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ZONE I

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Dr. Kristin Belen graduated from Barnard College and received her medical degree from New York Medical College.

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**Dr. Matthew Mondoro**  
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*Board Certified Spine Specialist*  
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# QUESTION:

**What's the best way to relieve chronic or severe back pain?**

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# STAY HEALTHY BY BIKING

## *Bicycles Can Make Fitness Fun For the Family*

*Although there's nothing quite like a picturesque bike ride on a pleasant summer day, research shows that biking regularly is actually a great form of exercise that promotes many health benefits.*

A summer of biking is a fantastic way to enhance fitness and health in both children and adults. It's an enjoyable activity that can be done independently or with family and friends.

### **EXERCISE**

Once you've got a bike, and possibly some protective gear, you are ready to roll into one of the easiest forms of exercise. Cycling does not require advanced skill levels to achieve its many health benefits.

A half hour anytime throughout the day and some chosen terrain has all the makings of a great work-out session without any health club fees.

Burning calories is one of the most important health benefits of cycling. One hour of biking can allow a person to burn as many as three hundred calories.

Although the cycling should be steady in order to achieve the maximum calorie-burning benefit, it can be at your own comfortable pace.

Moreover, most people who bike become so caught up in the scenery and their destination that they may barely notice that they are, indeed, shedding some unwanted pounds.

### **BUILDING MUSCLE**

Biking is an excellent way to strengthen muscle tone, increase endurance and improve overall physical strength.

Many people might think that the legs get all the benefits of the cycling workout, but truth be told, many parts of the body are busy doing something whether it's pushing pedals or swiveling hips.

That being said, biking certainly increases muscle strength and promotes mobility of knee and hip joints.

Biking is excellent fitness for the body's cardiovascular system too. Research has demonstrated that biking 20 miles per week can decrease the risk for heart attack by as much as 50 percent.

Biking helps to raise the heart rate and provides many of the same benefits that aerobic exercise can provide. Additionally, biking on a regular basis increases a person's endurance so that fitness levels actually get better over time.

### **MENTAL BENEFITS**

Research suggests that biking, as well as other forms of regular exercise, is actually good for the mind.

Biking can help reduce stress levels and even decrease depression naturally and safely. The combination of exercise with the summertime beauty of the great outdoors can be an emotionally uplifting part of each day.

Remember, as with all exercise, it is advisable to consult a health care provider before embarking on your cycling routine. Wearing protective gear is also recommended for added safety.

Finally, begin at a comfortable level of exercise and increase your cycling endurance slowly for optimum benefits and safety. Most importantly, choose to ride on terrain you are comfortable maneuvering your bike across and be sure to follow bikers' rules of the road.





Girija Surya, MD

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# WHAT TO PACK

*Do you get a rush out of scaling rugged terrain and barreling down sharp dirt paths on your mountain bike? You're not alone.*

**M**ountain biking is one of the fastest growing segments of cycling because of the adrenaline-packing, fist-clenching excitement that comes along with it.

If you're a grizzled veteran, you know that a day of mountain biking does not solely require you and your trusty bike.

A backpack loaded with materials for optimal safety and nourishment can be just as vital. So check out our guide, and don't forget to plan accordingly.

## *Mountain Biking Essentials*

- Helmet and other safety gear, which can include reflective lighting and gloves for your hands.

Considering that many mountain biking adventures take place off the beaten path, you can never be too safe when it comes to protecting yourself and fellow bikers from injury.

If you have allergies and have been known to have seriously adverse reactions, make sure to pack your allergy medications and any necessary emergency rescue equipment.

- This segues into our next suggestion: The first-aid kit. Load it with small alcohol pads, bandages, tweezers and some kind of anti-infection spray. Mountain biking can bring with it the potential for a variety of injuries, so pack your kit according to the conditions and weather you will be biking through.

- Having on hand repair equipment such as tire levers, spare tubes and a patch kit can be the difference between a successful mountain biking experience and a day cut short by equipment malfunction.

Also don't forget the tools necessary to pull off a tire or make a gear repair. This includes a quality mini-tool and air pump.

- Identification and cash also are crucial to remember before you head out on your trip. Your identification is likely necessary if you plan on renting any type of supplemental equipment or gear on site. Cash is never bad to have around in case of an unexpected trip to a local store.





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-Linda A.

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## SPRING INTO ALLERGIES

By Susan Heckler

Okay folks, we did it! We survived the winter of 2015 only to deal with the aftermath. The Polar Vortex brought you more than just a wicked winter.

Record-breaking snowfall in and the persistent below-freezing temperatures could mean a late flowering for trees. That means that once the temperatures do warm up, pollinating trees will be busy catching up, emitting higher than average amounts of allergens into the spring air.

Typically March sees red cedars, elm, and pine trees start to bloom, followed by maple, ash, birch, and oak. April sees the nut trees like pecan and walnut begin to pollinate. Grasses and ragweed kick in later in the spring. But if spring is shortened, then that process will be telescoped into a few miserable weeks for allergy sufferers.



Those piles of dirty, melting snow have made for muddy and saturated soil. Those April showers only add to puddles and the damp conditions of an already drenched ground. That could lead to more mold, and mold spores which can trigger more respiratory problems related to both allergies and asthma.

If you have the symptoms of allergies, sneezing, itching nose, sniffing...you may want to seek medical attention. Long term allergy treatment may ease your suffering.

Over the counter medication may give some relief:

- ❧ Antihistamines diminish sneezing, sniffing, and itching by lowering the amount of histamine (the stuff produced during an allergic reaction) in the body.
- ❧ Decongestants clear mucus out of the nasal passages to relieve congestion and swelling.
- ❧ Antihistamine/decongestants combinations give the effects of both drugs.
- ❧ Nasal spray decongestants relieve congestion and may clear clogged nasal passages, possible faster relief than oral decongestants.
- ❧ Steroid nasal sprays reduce inflammation.
- ❧ Cromolyn sodium nasal spray can help avoid hay fever by stopping the release of histamine before it can trigger allergy symptoms.
- ❧ Eye drops relieve itchy, watery eyes.

Many thanks to Mother Nature and Old Man Winter for those ongoing gifts! ■

# Mommy Makeover

**It's still your body, baby**

After pregnancy your skin can become loose, and stubborn pockets of fat can persist long after childbirth, despite regular diet and exercise. A mommy makeover is designed to help you reclaim your figure.

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Dr. Rudy Thompson is Certified by the American Board of Plastic Surgery and the American Board of Surgery and is a member of the American Society of Plastic Surgeons and the American Society for Aesthetic Plastic Surgery.



# QUESTION:

Dr. Rafah Salloum, MD



Yale University School of Medicine.  
University of Chicago Pritzler School  
of Medicine.

## How To Ease Joint Pain?

One of the most common causes of joint pain is arthritis. There are many types of arthritis including osteoarthritis, rheumatoid arthritis, psoriatic arthritis, and gout. Meeting with a rheumatologist can help determine the cause of your pain and figure out how to properly treat it. Dr. Rafah Salloum can and will diagnose and treat your joint pain. She is sure to be of tremendous help with her twenty years of experience, treating a wide range of disorders including:

- Neck and Back Pain
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- Tendonitis and Bursitis
- Knee & Hip Pain
- Fibromyalgia
- Psoriatic Arthritis
- Rheumatoid Arthritis
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## THE TRICK OF TICKS

by Susan Heckler

**T**icks are common throughout the United States. They live outdoors in grass, trees, shrubs, and leaf piles...which essentially describes our part of New Jersey. Sadly for us, they're attracted to objects with two and four legs and can easily move between the two.

Many tick bites are harmless and will show no symptoms. There are others that are dangerous and can even be deadly. The eight legged blood suckers range in size from as small as a pin head to as large as a pencil eraser. As they take in more blood, ticks become larger and larger. When engorged, ticks can be about the size of a marble. They may stay on your skin and feed for days and even weeks. These members of the arachnid family range in color from shades of brown to reddish brown and black.

When bitten, some people experience pain or swelling at the bite site, a rash, burning sensation, blisters, or even difficulty breathing if they have sensitivity. We all know about Lyme disease but they may also carry Colorado tick fever, Rocky Mountain spotted fever, tularemia and ehrlichiosis.

Signs of a tick-born disease require medical attention; red spot or rash near the bite site, neck stiffness, headache or nausea, weakness, muscle or joint pain or achiness, fever or chills, or swollen lymph nodes.

Remove the tick as soon as possible, being very careful not to bend or twist the tick. You do not want to have any parts of the tick remaining on you as they may cause infection.

### To avoid tick bites:

1. Avoid grassy areas and shrubs where ticks populations may be high.
2. Wear light-colored clothing so ticks can be easily seen, and brush them off.
3. Tuck pants into boots or socks to avoid ticks crawling up loose pant legs.
4. Apply insect repellent and use the brands designed to repel ticks.
5. Promptly check yourself, others, and pets if exposed to areas where ticks are likely to be located.
6. Be sure to treat pets with flea and tick repellents. ■





# QUESTION:

## My child has a concussion – now what do I do?

The incidence of concussion in youth sports continues to rise, and parents are often left with trying to navigate the process on their own.



The highest incidence rate occurs in football, boys' ice hockey, girls' soccer and boys' lacrosse but other sports are not immune.

Unfortunately most parents get their initial education about the concussion process in the local emergency room which is not always the best place to go following a mild head injury. The ER is often loud, bright and hectic, which is overstimulating to the concussed athlete, and can make the symptoms of headache, dizziness and irritability even worse.

In the far majority of situations after a mild head injury or concussion, quiet rest is the most important treatment. This allows the brain to heal during a vulnerable time.

Our internal system that regulates blood flow to the brain gets impaired during a concussion, so when the brain needs increased blood flow to provide healing nutrients, it actually gets less. If the brain is stressed during this healing time with concentration tasks, memory functions, visual and auditory processing and exercise or activity, the healing process gets interrupted which can delay the recovery process.

The key is to get your child to rest to allow them to avoid any stimulating activities. Sleep is good and will improve healing.

### POST CONCUSSION TREATMENT

Often following a concussion, a supervised Concussion Rehabilitation program is recommended. At db Orthopedic Physical Therapy, Dr. Bertone provides a 5-step comprehensive post-concussion therapy treatment to improve balance and cognitive function, regain postural



control and reduce headaches. As progress is made, Dr. Bertone continues a graduated program with more advanced training; all intended to encourage the safe return to physical activity and sports competition.

### BASELINE CONCUSSION TESTING

ConcussionRXCare at db Orthopedic Physical Therapy offers comprehensive baseline concussion testing to determine a pre-injury status of your balance, neurocognitive and oculomotor function. This information is stored and used for comparison purposes in case the athlete sustains a head injury.

If you suffer a concussion and return to physical activity before you are fully healed, you are at high risk for the potentially tragic "Second Impact Syndrome." This is particularly important with athletes who play sports where concussion is a common injury.

The only way to determine when it is truly safe to return to physical activity is to test your brain function before you have a concussion. To get the most accurate result, baseline testing must be comprehensive and the results interpreted by an expert in the field. This information is then sent to your physician/pediatrician with a report to help them make the proper return to play decision. If the results are impaired compared to the baseline levels, the athlete is retested until they return to prior levels.

Organizations that are a part of our ConcussionRXCare program include Red Bank Catholic High School, Riverview Medical Center ER, Freehold Football Club, Marlboro Soccer and Old Bridge Ice Hockey.

