



### HOT EXERCISE SCIENTIST

## Mark Peterson, Ph.D.

University of Michigan Laboratory for Physical Activity and Exercise Intervention Research

You know the decades-old formula for building muscle: Lift heavy weights and eat like it's your job.

That's about to change. Breakthrough research by Mark Peterson, Ph.D., finds that excessive eating—regardless of your exercise routine—might *limit* your dreams of bigger biceps.

“Even among guys who aren't obese, increases in fat mass limit the ability to adapt to strength training,” says Peterson, “meaning any extra flab not only interferes with your ability to gain strength but also impairs the quality of your muscle.” Peterson tested his argument on men who followed a 12-week resistance-training program. He looked at their fat and muscle mass with an MRI, examined their muscle quality, and tested their 1-rep max. His conclusion: “Gaining fat can contribute to low-grade inflammation, decreased insulin sensitivity, and altered mitochondrial functioning, all of which can impede your ability to effectively build muscle and strength.”

### His hot tip

Control your appetite. It's unlikely that your body will undergo any rapid changes (unless you've just started weight training), so there's no need to make dramatic adjustments to your calorie intake. “If you're adding strength without gaining fat, your muscular and cardiorespiratory systems will work more efficiently.” Peterson's prescription: Combine moderate-intensity cardio exercise with weight training, even if you're trying to improve strength and grow bigger.

# HEALTH

### HOT HEALTH TEST *Oral glucose tolerance*

Tingling limbs. Blurred vision. Frequent trips to the urinal. These are all symptoms of type 2 diabetes—and you can avoid them if you detect the disease early enough. You've probably had a fasting glucose test—the standard in the United States,” says Joshua Thaler, M.D., Ph.D., an instructor at the University of Washington's diabetes and obesity center. “But the World Health Organization recommends both the fasting glucose test and the oral glucose tolerance test. The latter is the more sensitive test, so it will pick up more cases of diabetes, giving these people the opportunity to act earlier.”

The way the oral glucose test works: You fast for 8 hours, after which your blood is drawn. Then you down a sugary drink, and additional blood samples are taken at timed intervals. This allows your doctor to assess how well your body responds to a glucose load. “It is one of the most studied methods for detecting diabetes, validated against rigorous laboratory methods,” Dr. Thaler says. “It also has the most standardized parameters for determining your glycemic status.” If you have no risk factors for diabetes, you should be screened every 3 years starting at age 45. However, if you're overweight and have one or more additional risk factors—family history, high cholesterol, high blood pressure—you should undergo testing every 3 years regardless of age, he says.

### WHAT'S OLD IS HOT AGAIN *Classic prescription drugs*

Don't always equate new with improved. “New drugs pose a greater risk for not-yet-identified adverse drug reactions than do older, more established drugs,” says Karen E. Lasser, M.D., M.P.H., associate professor of medicine and public health at Boston Medical Center. “They're often inadequately studied and released onto the market before we have good knowledge of their side effects.” That's because early clinical trials are typically small and limited to young, healthy populations. In the background is the manufacturers' urge to make money and take advantage of their patent, so some drugs are released earlier than might be warranted.

When to stick to your old scrips? “In virtually all situations,” says Dr. Lasser. “Take a new drug only if there is a proven advantage, or no older alternative.” If the doctor is pushing a particular drug, scan his or her office for drug samples—this may indicate the doc's being influenced by the manufacturer, she says. (You can also ask, flat out.) Before accepting a new prescription, ask how long the drug has been on the market, and if it's been less than 2 years, consider requesting an older (and often cheaper) version.

### HOT LIFE EXTENDER *EndoPAT*

Many conditions are called silent killers, but a few of those are so quiet that even doctors don't sense the havoc they're wreaking. Take endothelial dysfunction, a stealth syndrome that can contribute to your arteries hardening, your penis falling flat, and your stroke risk rising. “The endothelium lines your blood vessels and controls whether they're dilated or constricted,” explains George Bakris, M.D., director of the hypertension center at the University of Chicago's medical center. “When that lining is injured by an inflammatory condition, such as high blood pressure, your blood vessels will stop dilating properly.” So if you have elevated BP, have high cholesterol, or are overweight, ask your doctor or physician assistant (see “Hot Treatment Trend,” next page), about EndoPAT, the first noninvasive test for endothelial dysfunction.

