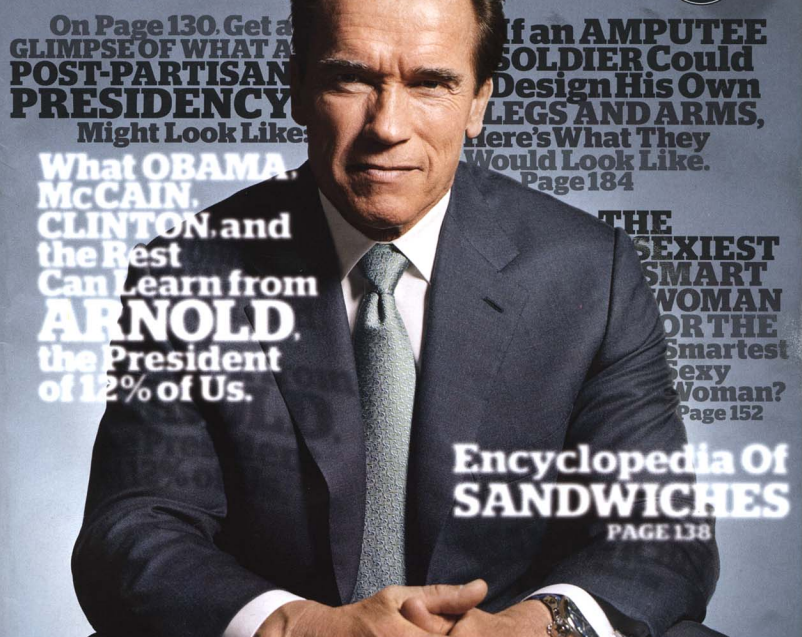


THE NEW LAWS OF CASUAL STYLE:
Time to Burn the Cargo Pants and Buckle In Your Shirt

Esquire

MARCH 2008

75
Anniversary



+ Ask Dr. Oz

THE LIGHTNING ROUND

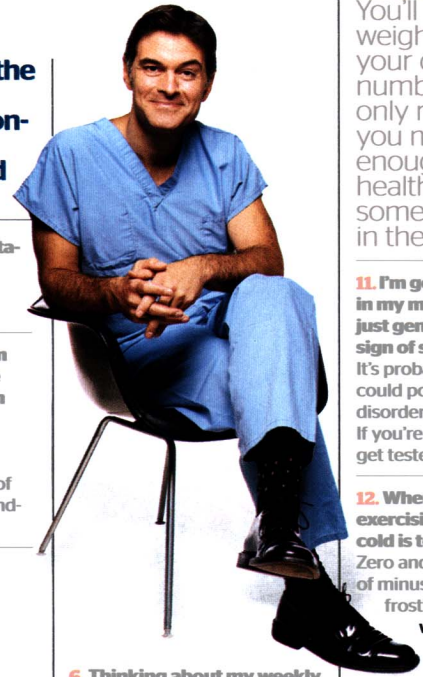
By Dr. Mehmet Oz

Man at His Best

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If you had one of the world's foremost medical professionals cornered at a party, what would you ask him?

1. What is the best multivitamin for a man under 60? One-a-Day Men's Health Formula or liquid Vemma.
2. I read that the heat from my dishwasher can cause toxins to be released from plastic things like food containers and water bottles. True? It depends on the type of plastic, but yes. Just hand-wash them.
3. Aspirin, Tylenol, ibuprofen, Aleve: What are the differences, and when should I take one and not the others? Tylenol (acetaminophen) actually is better at reducing fever than pain. Take it when you're running a temperature. For pain without fever, take one of the others. Never take more than one kind at once.
4. I quit smoking five years ago but still chew the nicotine gum—about ten pieces a day. Problem? The only problem is that it's harder to chew than regular gum, so people get jaw pain. But there's no issue with toxicity or anything like that—that we know of. The problem with smoking is the smoking.
5. Does cracking your knuckles really lead to arthritis? Nope. Total myth.



6. Thinking about my weekly diet, am I wrong to put sushi in the "good for me" column? Sushi is great, but sashimi—that's just the fish without the rice—is even healthier.
7. I usually treat myself when I have the flu. What are some signs that I should seek medical help? High fever that lasts more than three days, trouble breathing, and localized pain. These may signal a serious infection.
8. How can I tell whether it's just a muscle strain or actually a torn muscle? All strains are muscle tears, and they're all treated the same way: ice for 24 to 72 hours, then warm compresses. And rest.

9. Are there any vegetables that are bad for you? Not exactly, but colored vegetables are better than white, starchy ones.
10. Are there any drawbacks to all these new raw-food diets? You'll definitely lose weight and improve your cholesterol numbers eating only raw foods, but you may not get enough protein and healthy oils. Keep some cooked fish in the mix.
11. I'm going gray early—like in my mid-20s. Is this likely just genetic, or could it be a sign of something wrong? It's probably genetic, but it could point to a thyroid disorder or B₁₂ deficiency. If you're really freaked out, get tested.
12. When it comes to exercising outdoors, how cold is too cold? Zero and below, or a windchill of minus 20 or more. This is frostbite territory. If it's warmer than that, you're fine. Just don't overdo it.
13. If I'm otherwise a pretty healthy eater, is one doughnut a week really so bad? No.

14. What are common dietary deficiencies in American men? Vitamin D₃ and DHA omega-3 fatty acid—the vast majority of American men don't get enough. One cod-liver-oil pill a day fixes that.
15. I use sleeping pills a couple times a week. Any long-term risks? The studies haven't been done. But know this: Good sleep hygiene—dark, cool room; good mattress; loose clothes; regular routine—helps more than half of all insomniacs.
16. What are your thoughts on acupuncture? In my case, it'd be for chronic back pain. It works in China, and 1.3 billion people can't be wrong.
17. Is my distrust of nonstick pans justified? I think so. Especially if the coating is chipped or cracked.
18. Are there any common household chemicals that you don't think belong in the home? Pesticides and mothballs. If it'll kill a bug, it'll kill you.

Mehmet Oz is a heart surgeon and the coauthor of *You: Stay-Young* (Free Press, \$26).



» THE CALM MAN Rescue Remedy Spray

THE LIQUID IN THIS VIAL, a natural calming agent invented by British doctor Edward Bach in the 1930s, is flower extracts diluted to microscopic levels in a mix of water and brandy. Homeopathic stress relief. Does it work? I doubt we could prove it in a clinical trial, but not everything that's measured is important, and not everything that's important can be measured. I'm convinced it does. I squirt it on my own tongue—and, when they're rowdy, my kids'. —M.O.