



modern mom

Julie Bowen's tricks and tips for balancing TV's No. 1 comedy and family—no easy feat with three kids under age 3

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On the spectrum of mommy sainthood, Julie Bowen is much like her character Claire Dunphy on ABC's hit TV show *Modern Family*: She lands somewhere on the higher end of the scale but falls far short of perfection—and that's OK with her.

This proud working mom of three boys—all under age 3—remains a self-admitted control freak, however: "I function on the belief that if I were not around, the wheels would slowly fall off the bus, and no one would ever be dressed or fed," she jokes.

Still, after she and husband Scott Phillips, a software engineer, welcomed twins John and Gus, now 22 months, when their firstborn Oliver was just hitting the "terrible twos"—within weeks of her landing the role on what has become the No. 1 comedy on television—the in-demand actress knew something had to give.

"I breastfed for a year with my oldest," Bowen, 40, tells WebMD. "We did the Mommy & Me classes—we did everything. But once the twins came along, I slid a lot farther down that scale."

She cites the new bar-setting trend of making your own baby food: "Organic in a jar is better than anything I'm going to come up with," she riffs. "There's a whole secret underground movement of people who feel like they're being bullied by these messages of 'You must grow your own food and purée it!' If you can do that and it brings you pleasure, do it. But if it doesn't work for you...there are so many options out there that are healthy, why beat yourself up because you can't can your own peas?"

Bowen's views on TV-watching sound just as liberated: "I've heard all the evidence about television for kids, but every now and then *Yo Gabba Gabba!* is your best friend when you need to get the dishes done or just chill out for a minute."

Sounds like a line her alter ego Claire might deliver deadpan into the camera, a staple of *Modern Family's* confessional, break-the-fourth-wall style. The show—which won an Emmy Award for Outstanding Comedy Series last fall and a Screen Actors Guild Award for Outstanding Performance by an Ensemble in a Comedy Series in January—has become

a certifiable fan favorite. The series hilariously depicts a dysfunctional clan of three interconnected couples who marry themes of gay partnership, foreign adoption, May-December romance, culture clashes, religious differences, warring spouses, and uppity teenagers. In other words: real life.

Bowen as Claire is a mom who believes she knows best—but much to her chagrin (and the audience's delight) very often doesn't. Women especially respond to Bowen's character because she makes so many laugh-inducing mistakes. They love her because she mirrors just about every well-meaning if fallible mother out there.

Under Pressure

The Baltimore-bred actress first earned household-name status as the primary love interest on the series *Ed* from 2000 to 2004. Bowen made additional star turns on *Weeds* and *Lost*, as well as in Adam Sandler's 1996 film, *Happy Gilmore*. Along the way, she's had to acquire some serious juggling skills to satisfy the demands of a skyrocketing career and burgeoning home life.

Still, Bowen's balancing act is not so different from that of other working moms—she's simply traded the office cubicle for a studio set. Consider breastfeeding twin newborns while trying to memorize lines to

“I’ve heard all the evidence about television for kids, but every now and then *Yo Gabba Gabba!* is your best friend when you need to get the dishes done or just chill out for a minute.”

perform before a live audience: "I pumped a lot. I pumped in my car. I pumped at work...I pumped in a hotel room and sent it back to Los Angeles on dry ice. Not because I'm some kind of saint, but because it was easy for me. Again, if it's not easy, or if it's painful...quit. I really resent the militants who insist things must be one way or another. Do what works for you, and cut yourself some slack with the comparisons."

With this mantra, Bowen's earned another big fan, Debra Gilbert Rosenberg, LCSW, psychotherapist and author of *Motherhood Without Guilt: Being the Best Mother You Can Be and Feeling Great About It*.

"The pressures of modern-day motherhood can feel overwhelming," Rosenberg says. "Women buckle under it. They simply can't be in three places at once—yet they try to be. With so many women working full-time jobs while attempting full-time motherhood, there are many false expectations. And this combination of factors pushes toward ever higher, often unattainable standards of what it means to be a good mother."

Are women under too much pressure today? "Yes," Bowen says. "There is too

The *Modern Family* cast took home a Screen Actors Guild Award for Outstanding Performance by an Ensemble in a Comedy Series in January.



