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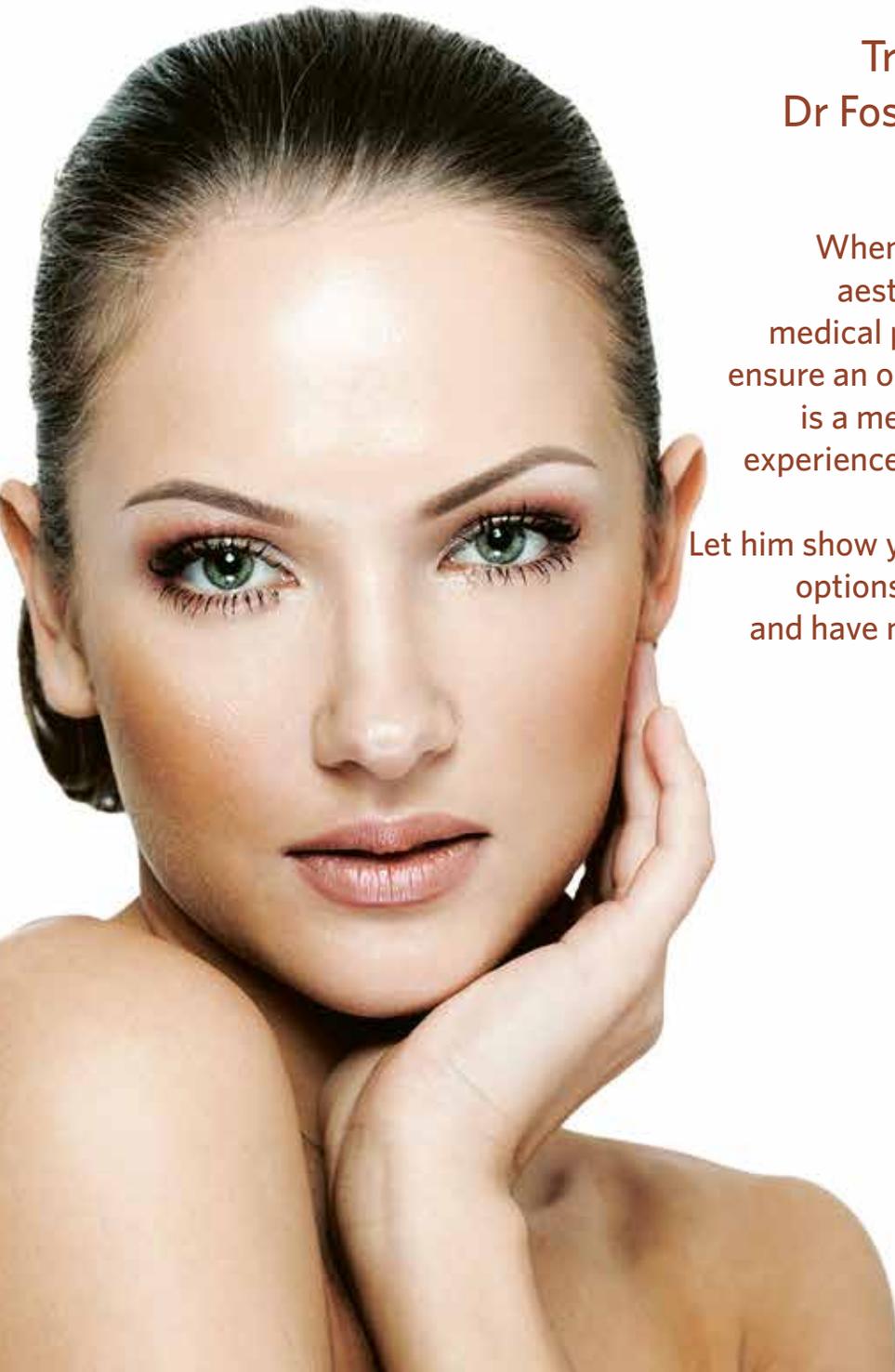
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ASK THE DOCTOR • THE MILLSTONE TIMES
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The Ouch of Exercise; Delayed Onset Muscle Soreness

By Susan Heckler

You did it! You managed to squeeze in that long overdue workout and because you were feeling so good, you gave it your all and then some.

The 'Then Some' has a name, Delayed Onset Muscle Soreness, affectionately known as DOMS. You feel great and invigorated for hours after your workout or game, and then BAM. Twelve to forty-eight hours later your muscles are tight and achy, sometimes resulting in a decreased range of motion. Fear not, it should lighten up in about three days and you should feel normal in a week.

Why? It is thought to be triggered by microscopic muscle tears, which occur when we exercise harder than usual. This occurs normally and is required for growth in muscle size and strength, but if the training is too excessive, the tearing may be too. This is one of the reasons why exercise and training should start very lightly and progress gradually.