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**David Bertone, PT, DPT, OCS**  
Doctor of Physical Therapy  
Board Certified Orthopedic Clinical Specialist

**Jerry Moczerniuk, PT, DPT**  
Doctor of Physical Therapy  
Clinical Director of Manalapan Office

# AVOID THESE INJURIES

*Cycling is one of the most enjoyable and healthy activities you can partake in. Due to inherent risks of sharing the streets with much larger vehicles, it can also be a potentially dangerous one.*

**W**hile only one percent of all trips taken in the U.S. are by bicycle, bicyclists face a higher risk of crash-related injury and death than occupants of motor vehicles do. These numbers, reported by the Centers for Disease Control and Prevention, shed light on the need for more vigilance amongst both cyclists and motorists.

The CDC also states that in 2010 in the U.S., almost 800 bicyclists were killed and there were an estimated 515,000 emergency department visits due to bicycle-related injuries. These are staggering numbers that many experts say can be avoided with more education and clearer laws.

## Major Risk Factors

Age, geographic location and even gender can be determining factors in your chance of being involved in a dangerous cycling collision.

The CDC reports the following as major risk factors:

- Children (5 to 14 years), adolescents and young adults (15 to 24 years) have the highest rates of nonfatal bicycle-related injuries, accounting for almost 60 percent of all bicycle-related injuries seen in U.S. emergency departments;
- Males are much more likely to be killed or injured on bicycles than are females; and
- Most bicyclist deaths occur in urban areas and at non-intersection locations.

## Staying Safe

One of the smartest things any cyclist can do before the rubber hits the road is wear a helmet, which have been shown to reduce the risk of head and brain injuries in the event of a crash, according to the CDC.

Other ways you can keep yourself, your friends and family members safe is to use active lighting, especially if you're riding in non-peak daylight hours. Active lighting can include front white lights, rear red lights or other strategic lighting — either on the machine or the rider.

Clothing also is a big factor in helping you stay safe on your ride. Fluorescent clothing can make bicyclists visible from long distances during the daytime, while retro-reflective clothing can do the same at night.

Check in with your local bicycle shop to discover their options for safety-effective riding gear.



## ADVANCED GASTROENTEROLOGY ASSOCIATES



Suresh Pitchumoni, M.D., Barbara Cencora, M.D., Jared Gold, M.D.,  
Tina Vazirani, M.D., Michael Tandler, M.D.

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Advanced Gastroenterology Associates, LLC (AGA) was established in July 2009 by Drs. Tandler, Cencora, Gold and Pitchumoni. In 2013 we welcomed Tina Vazirani, M.D. to our practice. We offer patients unsurpassed expertise, compassion, trust and follow-up care. We have three convenient offices located in Marlboro, Howell and Old Bridge.



We are all board certified gastroenterologists/hepatologists who treat a wide array of gastrointestinal, pancreatic/biliary and liver diseases. Common conditions we treat daily include colon cancer screening, GERD, Barrett's Esophagus, Irritable Bowel Syndrome (IBS), Celiac Sprue, abdominal pain, constipation and diarrhea, bloating and gas, Ulcerative Colitis, Crohn's disease, diverticulitis, pancreatitis, gall bladder issues, viral hepatitis, and many others. We are skilled at ERCP, an advanced endoscopic procedure to diagnose and treat conditions of the biliary and pancreatic systems. We offer PillCam (capsule endoscopy) in our office to visualize and diagnose small intestine problems.

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## QUESTION:

### What's the best way to treat knee arthritis? Consider a non-surgical treatment that really works!

**O**steoarthritis of the knee is the #1 leading cause of disability in the U.S. Over 27 million people suffer with knee arthritis and that number continues to grow. With knee arthritis, the cartilage breaks down and wears away, leaving the bones to rub together causing pain swelling stiffness and limited range of motion. As the cartilage breaks down, the knee loses its lubricating fluid. We found that by replacing this lubricating fluid with a natural substance called Hyalgan, the lubrication is restored and many patients experience amazing pain relief.



#### WHAT IS HYALGAN AND HOW DOES IT WORK?

Hyalgan is a natural lubricating fluid that acts as a lubricant and shock absorber inside the knee joint. The substance in Hyalgan is hyaluronic acid which is normally found in high levels in healthy joints. Replacing the hyaluronic acid with Hyalgan lubricates the joint and reduces pain. Hyalgan has been administered over 40 million times and has been proven to provide long-lasting relief of knee pain from osteoarthritis.

#### WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

If you have had injections like this in the past and experienced poor results, there is still hope! Many doctors in this area offer similar injections, but very few use precision fluoroscopy guidance. Fluoroscopy guidance ensures that the pain relieving Hyalgan reaches the knee capsule where it bonds with the joint fluid to create a lubricating and cushioning layer. Without fluoroscopy, it is estimated that doctors "miss" the capsule over 30% of the time resulting in poor results. We want each and every one of our patients to have the greatest chance of success, so every injection is done with precision fluoroscopy guidance to ensure that the Hyalgan gets into the capsule 100% of the time. Because of this, patients who previously felt little to no relief with non-fluoroscopy guided injection are now getting excellent results.

The other "big difference" in our results is the multitude of other supportive care options that we have available to enhance the effectiveness of the Hyalgan procedure. These options include state of the art medical laser treatment, physical therapy, manipulation, corrective osteoarthritis bracing (takes pressure off the damaged section of the knee), and natural anti-inflammatory products. The combination of these treatments offers you what we feel is the most comprehensive non-surgical knee treatment program available.

#### DOES IT HURT?

Many of our patients report that they feel little to no pain at all! We do everything possible to minimize any pain from the procedure, from pain relieving spray and a local anesthetic, to precision guidance that ensures we are always in the right spot.

#### WILL MY INSURANCE COVER HYALGAN?

This procedure is covered by most major insurance companies including Medicare. Our insurance department pre-verifies every patient.

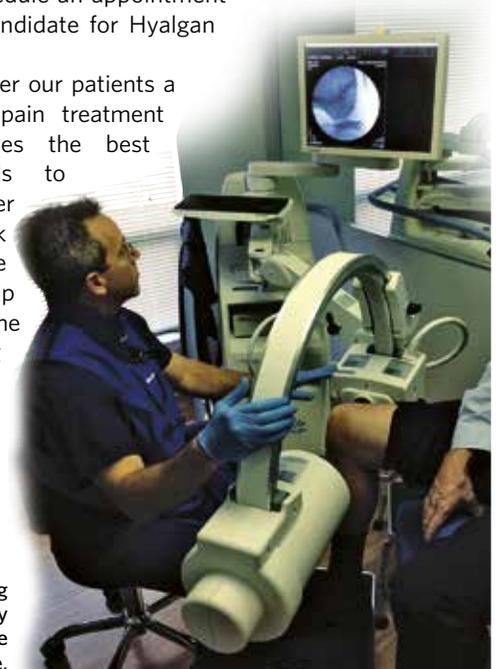
#### WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

Dr. Scot Paris is the medical physician who performs the Hyalgan injection. Dr. Paris is trained as a general surgeon and has extensive experience with a variety of surgical procedures. With his conservative approach, he has excelled in the non-surgical treatment of knee pain with the use of fluoroscopy guided Hyalgan injections.

#### SO HOW DO I KNOW IF YOUR KNEE PAIN TREATMENT PROGRAM WILL HELP ME?

If you are tired of suffering with painful arthritis of the knee, and you want to see if the latest advances in non-surgical treatment can help, all you have to do is call 732-683-1800 to set up a risk free consultation. During the consultation all of your questions will be answered in a warm and friendly environment. Knee replacement surgery is a very extreme measure to take without considering all of your other options first. Once it's done there is no turning back. For that reason we encourage you to schedule an appointment to see if you are a candidate for Hyalgan treatment.

We are proud to offer our patients a comprehensive knee pain treatment program that includes the best non-surgical methods to relieve pain all under one roof. We look forward to having the opportunity to help you feel better. Take the first step in ending your knee pain and call to schedule an appointment today! ■



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# QUESTION:

**My eyesight is just fine, so why do I need to see an eye doctor every other year?**

# ANSWER:

Vision is only one piece of the puzzle your eye doctor works on when doing a routine eye exam.

Studies show only one in four adults have had an eye exam to maintain eye health within the past two years. As with your car, prevention can save you time, and with your health, can even save your life. Interestingly enough, we all take our cars in for service routinely, even though there is no specific problem.

Your eye doctor visit begins with a review of your eye exam history. This would be any visible changes in your sight, your lifestyle, and any changes in your medical condition that may affect your vision. You'll undergo a series of vision and eye tests that help determine the overall health and quality of your vision. These tests check that your current prescription glasses or contacts are still meeting your vision needs or if your vision needs correction. Your eye doctor will also check your eyes for signs of any potential vision problems or eye diseases. These eye diseases may include cataracts, glaucoma, diabetic retinopathy and macular degeneration; all of which are more successfully treated with early diagnosis.

Many people do not realize that a routine eye exam can help detect signs of many systemic diseases. Symptoms of disease may not appear until damage has already occurred. That damage is a red flag waiting to be found. Your eyes are the only place in your body where a physician has a clear view of blood vessels, arteries, and the cranial

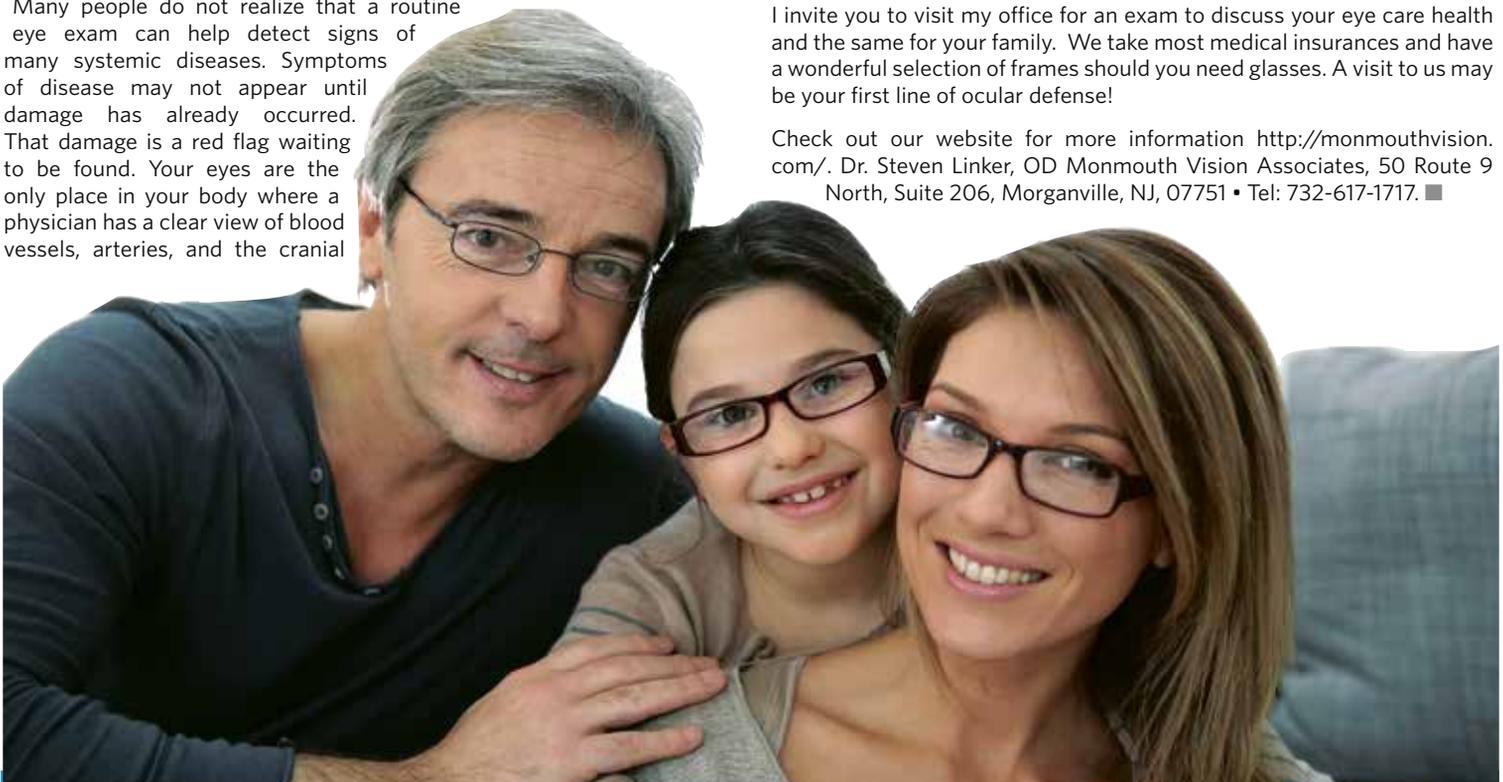
nerve; all of which can signal health issues. Two-thirds of your brain is dedicated to some aspect of vision. Research is being done showing that scores of diseases -- from high blood pressure to certain cancers -- can show symptoms in the eye.

