD Pregnancy Expert



## KIDS' HEALTH

# Home Improvement

NEED A LITTLE HOMEWORK HELP? GET BACK INTO THE SWING OF THINGS WITH THESE SIMPLE STEPS

By Gina Shaw

Summer's gone, and your child probably feels just like you do—that he's not quite ready for all that schoolwork just yet. You can both ease back into the homework routine with these tips from Deborah Linebarger, PhD, associate professor of education at the University of Iowa.

**Kick it off.** Make a fun production of back-to-school shopping. Even if you don't have your official supply list yet, go pick out staples such as pencils, erasers, and folders. Take this opportunity to talk with your child about organization: "How many folders do you think you'll need? Where will you keep your homework assignments?"

**Ease back in.** Your kids have probably been going to bed a bit later during the summer months. Don't wait until the night before school starts to get back to a structured bedtime routine. About a week before the big day, start moving bedtime back toward its normal school-year schedule.

**Give them space.** Organize a dedicated homework space with plenty of supplies, whether it's the dining



room table, a child-sized table in the kitchen, or a desk in your child's room. Let your child help you plan and set up her area so it feels like she owns it. Whatever the space, make it well-lit and free of distractions such as TV and toys.

**Set a schedule.** Homework should be done at the same time every day. Many kids need a break after school for a snack and a little running around first. It's best to get homework done as early as possible—when it drags on past dinner and toward bedtime, the work is likely to take longer and be sloppier.

**Break it down.** Younger kids may be given a week's worth of homework on Monday to turn in by Friday, while older children may have big responsibilities like term papers and science projects. Talk with them about time management, help them break large projects into smaller steps, and make sure they start early.

**Encourage "peer collaboration"**—to a point. It may be helpful for siblings close in age to do homework together. The older one may be proud and happy to offer help to the younger one. But if they bicker more than they cooperate, it's time for neutral corners.

### FOCUS POINTS

IF YOUR CHILD HAS BEEN DIAGNOSED WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER, HE OR SHE HAS EXTRA CHALLENGES WITH HOMEWORK. THEY'LL NEED EVEN MORE SUPERVISION AND GUIDANCE, SAYS EDUCATION EXPERT DEBORAH LINEBARGER, PHD.

"Start by breaking up homework into really bite-sized amounts," Linebarger says. "For a younger child, that may be only about 10-minute increments. Expand them slowly as they show they're able to handle it." And expect that your child will need you to monitor his homework closely to make sure he stays on task.

When your child gets distracted—and she will—encourage her to do something physical to get back on track. "Let her jump up and run around for five minutes, or have him do 10 push-ups or 30 jumping jacks," Linebarger says. "Research shows that acute physical activity right before a challenging mental task helps to control behavior."

And be sure to catch them being good. "Kids with ADHD often hear lots of criticism. When they manage to sit still for that 10 minutes of homework, or come home with their homework folder in order, give them lots of praise for making a great choice," Linebarger says.

Reviewed by  
Hansa Bhargava, MD  
WebMD Medical Editor



## BABY TALK

# Hush Hour

CAN'T GET BABY TO BED? CREATE A SLEEP ROUTINE THAT WORKS FOR EVERYONE WITH THESE DO'S AND DON'TS

By Michele Cohen Marill

Does getting your baby to drift peacefully to sleep seem like an impossible dream? Think of bedtime and naptime as a routine to help your baby learn, says Kansas City, Mo., pediatrician Natasha Burgert, MD. Babies vary in their sleep needs, and parents have different styles and schedules as well, so “find a pattern that’s comfortable for your family and stick to it,” Burgert says. These expert do’s and don’ts will help all of you find slumberland soon enough.

**Do start early with good sleep habits.** Newborns are often wakeful at night and sleepy during the day. Help them adjust by dimming lights at night and exposing them to some morning sunlight, says Jodi A. Mindell, PhD, associate director of the Sleep Disorders Center at The Children’s Hospital of Philadelphia and author of *Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night’s Sleep*. By 6 to 8 weeks, most babies have a more consistent wake and sleep cycle. By 3 to 6 months, they usually transition to longer naps in the morning and afternoon, she says.

**Do give a pacifier.** Pacifiers can help a baby fall asleep, and studies show



## NIGHT SHIFT

WANT A HAPPY, SLEEPY BABY? THE KEY IS CONSISTENCY, SAYS INFANT-SLEEP EXPERT JODI A. MINDELL, PHD.

**Step 1: Keep a regular bedtime every night.**

**Step 2: Create a bedtime routine.** A song, a story, a hug all work well.

**Step 3: Put your baby to bed drowsy but awake.**

**Step 4: Check on your baby if he cries.** Don’t pick him up.

**Step 5: Repeat step 4 as necessary.**

they lower the risk of SIDS (sudden infant death syndrome). But avoid the risk of strangulation and don’t attach the pacifier to your baby with a cord or string. You don’t need to worry if the pacifier falls out or your baby rejects it—in fact, don’t force your baby to take a pacifier if she doesn’t want it, advises the American Academy of Pediatrics. If you are breastfeeding, wait about three or four weeks before using a pacifier, to allow your baby to adjust to nursing.

**Do follow a bedtime routine.** A bath, gentle cuddling, a lullaby—those

age-old rituals let your baby know bedtime has arrived. Sticking to a nightly routine also helps parents feel more relaxed, Mindell says.

**Don’t let your baby become overtired.** You might think keeping your baby awake longer will help him fall asleep, but the opposite is true. “We’ve seen very clearly in our data that babies who go to bed before 9 o’clock get much more sleep and sleep better,” Mindell says.

**Don’t be a slave to naptime.** Babies thrive on routine, including a regular nap schedule, but sometimes life gets in the way. Don’t worry if your baby falls asleep in the car on the way to an older child’s playdate, and that turns into his nap. Just try to get on track the next day.

**Don’t rely on tricks.** Drives around the block or cranking up the baby swing don’t allow her to learn how to fall asleep on her own, says Burgert. The advice from the AAP: Put babies to sleep on their backs on a firm mattress in a crib or bassinet, with no stuffed toys, pillows, or loose blankets. These items increase the risk of SIDS.

Reviewed by  
Hansa Bhargava, MD  
WebMD Medical Editor

## PET HEALTH

## Smell Test

YOUR PET'S BAD BREATH COULD BE A FLAG FOR LARGER HEALTH ISSUES

By Colleen Oakley

● You're a model dog owner. You take your four-legged friend for long walks, play fetch, read labels on dog food, and never miss a veterinarian appointment. But you're probably not keeping up with your pet's dental care. A recent survey shows that while 57% of dog owners admit their pet has bad breath, only 6% schedule a cleaning to take care of the problem.

Here's why you should: Bad breath is more than just a sign your pooch needs a good toothbrushing. He might have a more serious issue such as an oral infection or gum disease. In fact, more than 75% of dogs develop gum disease by middle age, which can affect more than their tooth health.

To keep your dog's mouth in tip-top shape, follow these guidelines.

**See your vet for a dental exam.** Visit your veterinarian at least once per year for a dental exam (under anesthesia, if necessary) and complete dental X-rays. "Only a fraction of the tooth can be seen on the exam," says Andrea Hilden, DVM, of Animal Care Center of Green Valley in Arizona. "The rest of the tooth is covered by the gums and

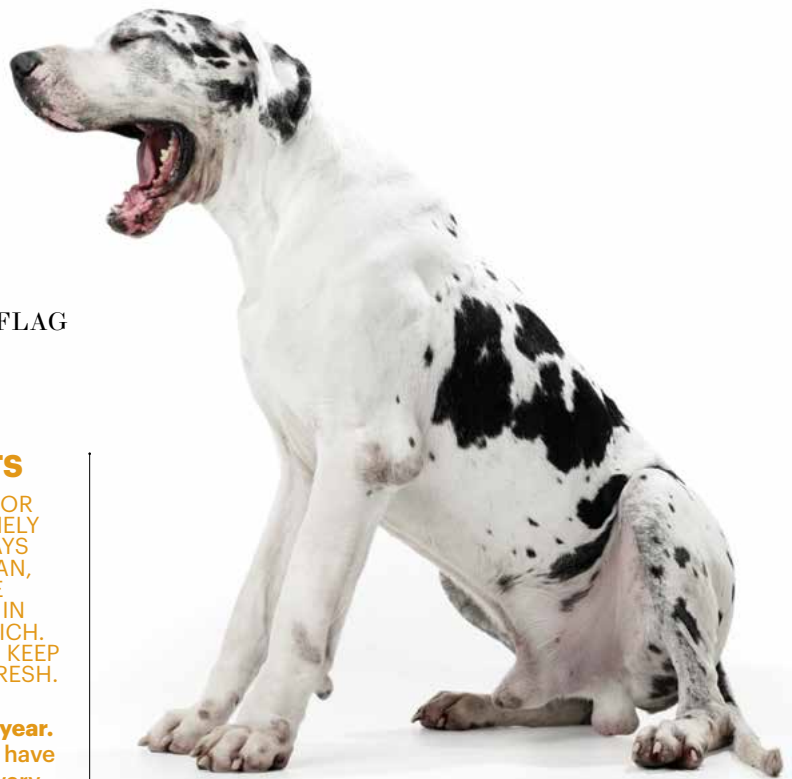
## COOL CATS

DENTAL CARE FOR CATS IS EXTREMELY IMPORTANT, SAYS CINDY HOULIHAN, DVM, OF THE CAT PRACTICE IN BIRMINGHAM, MICH. HERE ARE TIPS TO KEEP KITTY'S MOUTH FRESH.