To prevent DOMS, always warm up prior to any intense exercise. Conversely, always cool-down and stretch following exercise. To start off, 'do little and often' to allow your muscles to become adapted to these new strains. Build up gradually and allow your body time to recover. Avoid temptation and increase your training intensity and duration by no more than 10% a week.

Once the damage is done, allow the muscles to heal without over stressing them again. Once symptoms have diminished, give yourself one more week before doing the same exercise again. Massage and very light, non-weight bearing aerobic exercise and stretching may alleviate the discomfort or you can try a spa bath.

You can have gain without so much pain. ■



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Gene Therapy Shows Early Promise Against Deadly Brain Cancer

DNA-modified virus serves as decoy to help target and destroy glioblastoma cells, researchers say.

Early trials of a new form of gene therapy may give hope to patients battling glioblastoma, the most deadly form of brain cancer.

Called AdV-Tk therapy, the new treatment involves two steps. As the researchers explained it, the first step involves taking DNA from the herpes virus and injecting it into tumor cells, and then attacking those DNA-tagged cells with a powerful drug.

In the second step, the drug helps spur the patient's immune systems to eliminate more of the cancer cells over time.

All of the patients in the study had also undergone surgeries aimed at minimizing the tumor, the researchers noted.

The result, so far, has been a marked improvement in prognosis for the 48 patients participating in the preliminary trial.

"Glioblastoma is the most malignant brain tumor you can have," said study co-author Dr. David Baskin, professor of neurosurgery with both Houston Methodist Hospital and the Weill-Cornell College of Medicine in New York City. "It's almost always a death sentence, with median survival of about nine to 15 months, and the quality of life during the last five months is often quite poor.

"Surgery, along with chemotherapy and radiation, is the only current treatment option," he added. "This cancer is like an octopus -- it reaches into all parts of the brain [and] you can only ever get some of it out."

However, "this particular gene therapy is better than anything else we have," said Baskin, who also directs the Peak Brain Tumor Center at the Houston hospital. "By inserting a virus into the tumor, then attacking that virus with medication while also firing up the patient's own immune system, you can get a real one-two punch treatment effect, and prolonged survival."

He stressed that the treatment may not be a cure. "The [survival] numbers still stink," Baskin said. "But they're significantly better, which makes this a big advance."

Baskin and his team are slated to present their findings Sunday in Chicago at the annual meeting of the American Society of Clinical Oncology.

The initial research spanned 2006 to 2010, when the investigators inserted harmless pieces of herpes simplex viral DNA into a cold virus. That modified virus was then injected directly into cancerous tissue. The researchers picked the cold virus because it's known to spread widely and quickly in cells.

In the new clinical trial study, the 48 glioblastoma patients received the gene therapy after undergoing "aggressive" surgery aimed at reducing the tumor.

Each patient was then given an antiviral drug. The drug was designed to recognize and attack the inserted DNA fragment, and to "break open" any brain tumor cell into which the cold virus had spread.

The result, said Baskin, is that "suddenly the immune system starts killing anything that might have these proteins. So you put the Trojan horse virus in. Then, after you kill the virus the tumor cells explode, causing the immune system to hyper-activate without raising toxicity [to the patient]."

"It's interesting and exciting, because the improvement [in survival] is significant," Baskin said.

How significant?

Specifically, one-year survival rose from 57 percent to 67 percent; two-year survival rose from 22 percent to 35 percent; and the number of patients who lived at least three years rose from 8 percent to 19 percent, the study team found.

Overall, average survival improved by about eight months, researchers say.

"We're not saying we have a cure, of course," noted Baskin. "But we think we have something that makes a lot of sense conceptually, and is a real advance. And of course going forward we can try to get the numbers up even more by increasing the dose and finding additional targets. But even with what we have already, the improvement is big."

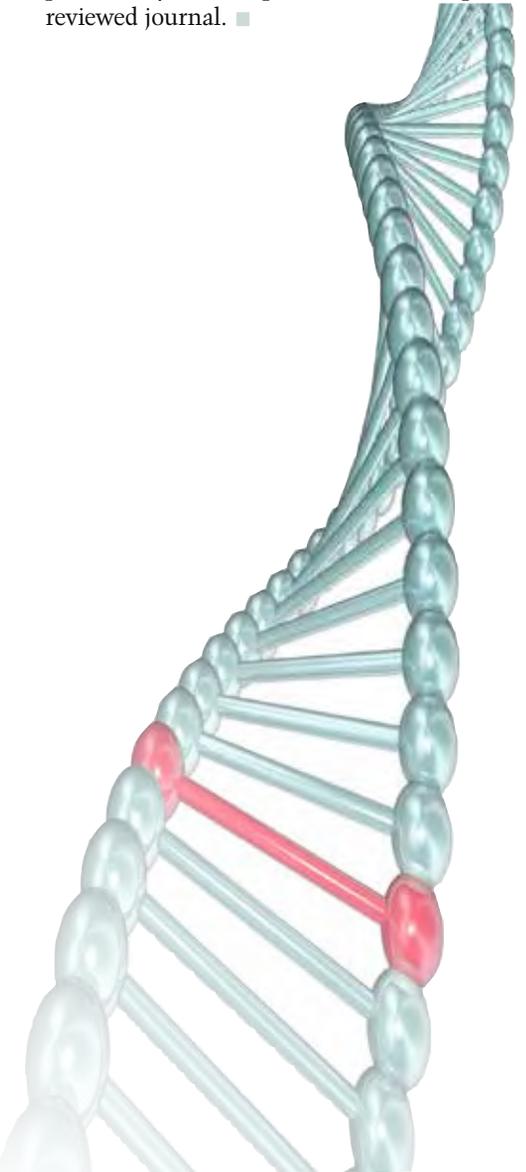
Balveen Kaur is a professor of neurological surgery at Ohio State University in Columbus. She said that new approaches to fight brain tumors are sorely needed.