Examples:

- Sickle cell anemia, common in African Americans, is visible during an eye exam.
- Jaundice often is more prominent in the whites of the eyes and can tip off a doctor to liver disease.
- High intraocular pressure (IOP) can be a sign of glaucoma, an eye disease with a potential for profound vision loss unless diagnosed and treated.
- Arteries and veins in the back of the eye as a predictor of heart disease.
- Vision loss can be a sign of diabetes. Blood in the back of the eye is a sign.
- Swelling of the optic nerve can be a sign of a brain tumor.

I invite you to visit my office for an exam to discuss your eye care health and the same for your family. We take most medical insurances and have a wonderful selection of frames should you need glasses. A visit to us may be your first line of ocular defense!

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# Sharing Health Data

*Are you concerned with where your healthcare data is ending up?*

If you're like most Americans, the answer to that question is no. An NPR-Truven Health Analytics Health Poll found that data privacy didn't appear to bother most respondents. The study found that privacy concerns were highest regarding information held by health insurers, but even then only 16 percent of people expressed any real worry about how that information may be used.

The study interviewed thousands of people by cellphone, landline and online. A majority of the people asked (53 percent) said they would be willing to share information anonymously with health care researchers.

## Who's Using Your Data?

Researchers in government, universities, drug companies or consulting firms are a few examples of potential landing spots for your medical data. Here's what the NPR-Truven Health Analytics poll found regarding who could be using your data:

- Comfort with researchers possessing critical data ran between 87 and 92 percent
- Ninety-five percent of sharing-inclined people under 35 were OK with giving anonymized data to professors, while only 74 percent of people 65 and older were

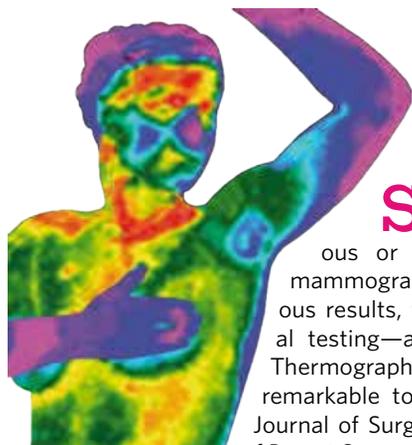
## What to Do About It

If you are concerned about where your data is being distributed, you, as a consumer, have the right to raise questions. Most information about the use of your data can be found within the privacy policy provided your insurance, physician's office or hospital.

If you're still confused about the process after reading through the privacy policies, here are some questions you can ask your provider.

- Will I be notified every time you share information about me?
- Is my medical information available to anyone other than my medical providers and insurance companies?
- What will health insurers do with my records? Can companies other than my policy provider access my records?
- Is my data used for any purpose other than to provide my medical information to my providers? ■





# QUESTION:

## Why Is Thermography Considered the Best Breast Test?

Studies show that a thermogram identifies precancerous or cancerous cells earlier than mammograms, and produces unambiguous results, which cuts down on additional testing—and it doesn't hurt the body. Thermography's accuracy and reliability is remarkable too according to the American Journal of Surgery and the American Society of Breast Surgeons, Cornell.

Thermography can be used as a whole body approach to wellness with the understanding that there is no "normal" asymmetrical heat in the body. Thermal cameras can detect heat on the skin surface that may show underlying pathologies. Heat is an indication that inflammation exists, and typically inflammation is present in precancerous and cancerous cells, too. (It's also present in torn muscles and ligaments as well as arthritic joints, which thermography can also detect.)

Breast Thermography is a radiation-free state-of-the-art screening procedure that captures heat images of the breast to aid in the early detection of breast cancer. As a tumor grows it develops a blood supply that emits heat that is detected on a modern infrared device. Thermography can establish overall breast health and is an excellent test for assessing fibrocystic breasts and response to treatment. Thermography also can detect many other ailments such as Systematic Dental

Disease. Some dentists have long claimed a relationship between oral bacteria and breast cancer. With Thermography imaging, we can see how the bacteria spreads through the lymphatic (immune) system.

### OVERALL RESEARCH

The Index Medicus, a comprehensive index of medical scientific journal articles, references more than 800 per-reviewed breast thermography studies, in which over 250,000 women participated. Many of these studies involved very large groups of patients (from 37,000 to over 100,000) and some have followed patients for as much as 12 years. Among other conclusions, these studies found that when thermography has been added to a woman's regular breast health checkups, a 61% increased survival rate was realized, and when used as part of a multi-model approach (clinical examination, mammography and thermography) 95% of early stage cancers will be detected. It is well known that early detection is the best defense against breast cancer and that, if treated in the earliest stages, a 95% cure rate is achieved. The "cure" is early detection. ■

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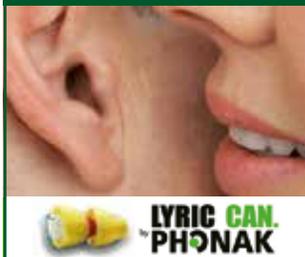
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## Healing Your Heart and Soul; Life After Divorce

*By Susan Heckler*

A marriage is much like a fingerprint. Each one is different with subtle variations. And, like a fingerprint, a marriage leaves a lasting impression on you. When the marriage has run its course and the time has come to part ways, raw emotions come into play regardless of who initiated the divorce. We each feel the loss, not just of the relationship, but also of mutual dreams and commitments.

No two divorces are the same; they are as unique as the individuals that comprised the marriage. There are, however, certain constants that run through everyone involved.

Your divorce launched you into unfamiliar territory. Everything in your life has been disrupted. This includes your routine, responsibilities, your living arrangements, as well as your relationships with family and friends. You are no longer someone's significant other; your identity needs to be redefined. Life goes on, just on a different course.

It is very normal to be overwhelmed emotionally. Expect feelings of sadness, anger, exhaustion, frustration, confusion, anxiety, elation and any other emotion you can think of. They can slap you in the face at any time, and that is normal. You are in for an adjustment period of indefinite time; we all cope in our own way at our own speed. Give yourself time to stay at your Pity Party, but understand the longer you stay, the more entrenched you are in the negative. Your ultimate goal is to move on and be happy.

One of the most important things that will help you heal is your support system. Hopefully you had a good safety net to catch you during your rocky marriage and turbulent divorce. Let your friends and family be there for you; talk to them. Venting is good. Be with the people you love; being alone is okay, just not all of the time. Feeling the love and support of those around you will remind you of just how loved you are.

If you find your support system lacking or not local, you may want to join a support group of people in like circumstances. Meeting new people, especially singles, is great. Your married friends are of tremendous value in your life but sometimes being the only non-couple at the party can be depressing.

The strain and upset of your divorce can leave you not only psychologically vulnerable but also physically. Give yourself some relaxation and pampering time. Regular exercise is a great stress reliever and works as an antidepressant. Eat healthy; don't take your mood out on your body. Now is a great time to pursue those hobbies and interests you always thought about. Rediscover yourself as an individual.

Remember, you are not the only one who got divorced. Your children are reeling and need their parent's unconditional love and support. Try not to involve them in the minutia and mind games. Avoid impulsive decisions when your emotions are on hyper-drive. What sounds like a good idea may be disastrous. Try to keep your sense of humor, it is much better to laugh at a situation than to cry and be depressed. Go have some fun and remember how to smile.

My rule of thumb...the best revenge is to live happily ever after. It is not The End. ■





# QUESTION:

**I have been experiencing heel pain in the morning and sensitivity, on occasion when I walk. Are these symptoms serious and will they go away on their own?**

The possible causes are: a stress fracture, tendonitis, arthritis, nerve irritation, or, rarely, a cyst. It is important to have heel pain accurately diagnosed by a podiatrist who is able to determine the underlying source of your heel pain.

Chances are you have plantar fasciitis or heel spurs. The pain is caused by the inflammation of the fibrous tissue on the bottom of the feet (plantar fascia). The pulling of the plantar fascia on the heel bone can cause breakage of the fibers, resulting in pain and swelling and the development of the heel spur.



The likely causes are flat feet, high arched feet, inflexible calf muscle, poor footwear, arthritis, diabetes, irritation or repetitive trauma to the heel tissue. Typical symptoms are sharp pain and tenderness on the sole and at the heel bone when standing and walking.

As a Fellow of the American College of Foot and Ankle Surgeons and the American Society of Podiatric Surgeons (ASPS), I have acted as a residency coordinator and educator for young physicians, and sat on the Board of Directors for the ASPS. I currently serve on several committees for the ASPS. I have been practicing podiatric surgery in central Jersey for the last ten years. I have dual board certification in foot and rearfoot and ankle reconstructive surgery by the American Board of Podiatric Surgery. Fewer than 5% of foot and ankle surgeons in the United States have these surgical credentials.

Family Foot & Ankle Center of Central Jersey provides comprehensive care for infants, children, teenagers, adults, and seniors. For more information on Achilles tendon problems and other foot or ankle problems, feel free to contact me at 732-851-1617 or [info@cjfamilyfoot.com](mailto:info@cjfamilyfoot.com).

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## FINDING THE TIME TO BIKE

Physical fitness tops the list of benefits that come with riding your bike, as research links improved cardiovascular health to biking.

Regular cycling also can help protect you from serious diseases such as obesity, cancer, heart disease, diabetes and arthritis.

Cycling is low impact on your joints and gives you a well-rounded muscle workout. It also is great for improving your strength, stamina and overall aerobic fitness. Finding the time or the motivation to jump on a bike can be a challenge, however, for many people.

### Make it Fun

One of the best ways to enjoy cycling is to make it a leisurely activity. Odds are there are safe hilly areas or designated recreational spots in your area that can be perfect for an afternoon on your bike.

Even though cycling does require the purchase of a bike, it is an otherwise low-cost way to stay in great shape, as you need only yourself and a safe course to enjoy yourself.