**See a vet twice a year.** "Every cat should have a dental exam every six months," Houlihan says. "The earlier we detect and treat dental disease, the better the outcome."

**Look for signs of pain.** "One of the immediate effects of dental disease in cats is pain," Houlihan says. But since cats hide their pain instinctually, most caretakers do not know their cat is in pain. Look for changes such as loss of appetite, lack of activity, sensitivity to touch, sitting on top of his paws, or acting withdrawn and hiding.

**Brush daily.** Start early in your cat's life, and be regular about it. Try brushing sections of the mouth—brush the left side in the morning and the right in the evening. When brushing, look at the teeth and gums and report any redness, swelling, bleeding, and cracked or broken teeth to your veterinarian.



bone, and without dental radiographs a large percentage of painful disease processes can be missed." If your dog has a history of dental disease, see your vet more often. If you notice bad breath, make an appointment immediately.

**Set up an at-home routine.** "Discuss with your veterinarian a complete at-home dental wellness care plan that includes brushing but may also include water additives, dental chews, specialized diets, oral gels, and rinses," Hilden says. "When it comes to keeping your dog's mouth clean, a multifaceted approach is often the most beneficial."

**Brush as often as you can.** Once given the go-ahead by your veterinarian, begin a toothbrushing regimen (using a toothpaste created for dogs, not humans). "Make it attainable," Hilden

says. "If you're not brushing your dog's teeth at all, don't expect to start brushing all teeth every day without fail. You and your dog need to develop a routine." Hilden recommends using a reward-based system.

**Look for signs.** Remember, any odor from the mouth, swelling of the face, drooling, bleeding from the mouth, discoloration of the teeth, chipped or broken teeth, or eating more slowly than usual are most likely signs of a painful problem. Schedule an appointment with your dog's vet right away. Whatever you do, don't attempt to brush your pet's teeth after you notice a problem, Hilden says, even if it's as simple as bad breath.

Reviewed by  
Will Draper, DVM  
WebMD Pet Health Expert





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# Night RIDER

Funnyman **Seth Meyers** has spent a lot of time working into the wee hours of the morning. But the late-night host and long-distance runner swears that the key to his success is sleep. We catch up with the former *SNL* star about how he gets those all-important zzz's and why he approaches his current gig like the marathons he runs

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BY LAUREN PAIGE KENNEDY  
PHOTOGRAPH BY JAMES WHITE/NBC



# SETH MEYERS

*has plenty to grin about.*

The former *Saturday Night Live* fixture and current *Late Night With Seth Meyers* host enjoys what long-distance runners refer to as being “in the zone.”

Now, with a good 18 months under his belt as Jimmy Fallon’s heir to NBC’s 12:35 a.m. talk show time slot, he’s fully hitting his stride. The jokes are flowing. His guests are bringing it. His banter with them never feels contrived. And he looks, well, really *pleased* to be there. So what’s the secret to Meyers’ success?

“Sleep!” he jokes. “Not only do I get eight hours every night with my new schedule, I get the *same* eight hours. At *SNL*, everyone’s always a little bit sick. No one’s ever 100 percent—everyone’s got half a cough and a bit of congestion, especially in winter. Because nothing breaks down the immune system at 3 a.m. on a Tuesday better than a Red Bull and some pizza. That’s a good way of telling your body: *You can let me die now. I don’t care about myself.*”

The New Hampshire native, 41, clearly does care about his health, so don’t take him too seriously. Meyers ran track in high school and for years has continued to log 5-mile runs four or five times each week. You’ll spot him jogging on the West Side Highway’s pedestrian path along the Hudson River, come rain, sleet, or shine. And while several of his old *SNL* pals have garnered ample tabloid attention for legendary levels of partying, Meyers’ most addictive vice seems to be carrying around his miniature greyhound, Frisbee, everywhere he goes. How’s that for being a wild and crazy guy?

Still, the comedian’s pivot in 2014 from *SNL*’s faux anchor on the “Weekend Update” desk—as well as his role as the iconic sketch comedy show’s head writer since 2006—to helping a nightly talkfest with roughly 250 original broadcasts to date was no cakewalk. “I take the responsibility to be healthy enough to do the show every night very seriously,” the host says. “Eating at the same time every day, sleeping enough—it all makes a difference. The thing is, doing ‘Weekend Update’—adrenaline can get you through that. But it can’t for *Late Night*. Not in the same way.”

## SETH’S BEST WHAT KEEPS FUNNYMAN SETH MEYERS SMILING ALL THE TIME? HERE ARE A FEW OF HIS GET-HAPPY TIPS

**Get a dog.** Meyers famously dotes on his miniature greyhound, Frisbee. For him, puppy love is nothing new. According to [animalfair.com](http://animalfair.com), the comedian grew up in Bedford, N.H., with a “giant Pyrenees that was so big he could open the doors with his paws.” In addition, the Meyers clan always kept an Old English sheepdog.

**Find your drive.** When comic legend Jerry Seinfeld asked Meyers to appear on his online series, *Comedians In Cars Getting Coffee*, Meyers felt he’d died and gone to heaven. “That was one of the greatest three hours of my life, getting to sit and have coffee with Jerry, one of my heroes,” Meyers says.

**Take laughter very seriously.** “Being *SNL*’s head writer was such a formative time in my life. I make nonsense for a living, so I have to be no-nonsense in my approach to it. I get to do a comedy show every day! The reward is the comedy for an hour; the lead-up I take very seriously.”

**Be with family.** Meyers is extremely close to his. “My parents did an incredible job. They nipped in the bud at a young age that you could be anything other than supportive or loving to a sibling because your brother is also your best friend,” he says of actor Josh Meyers, 39, whom he’s interviewed on *Late Night*.

PHOTOGRAPH BY WILLIAMS+HIRAKAWA/CORBIS OUTLINE



Read **10 Common Running Injuries**, an article at [WebMD.com](http://WebMD.com).  
LEARN HOW ON PAGE 5

That's why Meyers approaches his still-new gig like a marathon rather than a sprint, or even an unpredictable mix of 400s, 800s, and 5Ks—perhaps a better metaphor for the weekly unpredictable dash that is *SNL*. Meyers has run a few marathons, so he knows how to time his breath, endurance, and delivery. The show goes on only if the host is healthy enough to lead it.

### ON THE RUN

"I was fairly sickly growing up," Meyers admits ruefully. "I was that kid who always had strep, bronchitis, and asthma. "Then I went to college, and immediately my asthma got better. I grew up around giant shedding dogs. It became clear I shouldn't be spending my youth around those furry bastards." He jokingly thanks his parents for this, adding: "I still carry around my inhaler in my bag, just in case. I actually had to use it a few weeks ago. If you've ever had asthma, you just feel safer having it with you."

Chronic respiratory problems and multiple-mile jaunts don't often jog well together. Did asthma hold back the performer's athletic prowess?

"I ran track in high school, but I was never a good, competitive runner," he says. "I lack *all* hand-eye coordination. Running is the only sport you can do where this is not required. But I've mostly maintained [a running schedule]. I run during the brutal New York winter! You're running, you're slipping—everything you're doing for your health you're likely undoing with your potential for extreme injury."

Turns out, this runner has recently been battling knee problems, diagnosed as iliotibial (IT) band syndrome. It's a common sports injury among runners and cyclists, caused by inflammation and friction along the thick band of fibrous tissue that begins at the hip, runs along the outer thigh, and attaches just below the knee. The band works with other muscles to provide stability to the knee during movement. But if damaged, each time the knee is bent or the hip is flexed, the band rubs against the bone, resulting in the deeply aching, increasingly intense pain known as "runner's knee."

Jeff Halevy, NBC fitness expert and trainer for first lady Michelle Obama's "Let's Move!" health initiative, explains that when such inflammation



occurs, "the body starts to move in suboptimal ways. It overcompensates with adaptive strategies in order to deal with these restrictions. Knee pain is not necessarily injury. Pain is defined as the body's anticipation of threat. The body thinks it's about to sustain structural damage, so the brain sends the body a pain signal. Runners are notorious—they get really good at training through pain. Minor pain then goes to true injury."

