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“

I'VE NEVER BEEN A VERY BIG FAN OF EXERCISING. I DIDN'T GROW UP IN A CULTURE OF WORKING OUT. BUT I'VE ACCEPTED IT.

”

Modern Marvel

With a megahit TV show and multiple ad campaigns, actor and funny lady **Sofia Vergara** is on top of the world right now—and taking on what might be her most important role yet. The Colombian-born former model raises awareness about thyroid cancer, which she was diagnosed with and overcame early in her career. She opens up about how she coped and what she does now to be healthy and happy.



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What the world needs now is actor and activist **Maria Bello**. The women's health advocate tells all about the cause near and dear to her heart, her health habits, and her healthy living philosophy.



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EDITOR'S NOTE



It's back-to-school time, and like many families, mine is trying to re-establish our routine after the unstructured days of summer. This includes making time to get to the doctor's office for our annual checkups.

In this issue, *Modern Family* star **Sofia Vergara** shares the story of the routine checkup she had when she was 28 that led to a diagnosis of thyroid cancer. Thyroid cancer is very treatable when detected early, like Vergara's, and the actor has been cancer-free for more than a decade. Her story highlights the importance of screening and preventive care.

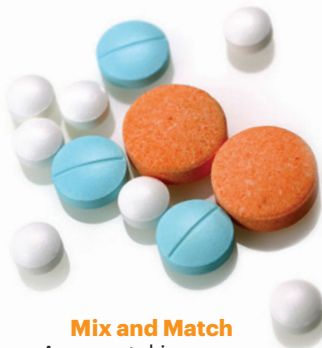
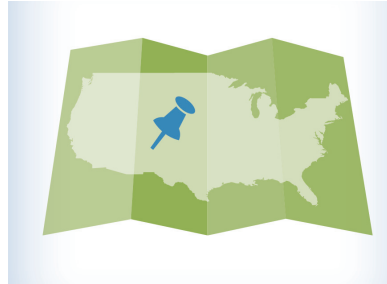
Routine checkups are now available in most situations without a co-pay under the Affordable Care Act. More changes kick in starting October 1. If you don't have health insurance you'll be able to shop for coverage through your state's health insurance marketplace. Not sure how to get started or what it means for you? Just turn to page 70 for five things you need to know. Experts are also on hand at webmd.com/myhealthcare to answer your questions. We know you're busy, and that's why we've developed tools to help you make the best health care decisions.

Have a healthy and happy fall.

Kristy Hammam
Editor in Chief
kristy@webmd.com

State of Play

Starting in January 2014, you—and all Americans—will be required to have health insurance. If you don't receive coverage through your employer, you'll be able to buy it through your state's new health insurance marketplace, which will help you compare plans and choose the best one for you. Sound a little overwhelming? WebMD can help. Check out our state map to find out which health plans are available in your state, what insurance will help pay for, if you are eligible for a tax credit or subsidy, and if you qualify for Medicaid. Go to webmd.com/health-insurance/state-marketplace-map.



Mix and Match

Are you taking a new medication? If you're adding it to a list of meds you're already taking—prescription or over-the-counter—it's important to know how they will all work together. WebMD's new **Interaction Checker** tool allows you to see if there might be any adverse effects. If there are, you'll get alerts of the severity and detailed descriptions of interactions. Check in today at webmd.com/interaction-checker.

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Happy Feet

We recently asked on Twitter: "Is walking just as effective as running?" Turns out, our followers really wanted to know. It was the most retweeted magazine post last month. In this issue, we've got the answer in *Fitness & Exercise* (page 58). We'll also give you three exercises to improve your strength, which can only maximize your running and walking efforts. Slip on those sneakers and get moving!



Are you a walker or a runner?

Tell us and share your tips for getting the most out of your workout at twitter.com/webmd.

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HOT TOPICS!

FACTS AND NEWS YOU CAN USE



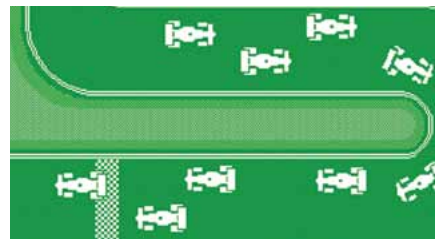
55%

The percentage of students who **CARRY A BACKPACK HEAVIER THAN THE RECOMMENDED guideline** (10% of the student's total body weight)

Source: American Occupational Therapy Association

It's National Preparedness Month. Floods are the **NO. 1 NATURAL DISASTER** in the U.S.

Source: FloodSmart.gov



Playing computer games that emphasize visual processing speed may help middle-aged or older adults **reverse declines in brain function**, whereas completing crossword puzzles—even on the computer—may not be as effective.

Source: PLOS ONE



No. 1 treatment

offered at spas: the massage. Most popular kinds across the U.S.: deep tissue/sports, Swedish, pregnancy, **hot stone**, and aromatherapy.

Source: International Spa Association

11,630

The number of U.S. children age 15 and younger who **WILL RECEIVE A CANCER DIAGNOSIS this year**

Source: American Cancer Society



Some 128,000 people go to U.S. hospitals each year due to food poisoning.

Source: FDA



10 million

THE NUMBER BY WHICH CAT OWNERSHIP EXCEEDS DOG OWNERSHIP IN THE U.S.

Source: CATalyst Council

People who buy groceries on an empty stomach may buy more **high-calorie foods** than those who have a snack before shopping.

Source: JAMA Internal Medicine





SMOKE SIGNALS

When you book your next vacation, you might want to look for a smoke-free hotel, not just a smoke-free room. Researchers found nicotine and tobacco-related carcinogens on surfaces even in nonsmoking rooms of hotels that allow smoking. Nonsmoking guests who stayed in those rooms had nicotine on their fingers and in their urine. Those in the most polluted rooms had tobacco-related carcinogens in their urine, too.

Source: Tobacco Control



Veggie Life

Being a vegetarian—even a part-time one—could help you live longer. Vegetarians of all kinds lived longer than meat-eaters, according to a recent study of more than 70,000 people, including meat-eaters, vegans, vegetarians who eat eggs and dairy, vegetarians who eat fish, and semi-vegetarians who eat meat no more than once a week. All vegetarians combined had a 12% lower risk of death than meat-eaters during the seven-year study period.

Source: JAMA Internal Medicine



1 in 10

The ratio of teens who have taken a prescription stimulant or “study-boosting” drug not prescribed by their doctor

Source: Monitoring the Future, University of Michigan survey

SCREEN TEST

Using sunscreen every day really can help your skin look younger, a study shows.

Researchers in Australia gave SPF 15 sunscreen to nearly 900 white adults under age 55. They told half to use the sunscreen on their head, neck, arms, and hands every morning and to reapply after heavy sweating, bathing, or spending more than a few hours outdoors, and the other half to use it whenever they normally would. After four and a half years, the hands of the daily-use group showed no new signs of aging, unlike the hands of the other adults.

Source: Annals of Internal Medicine



4,301



Number of people who reported falling asleep at the wheel in the past 30 days, in a survey of nearly 150,000 people

Source: CDC's Morbidity and Mortality Weekly Report

WebMD.com

Hot Hits

What's trending on WebMD.com right now*

- Foods for healthy hair
- Is apple cider vinegar good for you?
- Top treatments for acne
- What are the symptoms of HPV?
- Coping with runner's knee
- Preventing hepatitis A
- How do birth control pills work?
- Reviews of stevia
- What is Asperger's syndrome?
- Poop problems

*as of June 1, 2013



Net Gains

Some people are squeamish about making a love connection online. But e-dating might lead to longer-lasting relationships compared with meeting in a more traditional way. In a survey of 19,131 people who married between 2005 and 2012, the one-third who had met their partners online reported greater marital satisfaction and fewer divorces and separations. Researchers say online love-seekers may be more motivated to find lasting relationships, or the large pool of available partners might allow them to be more selective.

Source: Proceedings of the National Academy of Sciences



15,000

Number of women who got upper-arm lifts last year—up from 300 in 2000. Researchers credit famous limbs, like those of Michelle Obama, in part for the trend.

Source: American Society of Plastic Surgeons



BREAKFAST BOOST

There just might be something to the old advice to “eat breakfast like a king and dinner like a pauper.”

In a study, 93 overweight women followed a 1,400-calories-a-day diet for 12 weeks. Everyone who stuck to the diet lost weight, but those who ate half their daily calories at breakfast lost more than twice as much weight as those who ate half their calories at dinner. They also took more off their waistlines and their BMIs (body mass index).

Source: Obesity



BUTT OUT

Need another reason to quit smoking? If you're a woman, you just got one. Research already shows that smoking increases everyone's risk for colon cancer. Now a new study reveals the risk is even greater for women. Over 14 years, male smokers were 8% more likely to develop colon cancer than nonsmokers, but the risk was 19% higher for female smokers. It's never too late to quit: Colon cancer risk increased with the number of years the women smoked and number of cigarettes per day.

Source: Cancer Epidemiology, Biomarkers & Prevention

JUMP START



In the market for health insurance? Then run, don't walk, to **WebMD's Health Care Reform Center** on WebMD.com and mobile. The center guides you step-by-step so you learn the basics, understand costs, know your state plan, and shop for insurance when the state marketplaces open in October. Some highlights:

Quick Start Guide:

Receive a personalized action plan based on your situation.

Expert Answers: Ask an insurance question, and we guarantee an answer in five business hours.

State Map: Get a marketplace overview and learn about insurance plans, payment details, and links to state resources.

Insurance Cost

Calculator: Calculate your eligibility for tax credits.

Personal Stories: Read real-life scenarios and how others like you found solutions.

Live Chats: Engage with health reform experts plus special guests.

Newsletter: Sign up and stay informed with our dedicated health insurance newsletter.

Health insurance may not be the most exciting item on your to-do list, but our goal is to help you check it off. Tell me how you like our new center.

Colleen

Colleen Paretty
Editorial Director
colleen@webmd.com

PERSONAL BEST

Jill Scott

THE SINGER/SONGWRITER AND ACTOR SHARES HER HEALTHY LIVING HABITS



Weight-Loss Wisdom

"I don't beat myself up! I do what I can. But bread is my enemy. I love it. I love croissants. I'll switch off to spelt bread. And then I try my best to eat more vegetables. I gain, I lose, but I refuse to be a slave to it."



Creativity Ritual

"I keep a pen and journal by my bed. I jot down my dreams, look through the book, and work on whatever idea strikes me at the moment. It might be a screenplay, a song, a poem. I don't know what's going to come, but I honor it."



Pantry Picks

"Jalapeño peppers! I love them. I put them in egg whites, pastas, and tacos. And spinach is my best friend. When I want a snack, I can always grab a handful and have a fresh salad, and it keeps me going."



Scott appears in *Baggage Claim*, which opens in theaters Sept. 27.



Beauty Shop

"I use Black Up makeup, out of Paris. It's created for brown skin. I slide on a little blush and I feel refreshed and good. A little Black Up goes a long way!"

"What's most important to me at this stage of life is being healthy."



Avoiding Burnout

"I ride my bike eight to 10 miles pretty much every day. I look at scenery and homes, or maybe the water or trees. Sometimes I ride 20 miles—particularly when something heavy is on my mind."



Road Rules

"Being healthy on the road is really difficult. Buses and planes, and the hours can be outrageous. I take a good shower and get some rest, and try to eat a healthy meal—slowly."