### Bike to Work Week

If you need some help being inspired to ride your bike to work, make it a group activity.

National Bike to Work Week is May 11-15, 2015, so spread the word amongst your co-workers, friends and family members.

The average North American bicycle commuter is a 39-year-old male professional with a household income in excess of \$45,000, according to a survey published in the Journal of the Transportation Research Board.

But anyone can choose to make their trip to work more physically beneficial.

### Tips & Safety

To make sure you arrive at your destination safely, follow these tips from the League of American Bicyclists:

- Always wear a helmet to protect your head in the event of a crash;
- Obey all top signs, traffic lights and lane markings;
- Look before you change lanes or signal a turn;
- Wear bright clothing; and
- Check the forecast.





# HEALTHY HOME

## Household Mold

by Susan Heckler

If you have a suspicion that you have mold in your home, act fast. You may be experiencing allergy symptoms, have a strange smell in the home, or even see visible signs.

The first thing you need to do is identify that problem area. Mold comes with moisture and is part of a natural environment. In an outdoor situation, molds play a part in nature by breaking down dead organic matter such as fallen leaves and dead trees.

Indoors is another case entirely. Molds are usually not a problem indoors, unless the mold spores land on a wet or damp spot and begin to grow. They produce allergens, irritants, and in some cases, potentially toxic substances called mycotoxins. Inhaling or touching mold or mold spores may cause allergic reactions which may include hay fever-type symptoms, such as sneezing, runny nose, red eyes, and skin rash (dermatitis) in sensitive people. People with asthma or other breathing issues may have a particular problem.

You need to ascertain where the mold is and why it is there. Storm damage, leaky pipes, and window condensation are just a few of the possible culprits. Once isolated, stop the moisture from coming in. Whatever caused the problem needs to be fixed. If you do not do this, the mold will return. Venting and dehumidifiers may alleviate part of the problem.

If the mold issue is contained in a small enough area, you may be able to deal with it on your own. The Environmental Protection Agency recommends anything larger than 10 square feet requires a professional who is specialized in mold cleanup.

Once the leak is stopped, dry the area completely and wipe away the entire mold. Wear goggles and gloves, use a face mask or respirator and avoid touching the mold or inhaling it. Hard surfaces are easier to clean. Use a disinfectant or a biocide such as chlorine bleach, or a strong cleaning solution. You want to kill the mold as well as remove it. It is possible that staining will occur. Porous materials may need to be disposed of as removal of all molds is unlikely.

The visible mold is the easy part. Hidden Mold may be hiding in places such as the back side of dry wall, wallpaper, or paneling, the top side of ceiling tiles, the underside of carpets and pads. This may be a good time to call in a professional who will know how best to locate, test, and treat the area. Poking around to try to find the mold may result in the release of spores.

If you have a toxic variety of mold, you may suffer neurological symptoms such as headaches, trouble concentrating, shortened attention span, memory loss and dizziness. Seek medical attention as this may be poisoning you. ■



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# GETTING THE LEAD OUT

by Susan Heckler

If you are exposed to a dwelling built prior to 1978, there may be a risk of lead based paint. Prior to that, lead was a typical component in interior and exterior paint. Lead poisoning is a health risk to small children or pregnant women as it is a toxic metal.

The paint doesn't pose a serious health threat if the paint is in good condition with the surface being unbroken. The problem comes when the lead paint starts deteriorating. The lead dust and flakes of lead paint begin collecting on surfaces such as window sills, counter tops, and floors, as well as on children's belongings. Small children, who have a tendency to put their hands and other objects in their mouth, are at an increased risk of accumulating harmful amounts of lead in their bodies.

High levels of lead in the child's system can cause damage to the brain and nervous system, kidney damage,

behavior and learning problems, such as hyperactivity, slowed growth, poor muscle coordination, hearing problems, headaches and bone marrow problems. Symptoms for adults present as high blood pressure, fertility problems in men and women, nerve disorders, memory and concentration problems, muscle and joint pain and anemia.

The Environmental Protection Agency strongly recommends that lead tests be done by either a certified lead inspector or a certified lead risk assessor. You also have the option of collecting your own paint samples and send them to a lab for analysis.

If you have lead paint in your home, immediately clean up any paint chips you find, keep play areas clean, don't let children chew on painted surfaces, clean dust off of window sills and other surfaces on a regular basis, remove your shoes when you enter your home so you don't track in lead from the soil and

if you rent, tell the landlord about the results of the test and the fact that there is peeling or chipping paint.

To completely remove lead paint hazards and protect your family's health, you need to permanently remove the paint or seal it with special material. This would require you to hire a certified lead abatement contractor. A certified contractor will take precautions to keep the dust and lead paint chips contained until all surfaces can be cleaned and the lead removed. ■



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## BEFORE YOU FLOOR

By Susan Heckler

If anyone in your family suffers from allergies, you have additional issues to consider when buying a home or doing any remodeling or decorating. The average home owner looks at a home as far as form and function. Does the size and shape meet your needs? If the answer is yes, you then have to take it a step further.

The first thing you need to think about is any remodeling or redecorating will stir up the allergens that exist in your home. The dust, debris, pet dander and fumes from remodeling, construction, or even pulling up old carpet can wreak havoc on your senses.

### Still want to do that project?

Wall to wall carpet suggests luxury, comfort and warmth, for you and unexpected guests. The carpet is an ideal home for dust mites... "Snug as a bug in a rug"!! Too small to be seen with the naked eye, they live in carpeting, cushions and bedding. Their droppings cause allergic symptoms. As powerful as you think your vacuum is, it is no contest for the dust and debris down deep in the pile. Carpets also contain chemical residues from their manufacture or treatment which causes that new carpet smell.



A bare floor is much easier to keep clean and free of dust mites than carpeting. If you are putting in new floors, consider using hardwood, vinyl, linoleum tile, ceramic, or stone instead of wall-to-wall carpeting. Speak to your contractor or salesperson about the type of finish that can be used if your symptoms are triggered by fumes BEFORE you make your purchase.

Hardwood floors are an ideal type of floor for people with allergies and asthma. Even so, products used to finish the flooring can cause a temporary reaction to the chemicals used in the process. Varnishes and waxes with low volatile organic compound off-gassing potential (ask your paint dealer to recommend safer products) may be safer. In either case, leave the house while floors are being finished and ventilate the house for several days. Wait until the odor is gone before returning to the house, it is not enough to just ventilate and stay in the house.

If possible, have the house professionally cleaned after any renovation to remove allergens and residue before your family moves back in. ■

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# THE BEACH CRUISER

*The waves chop majestically against the shore to the rhythm of your legs pedaling down the pathway. The calls of seagulls echo in unison with the whipping of your bicycle spokes.*

The combination of beach and bike can be downright exhilarating.

From Santa Monica to Miami, the country's beaches offer a picturesque backdrop for cyclists hoping to mix in a little scenery with their exercise. Either with your own bike or a rental, there is no better option than the beach cruiser for a relaxed outing.

Combining balloon-style tires and an upright seating posture, beach cruisers are popular for their signature laid-back look. They are common sights on beaches and in other relaxed environments because they are easy to ride and much slower than other styles of bike.

Most beach cruisers are of the single-speed variety, encouraging a lengthy ride to take in the sights while you work your muscles into shape.

## History

According to popular bike-maker Schwinn, the company developed the first iteration of the cruiser in the 1930s. The bike was extremely popular until about the 1960s, when the market called for smaller models.

The 1990s marked the official comeback of the cruiser, according to Schwinn, when it reissued its Black Phantom model to celebrate the company's 100th birthday. Other companies followed, and the cruiser was reborn.

## Safety & Maintenance

If you've ridden a conventional bicycle, hopping on a cruiser will be an easy task.

But there are certain practices you'll want to consider to make sure your bike goes the distance.

First of all, the word beach should conjure up images of white or brown sand stretching into a crystal clear ocean. While a relaxing, beautiful

sight, that same sand can cause friction on your cruiser's gears if it builds up on the chain or gear sprockets. Make sure to keep large amounts of sand clear from these areas.

In most beach locations, there will be many walkers and runners taking in the sights. Be sure to obey all posted cycling laws to make sure the environment remains safe and enjoyable for everyone.





# QUESTION:

## How can a dentist help with my snoring?

**S**nororing may be common but it is not normal. Snoring can be a red flag for sleep apnea. It is one of the symptoms, along with shortness of breath, that arouses you from sleep, sporadic pauses in your breath during sleep, and disproportionate daytime drowsiness. If you have any of these signs, you need to determine why.

Left untreated, sleep apnea can increase the risk of high blood pressure, heart attack, stroke, obesity, diabetes, heart failure, and arrhythmias; as well as increase work-related or driving accidents.

I have been practicing orthodontics for adults and youth for 20 years in Monmouth County, currently in Colts Neck at the Colts Neck Center for Orthodontics and Invisalign. My involvement with sleep apnea is a personal one. My incessant snoring was an issue with my wife, so I had a sleep study done and found out that I had severe sleep apnea. I tried the standard CPAP (Continuous Positive Airway Pressure) mask, only to find it annoying and difficult to sleep with. I tried numerous devices and dental appliances, but they were all uncomfortable and ineffective.

While working with doctors from Stanford University Medical Center, I was introduced

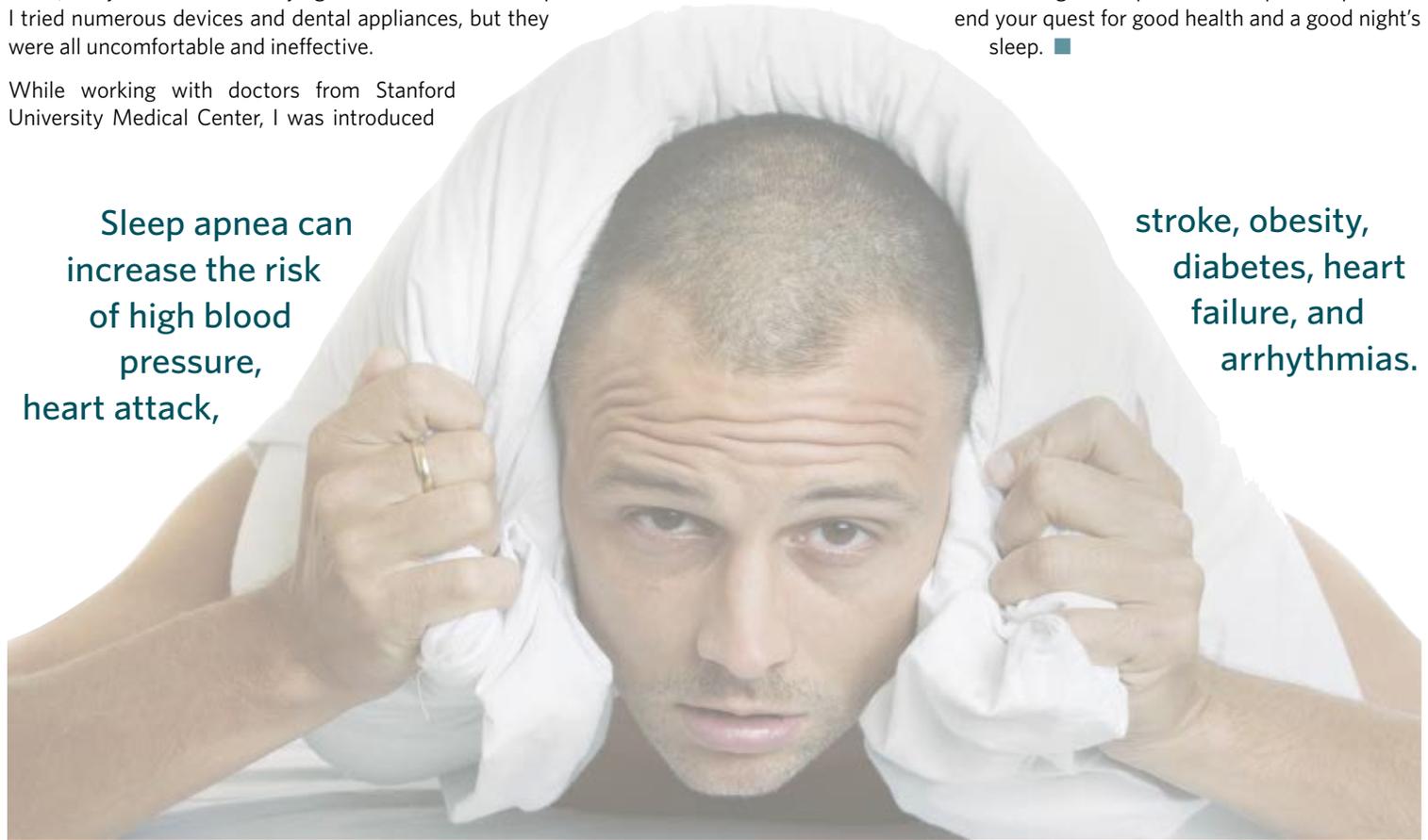
to, and now personally wear, the first dental appliance for snoring, Obstructive Sleep Apnea (OSA), and Upper Airway Resistance Syndrome (UARS). It is a perfect alternative for those who cannot tolerate their CPAP therapy. This appliance is FDA approved as a medical device in two separate classifications; (1) as a mandibular repositioner for treatment of snoring and sleep apnea, and (2) as a nasal dilator for improved ease of breathing. Medical insurance will pay for this device.