Meyers says he has a plan to do some cross-training so he can pound the pavement again soon. "I've reached the age when it's not super smart to run and *not* cross-train anymore."

Halevy agrees with this last sentiment—but only if Meyers does the *right* moves, which don't include hitting a swimming pool or bike path. "If you want to run without pain, you must restore strength, stability, and mobility first." (For tips, see "Knee Deep," on the next page.)

### LIFE CYCLE

Even if the comedian does follow this advice and skips the outdoor biking, he'll attempt a challenging spin class soon—or at least encourage his fans to hop on recumbent bicycles for a great cause. That's because Meyers has served as the public face for Cycle for Survival since 2009. The charity raises money to help develop treatments for rare cancers.

According to NIH, a "rare cancer" is one that affects fewer than 200,000 people in the United States. They include brain, pancreatic, ovarian, and thyroid cancers; leukemia and lymphoma; all pediatric cancers; and many others. When these rare cancer types are combined, they account for

about half of all cancer diagnoses. Research on many rare cancers is drastically underfunded, often leaving patients with limited or no treatment options.

"It's personal," Meyers says of his involvement. "I went to college with [CFS co-founder] David Linn. He married Jennifer Goodman Linn, who was diagnosed with a rare cancer in 2006. She loved spin class. David has helped raise something like \$100 million for Memorial Sloane Kettering Cancer Center with Cycle for Survival events—100% of which goes toward funding research for rare cancers. Jennifer passed away a few years ago. David keeps it going in her memory. And for me, it's the most inspiring day I have every year."

Last March, Cycle for Survival held events with Equinox gyms as its partner in 13 U.S. cities, attracting some 21,500 riders, who together pedaled hard (or hardly pedaled, depending on ability) while earning money for the cause. Leading up to the big spin-out, Meyers teased a running joke on *Late Night* that he was competing against

PHOTOGRAPH BY SEBASTIAN KIM/MANAGEMENT-ARTISTS+SYNDICATION

## Knee DEEP

Personal trainer Jeff Halevy believes the key to preventing knee trouble starts with strengthening the body's core muscles.

### Get strong before you go long.

"Strengthening connective tissues helps weather the stress of running. So train your entire body. The stronger you are overall, the more power you'll have."

### Increase stability, mobility, and symmetry.

"Runners require hip symmetry," Halevy says. "To develop it, I recommend doing chin-ups which work the lat muscles that are under the armpit and lead to the hip. These muscles create movement and stability." Strong glutes and lower abdominal muscles are also important.

**Build a better lower body.** Halevy is a fan of lunges and step-ups because "strengthening these lower leg muscles opposite a strong corset and supports the IT [the iliotibial band in the knee]."

**Mix it up.** "Remember, repetition is the mother of injury," Halevy says. "It's so important for runners to vary their speed and track work. Run a 200m, a 400m, and an 800m; then do some uphill repeats. Create variability to prevent IT problems."

the charity's top earner, Perry Zimmerman, a soft-spoken 14-year-old rare-cancer survivor whose own Team Perry NYC raised a whopping \$879,134.21 this year alone.

"She made almost \$900,000; Team Seth made \$15,000—a close second! I like to say we made close to a million dollars, combined," he quips.

### BEHIND THE SCENES

While Meyers has no plans to return as emcee for this year's Emmy Awards (he hosted the show in 2014), he plans to tackle other big endeavors this fall. They include a third season of his Hulu animated series, *The Awesomes*, plus the launch of *Documentary Now!* a faux documentary show on IFC that Meyers created with fellow *SNL* alumni Fred Armisen and Bill Hader.

"It's a different fake documentary every week, with six episodes," says Meyers of the show, which premieres August 20 at 10 p.m. "Helen Mirren is hosting it, which is hilarious. She does the same kind of voice-over role Laura Linney does on *Masterpiece*. Bill and Fred"—who star in the series—"are outstanding," he adds.

Between *Late Night With Seth Meyers* and his other projects, the comedian/comic book enthusiast/writer/producer is clearly a busy man. And a happy one, too: He's a newlywed.

Marriage is no joke for Meyers—unless, of course, he has an opportunity to rib actor George Clooney about it. Turns out, both handsome leading men married human rights lawyers with a flair for fashion. Meyers wed attorney Alexi Ashe in 2013 on Martha's Vineyard.

"Married life is outstanding," Meyers says. "I was very lucky to find such a wonderful, caring, and intelligent woman to spend my life with—and she's crazy healthy. Most of my robustness is due to her." He adds proudly: "We have a smoothie every day. And let me be sure to say: I'm the one who makes the smoothies, because she leaves for work earlier than I do. Which makes me the husband of the year."

Ashe often jogs with her husband; they bike together too. And let's not forget the frequent walking—or is it "carrying"?—of their first baby, Frisbee.

Could this sweet dog be a trial run for kids? "We are so nailing the dog thing right now," Meyers says. "If we do even half as well with kids, we'll be just fine."

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

# HE ALWAYS DUTY



**Stress**  
among kids of all ages is at  
an all-time high. Why?  
Experts explore what makes modern childhood  
more stressful than ever and how parents  
can ease the pressure

**W**hen Valaree Busse neared the end of eighth grade in St. Paul, Neb., the school guidance counselor called her and the rest of her classmates in for “career cruising.” At ages 13 and 14, the kids were asked to plan all of their coursework for the next four years of high school.

“There’s a track for kids who don’t plan to attend college, one if you’re going to a two-year college, and one if you’re going to a four-year college,” says her mother, Janet. “They’re planning, as entering freshmen, for the end of their high school career. Valaree doesn’t know what she wants to do yet! A year ago, she was going to major in dance. Now, she wants to go to vet school, but she’s not sure if she wants to be a vet tech or a veterinarian. But they’re telling them that if they don’t start planning now, as a freshman, they’re going to be behind.”

Valaree’s social life only added to the pressure. “When you see pictures on Facebook and Instagram of your friends all out with a bunch of other people

and you’re not included, it’s painful,” says her mother. “Before all the social media, you didn’t see pictures of everything people were doing without you.”

All this brewed up a perfect storm of stress that left the once happy-go-lucky Valaree frequently in tears. “Once she cried almost nonstop for three days. She just said over and over, ‘I just feel so much pressure! I can’t be myself because I have to act mature.’ She won’t sleep at night because she’s worried about what someone will think of how she acted, and if it will wind up on Facebook,” her mom says. “And she wants to be a kid, but she has to think about what she’s doing four years from now.”

Stress among kids is at an all-time high. Anxiety disorders affect one in eight children, according to the Anxiety and Depression Association of America. Early-childhood stress continues to mount as kids get older. The American Psychological Association’s Stress in America survey finds that high school students report stress levels that top those of adults. More than half of college students have felt “overwhelming



## TOOLS FOR PARENTS

As a parent, how can you make things better? Carrie Spindel, PhD, clinical assistant professor of child and adolescent psychiatry at NYU School of Medicine, has these suggestions:

### KEEP CONNECTED.

Make sure you have time every day when you put your phones and your devices away, and you talk to your kids and they talk to you.

### TAKE IT EASY.

See that your kids get regular unstructured time at home when they can engage in free play, rest, read, or do whatever they feel like doing. All kids need breaks.

### NAME STRESS AND NORMALIZE IT.

With little kids, Spindel calls it the “worry bully” or “Mr. Worry.” Stress can make a child feel like her body is out of control. Explain to her that this is the body’s response when we expect something scary to happen. And when she learns to recognize those signs, she can do things like deep breathing to slow down the body’s stress reaction.

### ASK YOUR PEDIATRICIAN FOR GUIDANCE.

You might get a referral for counseling if your child’s stress seems persistent and overwhelming. The American Academy of Pediatrics tells its members to be open to talking with parents about issues related to stress, and to ask age-appropriate questions, from the time children are very young.

### TAKE CARE OF YOU.

You need to get yourself in check emotionally before you can take care of your kids. When you decrease your own stress, you increase your connection to your children.

anxiety” within the past 12 months, according to the American College Health Association.

And when WebMD asked American Academy of Pediatrics president Sandra Hassink, MD, to name the single most important health issue facing children today, she didn’t hesitate: “Stress. I think childhood today is a much more stressful event than it has been in the past. As a parent, I felt it. As a pediatrician, I feel it.”

What drives all this stress? Research and kids’ health experts cite a number of factors.

### Accelerated academic expectations

Kindergarten, many parents and teachers say, is the new first grade. Thirty years ago, kindergarten was for finger painting and blocks; today’s kindergartners bring home regular homework. A report from the University of Virginia found that time spent on early literacy in kindergarten increased by 25% since 1998, while time spent on art, music, and physical education dropped dramatically.