Singer, spoken-word poet, writer, actor—creativity is at Jill Scott's core. The multi-talented, three-time Grammy Award winner and star of the upcoming film *Baggage Claim* is now putting the finishing touches on her latest studio release, *The Lullaby Album*, available in December. "It's made for children and adults who have insomnia," she says, adding: "It's filled with positive affirmations." For those who prefer to remain wide awake, Scott, 41, is also collaborating with hip-hop artist Too Short on some brasher beats she describes as "a combination of '30s, '60s, and super-hero. This album's a superhero soup!" Here, the VH1 Diva, Los Angeles resident, and single mom to son, Jett, 4, shares the secrets to her success—and, no surprise, such insight starts with the importance of good health.—*Lauren Paige Kennedy*

CLOCKWISE FROM TOP RIGHT: IMAGE STUDIOS/GETTY IMAGES; NINO MUNOZ/CPI; LUPCOO/VEER; SINANK OCASLAN/GETTY IMAGES; STOCKCAM/GETTY IMAGES

LIVING HEALTHY



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The perfection predicament

Fall for It

Get into the swing of a new season



EXPERT TIP

"If you find yourself feeling anxious or stressed after reading your social media newsfeed, take a self-imposed break."—*Ann W. Smith, MS, LMFT*

NOW HEAR THIS

"Conversations go better when you begin by listening and letting the other person know that you really 'get' what they're saying. So listen [to your sister] without interrupting, then summarize what you heard to make sure you have it right. After that, she'll be more open to listening to you. Once she knows you're really listening to her, she will 'get' that you care about her."



Leslie Becker-Phelps, PhD
author, *WebMD's Art of Relationships* blog

TRUE COLORS

"Before using a self-tanner, exfoliate your body in the shower, using a sonic cleansing system, cleansing grains, or a loofah. Choose a tanner in a color that looks natural (light to medium for fair skin). Pick a moisturizing formula if you have dry skin, or a gel for oily skin. Then wear gloves to apply, avoiding palms, soles, and under your chin. Two I like for a gradual glow: Jergens Natural Glow Daily Moisturizer and L'Oréal Sublime Glow Daily Moisturizer."



Debra Jaliman, MD
assistant professor of dermatology, Mt. Sinai School of Medicine, and author, *Skin Rules: Trade Secrets From a Top New York Dermatologist*

WEBMD ON THE STREET

Katrina Galloway

High school student, 16
San Ramon, Calif.

A day in the life of the modern American teenager looks a lot like Katrina Galloway's. A junior at Dougherty Valley High School, her days are packed with classes, sports, and homework, with family squeezed in. Eating healthy food is especially challenging. "I almost never have time to eat a full meal," she says. Another barrier to eating well: A busy schedule of volleyball in the fall and softball in the spring. "I tend to be hungry and thirsty during games. Is there something I can get in a bottle that provides nutrients like food?" And she has little time for hair and skin care, so she needs a fast solution for straightening "super-frizzy" locks and a good self-tanner that produces a healthy glow without the risk of sun damage.

Thinking big picture, she'd like to begin deciding on a career path. "What are some tips for narrowing my options?" And her younger sister, 14, is on her mind, too. "We often get into arguments. What can I do now so she knows how much I care about her?" —*Colleen Pareddy*

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GOOD SPORT

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

Photograph by Robert Houser

POWER PUNCH

"Water is your best choice for hydration for any activity lasting less than 30 minutes. For longer periods, drinking a sports beverage may help with both hunger and thirst. The sugar it contains will help sustain your blood sugar levels and mental function, and the sodium will help maintain blood volume and your body's cooling capacity. But don't wait until you're hungry or thirsty to drink it. Instead, starting from the time you finish your last meal before the game, begin drinking one or two mouthfuls about every 10 to 15 minutes. Keep sipping it at every opportunity during the game."



Dan Benardot, PhD, RD
professor, department of nutrition, Georgia State University, and author, *Advanced Sports Nutrition*

CLOCK WATCH

"I don't recommend trying to do your homework first because it will be hard to concentrate with sports on your mind. So go to your game or practice, but set an alarm on your watch or phone (or have somebody call) to remind you when it's time to leave and do your schoolwork. Also, set aside a certain time each day to do your homework and stick to it. The more you make homework part of your routine, the better you'll feel about it."



Patricia A. Farrell, PhD
psychologist and author, *It's Not All in Your Head: Anxiety, Depression, Mood Swings, & Multiple Sclerosis*

MAJOR LEAGUE

"Get to know your guidance counselor before you start college planning. Many are trained in assessment tests like Myers-Briggs, which can give you clues about your interests and ideal work environment. Once you take the assessment, read up on your personality type and work style. And use this information to find colleges with majors in your interest area."



Allison Cheston, MA
career adviser and adjunct professor, New York University

Read more expert advice in our free iPad app!

MEN'S HEALTH

Male Call

YOU WORK OUT AND EAT RIGHT. NOW TAKE SOME
PRIDE IN YOUR GROOMING ROUTINE

By Shelley Levitt

It's time to step up, guys, and pay a smidge more attention to your grooming habits. You know, those things your significant other always nags you about. Well, your honey has good reason to remind you to skip the soap and use a cleanser instead. Think of it as an extension of good manly health habits, like doing barbell squats and eating your kale.

Feet First

Neglect basic foot grooming, says New York podiatrist Jacqueline Sutera, DPM, and you can end up with fungal or viral infections that spread from the soles of your foot and under your toenails to other parts of your body and even to family members. Take these steps to avoid this gnarly scenario.

Wash your feet every time you shower. "It's not enough to just let water and soap drip onto your feet," says Sutera. "You need to wash the bottoms of your feet and between the toes."

Every other week, cut your nails straight across with a clipper, leaving a tip of white.



Apply a foot moisturizer like AmLactin Foot Cream (\$9.99) if your feet get itchy or flaky. And to avoid picking up something nasty at the gym, always wear flip-flops in the locker room and shower.

Sun Smarts

It takes about 30 seconds a day to apply an SPF 30 broad-spectrum sunscreen

and protect against skin cancer and a ruddy complexion. Skip the aftershave and apply a sunscreen moisturizer instead, says Gary Goldenberg, MD, an assistant professor of dermatology and pathology at New York City's Mount Sinai Medical Center.

Cover the tops of your ears if your hair is short, and the

top of your head if you have bald spots or thinning hair. "It's not the two weeks at the beach during vacation that leads to most sun damage," says Goldenberg, "it's chronic sun exposure. The key is applying sunscreen every single day."

Save Skin

When it comes to a guy's daily skin care regimen, dermatologist Goldenberg believes in the KISS approach: "Keep it simple, stupid." He suggests a moisturizing cleanser that can be used on both body and face and that eliminates the need for a separate moisturizer. Two of his picks: CeraVe Hydrating Cleanser (\$13.59) and Cetaphil RestoraDerm Skin Restoring Body Wash (\$14.99).

Wash twice a day, or more often if you're working up a sweat at the gym or on your job. Want to take skin care to the next level? Once a day, sub a scrub for your regular cleanser to slough off dead skin cells and, says Goldenberg, "give your skin a little shine." He likes Kiehl's Facial Fuel Energizing Scrub (\$20), from the brand's men's line.

**EXPERT TIP**

"Five minutes a day is all you need for good dental hygiene. Brush your tongue at least once a day to get rid of bacteria that can lead to bad breath." —Sanda Moldovan, DDS

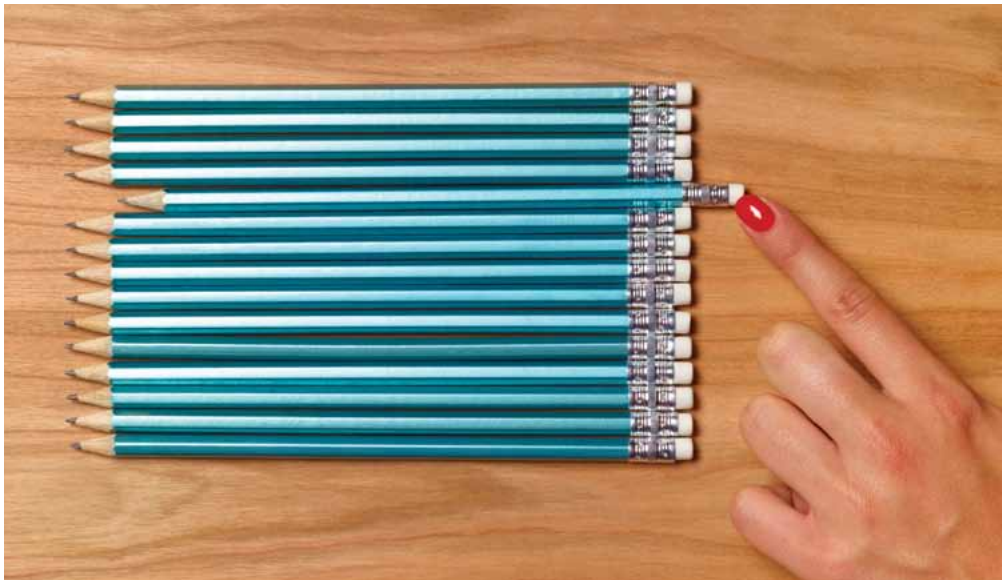
Reviewed by
Michael W. Smith, MD
WebMD Chief Medical Editor

WOMEN'S HEALTH

Perfect Sense

EXPERTS REVEAL WHY STRIVING TO BE THE BEST CAN BE BAD FOR YOUR HEALTH

By Colleen Oakley



● You know those women—the ones with impossibly tidy houses and cupcakes for the bake sale that actually look like the picture on Pinterest? According to recent research, they may be doing damage to their health.

Perfectionism is the personality trait that causes people to strive to be, well...perfect. "For most people, there's nothing wrong with wanting to be the best," says Ann W. Smith, MS, LMFT, author of *Overcoming Perfectionism: The Key to a Balanced Recovery*. In fact, some studies show that perfectionists are more likely to stick to exercise programs or follow strict regimens to treat illnesses.

"The problem comes when the need for perfection becomes a compulsion that starts to interfere with your life," says Smith. "And you think that perfection is vital to your self-esteem, success, peace of mind, and acceptance by others. This can cause enormous amounts of stress." A recent study found that perfectionists age 65 and older have a 51% increased risk of death, which researchers say may be due to the high levels of anxiety and stress linked to the character trait.

While there's no cure for perfectionism—it's a personality quirk, not a mental illness—there are ways you can keep it in check.

Make small mistakes and do not fix them. Leave a comma or period out of an email. Don't line up all your shoes perfectly in your closet. "People are not big fans of this at first," says Amy Przeworski, PhD, assistant professor of psychology at Case Western Reserve University in Cleveland. "But they do learn that a small mistake doesn't make a whole project worthless."

Set a time limit to accomplish your goal. If you have unlimited time, your perfectionistic tendencies will lead you to take a long time to complete a task. If you have only a short period, you will be forced to do a "good enough" job, says Przeworski.

Concentrate on enjoyment of the task, not the outcome. "If you're gardening, focus on the feeling of the sun warming your back, the earthy smell of the dirt, and the sweet and fragrant smell of the flowers," Przeworski says. "Just the experience of the task becomes the reward, not the perfection of the outcome."

GET REAL

Not only can perfectionism drive you crazy—it can drive the people you love away from you. "Perfectionists often become isolated because they're more focused on tasks than on people," says marriage and family therapist Ann W. Smith, MS, LMFT. Try these strategies.

Put people first.

"Remind yourself that your family and friends come before tasks on your list, like the mail, mopping the kitchen floor, perfecting a work presentation," says Smith. "If you want to be close to your kids, you can't be a taskmaster constantly trying to make them turn out perfectly."

Let people see who you really are.

"This is about finding your authenticity as a person—and sharing it with others. Perfectionists tend to want to hide their mistakes, but that's not real life," Smith says. "When you're sad, you have tears. When something is funny, you laugh. When you're not trying too hard to be perfect, you get to be real."