I have brought my many years of dental expertise, personal experience, and research into the Chase Dental Sleep Care of Central New Jersey to assist others in determining the cause of their snoring and the best treatment for it. It has impacted my own life in such a positive way; I hope to share the experience with you.

Give us a call and let us help you with your sleep and snoring issues as well as all of your family's orthodontic needs. My friendly staff and relaxing atmosphere is the perfect place to end your quest for good health and a good night's sleep. ■

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Dr. Kogan graduated and earned an M.D. with honors from Nicolae Testemitanu State University of Medicine and Pharmacy, Moldova. She completed a residency in Family Medicine-NF MMC from UB School of Medicine and Biomedical Sciences. Dr.Kogan completed and certified in Transitional Surgery Program at MMC,

Brooklyn campus for the Albert Einstein College of Medicine.

She successfully completed Fellowship in Anti-Aging, Regenerative, and Functional Medicine in conjunction with the University of South Florida Medical School, where she had special training in Dermatological Procedures for Primary Care, Weight Management and Hormone Replacement Therapy.

**Dr Kogan has the following board certifications:**

- American Board of Family Medicine
- Clinical Science of Anti-Aging and Regenerative Medicine
- American Academy of Procedural Medicine in Aesthetic Medicine

Dr. Kogan is an active member of American Medical Association (AMA), American Academy of Anti-Aging Medicine (ABAARM), and American Society for Laser Medicine and Surgery (ASLMS).

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Dr. Steven Linker graduated from SUNY State College of Optometry in 1984 following a degree in Biochemistry from SUNY Binghamton.

He is currently a member of the New Jersey Society of Optometric Physicians and the American

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In addition to running his busy private practice, Dr. Linker is a consultant in several nursing homes and assisted living facilities and involved in his community.

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Dr. Pete graduated from Monmouth University and received his B.S. in Biochemistry in 1994. Dr. Bufano attended New York Chiropractic College in Seneca Falls, New York and received his Doctorate in Chiropractic in 1998. Dr. Bufano is Board Certified in New Jersey,

specializing in musculoskeletal diagnosis and treatments. Dr. Bufano continues his post graduate studies in sports medicine, whiplash, mild traumatic brain injuries, as well as, Neurology.

Dr. Bufano is a graduate of the Spine Research Institute in San Diego, where he studied whiplash and traumatic brain injuries. He attended Nuemann College in PA, where he earned his certification in Neurodiagnostic electrophysiological evaluations. In 2000, Dr. Bufano earned his certification in sport medicine through NYCC in Long Island. Dr. Bufano is a current member of the Association of New Jersey Chiropractors.

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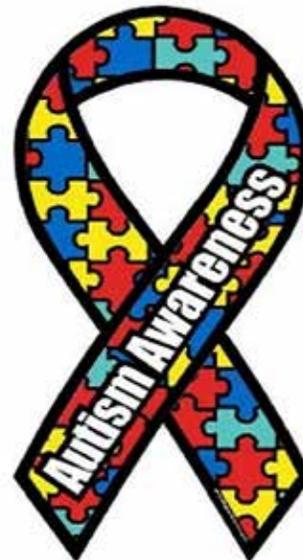
# APRIL IS AUTISM AWARENESS MONTH

By Brianna Siciliano

Since 1970, the Autism Society has been celebrating and raising awareness of National Autism Awareness Month. In the United States, April is a special opportunity to educate the public about autism and issues within the autistic community. Autism spectrum disorder (ASD) and autism are disorders that are categorized (by varying degrees) by difficulties in social interaction (including difficulty making eye contact and holding a conversation), repetitive behavior, and verbal and nonverbal communication. Autism spectrum disorder can be associated with attention issues, physical health issues (including sleep and gastrointestinal disturbances), and difficulties in motor coordination.

Autism Awareness Month is meant to promote autism awareness, autism acceptance, and bring attention to the thousands upon thousands of people who face autism diagnosis's every year. To get involved and help make a difference, you can do a handful of things. For starters, you could show off the Autism Awareness Puzzle Ribbon—which is the most recognized symbol in the autism community. Show your support for the people who have autism by wearing the ribbon as a pin on your shirt, a magnet on the bumper of your car, or as your social media profile picture. When others see you with this symbol, they will be curious and look up what the ribbon represents. You can help make a difference!

You can also make a difference in your community by fundraising for the Autism Society, Autism Speaks, the Autism Research Foundation, or any other fabulous charities that benefit people with autism. Over 3.5 million Americans live with an autism spectrum disorder. Getting involved with autism awareness, advocacy, research, and support can make a difference. ■



*April 2 is Autism Awareness Day. Help raise awareness and show your support by wearing the Autism Awareness Puzzle Ribbon and wearing royal blue, the official color for National Autism Awareness Month.*

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# Can Tonsils Grow Back?

By Brianna Siciliano

**Tonsils**—two lumps of tissue that fight germs for your body—can be prone to infections, causing individuals to feel ill very often. If this is the case for you (or a family member), a tonsillectomy may be the best option. Tonsils are surgically removed during a tonsillectomy, and individuals are usually less prone to sore throats or breathing issues at night once the procedure is done. Is it possible for tonsils to grow back after this surgery? Unfortunately, yes!

During a tonsillectomy, most of the tonsils are removed (keyword: most). There is a chance that tissue will remain in an individual's throat after surgery, and that tissue can regenerate (even if there is only a small amount of remaining tissue). Tonsils growing back are not very common. It will take a long time for tissue to grow, therefore if tonsils do begin to grow back, it is very unlikely they will ever grow back to their original size.

Tonsils regrowing are very uncommon, but getting strep infections or sore throats after removing your tonsils are not as uncommon. Do not be under the impression that because an individual has had his or her tonsils removed, he or she will never suffer from a throat infection again. That is false. It is still possible to get throat infections once tonsils are removed, but usually, these infections are not as severe as they could have been before the tonsils were removed. If you (or your child) begin having chronic throat infections, or notice symptoms of sleep apnea, talk to your doctor about the possibility of your (or your child's) tonsils regrowing. ■



## SUNLIGHT AND CHICKEN POX

By Susan Heckler

**S**pring has sprung in New Jersey...finally. With the winter blues and blahs behind us, the age old questions about the effects of sunlight are back on our minds.

The question of whether or not sunlight causes problems with Chicken Pox has been bouncing around since we were kids. The varicella-zoster virus, which causes chickenpox, is less common in the tropics where exposure to sunlight is common year-round. In our area, chickenpox tends to flare up more often in the cold-weather months, when sunlight is scarce but indoor exposure to germs is more.

University of London researchers found a clear link between UV levels and the prevalence of chickenpox after examining data from 25 studies. A study published in 1949 revealed that ultraviolet radiation successfully reduced the transmission of the chickenpox virus in U.S. schools. Research shows that sunlight is able to destroy many viruses directly, but it also enables your body to produce vitamin D, which gives you further anti-viral and immune-boosting benefits.

Once your child has a case of the Chicken Pox, the story changes. As with any open wound on the skin, sunlight will tend to cause the wound to scar. At this point it is probably best to actually avoid sunlight if you have pox lesions. During a chickenpox infection and soon after, the skin is more susceptible to being burned. Heat and sweating from time in the sun will make the pox itch more.

So yes, sunlight is a good idea, but only until your child has lesions present. The virus is highly contagious so avoid public places until all signs of the virus are clear. ■

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# TRENDING HAIRSTYLES FOR SPRING & SUMMER 2015

By Brianna Siciliano

Warm weather is finally upon us, and with the weather change, it is time for a new hair change. This spring and summer, you will notice there are a lot more natural appearances in hair color, meaning there will be more natural hair colors and less hair extensions. Last year's hair trends, including the ombre hairstyle, have died out. Instead of sticking with an ombre this spring and summer, go for highlights that frame the face. Many celebrity hairstyles have taken note of the drastic highlight change this season: instead of having highlights around the crown of the head, highlights are framing facial features, adding more brightness to the face. Spring and summer are the perfect seasons to show off your facial features, and adding highlights to your hair will add emphasis that beautiful face of yours!

Another trending look for spring and summer of this year is ditching hair extensions and going for natural hair lengths and styles. With that said, the bob and lob (longer bob) hairstyles seem to be a must-have this year. Fashionable women including Naomi Watts and Emma Stone recently showed off their beautiful, edgy lobs at the Oscars, and women of all ages are striving to achieve similar looks. The beauty of the lob is that it frames your face no matter if you have wavy hair, straight hair, or curly hair. Spring and summer are great seasons to mix up your hairstyles as the days go by. One day you can style your hair polished and neat, and the next boho chic and messy. There is no need to bore yourself this spring or summer; have fun with your hair! ■

# 11 Natural Ways to Get Rid of Dandruff

By, Krusha Vaiyda

## 1) Aspirin

Keep flaking in check by crushing two aspirins to a fine powder and adding it to the normal amount of shampoo you use each time you wash your hair. Leave the mixture on your hair for 1-2 minutes, then rinse well and wash again with plain shampoo.

## 2) Tea tree oil

Shampoos with just 5 percent tea tree oil significantly improve the severity of dandruff. You can also add a few drops of tea tree oil to your favorite shampoo as you wash normally.

## 3) Baking soda

Wet your hair and then rub a handful of baking soda vigorously into your scalp. Skip the shampoo and go right to rinsing. Your hair may get dried out at first, but after a few weeks your scalp will start producing natural oils, leaving your hair softer and free of flakes.