"All current FDA-approved therapies for brain cancer suffer from the drawback of having a lot of side effects, which limits their

use and hence efficacy," said Kaur, who is also the associate director of OSU's Medical Center at the Comprehensive Cancer Center.

However, she cautioned that "while gene therapy has a lot of potential, it is important to keep in mind that the current study is a small study, with a few patients, and future randomized studies will be essential to identify if the treatment really works."

Experts also note that findings presented at medical meetings are typically considered preliminary until published in a peer-reviewed journal. ■



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Dorota M. Gribbin, MD

Countless Americans endure debilitating pain every day. We live longer and therefore have much higher chance to experience painful conditions than our ancestors.

"Pain is a symptom," says Dorota M. Gribbin, M.D., Assistant Clinical Professor at Columbia University - College of Physicians and Surgeons, Chairman of Physical Medicine and Rehabilitation section at Robert Wood Johnson University Hospital at Hamilton and Medical Director of Comprehensive Pain and Regenerative Center. "In order to manage pain effectively, it is essential to pinpoint its cause." Named one of the best doctors in the New York Metro Area by Castle Connolly Medical Ltd. for 14 consecutive years between 1999 and 2013, the pain management specialist uses a minimally invasive approach to outsmart tough pain. Her first step is to obtain a global understanding of the patient, including

specific complaints and past medical and social history. Next come diagnostic studies such as blood tests, xrays, MRI and electro diagnostic studies (EMG/NCV).

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PRP/PPP is also used in aesthetic medicine to erase scarring, reduce fine lines, and heal sunspots, alopecia, balding, and even premature aging. This regenerative healing process lasts longer than traditional fillers and is the patient's own blood platelets, which stimulates the body to heal more effectively and naturally.

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Alex Rodriguez, of the NY Yankees received PRP injections after a recommendation from fellow professional athlete Kobe Bryant of the LA Lakers. The procedure is in complete compliance with major league baseball regulations and the pro athlete went on to finish out the season strong.

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repair of damaged tissue. Hackett describes prolotherapy as strengthening "the weld of disabled ligaments and tendons to bone by stimulating the production of new bone and fibrous tissue cells..."

25% Dextrose (Solution of sugar with a local anesthetic). Is injected to tendon/ligament area this method heals the ligaments and tendons by making them stronger and thicker. No corticosteroids are used. This is an effective treatment for all joints and ligaments and all age patients. Depending on the body part ultrasound and or fluoroscopy guidance may be used. Three to six sessions every 1-2 weeks are required.

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Remember, you do not need to live with your pain. Pain treatment does not need to involve dangerous medications or surgery. You do not need plastic surgery or painful derma-abrasions to erase years from your face and body.

If you have been suffering from pain and want to improve your quality of life, please consider treatment by Dr. Gribbin who specializes in the comprehensive diagnosis and treatment of painful conditions, regenerative medicine, medical weight loss and the newest aesthetic medicine techniques of rejuvenation and anti-aging medicine.

FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

More than 90 million Americans have experienced a balance disorder. 30% of people over age of 65 will fall each year. That number increases to 50% for people over age of 85! Falls account for more than half of accidental deaths among the elderly. 30% of falls in population over 65 year result in hip fracture. 30% of surgery for hip fracture result in heart attack, stroke or pulmonary embolism. 50% of patients after hip fracture and hip surgery don't survive first year. According to the American Academy of Orthopedic Surgeons 30-40% of all falls can be prevented. Diagnosis and treatment of dizziness and disequilibrium are now available. State of the art diagnostic studies: posturography and VNG testing are followed with customized balance and gait retraining with safety and vestibular adaptation training.

SURFING

If you have ridden a gnarly wave or been stoked over a choppy bomb, then you know: Surfing is a the thrill of a lifetime. If you haven't experienced it for yourself, make this the summer to do so.

The sport is an enjoyable endeavor for all ages and skill sets, and is described by many surfers as one of the most challenging activities in existence.

This doesn't mean you can't have a calm, pleasant experience if you decide to take it up for the first time. Professional surf shops and instructors are available at every major beach, ready to help you get ready for your first time on the board.