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

HEALTHY BEAUTY



17 You Asked
Now hair this!
Expert tips and
product picks

19 Your Smile
Keep your gums in
top shape

Straight Talk

Say so long to summer
and get ready to be the
best-tressed this fall



EXPERT TIP

“A simple regimen—with sunscreen being your best ally—may be more effective than many expensive and too harsh products.”—*Mohiba K. Tareen, MD*

YOU ASKED

Hair Pairs

WHAT'S YOUR TYPE? OUR EXPERTS HELP YOU FIND THE RIGHT SHAMPOO AND CONDITIONER COMBO FOR YOUR HAIR

By Ayren Jackson-Cannady



Curl Power

Mizani Supreme Oil Shampoo (\$16) and **Mizani Supreme Oil Conditioner** (\$18) "Both the sulfate-free shampoo and conditioner are infused with moisturizing jojoba, avocado, and olive oils that easily penetrate tightly curled hair textures, which are sometimes coarser than other types."



Dry Idea

L'Oréal Power Moisture Hydrating Shampoo and **L'Oréal Power Moisture Hydrating Conditioner** (\$4.99 each) "Two key ingredients in this line are hyaluronic acid [a substance that attracts moisture] and arginine-K complex [a hair fiber reinforcer], which work together to provide a rush of moisture to parched, dehydrated strands."



Relax and Rejuvenate

Dark and Lovely Healthy-Gloss 5 Moisture Shampoo (\$4.59) and **Dark and Lovely Healthy-Gloss 5 Moisture Leave-in Treatment** (\$4.79) "The shampoo gently cleanses chemically straightened hair without stripping it. The leave-in conditioner helps revive hair by boosting strength and softness."



Oil Change

Desert Essence Organics Lemon Tea Tree Shampoo (\$12.69) and **Desert Essence Organics Lemon Tea Tree Conditioner** (\$8.79) "This organic shampoo and conditioner combo contains a blend of lightweight oils, including organic tea tree oil and jojoba seed oil, that help to naturally dissolve excess oil buildup."

FROM WEBMD.COM

Q&A

"Help! My neck has more fine lines than my face. How can I smooth things out?"



Misty Bahr
41, executive assistant,
Alexandria, Va.



EXPERT ANSWER

"Use a product with sunscreen on the neck every single day to reduce the effects of sun damage. Then, there are products formulated for the delicate neck skin that can be used at night to improve the appearance of wrinkles. If more improvement is needed, your dermatologist can do gentle laser and other procedures to tone and tighten the skin and encourage new collagen growth."



Elizabeth Tanzi, MD
dermatologist and
co-director, Washington
Institute of Dermatologic
Laser Surgery,
Washington, D.C.



Ron Robinson
cosmetic chemist and founder of
beautystat.com, New York City

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



Straight Edge

MoroccanOil Extra Volume Shampoo (\$24) and **MoroccanOil Extra Volume Conditioner** (\$25) “If you use the wrong shampoo or conditioner formula, you might find styling to be a struggle. For straight, thin hair, I recommend cleansers and conditioners like these infused with argan oil, which will add shine to the hair shaft and help strands feel soft and luxurious after blow-drying or flat-ironing.”



Living Color

Scruples White Tea Restorative Shampoo (\$21) and **Scruples White Tea Restorative Conditioner** (\$16) “Dyed strands benefit from this shampoo and conditioner, which are gentle enough for frequent use. A blend of white tea leaf extract, orange flower extract, panthenol, and orange oil, these extend the life of hair color by helping to repair damage left behind from the coloring process.”



Wave Rider

Matrix Biolage Deep Smoothing Shampoo (\$23) and **Matrix Biolage Deep Smoothing Conditioner** (\$20) “For wavy hair, which can often be a challenge to wear natural, this pair does an exquisite job of helping the cuticle lie flat and preventing flyaways. The product is made with camellia flower seed, which is great for taming fluff and replenishing moisture.”



Frizz Fix

Oribe Shampoo for Moisture & Control (\$38) and **Oribe Conditioner for Moisture & Control** (\$39) “With the right treatment, dry, frizzy hair can become hydrated in a matter of minutes. I love this line for fried strands because it contains conditioning amber extract and strengthening silicones that help smooth the cuticles of the hair shaft, giving a sleek, polished look.”



AISLE DO

PRODUCT PICK

Nair Moisturizing Face Cream Hair Remover (\$3.99)

EXPERT

Betty Bellman, MD
associate professor of dermatology,
University of Miami
Miller School of
Medicine

“This product does what it promises—removes hair thoroughly whatever your hair type and leaves behind skin that’s moisturized and nonirritated. I like that it’s formulated specifically for the upper lip, chin, and face only. That means a product is going to contain ingredients—in this case, almond oil and bay oil—that are gentle on delicate facial skin. A tip: Don’t apply after a hot shower. Your skin is already stripped of protective oils, making it more vulnerable to inflammation.”



Jennifer Loprete
stylist and creative director, Vito Mazza Salon & Spa, Woodbridge, N.J.

Reviewed by Karyn Grossman, MD
WebMD Healthy Beauty Expert

Shopping List



Take a photo with your phone!

Mizani Supreme Oil Shampoo and Conditioner

Dark and Lovely Healthy-Gloss 5 Moisture Shampoo & Leave-in Treatment

L’Oréal Power Moisture Hydrating Shampoo and Conditioner

Desert Essence Organics Lemon Tea Tree Shampoo and Conditioner

MoroccanOil Extra Volume Shampoo and Conditioner

Matrix Biolage Deep Smoothing Shampoo and Conditioner

Scruples White Tea Restorative Shampoo and Conditioner

Oribe Shampoo and Conditioner for Moisture & Control

Top Gum

YOUR TEETH ARE ONLY ONE PART OF A HEALTHY MOUTH.
CHEW ON THIS ADVICE FOR HEALTHY GUMS

By *Liz Krieger*

● Your gums: These pinkish underpinnings are every bit as important as your 32 choppers—but sometimes they just don't get as much attention as the pearly whites. Yet not taking care of them can lead to problems. Nearly half of Americans age 30 and older have some form of gum disease, otherwise known as periodontitis.

Think of your gums as scaffolding holding up a building, says Pamela McClain, DDS, a past president of the American Academy of Periodontology who practices in Aurora, Colo. "Your teeth are anchored in the bones of your jaw, but the gums are the frames that your teeth fit into—providing protection for the bone underneath."

Healthy gums are not meant to be too perkily pink—a uniform, light pink is ideal. "Bright-red gums are a sign of inflammation—which starts out as gingivitis" caused by left-behind bacteria or plaque, says McClain. Other signs of troubled tissue: when the gums have an inflamed, swollen, almost glossy appearance. Another critical marker: Your gums bleed when you brush or floss. Blood is a sign of some level of gum disease or brushing too hard.

Poor brushing or flossing is the main reason bacteria linger. "Flossing is especially



key," notes McClain, since things can hide out in the crevices. "Think of your teeth as having *five* sides—front, back, top, and two sides," says McClain. Only flossing can effectively clean the sides.

When bacteria linger, they first cause inflammation, and eventually the gum tissue shrinks away from each tooth—leaving the bone underneath vulnerable to erosion. At its worst, the bone becomes so compromised that the tooth falls out or has to be removed.

In addition to assiduously brushing and flossing, you can nip gum problems in the bud with a 10- to 15-minute periodontal exam at least once a year. (Your regular dentist should do it at each exam, in fact.) He or she will assess the gum tissue with a series of careful but painless pokes and prods as well as an expert eyeballing of the overall condition of your gums. Finally, a thorough professional cleaning and flossing will remove buildup you may have missed.

GUM WORKS

WHAT'S A GUM GRAFT? PAMELA McCLAIN, DDS, EXPLAINS

Dentists recommend a gum graft for two main reasons: cosmetic or medical. Some people simply don't like the "long-in-the-tooth" look cause by receded gums. For others, it's a necessity.

A periodontist takes tissue harvested from a spot in your own mouth or processed from donated human skin, and carefully stitches it into a new place. Some dentists use sutures, while others use an oral adhesive that works like glue. The downtime is minimal, though initially you may have some pain if the tissue came from the roof of your mouth.

For people who have lost gum tissue because of periodontal disease, the top priority must be to make sure the infection has been eliminated before a graft is even considered, McClain says. "A nonsurgical cleaning process known as root planing can clean the root surface in the pocket under the gum tissue and reduce further bacteria-induced bone loss and inflammation."

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

FAMILY & PARENTING



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What your vet wants you to ask

PREGNANCY

Oh, Boy

Actor **Jamie-Lynn Sigler** opens up about how she got through nine months of pregnancy and eased her fears about becoming a mom.

By Gina Shaw



EXPERT TIP

"It takes time to lose your belly after you give birth. Core exercises that focus on your belly help to tone your baby bulge."—**Hope Ricciotti, MD**



“I don’t want to be rigid and hold myself to expectations of how things should go. I want to see what my son is like and who he is.”

Read the full Q&A with Sigler in our free iPad app!

PREGNANCY

Mom Stage

You just had your son. How was your pregnancy overall?

The first few months were not easy. I found out I was pregnant at five weeks, and at six weeks, the nausea and exhaustion kicked in pretty hard. They call it morning sickness, but for me it was 24-hour sickness. All I could eat was bagels for about three months. And I couldn’t stay up past 10 p.m. I’d sleep for 12 hours and wake up even more nauseous. Everybody promised me it would end at 12 weeks, and I’m lucky that it did. I woke up one day and it was gone.

How about the second and third trimesters?

I definitely got the “honeymoon” phase. I got my energy back and the first three months are a memory. I got that natural feeling to nest. We [fiancé Cutter Dykstra] renovated our home, and I got really excited about setting up our little boy’s nursery.

Were you nervous about anything during your pregnancy?

I tried to avoid too many pregnancy books or forums, things telling you that you should feel this many kicks per hour and so on, and if you don’t, you start to panic. Being pregnant is the most natural thing our bodies can do. Our grandparents did it without all these books, and they came out OK. I wasn’t scared of childbirth, I think because of my doula. I educated myself and did my fair share of research, and that made me feel a little more prepared.

What’s the best advice you got?

I watched my best friend give birth a few months ago. I was in there, right behind the doctor. She already has a 3-year-old son and now just had a little girl, and she’s kind of who I went to for everything. I was really panicking about all the things I needed to buy for the baby, and she was like, “You don’t need this, you do need this, try this and see if he likes it.” That helped ease my fears.

"Pregnancy symptoms" is a top search term on WebMD's Pregnancy channel.

PREGNANCY

Go Figure

THINK THOSE BODY CHANGES STOP POST-BABY? HERE'S WHAT TO EXPECT WHEN YOU'RE NOT EXPECTING

By Heather Hatfield

● So much changes when you are pregnant, especially your body. You already know to expect some changes—weight gain, larger breasts, maybe swollen ankles if you stay on your feet too long. But some *post*-pregnancy differences may surprise you.

It's not uncommon for women to drop a cup size after pregnancy and breastfeeding.

Sex Drive Dive

If you're not in the mood, you have plenty of company—many new mothers see a drop in their sex drives.

"It can take up to a year to feel like you are really back in the mood for sex," says Hope Ricciotti, MD, an associate professor of obstetrics, gynecology, and reproductive biology at Harvard Medical School and a practicing obstetrician at Beth Israel Deaconess Medical Center in Boston. "You are so focused on your child and your family that you have little to no time for yourself, and that includes sex." You're also tired, and your hormones have shifted.

Bust a Move

A lot of women expect their breasts to get bigger before



and after birth, especially if they continue breastfeeding.

It's not uncommon for women to drop a cup size after pregnancy and breastfeeding, and it's not over yet. "The more children you have, the more your breasts tend to sag," Ricciotti says. But breastfeeding isn't to blame. Instead, the risk factors for sagging breasts are a higher body mass index or BMI, a greater number of pregnancies, a larger-than-bra size before pregnancy, a history of smoking, and older age.

