

WebMD[®]

The Comeback
A SERIES FROM THE EDITORS OF
WebMD
&
Sports Illustrated

SEE PAGE
28

Jan/Feb 2016 / \$4.95

**WEIGHT-
LOSS
MYSTERIES
EXPLAINED**
PG. 68

**FAMILY &
PARENTING**

Rewards-Based
Pet Training
pg. 52

**MEN'S
HEALTH**

Vasectomies:
What to Know
pg. 35

**HEALTHY
BEAUTY**

Scrubs for a
Fresh Start
pg. 38

**LIVING
HEALTHY**

Mindfulness &
Your Health
pg. 32

MUNN'S THE WORD

**Olivia Munn on
self-acceptance
and success PG. 58**

**FOOD &
FITNESS**

Workout
Motivation
pg. 79

**HEALTH
HIGHLIGHTS**

Cold & Flu
Season Tips
pg. 82

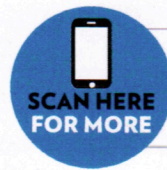


8800 59 1849
ERIN O'DONNELL
2909 N STOWELL AVE
MILWAUKEE WI 53211-3350

*****AUTO**MIXED**ADC-450

COMPLIMENTARY WAITING ROOM COPY

PERMIT NO. 354
DANVILLE, KY
U.S. POSTAGE PAID
PERMIT STD



Check out **Treating Your Child's Cold or Fever**, a slideshow at WebMD.com.

[LEARN HOW ON PAGE 6](#)

KIDS' HEALTH

Fever Pitch

HOW YOU TAKE YOUR CHILD'S TEMPERATURE MATTERS. GET THE FACTS

By *Erin O'Donnell*

Few things set off alarm bells for parents like a child with a high fever. Yet while a fever signals that the body is fighting an infection, it's not an emergency in most instances, says Alex Okun, MD, a primary care pediatrician and medical director for New Alternatives for Children, a nonprofit child welfare agency in New York City.

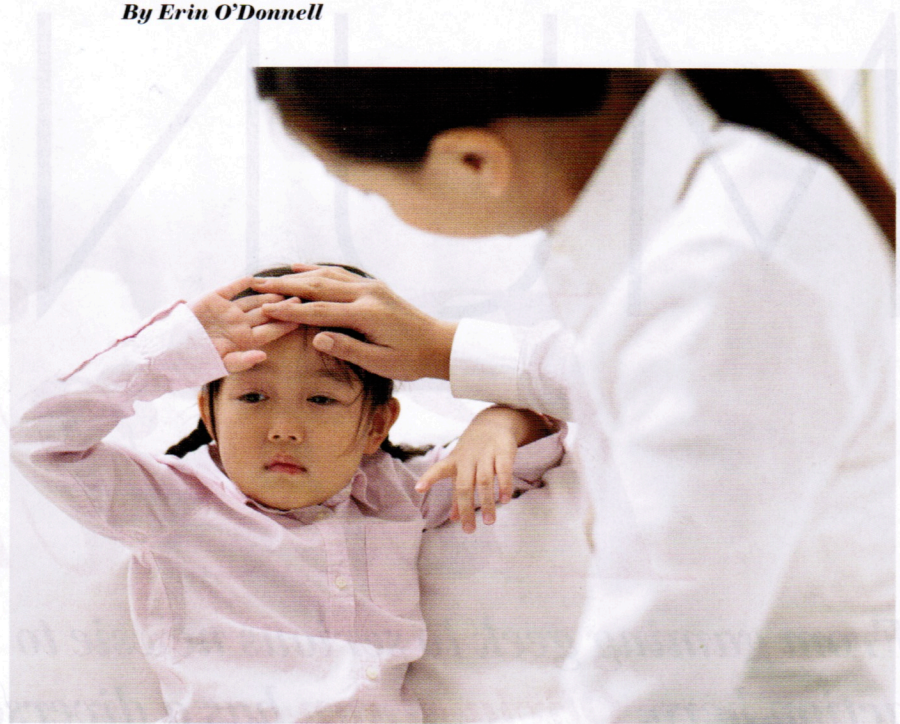
"A fever may matter less than some families think," Okun says. "It's really just part of the big picture. Other signs and symptoms, and how the child's looking and doing, usually matter more." For example, few pediatricians worry if a child has a fever but is running around playing as usual. And most pediatricians don't even consider a child's temperature a fever until it reaches 100.4°F, Okun adds.