Checklist

Adventure awaits you for your next — or first — surfing excursion, but so does the potential to forget something important. Doing so can turn your experience from fun to frustrating in no time. Follow this checklist to make sure you bring the essentials.

- **Your board:** There are different styles and sizes of boards, so if you're unsure of what you'll need, quiz an expert or surf shop professional. They will be able to point you in the right direction.
- **The clothes:** Neoprene wet suits are a popular choice for surfing attire because they are durable, waterproof and difficult to rip. Don't forget some proper storage for them when you're finished, such as a large plastic container or tote.
- **Repair and maintenance:** If you're planning on surfing for multiple days, there are some maintenance products you'll want to remember. Make sure you have a good supply of wax, a spare leash and a ding repair kit to keep your board in optimal shape.

Plan a Trip

Once you have everything you need to hit the waves, it's time to figure out where you'd like to board. Check with your travel companions to see if there are any ocean spots they have been wanting to try.

You also can do some research by reading online reviews or joining surfing chat forums. You can find valuable tips from surfers who are not only experts in the sport, but also in where to find the best waves for any skill level.

It's recommended that you take a few classes before taking on the ocean yourself. Many oceanfront outfitters offer packages that include a crash course on surfing, as well as an assisted ride until you are ready to battle the waves on your own. ■



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How To Avoid Spreading Germs Within Your Home

It takes just one cold or flu germ inside your home before the entire family could begin coughing, sneezing and feeling miserable.

There are simple ways to stop the spread of common germs at home. Try these tips and keep your family healthy.

1. Take off your shoes at the door. The soles of your shoes connect with filthy floors in stores, restaurants, offices and sidewalks. Avoid spreading those germs throughout your home's floors and carpets.
2. Twice a day, wipe down light switches, remote controls, doorknobs, the refrigerator handle, faucet handles, and everything else that the entire family touches on a daily basis. This may be impractical on a daily basis, but if your friends or family have been sick, you should take the time to sanitize these areas.
3. Clean your toothbrushes. Douse them with peroxide, then rinse with water and put them in the microwave for 10 seconds. Better yet, buy in bulk and change brushes every week.
4. If anyone in the house is already sick, use separate bath and hand towels. If possible, designate one bathroom for the sick person while the rest of the family uses another.
5. Clean counters and other surfaces with paper towels. Avoid spreading germs by wiping a contaminated sponge or kitchen towel.
6. Each day, wipe the bottom of your purse or briefcase. These items can be contaminated from touching floors, seats or tables in public areas.
7. Clean your computer keyboard and mouse every day. Desk areas can be very germey.
8. Change your pillowcases every few days and wash sheets once a week.
9. Remember to avoid touching your face, especially your nose, mouth, and eyes. Wash your hands regularly. Shower daily and launder clothing that you have worn in public places. ■



QUESTION:

I have a big bump on the joint under my big toe that is very painful. What is it?

It sounds like you have a bunion. The affected joint is the metatarsophalangeal joint (MTPJ). A bunion is caused when the bone or tissue at the joint moves out of place for some reason. This forces the toe to bend toward the other toes, producing a painful

lump of bone on the foot. Because the MTPJ carries a lot of the body's weight, bunions can cause extreme pain if left untreated.

This is a symptom of faulty foot development and is usually caused by the way we walk, our inherited foot type, or our shoes. It tends to run in families; you may have inherited your feet from someone prone to bunions. Other possible causes of bunions are foot injuries, neuromuscular disorders, or congenital deformities. If you have flat feet or low arches, you are prone to developing these problems, as are arthritic patients and those with inflammatory joint disease.

You can try a few things on your own that may alleviate the pain; apply a commercial, non-medicated bunion pad around the bony lump, wear shoes with a wide and deep toe box and avoid high-heeled shoes. If discomfort persists, you need to see your foot and ankle specialist for medical attention.

A podiatrist has several options of treatment; anti-inflammatory drugs and cortisone injections to ease the pain and inflammation, Physical Therapy to provide relief of the inflammation and pain, orthotics to control foot function, which may reduce symptoms and prevent worsening of the deformity. Surgery may become necessary to remove the bony enlargement, restore the normal alignment of the toe joint, and relieve pain.

As a Fellow of the American College of Foot and Ankle Surgeons and the American Society of Podiatric Surgeons, I am Board Certified in Foot and Rearfoot and Ankle Reconstructive Surgery. I have been practicing podiatric surgery in Central Jersey for the last 10 years, serving all your foot and ankle concerns. If you have any further questions, feel free to contact me. ■

Dr. Holli Alster



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LYMPHEDEMA EXPLAINED

By Susan Heckler

Lymphedema refers to swelling in one or both of your arms and/or legs that is most commonly caused by the removal of or damage to your lymph nodes as a part of cancer treatment. It is the result from a blockage in your immune system known as the lymphatic system. The blockage inhibits lymph fluid from draining well, which leads to a buildup. The swelling can range from mild to extreme.