Hair Loss

Most women have fuller, shinier locks during pregnancy. After delivery, your hair goes back to normal.

During pregnancy, Ricciotti says, higher estrogen levels keep your hair from falling out at its regular rate. So after pregnancy, when estrogen levels drop and return to normal, your hair has to catch up—by falling out. Hair loss peaks around three to four months after giving birth, but usually is back to normal within six to 12 months.

IN HER SHOES

PREGNANCY ISN'T JUST ABOUT YOUR MIDSECTION. YOUR FEET ARE IN FOR SOME CHANGES, TOO. HOPE RICCIOTTI, MD, AND SILVANA RIBAUDO, MD, EXPLAIN.

"Yes, a woman's feet swell during pregnancy, but after her baby is born, she may have a permanently different shoe size," Ricciotti says. Why? "The additional weight you carry may flatten the arch of your foot. With the arch flattened, you might find you need an extra half-inch larger shoe size to be comfortable."

Hormones play a role here, too—in particular, one called relaxin. "It does just what it sounds like," Ribaudó says. "It relaxes the muscle ligaments in your body to help prepare you for childbirth, but it's not exclusive to your pelvic area."

With loosened ligaments in your feet and an increase in body weight pushing down on your arches, your feet are primed to flatten and lengthen.

Reviewed by Louise Chang, MD, WebMD Senior Medical Editor

FOCUS GROUP

By Hansa Bhargava, MD



As the mom of two 7-year-olds, I know getting back into the school-year routine can be challenging after a summer full of camp, travel, and later bed-times. If your son or daughter has attention deficit hyperactivity disorder (ADHD), it's even more of a struggle. To ease the transition:

Re-establish a routine.

Two weeks before school starts, begin a more structured schedule. Have your child get up, eat breakfast, and dress at the same time every morning.

Pick priorities. With your child, create a to-do chart to post on the wall. Include items such as homework, chores, and sports practice.

Schedule sleep. Too little shut-eye can cause even kids without ADHD to lose focus. Establish a bedtime routine now so your children are on a school-appropriate sleep schedule.

Start medication. If your child has been on a "holiday" from his ADHD meds, restart them one to two weeks before school begins so you can tweak the medication and dosage, if needed.

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



Raising Fit Kids Center.

Reviewed by **Roy Benaroch, MD**
WebMD Kids' Health Expert

KIDS' HEALTH

Class Act

SCHOOL'S BACK IN SESSION. HELP YOUR CHILD MINIMIZE THE FEAR FACTOR

By Gina Shaw



Remember the last time you started a new job? You were probably a little stressed and anxious about how things would go. What would your boss be like? Would you get along with your co-workers? How would you handle the commute?

Your child has similar worries about a new school year—plus, she's a kid and hasn't gone through as many of these transitions as you have. "One of our biggest fears as humans is the unknown, and starting a new school year involves a lot of unknowns," says Laura Markham, PhD, a clinical psychologist and author of *Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*.

Markham says that with a little understanding, parents can help children take their new-classroom (and even new-school) fears and turn them into excitement.

Help your child bond with his teacher. "Kids need to feel connected with their teacher in order to focus in class, learn, and be happy going to school," says Markham. If your school offers an orientation program

or back-to-school night, take your child and introduce him to the teacher. Try to get a photo of the new teacher from a school newsletter or website, post it on the refrigerator, and "talk to the teacher" from time to time.

Learn the ropes. Switching to a new school? Ask the office if you can visit during the last weeks of summer. "Even if you can just spend two minutes introducing yourself, letting your child stick her head in the library, and play on the playground a little, that's big," says Markham.

Use books to start conversations. Go to the library and look for back-to-school stories—there are many, aimed at varying age levels.

Transition your schedule. All children need enough sleep to deal with their age-appropriate developmental tasks. "If your child is sleep-deprived, he's more likely to feel overwhelmed, cranky, and scared," says Markham. During the last week or so before school starts, transition back to your school-year schedule.

PET HEALTH

Give Paws

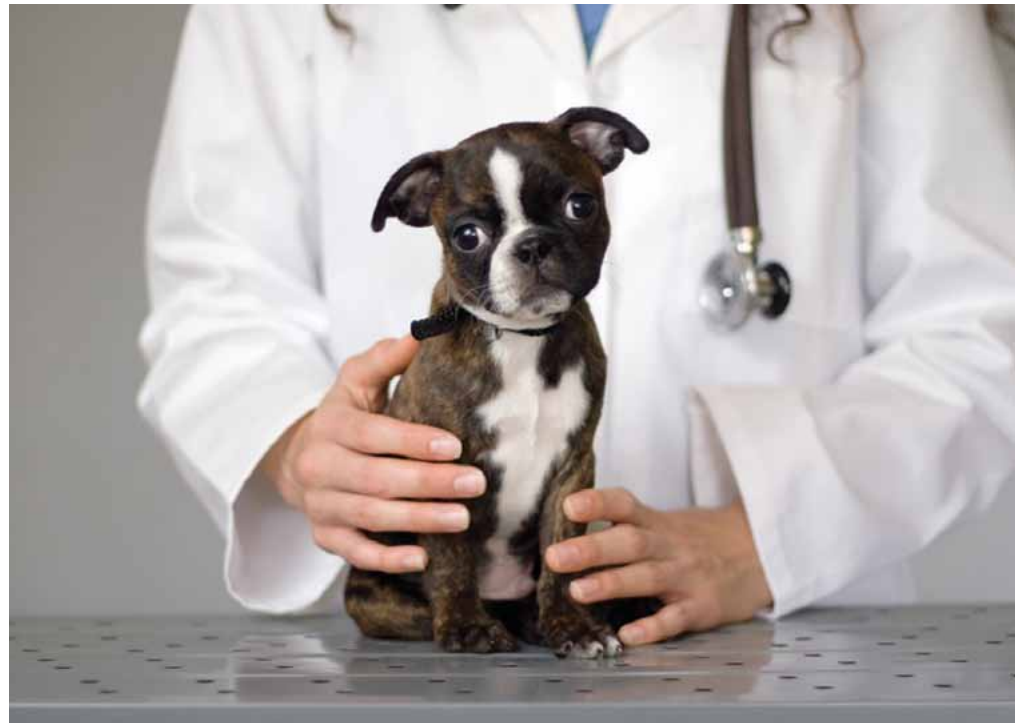
A TOP VET SHARES THE QUESTIONS HE WISHES ALL PET OWNERS WOULD ASK

By Katherine Kam

At his veterinary practice in Atlanta, Will Draper, DVM, has fielded unusual questions from pet owners. Can they use their old antibiotics to treat their dog's infection? What about calming a jittery pet with their own anti-anxiety medication? "We, of course, have to say, 'Don't do that,'" he says.

On the other hand, there are questions he wishes people would ask, but they rarely do.

"How much will it cost to own this pet?" "A lot of people don't understand, when you go to get this puppy or kitten, how much it's going to cost," Draper



Pet owners don't always grasp the large amounts of information during a visit.

says. But size and breed matter. For example, beagle owners who choose a Great Dane as their next pet may not realize that dog medications are measured by weight—with bigger dogs needing larger, more expensive doses.

Draper also wishes people would ask him about certain breeds, or at least do online research, to learn about medical issues that can drive up costs. For example, flat-faced Himalayan kittens

are adorable but often have respiratory problems. "You're probably going to be in here dealing with a lot of congestion and conjunctivitis," Draper says. "It's typical of this breed."

"Should I buy pet health insurance?" "It depends," says Draper, who suggests quizzing a veterinarian first. "It's just a good question to ask before you get involved in the expense of it."

Some people insure pets, such as mixed breeds, that aren't at high risk for health issues, he says. "If you adopt a lab-terrier mix, pet insurance is probably not going to be worth the cost because it's unlikely that dog is going to have any major issues you can't afford."

On the flip side, "There are other people who have multiple older pets or multiple pets of a particular breed where pet insurance would be of great benefit to them," he says. For instance, boxers and golden retrievers are more prone to cancer.

Insuring these breeds could be a wise decision: "You may likely have to deal with some very expensive conditions later in life."

"Does my pet have any illness that my family can catch?" Young children as well as elderly people with suppressed immune systems can catch diseases such as ringworm, roundworm, hookworm, and tapeworm from dogs and cats, Draper says.

The consequences can be serious. For example, migrating roundworm larvae that infect a child's eye can cause blindness or eye

loss. Busy vets can forget to ask about all household members, Draper says. “It’s a good question for people to ask: Is there anyone in my house that I need to be concerned about?”

“What kind of dental care does my pet need?”

When it comes to tooth care, dog owners “almost never ask about it,” Draper says. If they did, they might be able to cut down on professional dental cleanings under anesthesia.

“Ideally, your pet should have its teeth brushed after every meal, just like you do,” Draper says. This is to prevent gum recession and infection, bad breath, and tooth loss.

DUTY BOUND
Be honest with your veterinarian, says Will Draper, DVM. If you skipped giving your dog several doses of antibiotics or heartworm medication, say so. Take, for example, the many questions that might arise if a dog’s infection doesn’t improve after a course of antibiotics. “It would help us if you said, ‘Look, I missed a couple of doses,’” Draper says. “Then I can say, ‘OK, let’s do this,’ rather than having to start a different antibiotic when the antibiotic we had might have been the right one.”

But he knows owners can’t always commit to that habit—and not all dogs will cooperate. “It’s hard for most dogs to understand that you’re going to be coming at them with a toothbrush three times a day.”

Still, there are other options, he says, including dental rinses and dental diets, a special type of kibble that breaks down tartar.

“Would you repeat the diagnosis or instructions?” Pet owners don’t always grasp the large amounts of information during a visit, but “they don’t want to embarrass themselves by saying, ‘I don’t understand what you just said,’” Draper says.

What happens next? Often, they go home and don’t follow the plan to treat their pet’s illness. “They’ll give up on it because they’re frustrated,” he says. “They don’t know why they’re doing this. It just doesn’t benefit them or the pet.”

He much prefers that pet owners ask veterinarians to repeat information or provide written instructions. If you’re still confused when you get home, it’s fine to check back, he says. “We’re happy to go over it again.”

Reviewed by
Sandy Willis, DVM, DACVIM
WebMD Pet Health Expert



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*American Journal of Preventive Medicine, August 2008



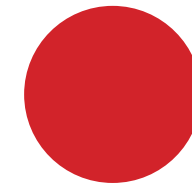
Moodern

MIA MARVELL

BY GINA SHAW

PHOTO BY RUVEN AFANADOR/
CORBIS OUTLINE

With a megahit TV show and multiple ad campaigns, actor and funny lady **SOFIA VERGARA** is on top of the world. Yet early in her career, the former model faced a health scare that opened her eyes to the importance of self-awareness



IS SOFIA VERGARA the world's funniest sexy woman, or the world's sexiest funny woman?

Whichever way you put it, there's been a lot more laughter in American living rooms since the Colombian-born Vergara, 41, made the jump from hosting variety shows on the Spanish-language network Univision to starring as Gloria Delgado-Pritchett in ABC's Emmy-dominating comedy *Modern Family*.