Still, if you suspect your child has a fever, some situations call for taking her temperature and tracking it carefully: when a baby is younger than about 12 weeks, when a child has a suppressed immune system due to cancer treatment or disease, if a child has sickle cell disease, or when a child uses a medical device known as a central venous catheter.

Here's a rundown of common fever-checking methods.

Oral Once a child is about 5 or 6 years old, this is an easy, accurate option. "The child needs to be old enough to hold the thermometer under the tongue, and close his mouth until the number stops changing or the thermometer beeps," Okun says.

Rectal Pediatricians consider this the most accurate option in children too young for an oral thermometer. Infants and toddlers can lie on their backs, but older children may prefer to lie on their



sides, with legs bent. Place the tip of the thermometer about a half-inch inside the rectum, and gently pinch the buttocks to hold the thermometer in place until the thermometer beeps. Label thermometers so a rectal thermometer is never used in someone's mouth.

Axillary This method involves placing a thermometer under a child's arm in the armpit. Studies show this technique is not useful if you need a precise reading, Okun says.

Ear The tympanic membrane thermometer, or ear thermometer, measures the heat given off by a child's eardrum. These thermometers may not be accurate if your child has a curved ear canal or lots of earwax.

Temporal artery The temporal artery thermometer uses an infrared scanner to measure the temperature of the temporal artery in the forehead.

ASK YOUR PEDIATRICIAN

If I think my child has a fever, should I take her temperature? If so, how?

Above what temperature should I consider my child to have a fever?

If my child has a fever, what other signs should I watch for?

When should I give my child fever-reducing medication? Which can I give her, and how much?

When should I call you?