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- ADVAIR can cause serious side effects, including:
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 - sudden breathing problems immediately after inhaling your medicine
 - effects on heart: increased blood pressure, a fast and irregular heartbeat, chest pain
 - effects on nervous system: tremor, nervousness
 - reduced adrenal function (may result in loss of energy)
 - changes in blood (sugar, potassium, certain types of white blood cells)
 - weakened immune system and a higher chance of infections. You should avoid exposure to chickenpox and measles, and, if exposed, consult your healthcare provider without delay. Worsening
- of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur
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- pneumonia. People with COPD have a higher chance of getting pneumonia. ADVAIR may increase the chance of getting pneumonia. Call your doctor if you notice any of the following symptoms: increase in mucus (sputum) production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Common side effects of ADVAIR DISKUS 250/50 for COPD include thrush in the mouth and throat, throat irritation, hoarseness and voice changes, viral respiratory infections, headache, and muscle and bone pain.

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BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is the most important information I should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

1. **People with asthma who take long-acting beta₂-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems.** It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
- **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS.** You may need different treatment.
- **Get emergency medical care if:**
 - breathing problems worsen quickly and
 - you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT[®]), and a LABA medicine, salmeterol (the same medicine found in SEREVENT[®]).
 - Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
 - LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

- ADVAIR DISKUS is used for asthma and COPD as follows:

Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who:

- are well controlled with another asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine
- have sudden asthma symptoms.

COPD

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD

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- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby.
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR[®] (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA[®] (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.

- Do not use a spacer device with ADVAIR DISKUS.

- Do not breathe into ADVAIR DISKUS.

- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.

- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.

- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row

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- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- **ADVAIR DISKUS can cause serious side effects, including:**
- **See "What is the most important information I should know about ADVAIR DISKUS?"**

- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:

- rash
- hives
- swelling of the face, mouth, and tongue
- breathing problems

- **sudden breathing problems immediately after inhaling your medicine**

- **effects on heart**

- increased blood pressure
- a fast and irregular heartbeat
- chest pain

- **effects on nervous system**

- tremor
- nervousness

- **reduced adrenal function (may result in loss of energy)**

- **changes in blood (sugar, potassium, certain types of white blood cells)**

- **weakened immune system and a higher chance of infections**

- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).

- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.

- **slowed growth in children.** A child's growth should be checked often.

- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:

- increase in mucus (sputum) production
- change in mucus color
- fever
- chills
- increased cough
- increased breathing problems

Common side effects of ADVAIR DISKUS include:

Asthma:

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advaair.com.

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Bowen with her oldest son, Oliver.

mommy & me time

Striking a balance between motherhood and the rest of life's demands is no easy task. Psychotherapist Debra Gilbert Rosenberg, LCSW, offers some pointers for women faced with the urge to be all things to all people, all of the time:

Know your needs. "It's important to strike a balance that works for you on all levels—financially and emotionally. Listen only to your needs and the needs of your family, to establish this balance, whatever it may be."

Banish the guilt. "If finances dictate that you work a full schedule, or if you need to work to maintain a healthy sense of personal identity, then good: Work. If this is what's best for your family, accept it. Then find nurturing child care and *let the guilt go.*"

Be a "good enough" mother. Rosenberg cites Donald Winnicott, a mid-20th century English pediatrician and psychoanalyst who made the concept of the "good-enough" mother famous. "You don't need to be Super Mom," she says. "Your job as a parent is to provide your children with healthy food, safe shelter, good education, love, respect, and nurturing. But no one ever said it all has to come solely from *you.*"

Remember: No one has it all. "Having it all" was not what the women's movement of the 1960s and '70s was about: It was about having choice and opportunity. It's been twisted into this notion that women are supposed to have the amazing career and the amazing kids and the amazing husband and the amazing body—all at once. Men don't have it all—and they never have. Why do modern women believe they can have—no, expect to have—everything, all at once? Something has to give."

much pressure. I feel awful! An actress whom I adore—who helped me audition—told me: 'You've ruined it for all of us. You were hired for *Modern Family* when you were eight months pregnant with twins, and now that's the expectation—that we can all do that. Nobody's getting a break.' How awful, that in any way, shape, or form I've made it harder for any new mom. Because I'm just as swamped as the rest of us."

Swamped is right. In the world of network TV, actors often log brutal hours. While Bowen is luckier than most, her schedule can be erratic.