### High-stakes testing

“Our obsession with testing kids puts an enormous amount of pressure on children,” says Marian Earls, MD, a developmental and behavioral pediatrician in Greensboro, N.C., and member of the American Academy of Pediatrics’ Committee on Psychosocial Aspects of Child and Family Health. “I’ve seen third-graders coming in for help because their parents are noticing sleep problems, tearfulness, and reluctance to go to school because of all the hype on performance and testing.”

### Overscheduling

Enrichment activities like sports, art, or music should help relieve stress, not add to it. “You have to understand your child and watch for their cues,” Hassink says. If your child starts a new sport or music lessons and becomes overwhelmed and stressed, it may be too much. “If you

guess wrong and those three activities you thought were going to be great are just overwhelming your child, you can pull back. And it’s OK.”

### Fewer healthy outlets for stress

Remember recess? Your kids might not. The National Association for the Education of Young Children reports that 7% of first-graders and 8% of third-graders never have recess. Since 2008, 20% of school systems have shortened recess time, by an average of 50 minutes per week. Physical education has also been slashed—the majority of kids have P.E. twice a week or less. At the same time, the use of electronic devices—which cut down on personal connection and physical activity—is skyrocketing.

### Media saturation and exposure to adult content

Thanks to the 24-hour media cycle and constant connectivity, kids are exposed at much younger ages to terrifying news stories like the Sandy Hook Elementary School shootings and ISIS terrorism. And today’s young people see more than their share of violence and sexuality packaged as entertainment, often without their parents present, thanks to smartphones and tablets. Others are exposed to real violence, such as domestic abuse or gang violence at school.

Parents need to filter this information flow, Hassink says. “Look at the content your child’s watching. Put it in context for them. Parents need to be present, and be more aware of what their children are taking in.”

### Bullying and teasing

In the 1980s, if you weren’t invited to a birthday party, you heard about it, but you didn’t see pictures of the fun you missed all over Instagram and Facebook. Yesterday’s nasty notes passed from hand to hand in class are today’s bullying texts, which have the capability of going viral.

All this has a long shelf life. “Kids use apps like Yik Yak and Snapchat to put

up comments and images they think are going to go away, but of course nothing ever really goes away once it’s on the Internet,” Busse says.

### Too little sleep

School pressures and the lure of social media whittle away at an all-important stress remedy: sleep. According to the National Sleep Foundation, about one-third of parents report that homework and after-school activities get in the way of their child’s sleep. And nearly three in four children ages 6 to 17 have at least one electronic device in the bedroom, which can cut a night’s sleep by almost an hour. Research shows that even slight sleep deprivation affects memory, judgment, and mood.

### Health conditions

Chronic illnesses in children more than doubled between 1994 and 2006, from 12.8% to 26.6%, with asthma, obesity, type 2 diabetes, and behavioral and learning problems topping the list. About 6.4 million children in the U.S. have been diagnosed with attention deficit hyperactivity disorder, or ADHD—that’s about 2 million more than just a decade ago. Missing school and play activities for doctor’s appointments, dealing with side effects from medications, and being unable to do some of the things other children do can all be stressful.

### Family disruption

“Family issues like parental illness, deployment, or divorce can really stress out kids,” Earls says. The divorce rate has remained fairly stable over the past decade or so, with about 1.5 million children each year living through their parents’ divorces. But few children of the 1980s and 1990s endured the anxiety of prolonged and frequent parental deployments. Today, more than 2 million American children have had a parent deploy to Iraq or Afghanistan, and studies show that children from military families of all ages have significantly more stress and anxiety than other children.

### Parental stress

The family is a child’s stress buffer. When a family struggles and can’t play that role, a child feels it. “Just like we’re asking parents to pay attention to the kids, parents also need to pay attention to themselves,” Hassink says. “We all know as parents you get in a zone where it’s just, ‘I need to do the next 20 things.’ By simply spending some unstructured time with your children, you can decrease stress and find energy for the next task.”

Like many parents, Busse and her husband realized that the stress their daughter was under required a little more help than they could give. Using the employee assistance program offered by his company, they found Valeree a counselor whom she saw for several months. “She helped her sort out what’s important and what isn’t important,” Busse says. “She also got her started journaling, and I think being able to write things down has helped her a lot. She gave her the tools she needed to be able to cope with the pressures she faces, and she’s gotten better about telling us what she needs.”



Reviewed by Hansa Bhargava, MD  
WebMD Medical Editor

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IN SEASON

# Pear Up

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

Move over, apples! Pears are another fabulous fall fruit. They not only taste terrific when perfectly ripe, but one medium pear (skin included) provides 22% of an adult's daily value for fiber. Pears contain flavonoids, plant compounds that appear to help prevent type 2 diabetes. Results from the long-term Nurses' Health Study show that women who regularly ate a combination of pears and apples were less likely to develop the disease.

Kalidas Shetty, PhD, professor of plant sciences at North Dakota State University, conducted preliminary studies showing that oligosaccharides, a type of carbohydrate in pears, may slow the rate at which the body digests sugars. Shetty is a true pear fan, in part because they're filling: "I often eat two a day," he says. "My trick is to eat one right before lunch, which prevents me from overeating." Turn the page for more ways to enjoy this pear-fect fruit.

FOOD &  
FITNESS



FOOD STYLIST: DEBBIE WAHL

Pears are picked when mature and firm. They ripen after picking.

## Top Filling

This salad features succulent pears stuffed with tangy goat cheese, flavors that complement the peppery snap of watercress. Fill the pears a few hours in advance to give them a chance to chill before serving. The recipe calls for Bosc or red pears, but any type of firm, ripe pear will work.

### Stuffed Pear and Watercress Salad

Makes 8 servings

#### Ingredients

- 2 oz goat cheese, softened
- 1 tbsp whole milk
- 2 tbsp finely chopped chives
- 8 dried apricots, finely chopped (about 2 tbsp)
- zest and juice of 1 fresh lemon
- 4 firm, ripe Bosc or red pears
- 3 tbsp white balsamic vinegar
- 5 tbsp extra virgin olive oil
- ¼ tsp sea salt
- freshly ground black pepper
- 8 cups watercress greens
- ¼ cup chopped, toasted walnuts

#### Directions

1. In a small bowl, thoroughly combine goat cheese, milk, chives, apricots, and 1 tsp lemon zest. Cut pears in half lengthwise and scoop out seeds and core using a melon baller or spoon. Rub pears with lemon juice to prevent discoloration. Fill each pear half with cheese mixture, and carefully place pear halves back together again. Chill 2 hours, or until the cheese is firm.
2. In a large bowl, whisk together vinegar, olive oil, salt, and pepper. Add watercress and toss to coat leaves.
3. Divide greens among 8 plates. Place each pear half on top of greens. Garnish with walnuts to serve.

#### Per serving

183 calories, 3 g protein, 16 g carbohydrate, 13 g fat (3 g saturated fat), 3 mg cholesterol, 3 g fiber, 11 g sugar, 115 mg sodium. Calories from fat: 61%



As they ripen, Bartlett pears turn from green to yellow, a sign they are ready to eat. Other pears, such as Anjou and Bosc, don't change color when ripe.

## Quite a Pear

Asian pears, a cousin of traditional pears, are sometimes called “apple pears” because of their crisp, apple-like texture. Here the pear pairs nicely with jicama, a refreshing root vegetable with a sweet, slightly nutty flavor. This dish makes a delectable supper for early fall.

### Chicken Paillard With Asian Pear Salad

Makes 6 servings

#### Ingredients

- 6 (4-oz each) boneless, skinless chicken breasts
- dash sea salt
- freshly ground pepper to taste
- ¼ cup canola oil
- 2 tbsp rice wine vinegar
- 1 tsp honey
- 1 tbsp low-sodium soy sauce
- 2 tsp freshly grated ginger
- 1 tbsp olive oil
- 1 Asian pear, thinly sliced
- ½ cup matchstick-cut jicama
- ½ cup matchstick-cut carrots
- 3 scallions, thinly sliced
- 5 cups arugula or mixed salad greens
- 2 oz blue cheese, crumbled

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Some pears have natural brown spots, called russeting. These marks don't affect the taste.

## Berry Fragrant

This dessert is a flavorful alternative to the same old apple crisp. In addition to bright fall flavors and a top-notch nutrient profile (including an impressive amount of fiber), it also smells irresistible as it bakes.