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

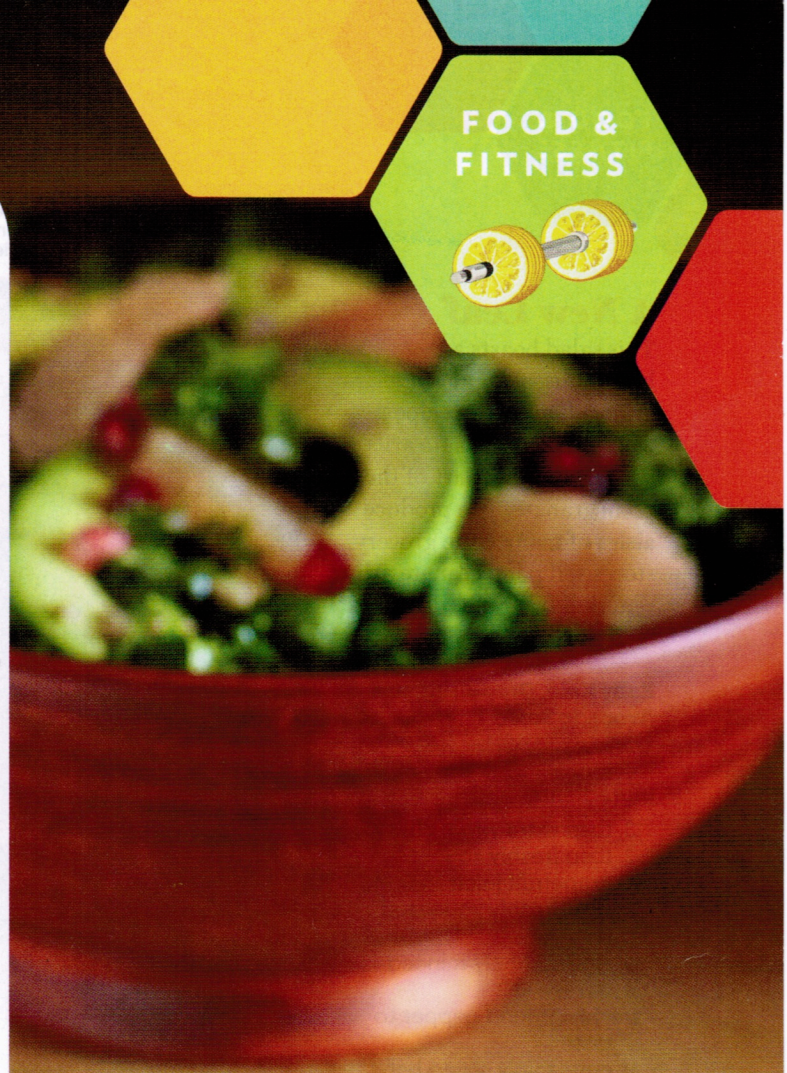


IN SEASON

Sun Burst

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

Just at the moment you make a resolution to eat more healthy foods, nature hands you a simple, tasty way to do it. It's citrus season, so supermarkets are stocked with oranges, grapefruits, tangerines, and their many cousins. Snacking on one medium orange provides more than 100% of an adult's daily value of immune-boosting vitamin C and an impressive 12% of the daily value of fiber. That fiber includes pectin, "which seems to bind to cholesterol in the gut and remove it from the body," says Bahram Arjmandi, PhD, RD, director of the Center for Advancing Exercise and Nutrition Research on Aging at Florida State University. Citrus fruits also contain plant chemicals including naringenin and hesperidin, anti-inflammatory compounds that preliminary research suggests could help reduce blood pressure and cancer risk. Pink and red grapefruit contain the antioxidant known as lycopene, which may play a role in preventing cancer. While a glass of your favorite sunshine-hued juice rocks as an occasional treat, "take the time to eat the whole fruit to get the fiber," Arjmandi says. Our recipes on the next pages offer new ways to get the new year off to a sunny start.



A New Leaf

This salad boasts a host of disease-fighting antioxidants. The recipe calls for pomegranate arils, the juicy, edible part of the pomegranate. The produce aisles of many large grocery stores sell pomegranate arils removed from their skin and ready to eat.

Baby Kale, Grapefruit, and Avocado Salad

Makes 6 servings

Ingredients

- 3 tbsp extra virgin olive oil
- 2 tbsp freshly squeezed grapefruit juice
- 2 tbsp freshly squeezed lime juice
- 1 shallot, finely minced
- ¼ tsp sea salt
- freshly ground pepper to taste
- 9 cups thinly sliced baby kale, ribs and stems removed
- 1 pink grapefruit, sectioned
- 1 avocado, halved, pitted, and sliced
- ½ cup pomegranate arils
- ¼ cup toasted sunflower seeds

Directions

1. Make the dressing: In a small bowl, whisk olive oil, grapefruit juice, lime juice, shallot, salt, and pepper. Place kale in a large bowl and toss with dressing.
2. Place dressed kale on six salad plates. Top leaves with grapefruit, avocado, pomegranate arils, and sunflower seeds.

Per serving

215 calories, 5 g protein, 22 g carbohydrate, 14 g fat (2 g saturated fat), 5 g fiber, 5 g sugar, 143 mg sodium. Calories from fat: 56%

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor



Grapefruits come in pink, red, white, and golden varieties.

The bigger the "navel" on an orange, the sweeter it will be.

Wrap Star

This recipe involves parchment paper, sold next to the foil and plastic wrap in supermarkets. The paper acts as a tent to steam the fish in the aromatic citrus juices. Serve the fish with asparagus and a whole-grain side dish such as brown rice.