## 4) Apple cider vinegar

Mix a quarter cup apple cider vinegar with a quarter cup water in a spray bottle and spritz on your scalp. Wrap your head in a towel and let sit for 15 minutes to an hour, then wash your hair as usual. Do this twice a week.

## 5) Mouthwash

To treat a bad case of dandruff, wash your hair with your regular shampoo, and then rinse with an alcohol-based mouthwash. Follow with your regular conditioner.

## 6) Coconut oil

Before showering, massage 3-5 tablespoons of coconut oil into your scalp and let sit for about an hour. Shampoo normally. You can also look for a shampoo that already contains coconut oil.

## 7) Lemon

Just massage 2 tablespoons lemon juice into your scalp and rinse with water. Then stir 1 teaspoon lemon juice into 1 cup water and rinse your hair with it. Repeat this daily until your dandruff disappears.

## 8) Salt

Grab a saltshaker and shake some salt onto your dry scalp. Then work it through your hair, giving your scalp a massage. You'll find you've worked out the dry, flaky skin and are ready for a shampoo.

## 9) Aloe Vera

Stop yourself from scratching by massaging Aloe Vera into your scalp before shampooing. The cooling effects of Aloe Vera will soothe the itch.

## 10) Garlic

Crush garlic and rub it into your scalp. To avoid that potent smell, mix crushed garlic with honey and massage into the scalp before washing as usual.

## 11) Olive Oil

Massage about 10 drops into your scalp and cover with a shower cap overnight. Follow your regular shampoo routine in the morning. For a quicker cure, look for a shampoo that contains olive oil.

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## Face Time – the Benefits of Facial Treatments

By Susan Heckler

Having a facial treatment is one of the most relaxing ways to pamper yourself. There is nothing like spa time to soothe the soul. Facials may also be done in a doctor's office if that is your preference.

In addition to relaxation and feeling pampered, there are other benefits! The first thing you need to do is to decide what you are looking to accomplish with a facial treatment. Do you have a problem area or situation? Blemishes? Large pores? Sun damage?

A facial is a spa therapy that leaves your skin cleaner, softer, younger, and transformed. Facials can help clear clogged pores, satiate parched skin and remove dead skin cells. Facials also include some massage which benefits blood circulation and lymphatic drainage because it increases the flow of oxygen-enriched blood to skin cells. The facial massage will help to ease facial muscles. This can slow the onset of wrinkles on the face. Many find a reduction in puffiness and sagging.

Sun, smoking, pollution and other factors in the environment wreak havoc with your skin. Stress plays a large part as it can shorten the life span of cells, aggravate acne, and trigger rosacea. A regular routine of a deep cleansing facial will assist in removing toxins caused by pollution as well as grease and dirt found in your everyday environment.

Many women opt to make this a monthly treat while others less often. You will leave the experience looking better and feeling like a new you... rested, relaxed and beautiful. ■



## CHEMICALS IN COSMETICS

*Potentially harmful substances are finding their way onto the shelves of our health and beauty aisles, cautions the Breast Cancer Fund headquartered in San Francisco.*

*Carcinogens and endocrine-disrupting chemicals can increase the risk of breast cancer, and the Fund reports that these substances are in the makeup many women are wearing right now.*

### Dangerous Chemicals

The Breast Cancer Fund posts a list of chemicals commonly found in cosmetics and their effect on the body (breastcancerfund.org).

Here are a few:

**Phthalates:** This group of endocrine-disrupting chemicals are found in synthetic fragrances. Exposure has been linked to early puberty in girls, which is a risk factor for later-life breast cancer.

**Parabens:** These compounds have been identified in biopsy samples from breast tumors, reports the Fund, and are commonly used as an antifungal agent in creams, lotions and deodorants.

**Lead:** The Fund says lead may be a contaminant in more than 650 cosmetic products, including sunscreens, foundation, nail colors, lipsticks and whitening toothpaste. Lead is dangerous because it is linked to miscarriage and puberty delays.

### Choose Safe Cosmetics

Making sure you're using the safest possible products comes down to one simple strategy: simplicity.

Choosing products with a simple set of natural ingredients can help reduce the chance of chemicals making their way into your system. Simplicity in how much makeup you use is also part of a smarter process.

Discard any makeup that contains ingredients that haven't been proven safe or healthy. Cutting back on the amount of makeup you use is a surefire way to avoid the dangers of potentially harmful synthetics.

The Breast Cancer Fund urges women to avoid products that list the word "fragrance" on their packaging. Synthetic fragrance, the Fund reports, can contain hundreds of chemicals that can cause major damage to the body. ■





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# FAMILY WORKOUT TIME

The workday is done and dinner is in the oven. Exercise may be the last thing on your mind at the moment, but experts say family workout time is crucial to forming togetherness and improving overall health, especially in young kids.

According to the national fitness program Let's Move, children should get a total of 60 minutes of physical activity each day, and adults need at least 30.

And exercise has never been more important to protecting children from incurring preventable illnesses later in life.

Childhood obesity rates have tripled since the 1980s, according to the Centers for Disease Control and Prevention. At this rate, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives. Here are some ideas for finding time for a family workout, even if your schedule seems too packed to fit it in.

## Take a Walk

A brisk walk is a great way to burn calories and increase your heart rate. The great thing about taking a walk is you can do so no matter where you live.

People in large cities can pop out of their apartments for a quick stroll downtown, while people in more rural areas can stretch out their legs in their own backyards or down a safe country road.

You only need a pair of comfortable shoes, and depending on if you have any young children, a stroller or carrying sling. Even your dog can get in on a family walk with the proper leash or harness. ■

# TRAVEL FITNESS

By Susan Heckler

No matter where life takes you, there is always an opportunity for fitness. Whether you are traveling for business or pleasure, when there is a will there is the prospect.

Pack for fitness, bring everything you need so you have less excuses: athletic shoes, workout clothing, bathing suit, music and headphones... When booking your accommodations, choose the hotel with a gym and a pool.

The onus is on you to use your planning and commitment to set aside the time to use it. Set your alarm early and get your workout in before starting your day. Wind down your day with a visit. Check out the hotel pool for some laps. Take an early morning run or walk.

You don't have to specifically exercise to stay fit while traveling, just skip some of the conveniences that save time and steps. Walking is great exercise and a wonderful way to see the world. Check out the local parks and fitness trails. Driving down a street, you miss the little details like architecture, smiles and smells. Many cities offer walking tours of historical areas. Not sure where you are? There are plenty of free phone apps to help you find a great route and the way back.

You always have the option of stairs versus escalator or elevator and walking versus the conveyor belt. Park at the far end of the parking lot to add more steps. Take a few minutes to stretch whenever possible and appropriate. Pack a light weight jump rope or stretch bands for while you are in the hotel room or bring your favorite fitness DVD. Use your own body weight for resistance and do planks, squats or pushups. Turn on some music and dance to get your heart pumping.

If you stick with your fitness lifestyle while traveling, the treats you eat may not travel to the places you don't want! ■

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# TAKE YOUR CHILD TO WORK(OUT)

By Susan Heckler

*So many of us are guilty of “Don’t do what I do, do what I say.”  
Teaching by example benefits both the teacher and the student.*

If you lead a healthy lifestyle, there is a good chance your children will model themselves after you. If you don’t, it is never too late to start! Joining a gym and building a workout routine that suits your lifestyle is life changing. It can change your life as well as the lives of your children.

If you are a couch potato, get up and start your heart pumping. Going to the gym gives you the benefit of professional equipment and professional supervision. If you start on your own with home equipment, you can do more harm than good.

Better yet is making your trips to the gym a bonding experience with your child. As a parent, you know any time with your children can be quality time. This can be a common interest to both of you, assisting each other as you make your way around the equipment. Side by side treadmills and recumbents make the perfect chat time with a captive audience.

Having a workout buddy makes the time go faster and more pleasurable. The gym doesn’t have to be something you dread. You are chatting on the treadmill and don’t even realize the distance you just went. Laugh and dance away at the classes. You can inspire each other and push each other to the finish line.

Before you know it, you are looking and feeling better with a toned body and more energy as well as a closer relationship with your child. ■



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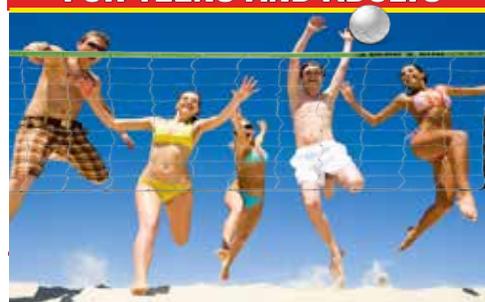
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# SPIRITUALLY SPEAKING

By Susan Heckler

The meaning of the word spirituality has changed over the years to reflect our changing culture. Previously, the word had been associated with belief in God and organized religion. It related to a psychological aspect rather than the material world.

In our generation, the word has taken on new meaning. Actually, the word means something a little different to everyone depending on your own spirituality. For many people, being spiritual means involvement in organized religion. Being a member of your house of worship and participating in the services and rituals is your spirituality.

Sometime after World War II, spirituality and organized religion became disconnected. You didn't have to believe or practice the more accepted religions, people became more open minded to the religions of other cultures and embraced their beliefs and practices.

With the coming of New Age beliefs in the 1970's, spirituality became a melting pot of older traditions with astrology and inspiration from all corners of the world. The focus is on our relationship with the universe, your sense of self and the 'light' from within. The idea of a higher power or God is less stressed and your own personal search is highlighted. Being spiritual means looking for a deeper significance to our existence, combining aspects of religion, science and philosophy.

Spirituality teaches respect for other religions and cultures without judgement. This differs from organized religion in that they try to present teaching and doctrines for a common belief and practice. Each religion feels their belief system is correct and the only correct one. Spirituality and religion are not mutually exclusive.

Personal growth and the search for meaning and purpose in life is a good thing by any name. No matter what your personal beliefs are, faith brings hope. Believe...in something. ■



## Coach's Corner

By Jill Garaffa

Dear Jill,

Help! I am so overwhelmed I don't know where to start! I have so many competing priorities that I just feel stuck, so I do nothing except procrastinate. The house is messy with piles of unfinished projects and my head is spinning with a mile-long "to do" list. If I work late I feel guilty that I'm not with my kids. If I'm with my kids, I feel anxiety because I should be working. How do I create more balance in my life?

Stressed Out

Dear Stressed Out,

Consider that our actions generally align with what we are thinking & feeling. If you are feeling overwhelm & anxiety, it would make perfect sense that you're procrastinating. Trying to "have it all...all at the same time" can be overwhelming to anyone. In lieu of creating "balance"—which can be an impossible task, I invite you to consider creating harmony instead. With harmony, as with an orchestra, all the instruments play, just not all at the exact same time. Each instrument has its appointed time & place in the musical score.

**First, Conflicting values can create stress.** The familiar feelings of "I don't know where to start" or "guilt" and "anxiety" can be emotions that point to conflicting values. One strategy to gain clarity on your values is to notice how you spend your time & money. These two actions will often lead directly to your deeper values. Consider writing a list of the top 5 values that really matter to you and rank them in order of priority. Rank the importance of each one & how much time you invest each week. For example "fun" is a top priority and there may be little time invested in this each week. Or "accomplishment" is a lower priority and you spend 60 hours per week at your job. When faced with a decision, when you are clear on your values, choices become easier.