### Harvest Pear-Cranberry Crisp

Makes 8 servings

#### Ingredients

- 8 medium-sized ripe Bartlett or Anjou pears, cored and chopped, with peel intact
- ¾ cup fresh cranberries
- 1 tbsp fresh lemon juice
- 1 tbsp cornstarch
- ¾ cup packed dark brown sugar, divided
- 1½ cup old-fashioned rolled oats
- ¼ cup wheat germ
- ¼ cup whole wheat flour
- 1 tsp cinnamon
- ½ tsp nutmeg
- salt to taste
- ¼ cup chilled unsalted butter, cut into pieces
- 2 tbsp canola oil
- ¼ cup chopped nuts

#### Directions

1. Preheat oven to 350°F.
2. In a large bowl, combine pears, cranberries, lemon juice, cornstarch, and ¼ cup brown sugar. Pour into a 9-by-13 baking dish coated with cooking spray.
3. Make topping: In a medium bowl, mix oats, wheat germ, flour, remaining brown sugar, cinnamon, nutmeg, and salt. Using a fork, combine these ingredients with the chilled butter pieces and oil until the mixture resembles coarse meal. Gently stir in nuts. Sprinkle topping evenly over fruit.
4. Bake until golden brown, 50–60 minutes. Serve warm with vanilla frozen yogurt (not included in nutrient analysis).

#### Per serving

303 calories, 4 g protein, 52 g carbohydrate, 11 g fat (4 g saturated fat), 12 mg cholesterol, 7 g fiber, 31 g sugar, 66 mg sodium. Calories from fat: 30%

#### Directions

1. Place chicken breasts between two sheets of waxed paper. Pound each piece to ¼- to ½-inch thickness with a meat mallet or rolling pin. Season with salt and pepper.
2. Spray a large nonstick pan with cooking spray. Heat canola oil to medium high. Working in batches, sauté chicken until golden brown on both sides and cooked thoroughly, about 2–3 minutes per side. Cover and keep warm.
3. Make dressing: In a small bowl, whisk together vinegar, honey, soy sauce, ginger, and olive oil.
4. In a large mixing bowl, combine pear, jicama, carrots, scallions, and greens. Toss with dressing.
5. Place a piece of chicken on each plate. Top with salad, garnish with blue cheese, and serve.

#### Per serving

312 calories, 30 g protein, 6 g carbohydrate, 18 g fat (3 g saturated fat), 75 mg cholesterol, 2 g fiber, 3 g sugar, 302 mg sodium. Calories from fat: 51%

To check pears for ripeness, gently press the neck near the stem. The flesh will yield to pressure when ready to eat.



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



## OFF THE MENU

# Bill Telepan

CHEF/OWNER, TELEPAN  
NEW YORK CITY

*By Matt McMillen*

The menu may not be the same he serves at Telepan, his Michelin-starred Manhattan restaurant, but chef Bill Telepan's dishes have made a lot of New York City public school students happier—and healthier.

In 2008, Telepan, 49, began to work with the city's Wellness in the Schools program, which encourages students to eat well and stay fit. Since then he has provided several healthy recipes, including the Texas chicken chili he shares here.

Today, at the start of a new school year, the program reaches 30,000 kids in more than 50 schools in New York City as well as in Kentucky and Florida. Telepan continues to develop recipes. He also sits on the WITS board of directors and hosts and plans fundraising efforts.



"At the beginning of the program, I went to a few of the meetings and said, I'm a chef, I can cook, how can I help?" says Telepan, whose

daughter Leah, 14, attends NYC public schools.

To start, he enhanced the salad bar, designed a selection of good-for-you wraps,

and concocted a vegetarian chili. He worked from a very simple plan to improve the students' diets: "Find those familiar things that kids like, make them from scratch, and then expand their palates from there.

"My wife and daughter love salads, so on Sundays, my one full day off, I'll go shopping and buy produce that we can cook all week, then I make big salads with lots of vegetables."

In addition to his free Sunday, he makes a point to spend one night a week with his family. He also takes time out of his long and busy day to work out.

"I do an hour a day if I can. I like running, Pilates, and strength training. I really believe it's important."

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



## Texas Chicken Chili

Makes 4 servings

### Ingredients

- 2 oz vegetable oil
- 4 skinless, boneless chicken thighs
- salt to taste
- 1 cup onion, minced
- 6 cloves garlic, minced
- 2 tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried oregano
- 1 jalapeño, seeds removed and minced
- 3 oz tomato paste
- 1 can tomatoes, puréed

### Directions

1. Preheat oven to 325°F. In a large Dutch oven, heat oil on high heat to just before smoking. Season chicken thighs with salt and place in pan and start to brown (about 5 minutes). Turn thighs and brown on other side for an additional 3–5 minutes. Remove thighs, turn heat to medium-high, and add onion and garlic and cook until tender, about 10 minutes.
2. Add spices, jalapeño, and tomato paste and mix well. Add tomatoes and

bring to a simmer. Add chicken, bring back to a simmer, cover pot, and place in oven until tender, about 30–45 minutes. Remove chicken and set aside. When cool, strip the meat into chunks and add back to sauce. Simmer 5 more minutes and serve.

### Per serving

304 calories, 18 g protein, 21 g carbohydrate, 18 g fat (4 g saturated fat), 57 mg cholesterol, 6 g fiber, 10 g sugar, 560 mg sodium. Calories from fat: 54%



Read **Principles of Bicycle Safety**, a Fitness & Exercise guide at WebMD.com.

[LEARN HOW ON PAGE 5](#)

## WORK IT OUT

# Joy Ride

FEEL STUCK IN THE CYCLING STUDIO? SHIFT GEARS INTO THE GREAT OUTDOORS

By Kara Mayer Robinson

Welcome to a gorgeous fall—the perfect time to skip the spin studio and take your ride onto streets and trails. Outdoor cycling is one of the best cardio workouts you can get, plus it strengthens your lower body (think thighs, hips, and buttocks), and improves your balance and equilibrium.

You don't need a special bike. If you already have one, use it. If you're in the market for a new bike, choose one that gels with your fitness goals. "Road [or long-distance] biking builds greater endurance, while mountain biking [or BMX] strengthens more of your core and upper body," says exercise physiologist Scott A. Weiss, DPT, who was part of the U.S. Olympic sports medicine team in Beijing and Athens, Greece.

Before you put the pedal to the metal, make sure your bike is the right fit. "Most bike shops have experts who will help you get the right size bike and adjust it to fit your size and body type," says Weiss. He suggests these bike workouts for a different spin on your routine.



### VO<sub>2</sub> Max Bike Workout

Start with 10 to 15 minutes of easy pedaling. Then pedal fast for three minutes. Go back to light pedaling. Repeat. Shoot for three to six speed intervals per workout. Do it on a flat, smooth road.

**Power Training** Start by pedaling in a low gear at an easy pace. Then add a 10-second all-out sprint. As you sprint, shift into a higher gear (or two). Work hard and really go for the burn at the end of your sprint. Return to light pedaling for one to

two minutes. Aim for five to six sprints. As you get better, you'll need less recovery time between sprints.

**Hill Training** Find a nice slope (about a 6% to 10% grade). Start about 100 yards before the hill. Pedal faster as you get closer to the hill. When you reach the bottom of the hill, shift your bike into a high gear, stand up in the saddle, and go fast to the top. Pedal back down the hill in a low gear. Rest for up to five minutes. Repeat four to five times.

## SPIN CYCLE

ADD POWER TO YOUR WORKOUTS WITH TIPS FROM EXERCISE PHYSIOLOGIST SCOTT A. WEISS.

**Get up.** To burn 10% more energy, lift your behind off the seat and pedal out of the saddle. Try it anytime, anywhere. Bonus: Standing up in the saddle makes biking an even more powerful weight-bearing exercise, helping to strengthen the bones in your legs.

**Go with the flow.** Don't just push the pedal down hard. Pedal with fluidity. Push and pull with your calf and shin muscles to keep those muscles working.

**Head up.** Keep your head up as you pedal—this helps bring more oxygen into your lungs. "Think of a dog howling. To get full air into their lungs, their chins are usually up."

**Weigh in.** The right positioning and weight is important. When you're on your bike, try to put about 60% of your weight on the saddle and 40% on your handlebars.

### EXPERT TIP

"I always try something challenging. If I mountain bike, I take a trail or jump I never have before. If I am doing long distance, I always incorporate interval training or sprints into the workout. I force myself to work harder."—*Scott A. Weiss, DPT*



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

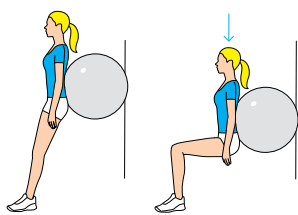
## FITNESS CHALLENGE

## Roll Models

HAVE A BALL DURING YOUR NEXT WORKOUT WITH THESE BALANCING MOVES

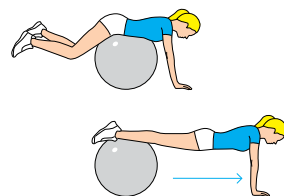
By **Jodi Helmer**

●●● Stability balls are a great workout companion. As the name suggests, they challenge your balance, one of the reasons celebrity fitness trainer Autumn Calabrese loves incorporating them into workouts for clients like Kendall Jenner and Brooke Burke. “When you do moves with the ball, you have to work harder to stay stable, which engages more muscles and burns more calories,” she explains. “It intensifies your workout.” Add these three moves to your routine at least three times per week, doing the entire circuit at least three times for best results.