"The model for *Modern Family* is to do it quickly and inexpensively," she explains. "We try to shoot 10-hour days where most shows shoot 12 or 14, so that happens to dovetail nicely if you have a family... [but] there are weeks when it's in balance, and there are weeks when it isn't. Put it this way: There's a lot of kid time, and there's a lot of work time. It works."

"It works" means fewer Mommy & Me classes these days and an ability to stop sweating the minutiae of her children's



Bowen with husband Scott Phillips, a software engineer. They have three boys: Oliver, 3, and Gus and John, 22 months.

lives—a healthy relaxation, according to Rosenberg.

"With her first child," the therapist explains, "a mother is often vigilant about every detail: counting every step on the stairs, pointing out every flower. By the time her third one arrives, it's 'Hurry up!' Believe it or not, the latter may actually be better for children. Then they don't feel

like the world revolves around them—and that's a good thing."

Her Best Shot

One subject Bowen *does* sweat is the ongoing debate over vaccinations. Like many other mothers of young children, she felt daunted by anxiety-inducing mixed messages delivered by the media and traded among moms about the risks of annual and seasonal vaccine shots. In the end, she consulted her favorite doctor for advice.

"I cried making the decision, I'm not gonna lie," she says. "But I spoke with my sister, who is an infectious disease doctor—and then also with my own doctor and my pediatrician, who said to me: 'By not vaccinating your children, you're putting them at serious risk.' That was it for me. Once I made that decision, there were a few tears—mostly mine—but now all three boys are on regular vaccination schedules."

While there are no guarantees in this preventive approach, accepting it led Bowen to join the American Lung Association (ALA; lungusa.org) as the national spokesperson in its ongoing public awareness campaign,



Bowen as senior associate attorney Denise Bauer in *Boston Legal*; as Adam Sandler's love interest in *Happy Gilmore*; and on *Lost* with Matthew Fox.

"Faces of Influenza" (facesofinfluenza.org), about the importance of getting an annual flu shot.

"The flu is a significant disease," says Norman H. Edelman, MD, chief medical officer of the ALA. "Each year between 10% and 15% of all Americans get it. An estimated 15,000 to 40,000 die from complications."

"It's a privilege to get to educate people," Bowen adds. "Everybody should make the choice that's right for them. But, please," she adds, "make an educated choice."

A Good Pace

It's clear that Bowen is a woman on the run. So it comes as no surprise that she jogs nearly every morning. "You can pick up a pair of sneakers anywhere and you're off," she says. "And 45 minutes later, you've had a great workout."

Anyone who's caught Bowen glammed-up and glowing with good health on recent awards shows can testify she looks downright amazing, considering the woman is in her fourth decade of life and has birthed three babies since 2007. What's her secret?

For starters, she's the first one to tell you that staying in shape takes hard work. It also requires sleep, the aforementioned daily runs, plus the commitment to do both.

"I front-load it," she says of getting a good night's rest, meaning she's typically in bed before 10 p.m., a healthy habit that enables her to rise by 5 a.m. and run a few miles before the kids wake up.

“Running puts me in a better mood. For me, it's brain medicine.”



Surprisingly, Bowen has worn a pacemaker since she was diagnosed in her early 20s with a cardiovascular condition where the regular heartbeat can drop to dangerously low levels. The pacemaker "serves as a monitor for me," she explains, kicking in when her heart requires it.

And while she doesn't "hear or feel" the device, she's grateful "to live during a time when the technology exists to treat my condition," and is in "excellent health."

Managing a significant health complication helps her understand the importance of staying fit. But there are emotional benefits, too. "Running puts me in a better mood," she says. "For me, it's brain medicine."

Still, Bowen is fast to repeat her philosophy: "If this doesn't work for people, I don't begrudge them one iota. If you like to work out once a week, or work out after work, great. I like to come home and just be with the kids. So I exercise early...I'm willing to give up late nights and going out in order to get up early—and that's fine."

Which seems like a perfectly reasonable position to take for a seriously stretched, almost comically busy modern mother of three. ●

CLOCKWISE FROM TOP RIGHT: DANNY FELD/FOX/EVERETT COLLECTION; UNIVERSALEVERETT COLLECTION; ARGO/EVERETT COLLECTION; BOB DYAMCO/ABC

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