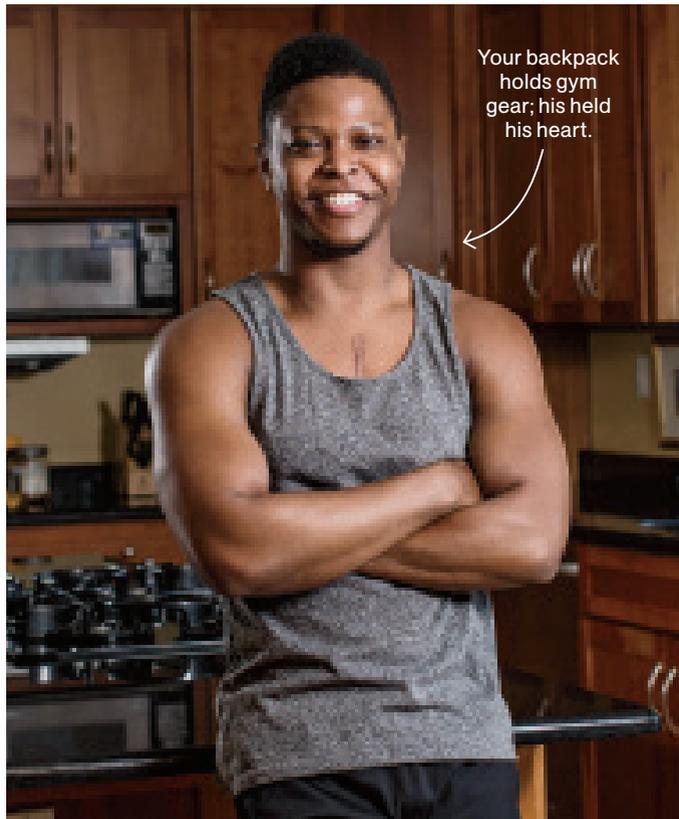


The Prescription

News you can use from the *Men's Health* team of expert advisors.



Your backpack holds gym gear; his held his heart.

New Heart, New Mission

Andrew Jones went from hospital bed to national TV on *MH* advisor Travis Stork's show, *The Doctors*.

► Four years ago, when Andrew Jones was 22, he was pursuing his goal to be a fitness model and bodybuilder. But those ambitions had to be put on hold when he started having trouble breathing during a run. "I felt like I was breathing through a sponge," he says.

It turned out to be myocarditis, a heart condition that for Jones was caused by a virus. It can be deadly, but his cardiologist told him it could also resolve itself. For him, it didn't.

Two years later, Jones was hospitalized and put on a transplant list. Then four months after that, he got a pacemaker and an artificial heart that he carried in a backpack. Still, Jones felt fortunate: He had his supportive family in Connecticut, a skilled medical team, and years of healthy living under his belt. That motivated him to start his nonprofit, Hearts at Large, with the mission to register more U.S. organ donors through education and by raising awareness. More than 100,000 Americans need an organ transplant, and each day 22 people die waiting for one. "Why wouldn't you want to be a superhero?" he asks.

In September, Jones was on the CBS show *The Doctors* with Travis Stork, M.D. "He lit up the room, despite having to tote around a backpack 24/7 that contained his artificial heart," says Dr. Stork. "What excuse do we have not to get off the couch and live life to its fullest?" Jones will return to *The Doctors* with his new heart in the new year.

THIS PAINS ME

"People assume that tooth decay only happens to kids. But it's actually a big problem for all of us, all the time. I see patients in their 30s and 40s who get upset when they have cavities after not caring for their teeth. And don't think because you have capped teeth that you won't get cavities. All the factors that cause kids to get them affect adults too. If you don't brush well with fluoride toothpaste, you're going to get cavities. And steer clear of sugary drinks; if you want to splurge on one, drink it quickly so you don't bathe your teeth in sugar for hours at a time."

PAIN MEDICINE

Erase Chronic Pain



Many men live with daily pain. That's why I'm excited about a field called neuromodulation.

To treat pain, a physician places small wires on top of the spinal cord or along certain nerves. When the device is activated, **mild electrical pulses go to the nerves, blunting their ability to transmit pain signals to the brain.** The procedure takes a few hours, but the relief lasts months.

Paul Christo, M.D., is a specialist in pain medicine at Johns Hopkins University School of Medicine.

SLEEP MEDICINE

Schedule Better Sleep



Schedules are important for your mind and body. A recent study suggests that if you eat meals at the

same time every day, your body prepares for them. So if you have a daily sugary treat at the same time, your body might actually diminish the negative effects. Similarly, **you sleep best if you keep a consistent schedule.** I set a timer on my TV to make sure I stay on schedule.

W. Christopher Winter, M.D., is medical director of the Martha Jefferson Hospital Sleep Medicine Center.

NUTRITION

Pump Up Your Protein



Good news for grillmasters: **To maximize muscle growth, we need to eat more protein at every**

meal than we previously thought. Before, the threshold was about 25 grams of protein, but a recent study suggests that 40 grams is better. Eating protein is one of the best ways to grow and maintain muscle. Eat a 5-ounce sirloin or chicken breast and you're there.

Alan Aragon, M.S., maintains a private practice designing fitness programs for athletes.



Mark Wolff, D.D.S., Ph.D., is a professor and associate dean for predoctoral clinical education at New York University College of Dentistry.

SAM PEET (icons), JOE MCKENDRY (portrait)