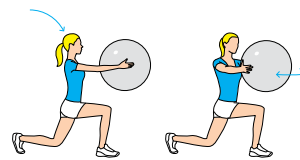
### Supported Squats

1. Place a stability ball between your back and the wall, using your weight to hold the ball against the wall.
2. Stand with your feet hip-width apart, tighten your abs, and squeeze your shoulder blades together.
3. Keeping your back pressed into the ball, slowly bend your knees and lower into a seated position. Your thighs should be parallel to the ground, with your legs bent at a 90-degree angle.
4. Press up through your heels and return to the starting position.
5. Do 12 repetitions.



### Stability Ball Push-Ups

1. Lie down with your stomach on top of the stability ball, slowly leaning forward to place your hands on the ground in front of the ball.
2. With your hands slightly wider than shoulder-width apart, walk your hands forward until your body is in a plank position and your shins are on top of the ball. Your body should be in a straight line from the top of your head to the tips of your toes.
3. Tighten your abs, bend your elbows, and lower yourself into a push-up.
4. Lower your forehead as close to the ground as possible, then drive up, pressing through your hands to return to the start position.
5. Do eight to 12 push-ups.



### Alternating Front Lunge With Rotation

1. Stand with your feet together and hold the stability ball in front of you at chest height.
2. Step forward with your right foot as you bend both your front and your back legs into a 90-degree angle. Your right knee should stay behind your toes, and your left heel will be off the ground.
3. At the bottom of the lunge, rotate the ball over your right thigh, keeping your arms straight, your shoulders pressed down, and your abs in tight.
4. Rotate back to center and step the right foot back in line with the left foot to return to the start position.
5. Repeat this on the left side.
6. Continue to alternate sides for 12 reps.

# Q

“During a workout, should I do cardio or strength training first?”

**Rosie Molinary, 41**, college professor, Davidson, N.C.



# A

“When it comes to organizing your workout, strength training to start has some benefits. As your workout progresses, your body fatigues and that can make it difficult to maintain good form during strength training. Without proper form, you don’t get the full benefit of the workout and you increase the risk of injuries. (This is true for cardio, too, but strength training tends to require more focus.) If you plan to do strength training before cardio, remember to start your workout with a five-minute warm-up. Increasing your heart rate and warming up your muscles will help prepare your joints and muscles.”



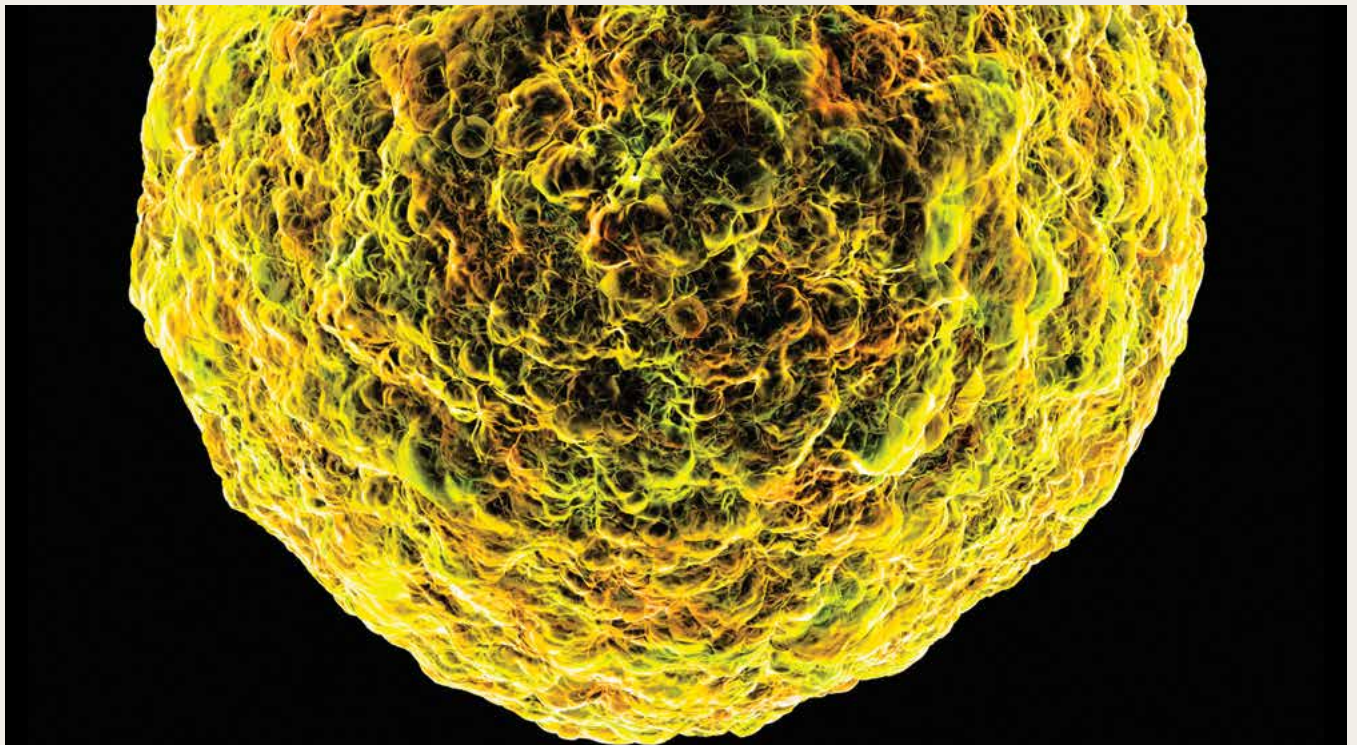
**Paul M. Gordon, PhD, MPH**, professor and chair of the Department of Health, Human Performance, and Recreation at Baylor University, Waco, Texas

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



# WebMD<sup>®</sup> Checkup

TAKING CARE, LIVING WELL



## September is **Leukemia** and **Lymphoma** Awareness Month

Leukemia is a blood cancer—the bone marrow produces leukemia cells in place of normal blood cells. Leukemia cells reproduce and they don't die when they get old or damaged, like normal cells do. This means the cancer cells can eventually outnumber normal blood cells, and the blood may not be able to carry oxygen to the tissues, fight off infections, or control bleeding.

Today, more than 300,000 Americans live with leukemia. It is the most common cancer in children under 15, but people who most often develop leukemia are older than 55. Treatment depends on the type of leukemia, because different forms affect different kinds of blood cells—white cells, red cells, or platelets.

Chemotherapy, radiation, a bone marrow transplant, a stem cell transplant, or a combination of two or more of these are options for most types of leukemia. Stem cell transplants can help the body grow new healthy bone

marrow that doesn't produce leukemia cells. Researchers are also exploring targeted and biologic therapy. Targeted drugs can shut down key functions of cancer cells without hurting healthy cells, while biologic therapy stimulates the body's immune system to fight the disease.



Star of ABC's *Nashville* Charles Esten, along with his family, will lead the Leukemia & Lymphoma Society's Light the Night Walk in Nashville, Tenn., this October. Esten's 15-year-old daughter is a childhood leukemia survivor. Metallica's Robert Trujillo and his wife Chloe hosted Fashion Rocks, a fashion show to benefit a young girl with leukemia, earlier this year. Marc Summers, who hosted Nickelodeon's *Double Dare* in the '80s and '90s and more recently Food Network's *Unwrapped*, has revealed he is in remission after a five-year fight against leukemia. —*Sonya Collins*

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

## HEALTH HIGHLIGHTS

# HEALTHY AGING

LIVE YOUR BEST LIFE WITH THESE TIPS

By Matt McMillen

### 1 *Stay in touch*

Keep up with friends and family to maintain good mental health.

### 2 *Relax*

Meditation, deep breathing, and yoga help reduce stress.

### 3 *Think happy thoughts*

Want to live to 100? Embrace positivity for better health and enhanced quality of life.

### 4 *Quit smoking*

Dramatically improve your health by kicking the habit now. Get help here: 1-800-QUIT-NOW.

### 5 *Create*

Arts and crafts may sharpen your brain, so set up an easel, learn to sew, or take an art class.



### 6 *Stay active*

Exercise at age 40 may boost brain performance at 60. But keep moving at every age.

### 7 *Be forgiving*

Let go of resentment and anger. You'll be happier and healthier.

### 8 *Listen up*

Save your hearing. If you can't avoid loud noises, wear protection such as earplugs.