Lymphedema signs and symptoms, which occur in your affected arm or leg, include:

Swelling of part or all of your arm or leg, including fingers or toes

A feeling of heaviness or tightness

Restricted range of motion

Aching or discomfort

Recurring infections

Hardening and thickening of the skin (fibrosis)

Your lymphatic system circulates protein-rich lymphatic fluid throughout your body. This fluid collects bacteria, viruses and waste products and carries it and other harmful substances through your lymph vessels, which lead to lymph nodes. Infection-fighting cells that live in your lymph nodes, called lymphocytes, filter and flush them from your body.

Lymphedema can be either primary (occurs on its own) or secondary (caused by another disease). Primary lymphedema is a rare, inherited condition caused by problems with the development of lymph vessels in your body. Any condition or procedure that damages your lymph nodes or lymph vessels can cause lymphedema, including surgery, radiation treatment, cancers or infections.

There's no cure for lymphedema. Treatment focuses on reducing the swelling and controlling the pain. Lymphedema treatments include exercise, wrapping the afflicted area, massage, pneumatic compression, decongestive therapy and compression garments.

As with any unusual symptoms that do not clear up quickly, when it doubt...have your physician check it out. ■



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QUESTION:

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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.

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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.

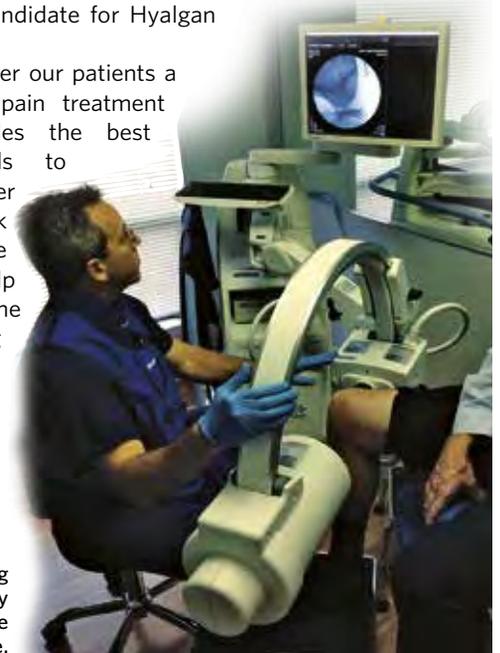
WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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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Contact Lens Wearers May Have Different Eye Bacteria

Finding may explain why they're more prone to infection.

Changes in bacteria populations may be one reason why people who wear contact lenses are more prone to eye infections, a new study suggests.

"Our research clearly shows that putting a foreign object, such as a contact lens, on the eye is not a neutral act," senior study investigator Maria Gloria Dominguez-Bello, a microbiologist at NYU Langone Medical Center, said in a Langone news release.

"What we hope our future experiments will show is whether these changes in the eye microbiome of lens wearers are due to fingers touching the eye, or from the lens's direct pressure affecting and altering the immune system in the eye and what bacteria are suppressed or are allowed to thrive," she added.

For the study, researchers took samples from nine daily contact lens wearers and 11 others who didn't use contact lenses. They found that the types of bacteria in the eyes of the contact wearers more closely resembled those found on eyelid skin than in the eyes of those who don't use contacts.

Specifically, the researchers found that the eye surface had a greater variety of bacteria than the skin directly beneath the eye. They also found that the eyes of contact lens users had three times the usual levels of certain bacteria than the eyes of those who didn't use contact lenses.

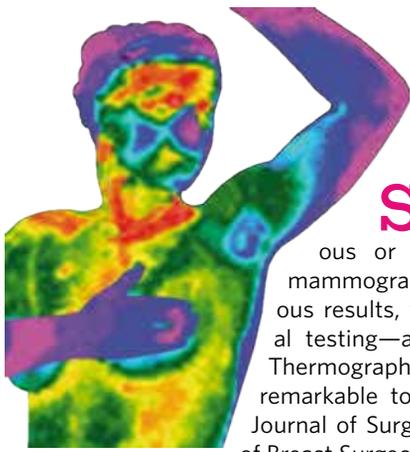
The findings were to be presented Sunday at the annual meeting of the American Society for Microbiology, in New Orleans. Findings presented at meetings are typically considered preliminary until they've been published in a peer-reviewed journal.

"These findings should help scientists better understand the longstanding problem of why contact-lens wearers are more prone to eye infections than non-lens wearers," Dominguez-Bello said.

That understanding could lead to better ways of preventing eye infections in contact lens wearers, the researchers said.