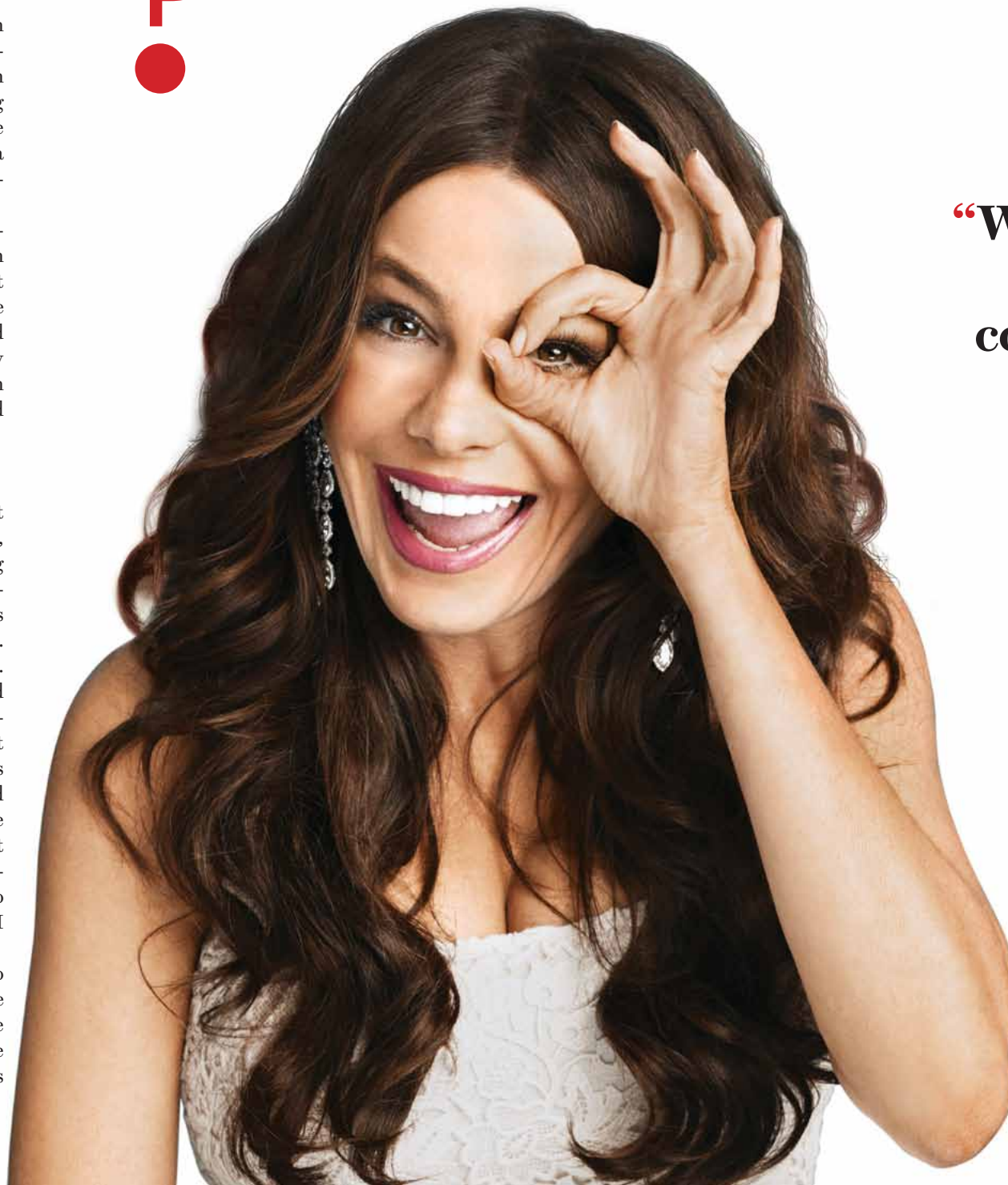
She's now the face of CoverGirl cosmetics, the highest-earning woman on television, and recently one of the latest celebs to be rebuilt in wax at Madame Tussauds (in both New York City and Las Vegas). And she tops virtually every public and private list of "sexiest woman ever!" But Vergara hasn't always led such a charmed life.

HEALTH SCARE

After falling into an early marriage at age 18 and divorcing two years later, Vergara moved to Miami with her young son, Manolo, to pursue a job in TV hosting. She was 28 when a routine doctor's checkup found something unexpected. "He felt a lump in my neck," she recalls.

The next few weeks were a whirlwind of tests that confirmed her doctor's suspicions: Vergara had thyroid cancer. "It was very traumatic," she says. "I was young. I had a young son. But I tried not to panic. I decided to take charge and inform myself. Of course, I couldn't Google thyroid cancer from the comfort of my house back then, so I went to bookstores and found out everything I could about it."

She learned she'd have to undergo surgery to remove her thyroid gland, the small butterfly-shaped organ at the base of the neck that produces a hormone that helps regulate many of the body's



functions, including temperature, heart rate, how calories and vitamins are used, and more. After that, Vergara spent several days in the hospital, in isolation, while she received treatment with radioactive iodine that would eradicate any remaining cancer cells. "Not even the nurses could come close," she recalls. "They practically throw you your food through a hole in the door," she adds, exaggerating a bit.

Still, she says, "I was lucky that's all I needed. That kind of cancer is very quiet, and usually you only realize you have it after it's already spread and it's much harder to treat."

Nearly 13 years later, Vergara remains cancer-free, but she has a daily reminder in the form of a small lavender pill she takes each morning to make up for the loss of her thyroid. "I have to take it without any food, and then I sit there counting the minutes for half an hour until I can have my coffee!" she laughs. "I get my blood levels checked every three to six months to make sure my thyroid levels are good. And of course after cancer, every time I cough or feel something I'm a little paranoid. But I want people to know you can live a normal life with hypothyroidism."

"When I decided to be an actress, I didn't know comedy is what I'd be doing."

That's why she's currently the face of "Follow the Script," a campaign designed to help people with hypothyroidism work with their doctor to manage their thyroid hormone levels, find the right dose of medication, keep track of symptoms, and lead a healthy lifestyle.

GLAND PLANS

Thyroid cancer is relatively rare—only about 60,000 U.S. cases are diagnosed each year—and it's one of the most survivable cancers, with a five-year survival rate of nearly 100% for cases caught early, like Vergara's. Once a person reaches the five-year mark, the cancer is essentially cured.

But cancer is not the only reason someone might lose thyroid function. About one in every 20 people in the United States has hypothyroidism, when the thyroid gland isn't making enough thyroid hormone to meet the body's needs. Because the hormone helps regulate metabolism, it can affect almost every organ if you don't have enough.

"You start to be very fatigued, and you notice that you're kind of feeling cold when other people are comfortable," says Donald Bodenner, MD, PhD, director of the Thyroid Center at University of Arkansas for Medical Sciences. "You can also have constipation, dry skin, weight gain, muscle pain and weakness, thinning hair, memory problems, and depression."

Of course, many of these are what doctors call "nonspecific" symptoms—they point to a number of other conditions—making hypothyroidism difficult to diagnose. "I see a lot of patients discover hypothyroidism on a blood test and realize they've probably had it for years but attributed it to other things, like just ordinary aging," says Bodenner.

Only about 5% to 10% of cases of hypothyroidism are caused by the surgical removal of the thyroid, says Bodenner. Most are a form of auto-

SOFLA'S CHOICES

Take charge of your health. "When I was diagnosed, I was really ignorant about what thyroid cancer meant and what living without a thyroid would be like," actor Sofia Vergara says. She hit the books and learned everything she could about living the rest of her life with hypothyroidism. No matter what your health situation is, knowledge is power, she says.

Don't miss your checkups. "Your body changes as your life changes," Vergara says. "Check in with your doctor and make sure everything's OK." For women, thyroid problems—underactive or overactive—often crop up after menopause or pregnancy, so those are key times to get checked, she notes.

Get outside motivation. Have trouble getting off the couch and into the gym? Make an appointment with a trainer—or a friend who won't let you bail. "If I'm alone, I sabotage myself," Vergara says. "Instead of doing 10 reps, I do seven. If I have somebody there telling me what to do, I do it."

Treat yourself—in moderation. She's a well-known sweets fan. "Right now in my purse I have Swedish fish and some candy that I bought in China when I was there recently. I cherish them because I know I'm going to run out soon!" she says. "Sometimes I'll even suck on a sugar cube. But I don't eat desserts every single day, and I eat lots of fruits and vegetables."

Make time for yourself. "I don't get very many days to myself," Vergara admits. "But I try to make sure I find time to have lunches with my girlfriends and go shopping—do the simple things that girls like to do."—GS



Learn more about hypothyroidism. Check out WebMD's A to Z Guide and read **When to Call a Doctor**.

immune disease known as Hashimoto's thyroiditis. Another cause is treatment of hyperthyroidism, when the thyroid produces too much hormone. Either way, it's essential to get thyroid hormone levels back to normal (usually with a medication).

Although you can't restore lost thyroid function through lifestyle choices like healthy diet and exercise alone, Bodenner notes that many people with hypothyroidism—especially those who have trouble losing weight—can benefit from a low-carbohydrate diet rich in vegetables and fruits.

Vergara takes this advice to heart. "This is all stuff that people should be doing anyway if we want to be healthy," she says, although she confesses it's not always easy to practice what she preaches. "I've never been a very big fan of exercising," she says. "In Colombia, I didn't grow up in a culture of working out. But I've accepted it, now that I'm getting older and see things shifting and changing."

FAMILY LIFE

Speaking of shifts and changes, is Vergara, like her *Modern Family* character, ready for a second child? Could be. She's spoken openly about freezing her eggs so that she and her fiancé, producer Nicholas Loeb, have the chance to have kids together. "When you go through cancer and radiation, and

also when you're my age, things don't happen the way they used to happen," she says. "But now with modern medicine and science, we have more opportunity to do things like that. Why not take advantage of it?"

In the meantime, she's reveling in her white-hot career. *Modern Family* starts its fifth season in the fall, and she has two couldn't-be-more-different films coming out soon: director John Turturro's comedy *Fading Gigolo*, with Woody Allen, Sharon Stone, and Liev Schreiber, and *Machete Kills*, with Mel Gibson, Jessica Alba, and Michelle Rodriguez. She also has a new line of "shapewear for soccer moms," available at Kmart stores.

Finding herself in comedy was a happy accident, Vergara says. "When I decided to be an actress, I didn't know that's what I'd be doing. But I started to get cast in comedies and began to realize that was the direction I was supposed to go in." Ultimately, she'd like to see herself with a long acting career like that of another iconic star with a similar name: Sophia Loren. "She's had an amazing career internationally and is still beautiful and active today," Vergara says. "She had a loving family and a marriage of decades. I think that's amazing, to be able to juggle all that."

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



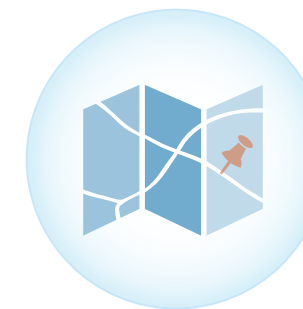
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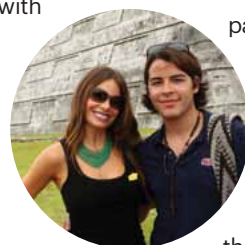
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JESSE GRANT/GETTY IMAGES

THE PARENT RAP

Sofia Vergara says that one of the hardest things about being diagnosed with cancer was telling her young son, Manolo. "I tried not to panic in front of him," she says. "Of course, I told him that I had to go to the doctor and have an operation, but I didn't want it to be very dramatic. I explained that I was going to try and take care of it, but what can an 8-year-old kid do?"

Vergara was right to be open with her son, says Jen Singer, a New Jersey writer who was diagnosed with non-Hodgkin lymphoma in 2007, when her sons were 8 and 10. She's created the website parentingwithcancer.com as a resource for parents like herself and Vergara.



Nearly 3 million children in the United States are living with a parent who has cancer or has survived cancer—and half a million of them are witnessing the earliest and most intense stage of their mom's or dad's treatment.

"When kids are old enough to understand what cancer means—probably around 8 or so—you need to use that word and explain there are different types of cancer," Singer says. "If your

particular cancer is curable, say that. If it's highly treatable, say that. Put it as positively as possible." What else does your child need to know?