### 9 *Get your shots*

Diseases strike harder as you age, so ask your doctor about the vaccines you need.

### 10 *Save your skin*

Avoid prolonged sun exposure and cover up with clothing and sunscreen to protect your skin.

## EXPERT TIPS



### **Emily Briggs, MD, MPH**

family physician, Briggs Family Medicine, New Braunfels, Texas; board member, American Academy of Family Physicians

"Healthy lifestyle habits including healthy eating and daily physical activity can reduce the risk of diseases in the future. Use an accurate pedometer to gauge your initial activity level, then build up to greater activity as you are able."



### **Jack Chou, MD**

Kaiser Permanente Baldwin Park Medical Center, Baldwin Park, Calif.; board member, American Academy of Family Physicians

"Mother was right: Eat your veggies. A plant-based diet improves heart health and reduces diabetes risk. A recent study shows that a Mediterranean diet can help stave off memory loss. Eat at least five servings of fruits and vegetables a day."



### **Len Horowitz, MD**

pulmonologist and internal medicine specialist, Lenox Hill Hospital, New York City

"Get seven hours sleep per night. Naps are great if you don't get enough sleep the night before. Less than six can lead to fatigue, hypertension, and increased appetite, which means more eating and weight gain."

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

## BY THE NUMBERS

# FALL ALLERGIES

FACTS AND STATS ABOUT TOP HEALTH ISSUES

By Heather Hatfield



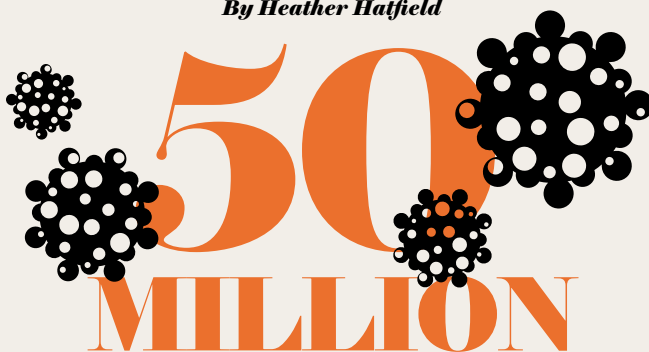
**16.9**  
*million*

adults were diagnosed with seasonal allergies in the past year



**85%**

of symptoms are reduced by allergy shots



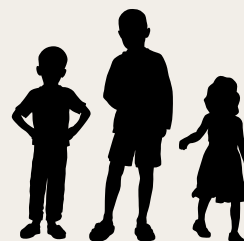
adults in the U.S. are affected by all outdoor seasonal allergies



about **35** million

people in the U.S. are allergic to pollen

Out of the Americans who are allergic to pollen, the percentage who are allergic to ragweed pollen, the most common fall allergen



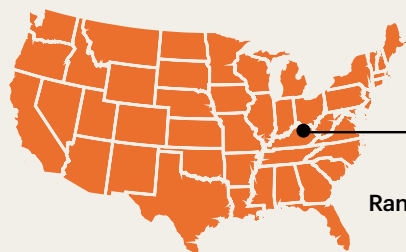
**6.7**  
*million*

children were diagnosed with seasonal allergies in the past year



**10 a.m.**  
**to 3 p.m.**

Hours of the day ragweed pollen generally peaks



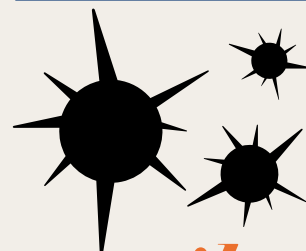
**No. 1**

Ranking of Louisville, Ky., on the list of top five most difficult cities to live in for people with fall allergies



**13.4 million**

Visits to physician offices, hospital outpatient departments, and emergency rooms in the past year due to seasonal allergies



**2 miles**

Distance ragweed pollen can travel by air

Sources: Asthma and Allergy Foundation of America; American College of Allergy, Asthma, and Immunology

## LIVING WELL

# PROSTATE CANCER

## HOW TO STAY HEALTHY AFTER A DIAGNOSIS

*By Christina Boufis*

● “My dad died of prostate cancer at 54. My uncle had it at the same time, and I have several cousins who also have this disease,” says Daryl Ross Halencak of Crowell, Texas. With such a strong family history, Halencak began annual prostate cancer screenings at age 50. At 55, he was diagnosed with the disease.

For men without a family history, screening for prostate cancer, which usually involves a rectal exam and a PSA blood test, is an individual matter, “something you should discuss with your doctor,” says H. Ballentine Carter, MD, professor of urology and oncology at the Johns Hopkins School of Medicine. If you’ve been diagnosed with prostate cancer, how can you be as healthy as possible? Carter shares his top tips.

**Know your family history.** “There’s no question that prostate cancer is one of those diseases that has a strong relationship to family history,” Carter says. “So if you have multiple first-degree relatives—or if prostate cancer occurred at a young age in a family member—that puts you at a very high risk.”

**Stop smoking.** “Quit fast,” Carter says. Studies



show that using tobacco products can cause prostate cancer to become more aggressive, “either promoting recurrence of the disease or its progression,” he says.

### **Rethink your diet.**

Several studies suggest but do not prove a link between prostate cancer and a diet high in saturated fat, Carter says. While more research is needed, another recent study suggests that a diet low in saturated fat may reduce prostate cancer recurrence. Even though a firm link may be lacking so far, choosing healthy foods makes sense. “Minimize the foods that are not good for you, such as processed foods, and animal and dairy

fat,” Carter says. Maximize whole foods like fruits and vegetables, healthy grains, and nuts.

**Step it up.** “Do as much exercise as you can—30 to 45 minutes a day,” Carter says. Put on your sneakers and aim for 10,000 steps of brisk walking, he advises. Or do other cardiovascular exercise such as swimming or using a rowing or elliptical machine. Add strength training and flexibility moves for maximum fitness.

### **Stick to a healthy weight.**

“There’s very strong evidence that people who are obese and overweight end up developing more aggressive prostate cancer,” Carter says. Eat nutritious foods and exercise regularly.

As for Halencak, the early diagnosis saved him, he says. He underwent surgery and is now cancer-free. He also quit smoking, eats a lot of vegetables, lifts weights, and exercises. “I have a positive outlook,” he says.

## ASK YOUR DOCTOR

1. Should I be screened for prostate cancer?
2. What treatments, if any, do I need?
3. How often should I be checked?
4. Should other family members be screened?





Check out the **Substance Abuse and Addiction Health Center** at [WebMD.com](http://WebMD.com).

[LEARN HOW ON PAGE 5](#)

## MY STORY

# RECOVERY MODE

A READER SHARES HER FAMILY'S JOURNEY WITH ADDICTION

**By Anita Devlin**

*WebMD.com community member*

● My son Mike was a really sweet kid, a star lacrosse player in high school, popular and handsome. We were always very close.

Mike had a few surgeries related to sports injuries, and then I noticed his behavior changing. He was fresh toward me and started hanging out with different friends in high school, but I just thought he was going through teenage angst.

At 18, he went off to college, and when he'd come home to our house on Cape Cod, he'd always be agitated. He used to be very family-oriented. But family was the last thing on his mind.

Then, his junior year, he came home and we had the worst Christmas ever. Mike barely got out of bed and fought with us the entire time. Just after he went back to school, we got a phone call that Mike was missing.

I texted him and said, "I love you and I need to know you're OK. Please text me back." He texted: "Mom. No one can help me."

In a moment of clarity, he later called. "I'm an addict," he said. "I can't stop doing drugs. I need help." "OK," I said. "We're coming to get you." He was in a motel room, lying in the bathtub,



to buy my medicine?" he thought. But then he started taking more than the prescribed dosage, which led to his addiction because it made him feel "normal." In college he was doing heroin, too, but pills were his thing.

I realize now, I never really looked at my son. I would look past him, and blame his behavior on everyone he spent time with.

I never believed addiction was a disease, and when you really understand this, you have a lot more compassion toward the addict.

In treatment, we started opening up and talking to each other as a family. It was a very cleansing experience, though, sadly, it had to happen because of addiction. We wrote letters to each other, and later Mike and I wrote a book, *S.O.B.E.R.\**, where we each tell our side.

Today, Mike is 26 and sober. He's a house manager and recovery advocate at a transitional living house in Dallas. We're very fortunate he had that moment of clarity where he said he needed help. He says my text saved his life. Despite the miles between us, we're all even closer as a family.

We have a great relationship now and, I think, newfound respect for each other.

### MOM'S MIND-SET

**"The only people we can change are ourselves. That's the big struggle as a parent. But an addict has to want to change to be successful in his recovery."**

**"Addiction is a family disease. The family has to educate themselves to change codependent behavior."**

**"I didn't want everyone to know my family wasn't perfect. Now the only thing I'm ashamed of is worrying more about what people would think than helping my son."**

and he'd taken enough pain pills to kill himself.