For more information visit the website of The American Academy of Ophthalmology or talk to your local physician. ■





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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LAUGHTER IS THE BEST MEDICINE FOR THE HEART AND SOUL

By Mia Ingui

My mother is by far the wisest and most wonderful person that I have come to know. Along with this, I can easily also consider her the most emotional, which is a trait that she passed down to both myself and my younger sister. She is filled to the brim with all kinds of wonderful emotions, all of the time. When these emotions get the best of her, she sometimes begins to laugh. And almost always, she'll say, "Well if I don't laugh, I'll cry, right?" I could never have chosen a better quote to explain how laughter acts as the best way to soothe the soul. Without being able to express serious emotion through laughter, we are only left to resort to feeling grief and feeling the need to shed some tears. This is not always the right way to cope with meddling emotions or to find the right emotional relief. Coming from a family of some of the most impressive dry humorists, I know what it is like to laugh so hard you cry, or, cry so hard that you can't help but start laughing. And once those giggles begin, I always feel infinitely better, inside and out, no matter what kind of internal conflict I am faced with. Even in the worst of times, those close to me have tried to make me smile and laugh, keeping my mind distracted and in a better place. So it turns out that my mother's cliché famous quote is a hundred percent accurate; try thinking positively in times of trouble. This, it turns out, acts as the most effective medicine. ■



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AUGUST IS PSORIASIS AWARENESS MONTH

By Susan Heckler

The winter clothing is packed away and we are all about the shorts and tanks. Your skin imperfections are out there for the world to see. Have you looked into what that is?

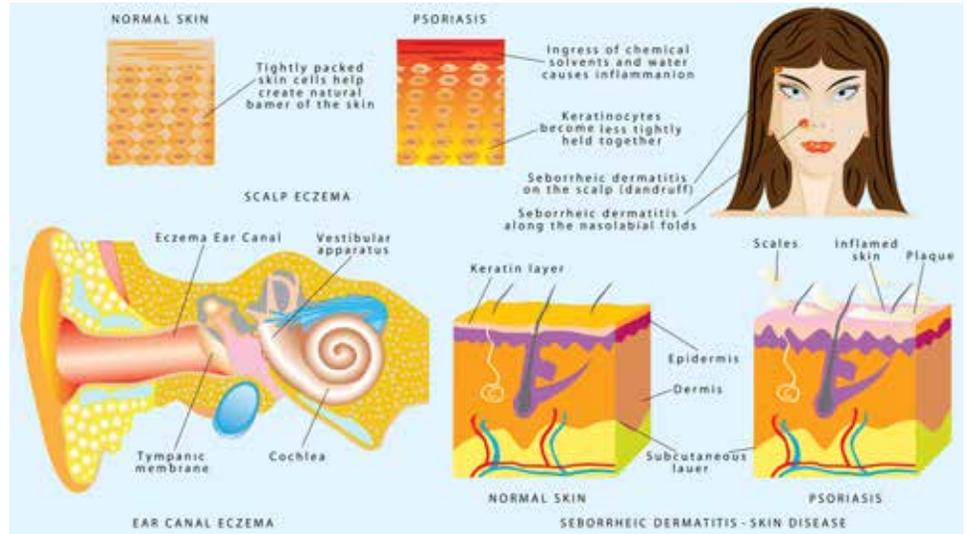
Psoriasis is an autoimmune disease that causes raised, red, scaly patches to appear on the skin. The skin cells in patients with psoriasis develop at an abnormally fast rate, which causes the accumulation of psoriasis lesions. It typically affects the outside of the elbows, knees or scalp, though it can appear on any location. It is known to cause itching burning and stinging sensations.

Psoriasis is associated with other serious health conditions, such as diabetes, heart disease and depression so it is not something to ignore. What you may attribute to an annoying rash may have underlying complications.

The medical community has not figured out the cause, but what they do know is that the immune system and your genetics play major roles in its development. Usually, something prompts psoriasis to flare up. About one-third is traceable to family history.

The malady seems to affect men and women equally, and Caucasians have almost twice the likelihood as African-Americans. It often begins around 15 years of age, although 10-15% occurs younger. A diagnosis is typically made after a visual exam. The difference between eczema and psoriasis is the inflammation and thickening.

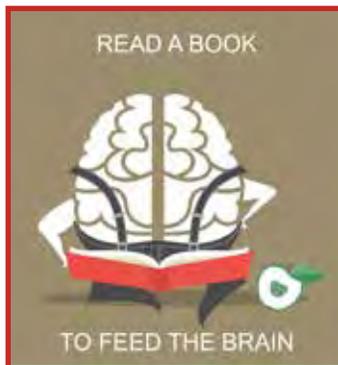
Take the time to check with your dermatologist to see what your rash really is and how best to treat it. Remember, it may be a sign of something bigger going on that can be dealt with early. ■