You can't catch it. "When you tell a child you're sick, they think of things like colds, and they worry it could happen to them, too," Singer says.

You didn't cause it. "Kids have magical thinking," says Singer. "They believe they can make things happen with their thoughts. You need to reassure them that this didn't happen because they had a bad thought about you."

Your life isn't going to be turned upside down. Let your children know they will still be going to school and soccer practice and so forth as usual—but

maybe Grandma or the neighbor will take them sometimes instead of Mom or Dad. "Keeping the schedule as much like before as possible is key to your child feeling safe," Singer explains.

Here's what might happen. Tell your child ahead of time about side effects like hair loss or nausea. "If your hair's going to fall out, that is probably above and beyond the most important thing for them to know," says Singer, who gave a presentation to her son's fourth-grade class while wearing a headscarf.

Above all, she says, resist the temptation to shield your children from what's happening. "Kids of all ages can sense when something is not quite right. They will fill in the blanks with something that's far worse than the truth."—GS



33 Three Ways
Get on the grain
train with wild
rice recipes

IN SEASON

Bee Plus

Ancient Egyptians and Greeks presented honey as gifts to their gods. The Greeks also used the sweet substance as a healing medicine. Today, honey may help relieve coughs and possibly treat wounds, thanks to antibacterial properties. One tablespoon has 64 calories. Some 300 kinds of honey range from a translucent yellow (milder taste) to a darker brown (stronger flavor) and vary depending on the blossom from which honeybees collect nectar. The United

States is the second largest global market; total honey production reached 147 million pounds last year and all 50 states produce it. Another sweet perk? Sealed containers of honey can last for centuries.

THREE WAYS TO COOK

Make It Grain

GO CRAZY FOR WILD RICE. IT'S VERSATILE, EASY TO PREPARE, AND PACKED WITH GOODNESS

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

● If there were a museum of the world's healthiest foods, wild rice might occupy a quiet, forgotten corner. "It's become less popular, and I rarely meet people who eat wild rice," says chef and nutritionist Gavin Pritchard, RD, CDE, of Greenwich Hospital in Connecticut. But, he adds, they really should.

Consider this: A one-cup serving of wild rice contains 50 fewer calories and almost 10 fewer grams of carbohydrate than a cup of brown rice. But it provides more folate, zinc, and vitamin E than brown rice.

Despite its name, wild rice is not rice at all but the seeds of edible grasses native to North America. Its strong, nutty flavor and "toothy" texture pair well with ingredients like garlic, vinegars, and citrus fruits.

Instead of using boxed wild rice pilafs, which contain too much fat and sodium, Pritchard recommends making your own. Cook a batch, store it in the refrigerator, and add it to dishes throughout the week: Toss the wild rice with lentils or beans, stir into soups, or blend with cooked brown rice.



Native Americans harvested wild rice in canoes, using long sticks to knock the seeds into the bottom of their boats.

PANTRY PICKS

Here are a few of the healthy ingredients used in our three wild rice recipes. **Kathleen Zelman, MPH, RD, LD**, offers a peek at the brands she keeps in her own kitchen.



Better Feta: Thanks to its intense flavor, a little feta (even a few crumbles) goes a long way. Zelman uses Fage, which is among the lowest in sodium, and Athenos Traditional.



Luscious Legume: Half a cup of shelled edamame has just 100 calories, 3 grams of fat, and an impressive 8 grams of protein. Look for brands without additives such as sodium. Zelman likes Cascadian Farm Organic Edamame and Seapoint Farms Edamame.



Ruby Red: Dried cranberries tend to contain lots of sugar, so Zelman uses them sparingly. Her two top brands, which contain the least sugar, are Eden Organic Dried Cranberries and Bob's Red Mill Dried Cranberries.

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

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

1

Club Med

This delicious side dish combines favorite ingredients and has a festive color. It's also gluten-free and vegetarian.

Mediterranean Wild Rice Pilaf

Makes 6 servings

Ingredients

- 1 tsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 3 cups cooked wild rice (prepared according to package directions)
- 2 cups fresh baby spinach, chopped
- ½ cup sun-dried tomatoes, chopped (not in oil)
- ¼ cup pine nuts, toasted
- 1 tsp freshly grated nutmeg
- 2 tsp finely grated lemon peel
- dash salt
- freshly ground pepper
- ½ cup crumbled feta cheese

Directions

1. Preheat oven to 350°F.
2. Heat oil in a medium skillet over medium-high heat. Add onion and garlic, and sauté 3–5 minutes until onion is translucent.
3. In a large mixing bowl, combine onion and garlic mixture, wild rice, spinach, tomatoes, pine nuts, nutmeg, lemon peel, salt, and pepper.
4. Add mixture to a 9x11 baking dish coated with cooking spray. Sprinkle with feta cheese. Cover and bake 20–30 minutes, until hot.

Per serving

182 calories, 7 g protein, 23 g carbohydrate, 8 g fat (2 g saturated fat), 11 mg cholesterol, 3 g fiber, 4 g sugar, 313 mg sodium. Calories from fat: 36%

2

Shroom and Board

Pairing meaty mushrooms with just a sprinkle of bacon, these tasty morsels may convince even hard-core carnivores to eat less animal protein.

Stuffed Portabella Mushrooms

Makes 6 servings

Ingredients

- 6 large portabella mushrooms
- 2 tbsp olive oil, divided
- 2 large shallots, minced
- 1 large red bell pepper, finely chopped
- 2 cloves garlic, minced
- 1 tbsp fresh rosemary, finely chopped
- ¼ tsp sea salt
- freshly ground pepper to taste
- 2 cups cooked wild rice (prepared according to package directions)

- ¼ cup pecans, chopped and toasted
- 2 tbsp cooked bacon, crumbled
- 6 tbsp shredded Parmesan cheese

- ¼ cup flat-leaf parsley, chopped

Directions

1. Preheat oven to 350°F.
2. Clean mushrooms, removing black gills and stems.

Chef Gavin Pritchard likes to boil wild rice with vegetable broth or herbs. The rice absorbs the flavor as it plumps.



3. Heat a large, nonstick pan over medium-high heat. Add 1 tbsp olive oil, heat it a bit, then add shallots, red pepper, chopped mushroom stems, and garlic. Sauté 3–5 minutes, until vegetables are soft. Stir in rosemary, salt, and pepper.
4. In a large bowl, combine wild rice, pecans, bacon, and the red pepper mixture.
5. Place portabella caps stem-side up on a rimmed baking sheet and brush them with the remaining oil. Fill each cap with the rice mixture and top with Parmesan cheese. Bake uncovered 15–18 minutes, or until the mushrooms are hot and the topping is lightly browned. Garnish with parsley.

Per serving

193 calories, 8 g protein, 19 g carbohydrate, 10 g fat (2 g saturated fat), 4 mg cholesterol, 3 g fiber, 3 g sugar, 271 mg sodium. Calories from fat: 47%

3

Pod Cast

Along with wild rice, this flavorful salad features another superfood, protein-rich edamame. If you're using frozen, cooked edamame, thaw it first.

Wild rice is the official state grain of Minnesota.



Store cooked, drained wild rice in a tightly sealed container in the refrigerator for a week and in the freezer for up to six months.

Asian Wild Rice Edamame Salad

Makes 6 servings

Ingredients

- 3 cups cooked wild rice (prepared according to package directions)
- ¼ cup onion, finely chopped
- 1½ cups shelled cooked edamame
- ¼ cup dried cranberries
- ½ cup shredded carrots
- ¼ cup fresh basil, julienne-cut
- ½ cup rice vinegar
- 2 tbsp olive oil
- 1 tbsp toasted sesame oil
- 1 tsp honey
- 1 tsp toasted sesame seeds
- 1 tbsp fresh ginger, minced
- ½ tsp sea salt
- freshly ground pepper

Directions

1. In a large bowl, combine wild rice, onion, edamame, cranberries, carrots, and basil.
2. In a small bowl, whisk together rice vinegar, olive oil, sesame oil, honey, sesame seeds, ginger, salt, and pepper.
3. Drizzle vinaigrette over rice mixture, and toss thoroughly to combine. Cover and refrigerate several hours to chill and allow flavors to meld.

Per serving

231 calories, 8 g protein, 29 g carbohydrate, 10 g fat (1 g saturated fat), 4 g fiber, 7 g sugar, 207 mg sodium. Calories from fat: 38%

FITNESS & EXERCISE



36 Work It Out
Which is better:
a walk or a run?

37 Fitness Challenge
Yoga poses to
improve your
strength

Match Play

Rally around a new get-fit
routine this season

READER TIP

“If you’re lucky to have a few nice steep climbs (or stairs at work), you can achieve good fitness. I throw on a 20-pound pack when I walk hills to up the challenge.”—*brunosbud, WebMD community member*

Track your goals with the **Food & Fitness Planner**, the No. 1 tool on the Weight Loss and Diet Plans channel.

WebMD.com

WORK IT OUT

The Right Moves

IS RUNNING BETTER THAN WALKING? FIND OUT WHICH ONE IS FOR YOU

By Kara Mayer Robinson

Running is a better workout than walking, right? Maybe not. Recent studies suggest that both forms of cardio offer significant health benefits.

Running may be the fast track to weight loss, but if you go far or long enough, brisk walking works, too.

But, depending on your specific goal, you may want to pick one over the other.

If you want to shed pounds, run. Researchers recently followed more than 5,000 walkers and more than 32,000 runners over a six-year period. During the study, the runners were clear winners for lower body mass index and smaller waistlines.

“Running burns more calories per minute,” says Dixie L. Thompson, PhD, an exercise physiologist and researcher with the American College of Sports Medicine. Plus, running gives you an added boost in metabolism: After a vigorous workout, you continue to burn calories at a higher rate even when you’re resting, she says.

To top it off, a run may decrease your appetite. A small



study of women reported in the *Journal of Obesity* found that after a 60-minute workout, runners—but not walkers—had more appetite-suppressing hormones in their blood, so they ended up eating less than the walkers.

But before you hang up your walking shoes, consider another recent study, which found that runners don’t have a leg up on reducing the risk of high blood pressure, high cholesterol, diabetes, and heart disease. Note that the walkers in this study burned the same number of calories as the runners, which means the walkers worked out longer. To match the calorie burn of a run, you

MAX OUT
WHETHER YOU WALK OR RUN, MAXIMIZE YOUR HEALTH BENEFITS WITH THESE TIPS FROM EXERCISE PHYSIOLOGIST DIXIE L. THOMPSON, PHD

The more, the better. Walk briskly for at least 150 minutes per week.

Mix and match. It’s OK to dabble in both.

Blast calories. Burn more when you walk by going faster, longer, or on a hilly course.

Build muscle. Walkers and runners should add two or more days of strength training every week. Try resistance bands or weights.

need to walk about 50% farther, or twice as long. So, assuming a brisk walking pace of 3.5 miles per hour and a running speed of 5 mph, you’d have to walk about an hour to get the same benefit as from a 30-minute run.

The bottom line? Running may be the fast track to weight loss, but if you go far or long enough, brisk walking works, too. Both reduce your risk of chronic disease.

The best choice for you depends on your body and your lifestyle. For example, if you have time constraints, running has an advantage. Most important, says Thompson, is choosing what you can commit to on a regular basis.

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



FITNESS CHALLENGE

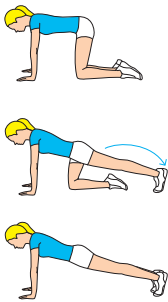
Strike a Pose

WANT TO BUILD STRENGTH? ROLL OUT THE YOGA MAT

By Jodi Helmer

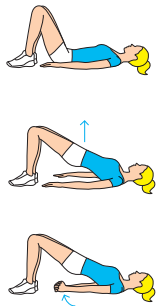
● You don't have to lift weights to gain strength. Certain yoga poses help improve strength and build muscle while developing balance and increasing flexibility. Yoga instructor Gwen Lawrence created the Power Yoga for Sports method to help clients like celebrities Kate Hudson and Hoda Kotb and students at Laws of Yoga, the studio she owns in Port Chester, N.Y., build strength through yoga.