We took Mike to a rehab facility and enrolled him in a young adult program. My husband, daughter, and I went there, too, for family treatment. At first I was really angry and confused.

Later, we found out that even though Mike was popular and smart, he was very lonely on the inside. He never felt right about himself.

When he'd gone back to high school after having his sports-related surgeries, other kids asked if he had pain pills and if they could get some. "Why do you want

# WebMD Pain Coach

The Essential App  
for People Living  
with Chronic Pain.



- Personal journal to easily log pain levels, triggers, and more.
- Daily tips approved by WebMD doctors to help you meet your goals.
- Articles, slideshows, and videos related to your condition.
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**A Better Day Starts Here.**



## Checkup

Reviewed by Hansa Bhargava, MD, WebMD Medical Editor

### HEALTH CHECK

## TEST YOUR CHOLESTEROL SMARTS



While healthy foods help keep your cholesterol level in check, a few tweaks to your daily plate may not be enough to lower your numbers. **Marciavt** and her husband skip fast foods and have cut back on sweets, but a recent doctor's visit revealed "his cholesterol increased by 40 points and his weight has increased as well." Worried about her husband's health, she says in the WebMD diet community, "I will do anything to help him but need some diet suggestions, please." Are you eating the right foods to keep your cholesterol in a healthy range? Take this quiz to find out.

### QUIZ

1. I've cut back on saturated fat from red meat, whole milk, and palm and coconut oils.  
 Yes  No
2. I eat foods rich in plant sterols and stanols.  
 Yes  No
3. Nuts are a part of my daily diet.  
 Yes  No
4. Fish is on my plate at least twice a week.  
 Yes  No

**Answers: 1. Yes.** Saturated fat is a major dietary contributor to high cholesterol. Foods like red meat, coconut and palm oils, and whole-fat dairy directly raise LDL (unhealthy cholesterol) levels. If you struggle with high cholesterol, this unhealthy fat should make up no more than 6% of your daily calories (if you're on a 2,000 calorie diet, that's 11 to 13 grams of saturated fat). Cut back on red meat, use vegetable or olive oil to cook, and lighten your milk to skim. **2. Yes.** Sterols and stanols are nature's own cholesterol-lowering drugs, blocking the absorption of cholesterol in your intestines. The result? A potential cholesterol drop of up to 15 percent. Find them in fruits, vegetables, nuts, seeds, and vegetable oils and in some fortified foods such as orange juice. **3. Yes.** A handful of nuts is a power snack that can also boost your healthy cholesterol levels. One study found that people who ate slightly more than 2 ounces of nuts daily lowered their total cholesterol by about 5 percent, and their LDL cholesterol by more than 7 percent. Any type of nut seemed to do the trick. **4. Yes.** If you have an affinity for seafood, you've gained some valuable protection against heart disease. Fatty fish such as salmon, tuna, and sardines boost levels of HDL (healthy cholesterol), which helps sweep your arteries free of cholesterol buildup.

#### SOURCES:

American Heart Association, Cleveland Clinic, Archives of Internal Medicine, WebMD Cholesterol Management Health Center

### ASK YOUR DOCTOR

1. What is my cholesterol goal?
2. Which types of foods should I avoid? Which should I eat more of?
3. Which foods can help lower LDL cholesterol and raise HDL cholesterol?
4. Do I need to lose weight? If so, how much?

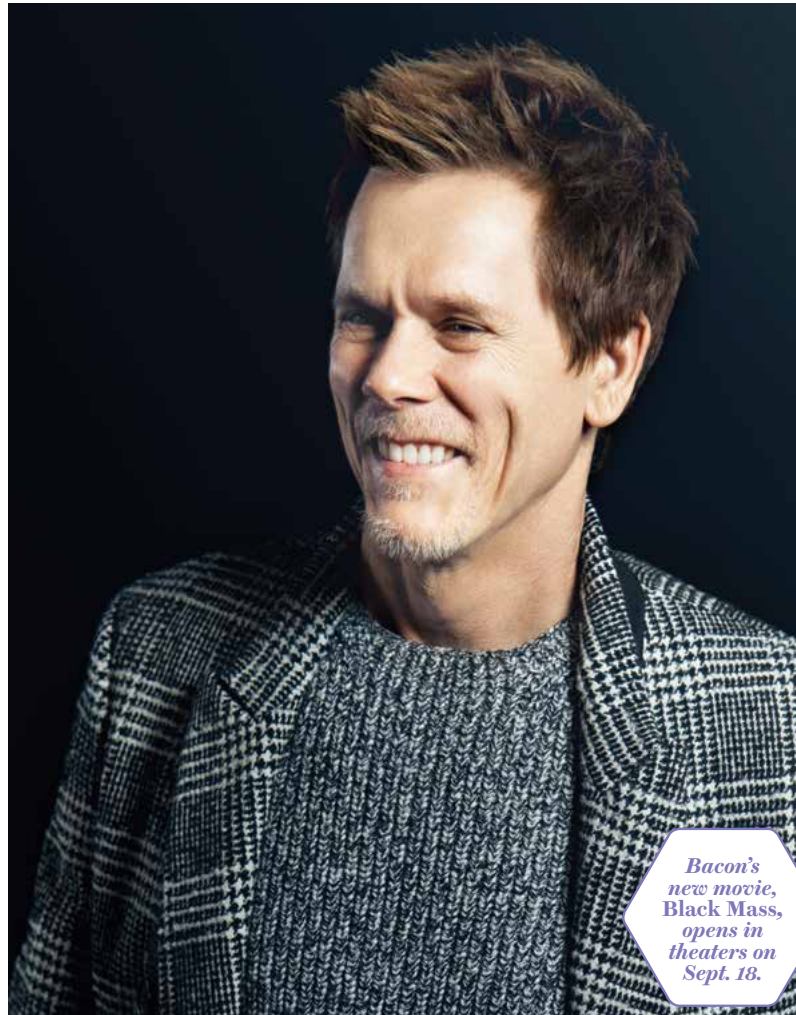
# Kevin Bacon

Actor, Musician

**1** **In *Cop Car*, which opened in theaters in August, you play a corrupt small-town sheriff. What attracted you to the role?** I feel like this is a movie where you have to read between the lines. It's not about what the guy says. It's about what the director's vision was for this character. And the idea that you can try to tell a story about someone without actually saying, "This is why I am the way I am." It's more about the mystery of the audience trying to figure out who he is and how he got there.

**2** **Your character threatens to shoot two boys. As a father, how do you prepare for such an upsetting moment in a film?** I want the kids to feel safe enough that I can do my work and they can do theirs, and we can be colleagues in getting this job done to the best of our ability. Sometimes I'll say, "Just so you know, I'm going to be getting kind of loud or I'm going to be looking scary in this moment."

**3** **In *Black Mass*, about organized crime boss Whitey Bulger, you play an FBI agent. Do you prefer playing good guys or bad guys?** People say, "You



must love bad guys because they're so much fun." But they're not always fun. They're fun if they're well written, interesting, complex and have been given some depth. It's the same thing for a hero.

**4** **Last summer you worked on three movies. How do the long hours affect your health?** Because of the length and structure of the

film, the time at which you start gets later, and the time at which they call lunch gets later, and the time at which you go to bed gets later in the course of a week. By the time you get to Friday, you've completely turned your clock around. And then you have the weekend to turn it back around. That's one of the toughest things. So you have to figure out how to navigate that and stay healthy.

**5** **What do you do to relax when you're shooting?** I meditate. And I'm addicted to a nap a day, especially if I'm on a set. It's 10 minutes, maybe 15. I have a whole protocol for it. I put on eyeshades. I lie on my back. I elevate my feet. I cross my hands over my chest like a sarcophagus. And [after that] I am good for the next—whatever it's going to be—10 hours.

**6** **What's your exercise routine?** I hike, I lift weights, I do calisthenics. Sometimes I work with a trainer. I don't work out for long periods of time because I'm just too bored by it. High-intensity, short periods of time are much more beneficial for me.

**7** **What's your typical diet like?** I balance what I would consider really healthy eating with crap sometimes. Once in a while, I've just got to have a hamburger.

**8** **Do you have a favorite junk food splurge?** If I get off the train at West Fourth Street [in New York], there's a little pizza joint with the best New York slice, and I just can't get off there and not have that slice.

**9** **What disease has touched you most?** Cancer has been in my family. My mother had cancer, and my father had it.

**10** **You've been acting for more than 35 years. Any plans to retire?** I guess there are a lot of people at this age who feel like they want to be on a beach, drinking beer with a fishing line. There's no part of me that pines for that. —Stephanie Watson