Citrus Salmon in Parchment

Makes 6 servings

Ingredients

- 6 (6-oz) skinless salmon fillets
- 6 (12–15-inch) squares of parchment paper
- 1 tbsp olive or canola oil
- ¼ tsp sea salt
- freshly ground black pepper to taste
- ¼ tsp ground red pepper
- 1 medium fennel bulb, thinly sliced
- 1 lemon, thinly sliced
- 1 blood orange, thinly sliced
- 12 sprigs fresh thyme

Directions

1. Preheat oven to 450°F.
2. Place each salmon fillet on a piece of parchment paper. Drizzle with oil and sprinkle with sea salt and

black and red pepper. Top each piece of salmon with fennel, citrus fruit, and thyme.

3. Bring the edges of the paper together and fold to seal, tucking the edges under the packet. Place packets on a baking sheet.
4. Bake 15 minutes, or until fish is flaky. (Carefully open one packet to test.) Place packets on serving plates and cut an X in the center of the paper on each one. Serve immediately.

Per serving

395 calories, 35 g protein, 6 g carbohydrate, 25 g fat (5 g saturated fat), 92 mg cholesterol, 2 g fiber, 2 g sugar, 216 mg sodium. Calories from fat: 57%

WebMD.com

What's Cooking!

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

Spicy Vegetable Soup

Chicken Waldorf Salad

Easy French Apple Tart

Lemon Dill Chicken

Autumn Chicken Stew

*as of Nov. 1, 2015

The pomelo, the largest member of the citrus family, tastes like a sweeter, milder version of grapefruit.



Overnight Delight

This simple dish looks, smells, and tastes delicious, but requires a little planning because the flavor is best when the chicken marinates overnight.

Citrus-Roasted Rosemary Chicken Thighs

Makes 6 servings

Ingredients

- 2 tbsp olive oil
- 2–4 garlic cloves, minced
- 1 tbsp honey
- ½ cup fresh orange juice
- ½ cup fresh lemon juice
- 1 tsp paprika
- ½ tsp red pepper flakes (optional)
- ¼ tsp sea salt
- freshly ground pepper to taste

- 12 skinless chicken thighs
- 1 lemon, sliced
- 1 orange, sliced
- 1 large onion, thinly sliced
- 3 tbsp fresh rosemary, divided

Directions

1. In a small bowl, whisk together olive oil, garlic, honey, juices, paprika, red pepper flakes, salt, and pepper. Place chicken thighs in a large zip-top bag and pour

in juice mixture. Seal and place bag in the refrigerator overnight or for at least three hours.

2. Preheat oven to 400°F. Remove chicken from marinade and place in a 13-by-9 glass baking dish sprayed with cooking spray. Pour remaining marinade into the bottom of the dish. Arrange slices of lemon, orange, and onion on and around the chicken. Sprinkle 1 tbsp rosemary on top.

3. Bake uncovered 50–60 minutes, or until the chicken is golden brown and an instant-read thermometer registers 165°F. Garnish with remaining rosemary and serve.

Per serving

257 calories, 28 g protein, 14 g carbohydrate, 10 g fat (2 g saturated fat), 115 mg cholesterol, 2 g fiber, 8 g sugar, 249 mg sodium. Calories from fat: 35%

BREAKFAST 411



James Beard award-winning chef Ming Tsai knows the value of a good breakfast for kids. The host of TV's *Simply Ming* is the father of two boys, David, 15, and Henry, 13, and president of the National Advisory Board of Family Reach, a nonprofit that provides a financial lifeline for families of children with cancer. His advice? Start the day with a meal that's low in sugar and high in protein, and that has some sort of fruit or vegetable.

For breakfast, his family leans toward savory, including his sons' favorite: fried rice. Using leftover rice he stores in the fridge or freezer, Tsai cooks it up with ginger,

scallions, garlic, and eggs—and sometimes ground turkey or organic sliced sandwich meat. He'll also top ramen with an egg for another savory breakfast dish.

In the winter, he'll often make his sons oatmeal. Instead of using ready-made packets (which can have lots of added sugar), Tsai cooks the oatmeal with diced banana and rice milk. "My kids love tasty, bold-flavored breakfasts. For me, it's about starting with wholesome ingredients, adding some high-impact (low calorie, all natural) flavor boosters, and keeping it simple."

—**Kerri-Ann Jennings**