"Holding a pose builds strength both physically and mentally," she says. Do these three moves at least three times per week, and you'll start to feel stronger.



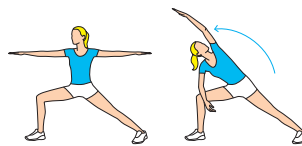
Plank

1. Get down on your hands and knees. Place your palms on the floor with your wrists lined up under your shoulders and knees under your hips.
2. One leg at a time, step back and straighten your knees until you're in the "up" position of a push-up, pressing your toes into the floor (your heels should be lifted off the ground and pointing up toward the ceiling). Your body should be in a straight line from the top of your head to your heels.
3. Taking slow breaths, tighten your stomach (mimicking the motion of sucking it in).
4. Hold 30 seconds, and work your way up to one minute. Repeat five times.



Bridge

1. Lie on your back, knees bent, feet flat on the floor. Your feet should be parallel and hips-width apart. Rest your arms on the floor alongside your body.
2. Pull your heels as close to your buttocks as possible. Place a yoga block between your knees to engage your inner thighs.
3. Press through your heels and raise your hips off the floor as high as you can, trying to get your chest to meet your chin (keep your head on the floor).
4. Pushing your shoulder blades into the floor, extend your arms beneath your body and try to clasp your hands underneath you. (Don't worry if your hands don't connect right now).
5. Hold 60 seconds.
6. Repeat five times.



Extended Side Angle

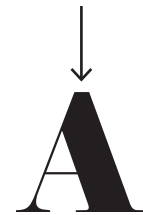
1. Stand with your feet 3 feet apart. Anchor your heels and turn your left foot in about 45 degrees and your right foot out 90 degrees, keeping heels and toes flat on the floor.
2. Slowly bend your right knee to form a 90-degree angle. (Knee should be directly over your ankle.)
3. Extend your torso, raise your arms to shoulder height, palms facing down and forearms parallel to the floor.
4. On an exhale, bring your right hand to the floor on the inside of your right foot.
5. Extend your left arm over your head until your left arm is in line with your extended left leg.
6. Hold 60 seconds.
7. Repeat five times. Switch sides and perform five more repetitions.

Q

"I hear about interval training, but I have no idea what it means and whether it's something I should incorporate into my workouts."



Lynsley Smith, 36, corporate writer, New York City



"Interval training is a hot fitness trend: It's a calorie-torching twist that involves mixing high-intensity activities with lighter activities. Research found that incorporating five 30-second bursts of high-intensity pedaling on a stationary bike, each followed by four minutes of slower pedaling, helped burn an extra 200 calories. This training can be tailored to any fitness level. Mixing high- and low-intensity activity can ward off boredom. Best of all, bursts of intensity boost heart rates, which burns calories and fat."



Chris Freytag, board chair for the American Council on Exercise, certified group fitness instructor, and creator of the High Intensity Interval Training DVD series

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

WebMD[®] Checkup

TAKING CARE, LIVING WELL

September is **Blood Cancer** Awareness Month. Learn more about leukemia, lymphoma, and myeloma

Every year, doctors diagnose more than 100,000 blood and bone marrow cancers, and more than 50,000 people die from the diseases, according to the CDC. With most, a fast growth of abnormal blood cells prevents normal cells from doing their job, which includes fighting off infection and disease.

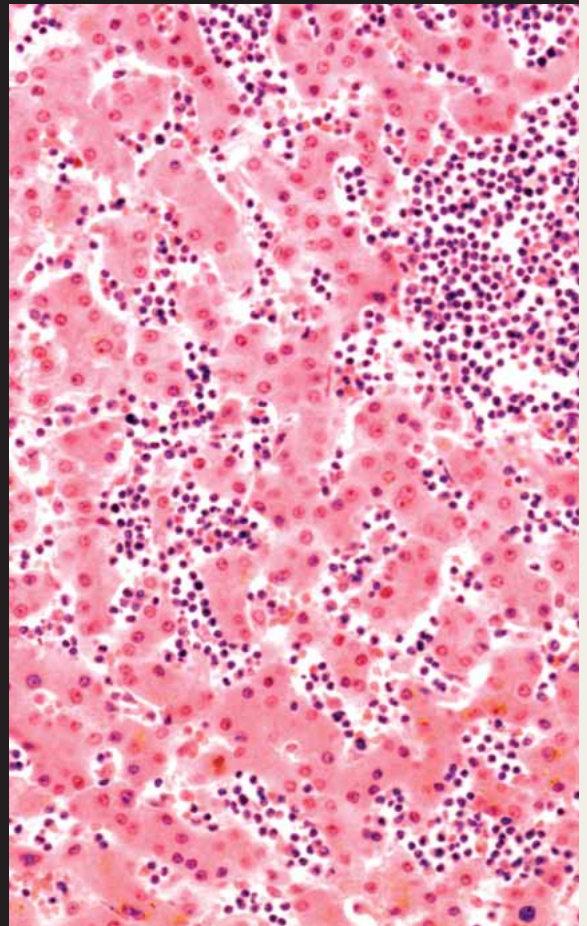
Scientists know very little about the causes of blood cancers. But they have found connections—for example, between leukemia and excessive exposure to radiation and also to benzene, a chemical in cigarettes, solvents, and the natural environment. Research into the causes of myeloma and lymphoma focuses on mutations in the body's DNA that could trigger the growth of abnormal cells.

Different blood cancers affect certain groups of people more than others. Leukemia is the most common and deadliest cancer among young people under age 20. Myeloma and lymphoma are most common in adults older than 45.

Hodgkin lymphoma is the least common type of lymphoma, but also one of the most curable forms of cancer.



Hillary Scott, lead singer of Lady Antebellum, lost her grandfather to leukemia. In 2012, her band released a public service announcement to raise money for blood cancer research. Supermodel Cindy Crawford, whose brother died from leukemia when she was 9, partners with St. Jude Children's Research Hospital to raise money to research and treat childhood cancers. Michael C. Hall, who plays the title role on Showtime's *Dexter*, is a Hodgkin lymphoma survivor. He promoted the 2011 Light the Night Walk for blood cancer research.—*Sonya Collins*



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Take a closer look at attention deficit hyperactivity disorder with facts, stats, and more.

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Five things you need to know about the Affordable Care Act and how it will affect you.

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Do you have fall allergies? Take the quiz to find out and get questions to ask your doctor.

HOUSE CALL

MAKE YOUR HOME—AND YOUR DAILY ROUTINE—
RA-FRIENDLY WITH EXPERT TIPS

By Stephanie Watson

Remember when you didn't think twice about twisting open a jar of pickles or carrying a pot full of water to the stove? But with rheumatoid arthritis (RA), your joints may now often be so sore and stiff that they protest even the simplest household tasks.

"This stiffness and pain can last for hours. In some people it lasts all day," says Patience White, MD, vice president of public health for the Arthritis Foundation and professor at George Washington University School of Medicine and Health Sciences. As a result,

Stairs can seem like huge hurdles when mobility is an issue.

people with RA "have all sorts of trouble negotiating their living space," she says. To make your daily life more RA-friendly, White offers these tips.

Safe Scrubbing When you have a choice between taking a bath or shower, go with the shower so you don't have to take that big step up and over the side of the tub. "Tubs are hard to negotiate," White says. To prevent falls, install a nonslip rubber mat on the shower floor. Install a waterproof chair or bench, too, so you can sit down while you scrub.

Bigger Tools Up-size everything in your bathroom. Get a large-handled toothbrush, easy-grip nail clipper, and long-handled shower sponge. Also, raise your toilet seat and toilet paper dispenser, too.



No-Stress Dressing Take the stress out of getting dressed by wearing clothes that are as functional as they are fashionable. Replace buttons with Velcro, elastic, or zipper closures. Buy lined clothes, which are easier to get over your head. And wear slip-on shoes—laces are hard to tie with sore fingers.

Easy Lifting Lighten the load on your joints by using bigger, stronger muscle groups for lifting heavier

objects, such as boxes or grocery bags. "Use both hands when you pick something up," White suggests. When lifting something from the floor, bend with your knees, not your back. Use your hip or foot to close drawers, instead of your wrist.

Avoid Slip-Ups Piles of papers and books lying around your house are falls waiting to happen. Keep your floors as clutter-free as possible. Also



Learn **10 Serious RA Symptoms to Never Ignore**, a top article on the Rheumatoid Arthritis channel.

WebMD.com

remove or secure any loose rugs that could trip you up.

Stair Care Stairs can seem like huge hurdles when mobility is an issue. Line them with nonslip treads and take one stair at a time, holding on to the railing, White suggests. If you still struggle to get up and down the stairs, relocate your bed to the ground floor so you can avoid them.

Kitchen Prep Make meals simpler by planning and prepping ahead of time. “You have to think through the meal very carefully—what you’re going to cook, and how you’re going to cook it,” White advises. Ask a friend or family member to chop vegetables and open jars for you at the beginning of the week. Store them in the fridge until you’re ready to cook. Instead of lifting



GOOD MORNING

IS SORENESS KEEPING YOU IN BED LONG AFTER YOUR ALARM CLOCK RINGS? JOINTS CAN BE EXTRA STIFF IN THE MORNING. PATIENCE WHITE, MD, OFFERS A FEW TIPS TO HELP GET YOU MOVING IN THE A.M.

Prep at night. Get everything you’ll need for the next day ready before you go to bed. “Lay out your clothes the night before when you’re not so stiff,” White suggests.

Ready your meds. Place your medication on your nightstand, along with a glass of water to wash it down. “Take it 45 minutes before you have to get up so the medication is already working.”

Stay warm. Before you venture out of bed, turn on a heating pad (set at warm, not hot, so you don’t burn your skin) and let it soothe your stiff joints for a few minutes. Then step into a warm shower to further loosen up.

Stretch out. Still sore? Try a few gentle range-of-motion stretches, like pulling one knee at a time to your chest or reaching to the side with your arms over your head.

heavy pots full of water, transfer the water with a plastic measuring cup. Stock your kitchen with easy-to-use tools, like an electric can opener, food processor, ergonomic knives with extra-large handles, and a long-handled grabber to reach items on high shelves.

Better yet, reorganize your kitchen workspace so all the tools you need are on low shelves within arm’s reach. That way you won’t need to stretch at all to get them. To prevent your legs and feet from tiring out while preparing recipes that are time-consuming, store a stool or chair nearby so you can sit down while cooking.

Smarter Chores Vacuuming, dusting, and mopping will keep your joints moving and your house clean. Just don’t overdo it. “Planning and pacing yourself become crucial,” White says. Start with the high-traffic areas, and clean only one room at a time. For the bigger jobs, “get a cleaning service, even if it’s once a month,” White suggests.

Home Ideas Make minor renovations throughout the house so you can get around more easily. Replace hard-to-turn doorknobs with handles, raise your bed so you can get out of it without straining on stiff mornings, and place a sturdy chair anywhere you need to sit—for instance, beside the kitchen counter and bathroom sink. Need some design advice? “Get a consultation with an occupational therapist,” White recommends. “They will come to your home and make all sorts of suggestions about how you can revamp your rooms.”

DID YOU KNOW?

RESEARCHERS THINK
**LOW
LEVELS OF
VITAMIN D**

MAY INCREASE A PERSON’S RISK FOR RA AND OTHER AUTOIMMUNE DISEASES. IT APPEARS THE BODY’S IMMUNE SYSTEM MAY BECOME MORE SENSITIVE, THOUGH MORE RESEARCH IS NEEDED.

