

# 805 LIVING

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CRUISE  
INTO  
SUMMER



# Expert Advice

This month, we're happy to introduce this new column in which experts throughout the area are invited to address issues surrounding our physical, mental, and emotional health. Read on to learn how to dine out despite a restrictive diet, what to know before visiting a plastic surgeon, and how to maintain harmony with your teen or tween during family vacations.

BY MARYANN HAMMERS



Vacations should be fun for the whole family, so give the teens a little time to text.

## DINING OUT WITH DIETARY RESTRICTIONS

**Gluten-free? Food allergy? Veggie? Nutritional consultant Jeanne “Bean” Murdock gives tips for eating out.**

For people with dietary restrictions, food intolerances, or food allergies, eating out can be a hassle—and even a health hazard. But with advance planning, those on special diets can still enjoy a nice meal, says Jeanne “Bean” Murdock, owner of BeanFit Health and Fitness Services ([beanfit.com](http://beanfit.com)) in Paso Robles. Murdock, who has celiac disease, can't eat foods containing gluten. She spreads the word about going gluten-free with her *Celiac Radio* show. Here's her advice:

- For chain restaurants, check the company website for nutritional information. Some chain eateries have special menus for various diets.
- At high-end restaurants, ask to speak to the manager or chef. Either may be able to accommodate you better than the host or waitstaff.
- Don't make a big deal about what you can't eat. Instead, ask for what you would like to eat.
- Don't limit yourself to restaurants. Stop at a grocer for fresh fruits and other nutrient-dense foods that don't require preparation. Some markets have a dining area right in the store, or you can picnic in a nearby park.
- If you're dreading the group dinner at an upcoming conference, find out who is catering the meals. Call ahead and ask if your diet can be accommodated.

## CONSIDERING PLASTIC SURGERY?

**Plastic surgeon Leilie Javan offers advice for a great outcome.**

Who wouldn't like to turn back the clock a few years? But having cosmetic surgery is a serious decision, and sometimes the results aren't as miraculous as anticipated. Patients who know what to expect, properly prepare, and follow instructions are more likely to be satisfied, says Thousand Oaks plastic surgeon Leilie Javan, M.D. ([drjavan.com](http://drjavan.com)). Her suggestions:

- Carefully choose your doctor. Select a surgeon with experience in the procedure that you are having. Be sure your doctor is board-certified by the American Board of Plastic Surgery. It's best if your surgeon is close to home, as you'll make several follow-up visits while healing and may not feel up to a long car ride.
- Get healthy before your procedure. Get as close as you can to your ideal weight. If you smoke, quit. Smoking can lead to poor wound healing and other complications.
- Tell your doctor about any previous procedures (cosmetic or otherwise) or health issues—diabetes, high blood pressure, heart attack, stroke.
- Manage your expectations. Ask your doctor what is realistic for your face or body type. Review pictures of the physician's work.
- Follow post-op instructions. If you are told to take one week off, do it. Denying yourself time to heal can negatively impact your results.

## TRAVELING WITH TEENS

**Family therapist Bette Alkazian says family vacations can be fun. No, really.**

Is your child in the scary phase known as the “terrible teens”? Are you planning (or dreading) your next family vacation? Relax. It will be fun. Good communication before and during the trip may contribute to a fabulous getaway for all, says Thousand Oaks parenting coach Bette Alkazian, LMFT ([balancedparenting.com](http://balancedparenting.com)). “In a few years, your teens may not be traveling with you, so enjoy their company now,” Alkazian says. Here's how:

- State expectations in advance. From no texting during meals to proper dress at dinner to mandatory activities and excursions, let teens and tweens know the rules for your upcoming trip. Ask for their input, too. Teens like to feel a sense of validation and acceptance.
- Give them space. Teens who have proven to be trustworthy have earned some independence and autonomy, so don't insist that they hang out with you every second of every day. But let them know you expect a phone call or text check-in while separated.
- Don't ask too many questions. Strike a balance—ask a few questions to show that you care but not so many that you seem intrusive.
- Give them time to text. Allow teens time with their cell phones. Otherwise, they are likely to feel left out of their social network and fearful of a loss of social status.
- Don't nag. This is their vacation, too. Let go of all issues that are nonessential or not life threatening. ♦