### HOT HEALTH TIP *Stay cool in bed*

Evidence continues to mount that a lack of sleep can shorten your life. The latest comes from a Penn State study: Men who slept less than 6 hours a night had a one-third higher risk of dying from all causes during the study period than men who slept longer. A surprising new sleep thief: your own body heat. “During the dreaming phase, you don't regulate your body temperature. You're like a snake when you sleep—if you're hot, there's not much you can do about it,” says W. Christopher Winter, M.D., *Men's Health's* sleep medicine advisor. Too much warmth can stir you awake and leave you exhausted in the morning, he says. And memory-foam toppers may compound the problem—the same squish that helps you relax also traps heat. Try a less dense wool mattress topper, or a memory-foam pad with an egg-crate pattern that creates pockets of air for more circulation, Dr. Winter suggests.



### HOT DOCTOR

## Steven Kaplan, M.D.

future director of the Iris Cantor Men's Health Center at New York-Presbyterian Hospital/Weill Cornell Medical Center

Steven Kaplan, M.D., isn't a psychiatrist, but he understands the average guy's mind. “Men aren't very good at seeking medical care,” he says. “They tend to be less engaged than women are.” The creative solution: the Iris Cantor Men's Health Center, opening in Manhattan next year, which will house a range of health-care services—from primary care to urology to cardiology—all under one roof. “A one-stop center makes entry into the system efficient and easy for a man,” says Dr. Kaplan. “Our mission is not just to take care of the problem he came in for, but to screen him for others as well. I'll have an international expert in virtually every subspecialty at my fingertips.”

### His hot tip

Until facilities like this one catch on around the nation, Dr. Kaplan recommends shortening the distance between the doctors in your life by making sure they all have copies of one another's records. This will improve coordination of your care, which in turn should mean fewer redundant diagnostic tests, less time sitting around in waiting rooms, and an overall better quality of treatment. And while you're at it, keep a backup copy of your records at your fingertips with an iPhone app like My Health Records.

Hair: Sean McKel/Starworks Artists; makeup: Mei Quinn/The Wall Group; manicure: Barbara Warner

### HOT TREATMENT TREND physician assistants

If doctors in the United States were stretched thin *before* health-care reform, they'll need to be positively elastic to handle the newly insured hordes heading their way. Worse, the projected crop of med-school grads won't be enough to help shoulder the caseload. The solution? Physician assistants—medical professionals who after about 6 years of schooling can perform run-of-the-mill doctorly duties that are beyond the scope of nurses. “We need to improve the division of labor,” says Roderick Hooker, Ph.D., P.A., author of *Physician Assistants in American Medicine*. “Some of the less demanding things can be relegated to a PA and other more complex cases to the doctor.” You'll benefit: A proliferation of PAs means shorter wait times, even if you only have a simple sinus infection. So find a practice that has PAs on staff, and then discipline yourself to turn to a PA—not a doctor—for basic care, such as blood work, prescriptions, and treatment of minor ailments.

### HOT LOOKS

## tech

### Live streaming

Posting videos (“Behold the best dog of all time!”) is great, but there's nothing like the energy of a live broadcast. Live streaming (think YouTube in real time) is the next big thing for hard-core video junkies: Viewership of both amateur and pro broadcasts exploded 648 percent in 2010. To start streaming from your iPhone or Android, set up a free account with an online broadcasting service like ustream.tv. Download the site's corresponding free app and start rolling from your smartphone. The footage is beamed over 3G or Wi-Fi to a private viewing link that notifies your buddies and relatives when you go live. And don't worry, the streamed video is recorded for easy upload, sharing, and on-demand viewing later.

### HOT LOOKS

## style

### Custom everything

“Custom” once meant ultra-expensive. But lately it means we can all have fun—for less.

**Create** Turn basic jeans into a one-of-a-kind masterpiece with paint splatters, rips, and distressing. [worldjeanshop.com](http://worldjeanshop.com)

**See** Individual is a company that designs eyeglasses to accent your personality, face shape, and eye color. [individual.com](http://individual.com)

**Listen** Customize iFrogz smartphone cases with your own colors. [ifrogz.com](http://ifrogz.com)

**Kick** Design a pair of Vans by mixing prints and styles from classic camo to bold graphics. [shop.vans.com](http://shop.vans.com)

**Smell** Le Labo will customize your made-to-order scent or candle with labels that bear your name. [store.lalabofragrances.com](http://store.lalabofragrances.com)

## hot list

Our lives would be better without . . . vibrating fitness gadgets X the sunscreen SPF arms race X beer companies that advertise their beer as cold. You can't

take credit for our refrigerators. X fat NFL coaches X customizable athletic mouth guards. Hey, mouth guards are great, but LeBron looks like he went to a dentist named Dan Gilbert.