

PERSONAL JOURNAL.

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THE WALL STREET JOURNAL.

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Families Wrestle With Closing Foundations

By SALLY BEATTY

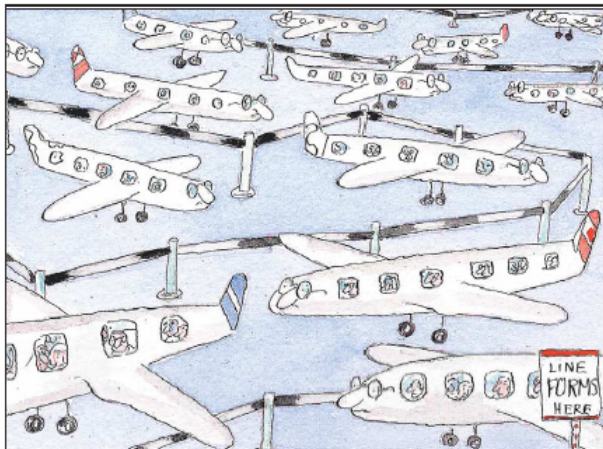
W EALTHY FAMILIES are setting up philanthropic foundations in increasing numbers, but they are also shutting them down at an accelerating pace.

Some of the biggest names in philanthropy are backing the idea of setting a time limit on their giving: The Bill & Melinda Gates Foundation announced in December it will spend its entire endowment—more than \$32 billion—within 50 years of the death of the last of its three current trustees, then close its doors. Other families, too, are putting an expiration date on their foundations because they believe they can do more good by spending a lot of money over a short period of time rather than doling out the funds over decades, as some well-known groups such as the Rockefeller and Ford foundations have long done. Some foundations are deciding to close after family members squabble over how to parcel out the cash, often after the death of the founder. Other families worry about the corrosive effects of money on future generations, even if it is held in a foundation. Another reason is cited by the Jacobs Family Foundation in San Diego: concern that successive generations won't share the founders' political beliefs.

Philanthropists closed 842 family foundations in 2005, the latest year for which figures are available, up 55% from 1999, according to the New York-based Foundation Center, which tracks philanthropy trends. At the same time, the number of foundations has soared to more than 71,000 currently from about 25,000 in 1984, according to the Foundation Center.

But families with foundations that are expected to close are turning to page D3.

Valerie Jacobs, in sunglasses, tours an urban-renewal project spearheaded by her family's foundation.



Fliers Face A Brutal Summer

F LIERS SICK of the delays and cancellations that this winter won't get much of a reprieve as the weather warms: Summer travel is likely to be even more of a hassle.

The winter woes, with travelers sometimes stuck on planes for hours or stranded at airports for days, exposed a serious shortcoming of today's leaner network airlines: When bad weather hits, they have less capacity to recover. That will likely mean more problems this summer when storms force slowdowns and cancellations.

Adding to pressure this summer, air carriers have scheduled 3.5% more flights in June, July and August, compared with the same months last year, according to Back Aviation Solutions. Some

airports, including New York's Kennedy, are facing bigger traffic increases than that. The congestion means more flights get disrupted in bad weather, and it takes longer to recover from storms.

"It's going to be a brutal summer of delays," says John Prater, president of the Air Line Pilots Association, the largest pilots union. "If this doesn't look like the summer of 2000 all over again, I don't know what does."

In 2000, booming air travel jammed airports and airways, the "highways in the sky" that jets follow, causing widespread flight delays. Labor battles at carriers like UAL Corp.'s United Airlines added to gridlock.

This year, travel is booming again, airline staffing is tight and labor battles are brewing at carriers. Cancellations and delays are up so far this year. In March, the number of

Men, Boys Lack Options to Treat Eating Disorders

As Number of Male Patients Rises, Research and Diagnosis Remain Focused on Females

By ELIZABETH BERNSTEIN

F OR YEARS, Brad Huffaker obsessively exercised, up to five hours a day. Then he stopped eating for up to 12 hours a day. Eventually, he began gorging each evening on any food he could find in the house and making himself vomit if all back up—a cycle he repeated up to eight times throughout the night.

Finally, last summer, Mr. Huffaker realized he had an eating disorder and needed help. But after scouring the Internet and researching 20 in-patient facilities, he found only one that specialized in treating men. Mr. Huffaker, a 24-year-old in Knoxville, Tenn., says finding a male-focused center was important because he felt ashamed dealing openly with his problem in front of women. "It's much easier for me to eat in front of guys," he says.

Even amid a growing understanding of the incidence of eating disorders in men and boys, experts say there is a dearth of treatment options for male patients. Only a handful of residential treatment centers have programs that focus on men and boys. Many centers are reluctant to treat men at all. And there has been virtually no research done on males with anorexia or bulimia.

Because these conditions are still considered female problems, even the criteria for identifying eating disorders are female-oriented. The diagnostic guidelines many professionals use include questions about menstruation and female body image. There are efforts to change these guidelines to be more inclusive of men's issues. But eating-disorder experts and male patients say the current lack of treatment programs has a profound impact on the chances of recovery.

For many years, conventional wisdom held that one-tenth of patients with eating disorders were male. But in February—in the first national survey of eating disorders—Harvard researchers reported that males represent as many as one-quarter of anorexia and bulimia patients and close to 40% of binge eaters. That would mean 300,000 men in the U.S. over 18 get anorexia at some point in their lives, and two million become binge eaters, the researchers say. No one knows if the numbers of male eating-disorder patients are actually growing, or if more men and boys are simply coming forward to seek treatment. But the few programs that specialize in men say they are seeing increased enrollment.