**Next, "Be where you are."** In other words, when you are with your kids, be with your kids. When you are at work, be at work. Focusing on the present moment will not only give you more power but it will allow you to use your energy to be more focused & effective. Regarding your piles & procrastination: "How do you eat an elephant?...One bite at a time!". Pick one thing on your "to do" list and just do that one thing—focus on that and "be where you are." Set a timer if needed for ten minutes. Don't do anything else (and don't think of anything else) until that first task is complete. Then, do the next thing for 10 minutes. And so on until you are done. Pick something very small, like unloading the dishwasher or folding laundry. The idea is to create a feeling of success & accomplishment.

**Last, Give thought to what gives you energy and what drains your energy.** There are people, places and things each day that will impact how you are feeling in any given moment. What brings you joy? What makes you laugh? What (or who) brings you down? Start to notice these moments and plan accordingly. It isn't always time we have to manage: it is energy. Consider what is missing that would make a difference in your energy level and see where you can add that in. Is it a day off? A night out with friends? More sleep?? Help with housework? Only you know.

Recreating a sense of order and harmony happens the fastest when we start letting go of what isn't serving us and then prioritize what is left. It's similar to re-organizing a closet: dump clothes that don't fit or are no longer in style and then organize what is left. You can do this with your life as well.

Wishing you clarity, focus & power!  
Jill

**Jill Garaffa, OTR/L, PCC, ELI-MP** is a Licensed Occupational Therapist and Professional Certified Life Coach providing Health & Wellness Coaching for individuals and organizations. For more information, please visit [www.seedsofchangeoaching.com](http://www.seedsofchangeoaching.com) or call 732-859-6962. ■

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# Take Me To Heaven Texas Tacos

10 servings

## INGREDIENTS

- 1-1/2 lb Lean ground beef or lean ground turkey
- 1 small chopped onion
- 1 medium sweet red pepper, chopped
- 1 can (14.5 oz) organic diced tomatoes, drained
- 1-1/3 cups frozen corn
- 1 can low sodium tomato sauce
- 2 Tbs chili powder
- 1/2 tsp salt
- 1 package 8.8 oz ready-to-serve brown rice
- 20 whole wheat soft taco shells

\*Optional toppings: olives, shredded lettuce, chopped tomatoes, low fat sour cream, diced fresh cilantro



## DIRECTIONS

In a Dutch oven, cook beef, red pepper and onion over medium heat 8-10 minutes or until beef is no longer pink and vegetables are tender, breaking up beef into crumbles. Drain.

Stir in tomatoes, corn, tomato sauce, chili powder and salt; bring to a boil. Add rice; heat through. Serve in taco shells with toppings of your choice.

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# Dry Fruit Barfi

Makes 12-15 squares

The Dry Fruit Barfi is a delicious, quick, and easy sweet snack made from figs, dates, pistachios, almonds, cashews, and walnuts. These are also high energy and nutritious squares that can be enjoyed by each and everyone in the family.

## INGREDIENTS

- 1 cup seedless dates, finely chopped
- 1 dried figs, finely chopped
- 1/4 cup pistachios, finely chopped
- 1/4 cup cashew nuts, finely chopped
- 1/4 cup almonds, finely chopped
- 1/4 cup walnuts, finely chopped
- 1 tablespoon milk
- 1 tablespoon melted butter



## PREPARATION

1. First roast the pistachios, cashews, almonds and walnuts in the melted butter until they're lightly golden and release a roasted aroma. Keep the roasted nuts aside
2. Layer an 8 inch square pan with aluminum foil and keep aside.
3. Blend the finely chopped dates and figs with 1 tablespoon of milk until smooth.
4. Now sauté the blend paste in a nonstick pan for 5 minutes till it changes its color to golden brown and well cooked. Keep stirring every couple of minutes until the mixture comes away from the sides of the pan. Add the roasted dry fruits and mix well into the date and fig mixture.
5. Pour and layer this dry fruit barfi mixture into the pan and smoothen it well. Allow it to rest until the mixture is cooled completely and firmed a little
6. Cut the Dry Fruit Barfi into equal squares and store in an air tight container. Enjoy!

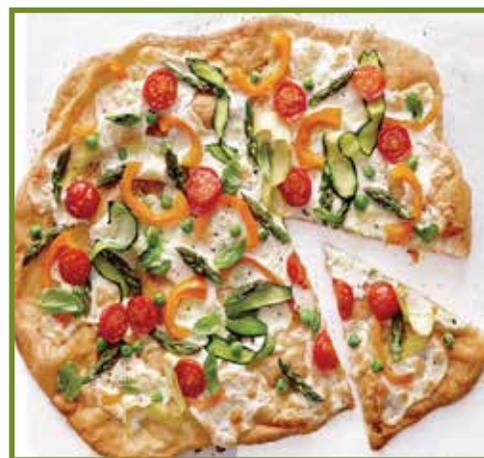
# Pizza Primavera

Serves 4

Celebrate the fresh flavors of spring with this healthy alternative to regular pizza.

## INGREDIENTS

- 1/2 tsp salt
- 8 large fresh mushrooms sliced
- 2 cups cut asparagus
- 2 cups yellow sweet peppers sliced thin
- 1/2 medium red onion sliced thin
- 4 Ezikeal bread pitas
- 1 cup cherry tomatoes sliced in half
- 1 Tbs olive oil
- 1 cup shredded low-fat mozzarella cheese
- 1-1/2 cup shredded pecorino-romano cheese
- 1 cup chopped fresh basil



## DIRECTIONS

Preheat oven to 475 degrees F. Line a large baking sheet with parchment paper; set aside. In a large bowl combine asparagus, sweet peppers, onions, mushrooms, oil, and salt. Spoon vegetable mixture onto prepared baking sheet, spreading into an even layer. Roast for 10 minutes; remove from oven and set aside.

Place flatbread pitas on two large baking sheets; sprinkle Pecorino-Romano cheese evenly over flatbreads. Arrange the roasted vegetables and the cherry tomatoes evenly on flatbreads. Sprinkle with mozzarella cheese and basil. Bake about 5 minutes or until cheese is melted.

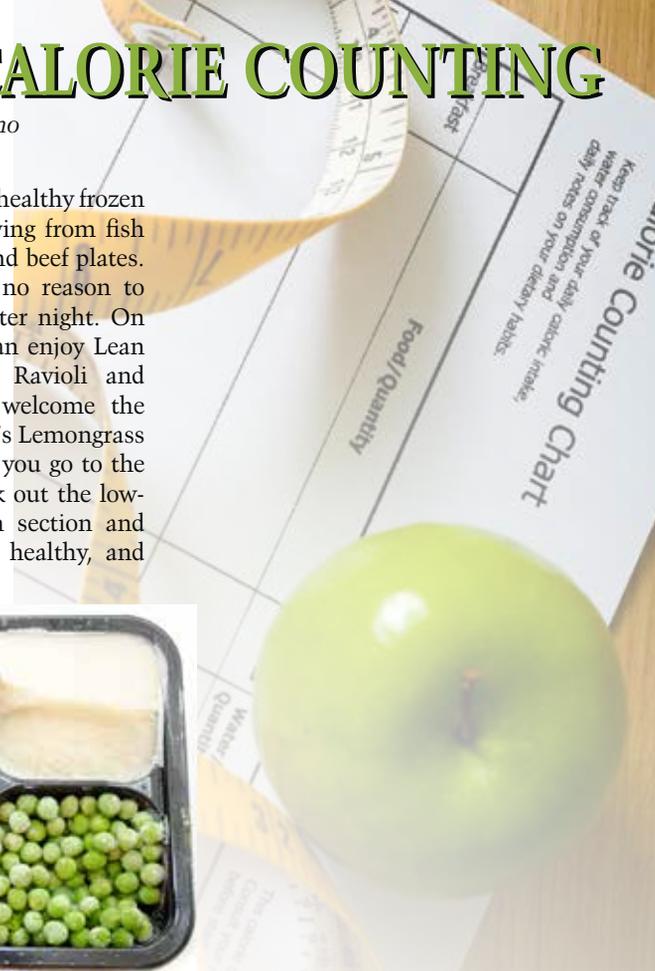
# FROZEN DINNERS AND CALORIE COUNTING

By Brianna Siciliano

When counting calories and maintaining—or losing—weight, frozen dinners can be a great, quick option for meals. Instead of trying to calculate how many calories your dinner is, in addition to calculating the spoonfuls of ‘quick tastes’ that were intakes while preparing and cooking the meal, a frozen meal’s calories can be calculated by flipping over the box and seeing the magic number. Frozen meals are already portioned out for you, which is a great option for those of us who are easily tempted to take a second portion of dinner. With frozen dinners, there is no way for you to convince yourself to splurge for that second serving of chicken; that serving is not existent!

Many people question the idea of having frozen vegetables over fresh with dinner, but there is no need to worry: frozen fruits and vegetables are equally nutritious (possibly even more nutritious) than fresh. Frozen fruits and veggies are ripe when frozen, and they stay frozen until ready to be cooked. Fresh produce, however, could be harvested many days before arriving, and being bought from, a grocery store.

There are loads of different healthy frozen dinner options available, varying from fish and chicken plates to pasta and beef plates. With frozen meals, there is no reason to eat the same dinner night after night. On Monday night, your family can enjoy Lean Cuisine’s Butternut Squash Ravioli and on Friday your family can welcome the weekend with a plate of Kashi’s Lemongrass Coconut Chicken. Next time you go to the supermarket, be sure to check out the low-calorie dinners in the frozen section and treat yourself to a delicious, healthy, and affordable meal. ■



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# Acupuncture for Seniors

By Brianna Sicilian

Acupuncture is an organic process where insertion of needles in the specific points of the body help the body's energy flow and correct imbalances. As a senior, one of the best investments you can ever make is improving your health and well-being. Investing in acupuncture can be the best investment yet.

The benefits of acupuncture are outstanding. Treatments can help numerous injuries and illnesses, including: pain management, back pain, shoulder pain, anxiety, addictions, depression, migraines, neck pain, arthritis, respiratory illness, chronic fatigue, tendonitis, dental pain, etcetera. As a senior, you want nothing more but good health and painless days, and with acupuncture treatments, your dreams of better health can come true.

Acupuncture is great for people of all ages, especially seniors. The acupuncture points are placed at certain points to simulate muscles, simulate nerves, muscles, and connective tissues, which work together to increase the body's natural painkillers and improve blood flow, thus lowering (and possibly eliminating) medications needed to get through daily tasks painlessly. For seniors, the best outcomes of acupuncture treatments are the boosting of energy and the relief of specific pain symptoms. Once a senior's treatments are completed and the benefits of the treatment hit him or her, the senior will forget all about the pain that he or she used to suffer from when doing tasks such as climbing the stairs, getting out of bed, walking for a long period of time, etcetera.

Life is so much more enjoyable without pain, so why let yourself suffer? If you are willing to give acupuncture treatments a try, do not hesitate to look into the best licensed acupuncturists near you. ■

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Taking care of your bones is a practice that should start in childhood and continue throughout your life.

## The Numbers

Why is bone health so important? The Office of the Surgeon General reports an assortment of statistics that call for healthier, bone-focused diets to help the country's population.