Why Reading is Good for Your Brain

By Mia Ingui

Your brain is a muscle, just like the other muscles in your legs, arms, and core, and therefore it thrives when it gets the proper exercise. This is why reading is one of the most beneficial activities to do for your brain's health. Making a regular habit out of reading has many benefits for the brain, such as mental stimulation, reduction of stress, and the opportunity to gain knowledge. Exercising your brain's capabilities can slow the progress of diseases such as Alzheimer's or dementia by keeping your brain active. Reading exposes the brain to another world, therefore stimulating it and keeping it alert. Reading also is a perfect way to deflect stress. It provides a window to a whole new world that's exciting and inviting, and this is a way to distract you from real world stress. Your tensions will be released and you can allow yourself to just relax. Additionally, the amount of new information that you can learn from reading opens your eyes to a world of new knowledge. The more knowledge you gain, the more information you'll have handy to use in your everyday life. Your ability to analyze details and direct your focus will greatly improve. If this can all be accomplished just from picking up a good book, go for it, it'll make for a healthier, happier brain. ■



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Looking for a fulfilling career? Become a nurse! Testing open for County's September Licensed Practical Nursing class

Are you looking for a more fulfilling career? Do you want to help those who are sick and in need? If so, you should consider applying for the Monmouth County Vocational School District's Licensed Practical Nursing (LPN) program.

Testing is available now through www.mcvsd.org for the September 2015 class. Spots are limited and fill quickly, so make sure to take the test as soon as possible.

Those who do not pass the exam are invited to take the County's Pre-Practical Nursing course which starts in January 2016.

"I encourage anyone who is interested in becoming a nurse to take the exam. Even if you do not pass the exam, you can still take the Pre-Practical Nursing course," said Freeholder Lillian G. Burry, liaison to the County's Vocational School District. "Those who pass the Pre-Practical Nursing course will automatically be eligible to enroll in the next LPN class."

The LPN program is comprised of studies and practical experiences to prepare students to meet the State requirements for licensure as a practical nurse in New Jersey.

"The LPN program is a staple in the community," said Dana Schaed, Ed.D., Principal/Director of Adult Education. "Instructors and students give back to the community through volunteering and participating in clinical rounds all over the County."

Approved by the New Jersey State Board of Nursing, the New Jersey State Department of Education and the Council on Occupation Education, graduates are eligible to take the Practical Nursing Licensure Examination for the State of New Jersey.

"The success rate of the County's LPN program is nothing short of extraordinary," said Burry. "Graduates have a 100 percent success rate of passing their exam to receive their license, while the national average is 60 percent."

Graduates of the LPN program will take the National Council Licensure Examination (NCLEX) to receive their license. The County's LPN program has a 100 percent pass rate on the exam every year.

The program is located on 105 Neptune Blvd. The building is open from 7:30 am to 2:30 pm, Monday through Friday. For more information call 732-431-7245. ■





Men Can Make Their Health a Priority by Taking Daily Steps to be Healthier and Stronger

Educate yourself and other men in your life on the various things you can do every day to improve and maintain your health

By Dr. Michael Steinberg, MD, MPH, Medical Director, Executive Health Program at Robert Wood Johnson University Hospital and Associate Professor of Medicine at Rutgers Robert Wood Johnson Medical School

Understanding your health risks is the first step in maximizing your health, but taking action to reduce those risks is another critical step that needs to follow. According to studies, men are far less likely than women to seek routine preventive health services. First and foremost, get routine exams and screenings. Ask your doctor how often you need to be examined and explore the options for a range of assessments:

Heart health screenings – Heart disease is the leading cause of death for men in the United States. High blood pressure, high LDL cholesterol and tobacco use are all key risk factors. Regular visits to your doctor for cholesterol and blood pressure screenings will help you detect any heart health issues early on, allowing for preventive measures.

Reducing your chances for heart disease include quitting smoking, being active and managing your stress. Consuming a diet rich in plant-based foods while limiting salt and sugar will also be to your advantage.

Prostate screenings – Regular physician examinations and Prostate Specific Antigen (PSA) screenings can be critical in the early detection of prostate cancer, the second most common cause of cancer death in men. A PSA screening involves a simple blood test that measures the PSA level in the bloodstream. It is recommended that men over the age of 50 discuss with their physician whether PSA screening would be right for them.

Preventive measures include maintaining a low-fat, low-dairy diet and exercising regularly. Research also suggests that drinking a glass of red wine occasionally may inhibit the growth of prostate cancer due to an antioxidant found in grapes known as resveratrol.

Skin cancer screenings – Men over the age of 50 are twice as likely to develop and die from skin cancer than women, according to the Skin Cancer Foundation. Regular visits to your dermatologist and monthly self-exams of your skin are strongly recommended. If you find any suspicious moles, new or old, visit your physician for further examination and care.

Be sure to apply sunscreen with an SPF of at least 30 every time you go outside to decrease your risk for skin cancer. It is also important to avoid tanning and to wear sport UV-

blocking sunglasses, hats and lip balm with an SPF to further protect yourself.

Colon screenings – Colorectal cancer is the third leading cause of cancer deaths in American men. Colorectal cancer screening exams detect the disease early on, when treatment is most effective. For men over the age of 50, a colonoscopy every 10 years is strongly recommended to screen for colon cancer.

There are other ways to reduce your risk of colon cancer, including limiting your intake of red meat as well as heavily-processed meats, steering clear of binge drinking and maintaining a healthy weight with exercise.