Both males and females with eating disorders experience similar biological and psychological problems, say experts. But men and boys often manifest their symptoms differently. While females obsess over calories and body fat, males typically focus on muscle and body fat. Mr. Huffaker, who is 6 feet 7 inches tall and got down to 180 pounds, liked that he had defined muscles, taut skin and just 5% body fat.

Unlike females, males have a variety of body images they may be trying to obtain. "Some want to be wiry like Mick Jagger; some want to be lean like David Beckham, and some want to be really buff and bulked, like Arnold Schwarzenegger," says psychiatrist Arnold Andersen, director of the eating-disorders program at the University of Iowa in Iowa City.

The stigma of having an eating disorder can be even greater for males than for females, which typically makes them even more reluctant to seek treatment. "Society sees this as a girl's disease," says Lynn Grefe, chief executive of the National Eating Disorders Association, a Seattle-based nonprofit. "If a guy suffers, he's embarrassed."

Researchers at the University of North Carolina at Chapel Hill reviewed clinical trials for eating disorders conducted between 1980 and 2005, and the findings—recently published by the International Journal of Eating Disorders—are striking: The 32 clinical trials for anorexia included 876 females and 23 males; 47 studies of bulimia looked at 2,985 fe-

How They Differ

Some distinctive ways men may manifest eating disorders:

- Shape-oriented, rather than weight-oriented, focusing on a certain body type.
- Unhappy with body from the waist up, not waist down.
- Dieting for specific reasons, such as athletic performance.

Source: Arnold Andersen, University of Iowa, Iowa City

HEALTH JOURNAL | By Kevin Helliker

Benefits of a Canine Running Mate

H earing the shriek of a fierce wind outside, I tried sleeping late the other morning. But my 80-pound Labrador came beside the bed and bumped her cold nose against my ankle. In her view, an April snowstorm is no excuse for canceling our pre-dawn run. So moments later we were jogging down the dark shoreline, assaulted by pellets of ice, watching the sky brighten over Lake Michigan. It was exhilarating.

After decades of jogging with friends, colleagues and loved ones, I've come to see that the ideal running mate is a dog. She is not competitive. Your fastest speed is nothing next to hers, so you will never run too fast for her. But neither will she whine about, let alone ridicule, your slowness. The only time she will complain is when you don't run at all, and that type of push is what personal trainers charge money for.

There is growing appreciation of the value of having a workout companion, reflected in the popularity of Web sites such as exercise-friends.com, which matches partners in athletics. Running doesn't require a partner. But "The Loneliness of the Long Distance Runner" is more than just a great book: Over the course of hours on the running path, solitude starts to feel like isolation.

Unlike humans, of course, dogs can't talk. But any runner who has had a long-winded partner knows that silence isn't the worst quality. And unlike humans, dogs don't show up late, cancel or argue about which course to take.

A canine jogging companion can confer health benefits beyond the lift to your work-

out regimen. A body of scientific evidence shows that pet ownership can protect health. A pet can decrease blood pressure, reduce cholesterol and improve mood, among other benefits, says the Web site of the federal Centers for Disease Control and Prevention.

Yet these benefits accrue only if owner and pet manage to make it work. The most popular pet in America, dogs are also the most problematic, in large part because a growing number of them live in houses or tightly confined yards. Of the nearly 45 million American homes with dogs, a large percentage represent the second or third owners for those canines, pet advocates say. Owners often get frustrated by out-of-control chewing, barking, biting, whining or accidents on the rug.

Demand for help is so great that an entire industry—replete with antidepressants, canine psychologists and shock collars—is developing around canine control. But often the answer is as simple as exercise. In fact, canine expert Cesar Millan, star of the television show "Dog Whisperer," ranks exercise first—ahead of discipline and affection—as the key to a well-behaved dog. There are even treadmills for dogs to get them exercise.

A border collie mix named Flynn exhausted the patience of the first two families that adopted him from—then returned him to—a Chicago shelter. Then a marathoner whose running partner had moved away visited the shel-

ter seeking a four-legged replacement. The marathoner, David Hill, found that several fast-paced miles a day relieved Flynn's anxiety and hyperactivity. "The running totally calms him down," says Mr. Hill, who now is a professional dog-runner, giving others' pets a workout.

The sheer pleasure that dogs take in running can remind performance-obsessed humans what's really important. After an ankle injury sidelined a competitive Boston runner named Jill Hourihan, depleting her conditioning, she was reluctant to start training again. Enter Alex, her run-happy dog.

"He'd stand at the door with the leash in his mouth, and that would get me going," she says.

Security is another benefit. "A head-in-the-clouds runner, I can count on my dog to see, hear and smell every creature nearby, including an array of occasional coyotes."

Dogs, especially large breeds, can run farther than humans. But like humans, they must build distance gradually. Small dogs can run farther and faster than most owners might think. But dogs of any size shouldn't be run seriously, especially on pavement, until they are nearly full-grown, some veterinarians say. English bulldogs may be one breed not built for running.

Cold is rarely a problem, but heat stroke can kill dogs, so run at dawn, dusk or night during summer. When a normally energetic dog seems sluggish, don't push him. He may be sick or overheated.

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Runner David Hill with two clients, Angie & Wombat