

HOW TOP DOCTORS STAY STRONG AND HEALTHY



ON CALL THIS MONTH
THE SKIN SAVER

Doctors fighting the war on skin cancer have a new weapon that can help prevent the need for surgery, thanks in part to **Adnan Nasir, M.D., Ph.D.**, a clinical assistant professor of dermatology at the University of North Carolina and the director of dermatology at Wake Research Associates. He was involved with trials for the drug imiquimod, a topical basal-cell skin cancer treatment that works by stimulating the immune system.

How I fight aging SUNSCREEN

"The sun causes about 75 percent of age-related skin damage. To block UVA and UVB rays, I apply Neutrogena Men Age Fighter Face Moisturizer SPF 15 every morning.

I wear Neutrogena oil-free SPF 30 at the beach and water-resistant Dermatone with Z-Cote SPF 30 when I run or cycle."



HOW I AVOID AFTERNOON SLUMPS STAND-UP DESK

"When I'm at work, I use a sit-stand desk made by Jesper Office. It rises and lowers electrically so I can easily move it up and down. Adjusting the position helps keep my energy level high, and it's great for my back."

How I keep my face smooth ANTIOXIDANTS

"I shave with a Gillette Mach3 Turbo razor and use Arbonne's RE9 shave gel, which contains antioxidants from algae, aloe, and lemon. Research shows that antioxidants can reduce damage to collagen, which helps prevent wrinkles. Also, three times a week I eat dark chocolate (70 percent cacao or higher), which has flavonoids that protect skin from aging. At night I use Aqua Glycolic Face Cream. It contains glycolic acid, which works triple duty by treating acne and eliminating fine lines and age-related skin discoloration."



How I stay fit BAREFOOT RUNNING

"I run or bike 6 days a week for an hour. When I hit the treadmill, I go barefoot. But when I run outdoors I wear Vibram FiveFingers to protect my soles. I also wear Oakley wraparound Half Jacket sunglasses so I squint less, which helps prevent wrinkles around my eyes."

HOW I BLAST NEGATIVITY MANTRA

"I think everybody should have a mantra. Mine is 'This is fantastic!' I rely on it to help me stay positive in tough situations because it forces me to think of a time when something really was fantastic."

OUR ADVISORY BOARD

00:02

2-second lifesavers

CARDIOLOGY

John Eleftheriades, M.D., is chief of cardiac surgery at Yale School of Medicine.

Prediman Krishan (P.K.) Shah, M.D., is director of cardiology at Cedars-Sinai Heart Institute in Los Angeles.

Eric J. Topol, M.D., is a professor of genetics at the Scripps Research Institute in San Diego.

DENTISTRY

Kenneth Young, D.D.S., is a Manhattan-based dentist with 30 years of experience. He's a leader in cosmetic dentistry, laser surgery, and implants.

DERMATOLOGY

Adnan Nasir, M.D., Ph.D., is on call this month.

EMERGENCY MEDICINE

Travis Stork, M.D., is a faculty physician at Vanderbilt University Medical Center and author of *The Lean Belly Prescription*.

EXERCISE SCIENCE

Alexander Koch, Ph.D., C.S.C.S., is an associate professor of exercise science at Truman State University, Missouri.

David Pearson, Ph.D., C.S.C.S.*D., is a professor of exercise physiology at Ball State University.

FAMILY MEDICINE

Ted Epperly, M.D., is a former president of the American Academy of Family Physicians.

GASTROENTEROLOGY

Mark Welton, M.D., is chief of colorectal surgery at Stanford University School of Medicine.

INTEGRATIVE MEDICINE

James N. Dillard, M.D., D.C., L.Ac., is medical director for the complementary and alternative medicine program at Oxford Health Plans.

MENTAL HEALTH

Thomas Joiner, Ph.D., is a professor of psychology at Florida State University and the author of *Myths about Suicide*.

William Pollack, Ph.D., is an associate clinical professor of psychology at Harvard Medical School.

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NEUROLOGY

David S. Liebeskind, M.D., is an associate professor of neurology at UCLA.

NUTRITION

Alan Aragon, M.S., has 18 years of experience helping regular Joes and pro athletes lose fat and gain muscle.

Jeffrey Blumberg, Ph.D., F.A.C.N., F.A.S.N., C.N.S., is the director of the antioxidant research lab at the Human Nutrition Research Center on Aging at Tufts University.

OPHTHALMOLOGY

Kimberly Cockerham, M.D., teaches ophthalmology at Stanford University School of Medicine.

RELATIONSHIPS

Debby Herbenick, Ph.D., M.P.H., is the associate director of the center for sexual health promotion at Indiana University.

SLEEP MEDICINE

W. Christopher Winter, M.D., is the medical director of the sleep medicine center of Martha Jefferson Hospital in Virginia.

SPORTS MEDICINE

Andrew J. Feldman, M.D., is the director of sports medicine at St. Vincent's Medical Center in New York City.

Nicholas A. DiNubile, M.D., is an orthopedic surgeon at the Hospital of the University of Pennsylvania and the author of the *FrameWork* book series.

UROLOGY

Larry I. Lipshultz, M.D., is a professor of urology at Baylor College of Medicine.

Judd W. Moul, M.D., F.A.C.S., is chief of the Duke University Medical Center's division of urologic surgery.

WEIGHT LOSS

David Katz, M.D., M.P.H., FACPM, F.A.C.P., is director of the prevention research center at Yale University.

Jeff S. Volek, Ph.D., R.D., is an associate professor of kinesiology in the human performance laboratory at the University of Connecticut.

1 Flatten your belly!

Eat some watermelon daily to stay regular and hydrated. It delivers fiber and water, and it's the richest natural source of L-citrulline. This compound converts to an amino acid integral to the formation of nitric oxide, which is essential to strong erections and healthy blood pressure.

2 Break out of a rut!

Couples who try new things together find improvement and satisfaction in their relationships in ways that they don't find by spending QT together but doing the same old thing. It could be sexual (a new sex swing or vibrator) or not (a new restaurant or workout).

3 Build strength faster!

When you do deadlifts, stand on a 45-pound weight plate and use a wide grip (twice shoulder width). The plate adds an inch to your range of motion, making your hamstrings and glutes work harder. The wide grip challenges your forearms and upper back more.

4 Blow away stress!

Try the 4-8-8 method: Inhale for a count of 4, hold for a count of 8, and slowly exhale for a count of 8. Do this for 2 minutes. It shifts activity from your sympathetic to your parasympathetic nervous system, helping you calm down and lowering your blood pressure.