Reviewed by Hansa Bhargava, MD, WebMD Medical Editor

BY THE NUMBERS

ADHD

FACTS AND STATS ON TOP HEALTH CONDITIONS

By Heather Hatfield

5.2 million

Children in the U.S. ages 3-17 diagnosed with attention deficit hyperactivity disorder (8.4%)



Types of FDA-approved medications for ADHD: stimulants and nonstimulants

15.6%

Kids in North Carolina with ADHD (highest rate in the U.S. by state)



Kids in Nevada with ADHD (lowest rate in the U.S. by state)

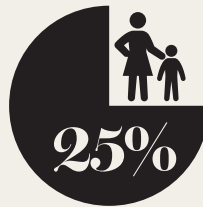
5.6%



Girls ages 3-17 diagnosed with ADHD: 4.7%



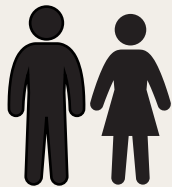
Boys ages 3-17 diagnosed with ADHD: 12%



Kids with ADHD whose parents also have ADHD

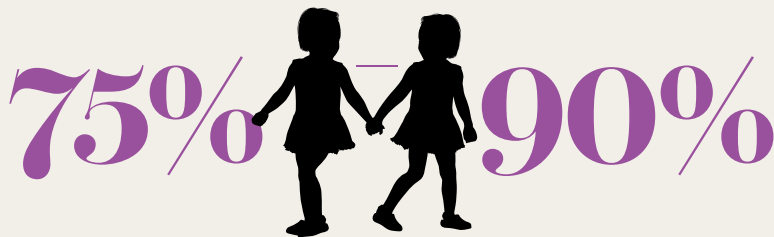
33%

Kids with ADHD with one other mental health disorder, such as a learning disability, anxiety, or depression



2-4%

Adults in the U.S. with ADHD



75% 90%

The chance of an identical twin having ADHD if his or her twin has it.

Adults with ADHD who have been diagnosed or treated

25%

Percent of those adults who seek help

8%

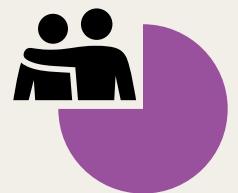
Kids in excellent or very good health likely to have ADHD



21%

Kids in fair or poor health likely to have ADHD

FEWER THAN 20%



Sources: American Academy of Child and Adolescent Psychiatry; American Academy of Pediatrics; Anxiety and Depression Association of America; CDC; FDA; Human Molecular Genetics; National Alliance on Mental Illness

HEALTH CARE

UNDER COVER

5 THINGS YOU NEED TO KNOW ABOUT THE AFFORDABLE CARE ACT

By Lisa Zamosky



1. If you get insurance at work, you'll probably keep your coverage.

Most Americans—roughly 150 million people—obtain their health insurance through their employer. If you're one of them, not much is likely to change for you as a result of the new law. Nearly nine in 10 U.S. companies plan to continue offering health benefits to workers, according to recent surveys.

2. You're guaranteed insurance. As of January 2014, the Affordable Care Act (ACA) makes it illegal for insurance companies to deny anyone a health insurance policy, regardless of health condition. They also won't be able to charge you more because of your health or your gender. That means if you don't get health insurance at work, you will be guaranteed the right to buy a policy through new insurance marketplaces.

3. Many people will get help paying for coverage. The ACA makes financial support available to people who buy insurance on

their own and meet certain income requirements. If you are a single person earning up to \$45,960 each year, or a family of four with an annual income as high as \$94,200, you may be eligible for tax credits.

4. You'll receive free preventive care.

The law emphasizes preventive and primary health care to help people stay healthy and prevent chronic illness from becoming more difficult and costly to treat. Health plans must now cover the cost of preventive services such as immunizations, mammograms, colonoscopies, and well-woman visits, with no cost to the patient at the time of service.

5. Benefits will be better. Starting Jan. 1, 2014, all new health plans sold to individuals and small businesses must include a comprehensive package of health benefits. Emergency services, hospitalizations, laboratory services, maternity care, and mental health and substance abuse treatment are among the services that are covered.

FROM WEBMD.COM

Q&A

“Will I have to buy health insurance starting in 2014?”



EXPERT ANSWER

“The Affordable Care Act requires most Americans to either have health insurance, or pay a penalty if they choose not to. The cost of the penalty in 2014 is equal to \$95 per adult and \$285 per family or 1% of household income, whichever is greater. That amount climbs to \$695 per person and \$2,085 for a family or 2.5% of household income by 2016. Some people will be exempt from the penalty. For example, if you don't file taxes because your income is too low, if you're unable to find a health plan that costs less than 8% of your income, or if you are part of certain religious groups or a member of a federally recognized Native American tribe, you won't be required to buy insurance or pay the penalty. And you won't have to pay the penalty if you happen to lose existing health insurance, as long as your gap in coverage isn't longer than three months.”

HEALTH CHECK

COULD YOU HAVE FALL ALLERGIES?



● ● ● Fall allergies can drive you nuts, not only because of the symptoms (itchy eyes, running nose, and congestion) but also because tiny grains of pollen seem to be, well, everywhere. Or, as **christinehoward2013** writes to the WebMD allergies community, “We can use an air purifier inside, but I am unable to control the pollen outside and anywhere else we go.” How much do you know about what causes—and how you can manage—fall allergies?



ASK YOUR DOCTOR

1

What causes my allergy symptoms? What kind of allergies do I have?

3

Will allergy shots work for me? How often will I need to get them?

2

What are my treatment options? What lifestyle changes can I make?

4

Will I need to take medications along with shots?

QUIZ

- If there aren't a lot of pollen-producing plants in your area, you don't have to worry about allergies.
 True False
- If you have allergy symptoms, you can treat them yourself with over-the-counter nasal decongestant sprays.
 True False
- Most pollen comes from bright, showy flowers.
 True False
- Washing your hair at night is a good way to minimize your exposure to pollen.
 True False

Answers: **1. False.** Because tiny grains of pollen are carried in the wind, researchers have found pollen up to 400 miles out at sea. **2. False.** Doctors recommend limiting nasal decongestant sprays to no more than three days in a row; longer-term use can damage the nasal passages and increase congestion even more. **3. False.** The pollen that causes allergic reactions generally comes from trees, weeds, and grasses, not flowers. Weeds, especially ragweed, are the source of most allergy-producing pollen in the fall. **4. True.** Taking a shower and changing your clothes is a great way to remove allergy-causing pollen, so you don't end up getting it on furniture and in bed linens.

SOURCES:

American College of Allergy, Asthma, and Immunology; National Institute of Allergy and Infectious Diseases; WebMD Allergies Health Center

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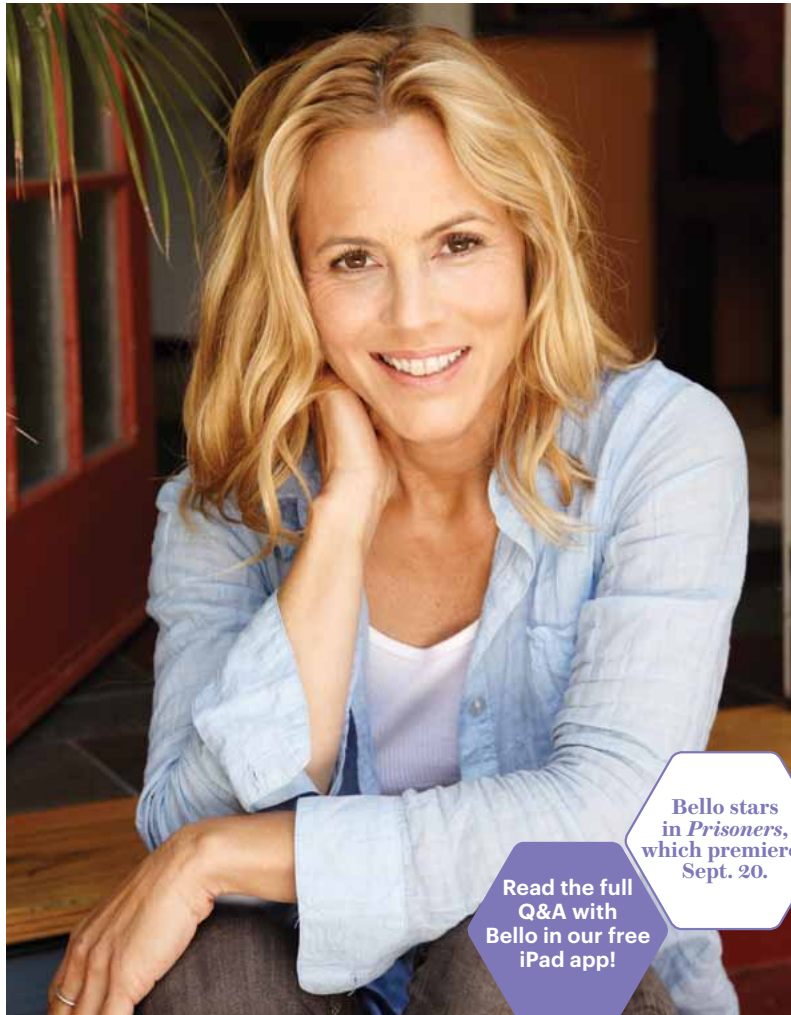
Maria Bello

Actor, Activist

1 You recently reprised your role in *Grown Ups 2*, you're in the upcoming thriller *Prisoners*, and this winter you're in the romantic drama *Third Person*. Are you satisfied with your career? I'm so lucky because my career has been such an adventure—*Third Person* was filmed in Rome. I find joy in art, acting and writing, telling stories, and especially in working with women. I've been so fortunate to marry all those things, plus I'm busy carpooling my 12-year-old son, Jackson Blue McDermott.

2 After Haiti's 2010 earthquake, you co-founded We Advance, a community-based empowerment movement dedicated to advancing women's health, safety, and well-being. What was your motivation? I've always championed social justice and women's rights, and in Haiti and elsewhere, I believe women should have full political, economic, and social participation. Now I'm constantly working on new projects, raising money, and speaking about international women's issues.

3 What health messages do you share with Haitian women? It's all about



Bello stars in *Prisoners*, which premieres Sept. 20.

Read the full Q&A with Bello in our free iPad app!

education. So we also started We Advance University, an online educational website with short videos and networking opportunities so women can access resources and services from local organizations.

4 Before acting, you planned to be a lawyer, and majored in peace and justice education. How did that help your career and your causes?

Politics and diplomacy are not in my repertoire. Still, my education has served me well, especially in international women's rights. I meet remarkable women from so many places who share their hopes, lives, and dreams with me.

5 What is your best health habit? Your worst? My best is that I see a nutritionist, and I've used vitamins and

supplements for 14 years now—every single day. If I miss, I can feel a difference. My worst habit is smoking—I do think about quitting.

6 Has a health condition ever altered your daily living? Three years ago, I broke my tailbone snowboarding in Sun Valley [Idaho]. I was towed down the mountain on a little sled. For six

weeks, it was hard to sit or stand up without hurting.

7 How has your personal health philosophy evolved? I really believe mental and emotional health dictate physical health. Some of the sickest people may get better because of a positive attitude—they live in joy and gratitude.

8 Do you have a healthy personal practice? I have a green juice most mornings. It's a jolt of energy that's better than caffeine. I mix kale, cucumber, celery, apple, and jalapeño pepper for a sweet and savory flavor.

9 What could you have done better health-wise growing up? Taken better care of my teeth—I have so many fake teeth. We didn't know how important flossing was.

10 What's your favorite part of your body? My heart! I don't think about my physical body, but I'm very grateful for my face. And I don't criticize myself. I like my face more as I get older—even with its lines. They're really interesting.—*Stephanie Stephens*