How likely you are to develop osteoporosis — a condition that causes bones to become weak and brittle — depends on a variety of lifestyle, diet and exercise factors. According to the Surgeon General:

- The risk of a fracture increases with age and is greatest in women. In fact, roughly four in 10 Caucasian women ages 50 or older in the United States will experience a hip, spine or wrist fracture sometime during the remainder of their lives.
- Osteoporosis is the most common cause of fractures. Roughly 10 million individuals over age 50 in the United States have osteoporosis of the hip.
- By 2020, one in two Americans over age 50 is expected to have or be at risk of developing osteoporosis of the hip.

## Calcium & Vitamin D

Calcium is a mineral needed by the body for healthy bones. Since the body cannot produce calcium, it must be absorbed through food or vitamins.

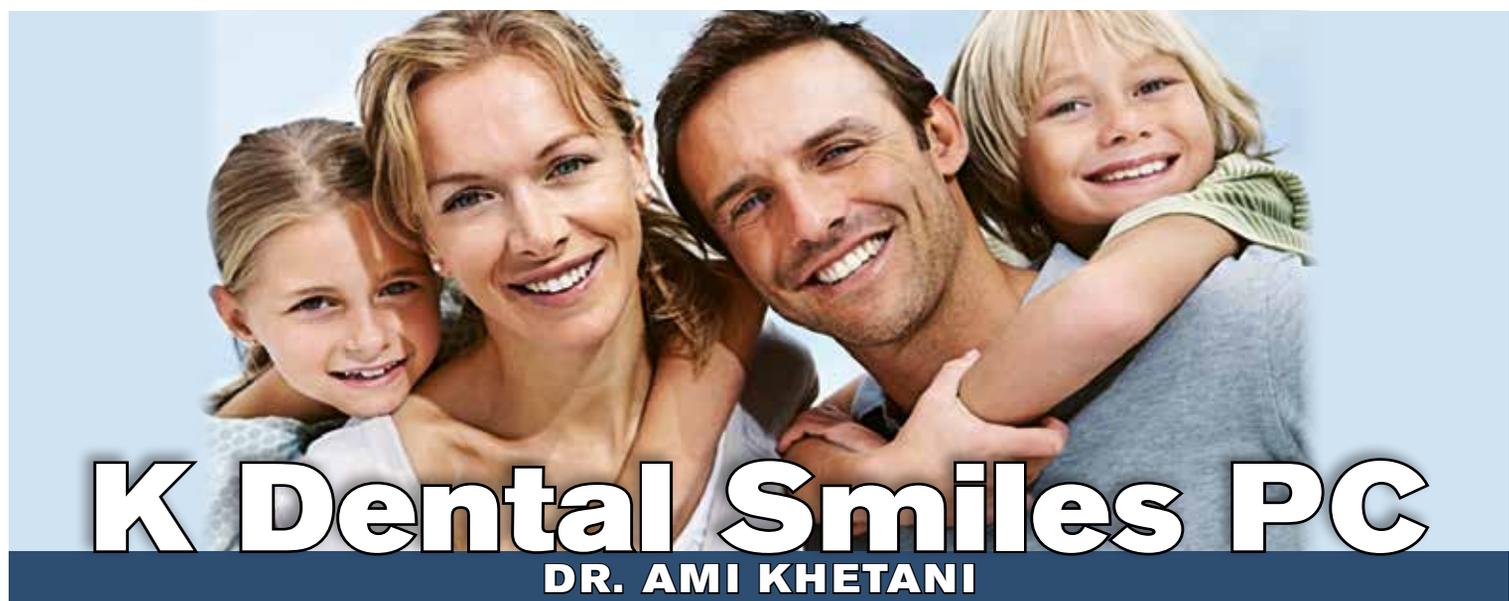
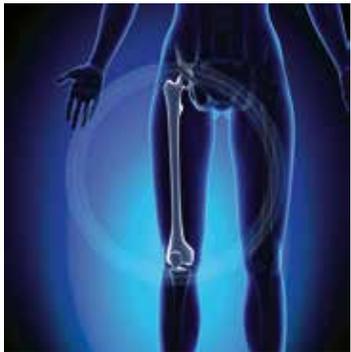
Good sources can include low-fat dairy products, dark green leafy vegetables and calcium-fortified products such as orange juice, cereal and bread.

The daily recommended amount of calcium varies for individuals, so check with your physician to see how much you should be taking in.

## Physical Activity

Bones also can be strengthened through regular physical activity. Weight-bearing physical activities cause muscles and bones to work against gravity. This can be strenuous, so consult your physician before increasing the amount of weight-bearing exercises.

These exercises can include simple walking, jogging or running. More vigorous activities can include field hockey, hiking and weightlifting. ■



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# PARKINSON'S DISEASE

By Susan Heckler

**P**arkinson's disease is a progressive condition of the nervous system that affects movement. The most well-known sign is a tremor in the hand but the disorder can also cause stiffness and slowing of movement. Neurons in the brain gradually break down or die, decreasing the dopamine level the body requires.

In the first stages of Parkinson's disease, your facial muscles may allow little or no expression, your arms may not swing when you walk, your posture may change and your speech may become soft or slurred. Parkinson's disease symptoms worsen as your condition diminishes over time.

The risk factors are age, heredity, gender and exposure to toxins. The disease usually presents in mid-life and is more common to men and those with family history. Without a known cause, it is not possible to prevent the disease. There is no known cure, however, through medication

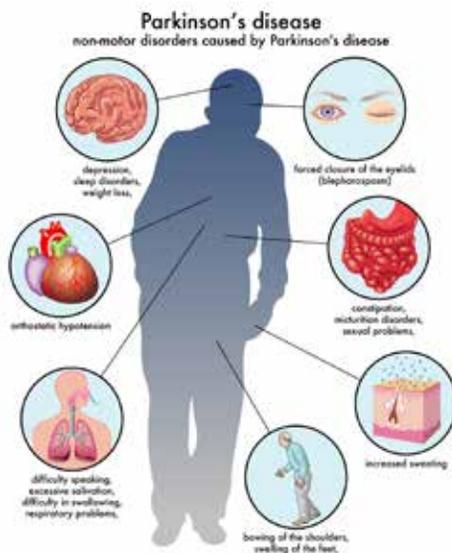
management the symptoms may decrease. Many Parkinson's drugs are intended to either temporarily replenish dopamine or simulate the action of dopamine. Called dopaminergic, these medications

generally help reduce muscle rigidity, increase speed and synchronization of movement and reduce tremors. Surgical treatment is recommended only after all other treatment options have been exhausted.

Exercise is a vital factor in maintaining balance, mobility and daily living activities. It may actually slow the progression of the disease. Eating a healthy, balanced diet may also give the body the nutrition it needs. Omega 3 appears to have some benefits.

There are many suggestions of alternative medical or complementary treatment. Proceed with caution and investigate these before making any major decisions or investment.

Chemical changes in your brain may make you feel anxious or depressed. Having a good support system of family and friends can be helpful or even an outside support group. ■



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# Grieving Elderly and the Immune System

By Susan Heckler

Any type of loss or trauma throws your entire life into a tailspin. The loss of a loved one can particularly impact your emotional and physical health.

When you are under stress, ever notice a change in your blood pressure? It also throws off your cholesterol levels, brain chemistry, blood sugar levels, and hormonal balance. Stress plays a major role in your immune system. Our bodies have a delicate balance of two stress hormones, cortisol and dehydroepiandrosterone sulphate (DHEAS). While the stress hormone cortisol is known to suppress the immune system, DHEAS enhances it, so maintaining a relatively balanced ratio helps to keep your immune system functioning properly.

New research shows that the elderly are more prone to a weakened immune system while grieving. They are more likely to develop infections than the younger people due to the hormonal imbalance. Studies noted illness-fighting white blood cells were reduced among the older bereaved study participants. By age 30, the amount of DHEAS we produce starts to decline, with elderly having about 20% of the DHEAS they had in their youth.

Grief is also associated with chronic diseases like ulcerative colitis, rheumatoid arthritis, asthma, heart disease, and cancer. This is due, at least in part, to chronically elevated cortisol. Researchers found that losing a significant person in your life raises your risk of having a heart attack the next day by 21 times, and in the following week by 6 times. "Broken Heart Syndrome" is basically a "temporary" heart attack that occurs due to stress. This diminishes after about a month.

Sedentary behavior is linked to a 25 percent greater probability of being depressed compared to those who are active. This is true whether or not you're grieving. It is uncertain which comes first, the depression or the inactivity, as one leads to the other in either direction. Activity triggers a number of neurotransmitters, such as endorphins, serotonin, dopamine, glutamate, and GABA. These are well-known for their role in mood control. In many cases, being physically active may alleviate the need for anti-depressants.

During your time of crisis, pay careful attention to the elders and watch for warning signs. ■



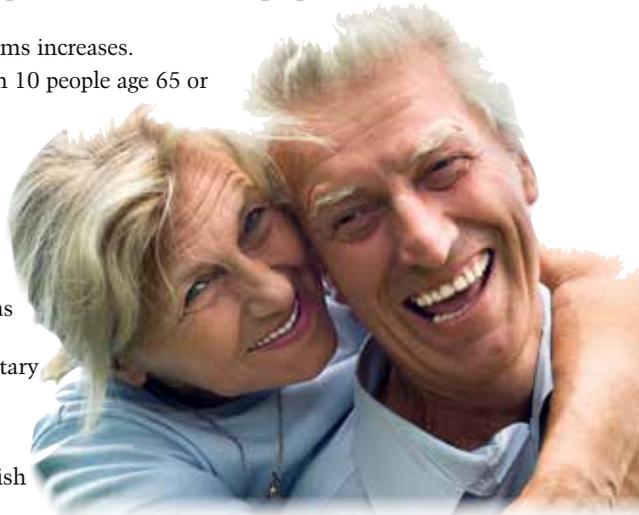
# AS WE AGE

By Susan Heckler

*As life goes on and our clock continues to tick, we all notice changes. We may or may not learn from our experiences and have attitude epiphanies. Gray hairs and smile lines are not the only things we can expect.*

- ✕ We all share in the physical changes, like it or not. Genetics and a healthy lifestyle do play a part to some degree.
- ✕ Brain: Memory loss and confusion used to be accepted as just part of growing older.
- ✕ Bones and Joints: The weight-bearing bones and the movable joints take much wear and tear as the body ages.
- ✕ Eyes: About the age of 40, eyesight weakens, and at around 60, cataracts and macular degeneration may develop.
- ✕ Hearing: About one-third of Americans between the ages of 65 and 74 have hearing problems. About half the people who are 85 and older have hearing loss.
- ✕ Digestive and Metabolic: As we grow older, the prevalence of gastrointestinal problems increases.
- ✕ Urogenital: Loss of bladder control is called urinary incontinence effects at least 1 in 10 people age 65 or older have this problem.
- ✕ Dental: Tooth decay is not just a problem for children. It can happen as long as you have natural teeth in your mouth. Gingival diseases are more common with age.
- ✕ Skin: Sunlight is a major cause of the skin changes we think of as aging. Your skin does change with age with increased dryness, thinning causing fat loss, years of smoking, all have an impact.
- ✕ Functional Abilities: Falls can come as a result of other changes in the body: Sight, hearing, muscle strength, coordination, and reflexes aren't what they once were as we age.
- ✕ Sensitivity Changes: You may notice your sense of touch is not as it used to be. Dietary deficiencies, circulation problems and the normal effects of ageing on your nervous system may all play a part in this. Your sense of taste and smell may diminish with aging nerve endings.

Speak to your physician to determine what changes you can make now to avoid or diminish the effects of aging. ■



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