Lung cancer screenings – If you are a smoker or former smoker in the age bracket of 55 to 77 or have 30 or more pack years of cigarette smoking, I urge you to get a lung cancer screening with low-dose computed tomography (CT) every year. Screenings help increase the number of lung cancers diagnosed at an early stage and reduce the time between lung cancer diagnosis and the start of treatment. When identified early enough, lung cancer has been shown to be up to 90 percent curable. RWJ offers low-dose CT scans, and is currently offering at-risk patients with free screenings for a limited time at the Somerville campus. Learn more at <http://bit.ly/1GaABpk>.

You can reduce your risk of developing lung cancer by not smoking or quitting smoking, avoiding secondhand smoke, avoiding carcinogens at work, testing your home for radon, eating a diet full of fruits and vegetables and exercising.

Taking action towards a healthier lifestyle is in your hands. Vital steps include eating a healthy diet, staying physically active, quitting smoking, and an annual visit to your doctor for a physical exam. Depending upon your family history and other potential risk factors, you may be more likely to develop certain conditions. As part of Men's Health Month, I encourage you to take steps towards an improved lifestyle and seek regular medical advice and attention, especially if you notice any abnormalities. Contact your local hospital for information on various screenings and educational events available to you and your loved ones. ■



QUESTION:

When should I take my child for their first eye exam?

ANSWER:

Most parents are diligent when it comes to routine well visits to the pediatrician. They understand about preventative medical treatment. What most parents don't realize is that the same applies to the health of the eye and vision.

During infancy, a baby's vision changes constantly. At first they can only focus on objects near-by and high contrast colors like black, white and red. By six months, their visual ability should be sharper. Most would be shocked to know that a six-month old should have an eye exam. At this age, your eye doctor can monitor the development of the eyes. In some cases, they are not working together, which will affect vision.

Another optical milestone is for the pre-kindergarten child. By ages 3 to 4, the eyes have done their developing and an eye exam is expected prior to school admission. Other exams should be in the 3 to 4-year-old range because the eyes have basically done their growing and developing by then. It is from this point that an annual eye exam is essential.

Early detection of vision issues can curtail bigger problems later. An eye exam can detect

and identify nearsightedness, farsightedness, and astigmatism. These can be remedied with prescription glasses very easily. Conditions such as 'lazy eye' can be corrected with something as simple as an eye-patch.

To make a trip to the eye doctor less intimidating for your child, find one who has a great manner with children, one who will put them at ease.

Now is a great time to schedule your back-to-school appointment with us. 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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Check out our website for more information <http://monmouthvision.com/>. Dr. Steven Linker, OD Monmouth Vision Associates, 50 Route 9 North, Suite 206, Morganville, NJ, 07751 • Tel: 732-617-1717. ■



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QUESTION:

How can a dentist help with my snoring?

Snororing 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. In most cases, your medical insurance will pay for the appliance.

I have brought my many years of dental expertise, personal experience, and research to Shore Dental Sleepcare 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. William Ziegler is a Board Certified Specialist in Reproductive Endocrinology and Infertility. He started the first egg donor program based in Monmouth and Ocean Counties. He holds a clinical assistant professorship at the Rutgers- Robert Wood Johnson Medical School, and is teaching faculty at both Monmouth Medical Center and

Jersey Shore University Medical Center. He works with both teaching institutions to organize continuing medical education programs to all medical professionals. Dr. Ziegler completed a fellowship specializing in reproductive medicine and surgery at the University of Vermont in Burlington after completing a residency in obstetrics and gynecology at the Medical Center of Delaware in Newark, Delaware. He is a member of the American Society for Reproductive Medicine, the Society for Reproductive Surgeons, a fellow of the American College of Obstetricians and Gynecologists, and a diplomat of the American Board of Obstetrics and Gynecology. Originally from New Jersey, Dr. Ziegler decided to return home and serve the communities of Monmouth and Ocean County. Dr. Ziegler is dedicated to providing his patients with the highest quality medical treatment in caring and compassionate environment.

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Battling Butterflies When Going Back to School

By Mia Ingui

Every one of us at one time or another has felt the back-to-school jitters when preparing to start a new school year. No matter what age or grade they are, kids always will feel stressed about how many notebooks to buy, what teachers they will have, how to make new friends during the year, and more. As a parent, all you hope for your is for your child to succeed in the upcoming school year and for them to find a way to calm their nerves before entering a new year. You play a key role in your child maintaining a healthy, happy mindset, so here are some ways to put their nerves to rest. First, make sure your child is taking care of the basics. Make sure they are eating right and are on a good sleeping schedule, since anxiety often causes children to not focus on these things. About a week before school, have your child start getting on a set routine, much like the way it will be once school starts. Next, talk to your child about their fears, and assure them that it's okay to be nervous. Be open with your child and let them know that they can come to you for advice. For when the first day is almost here, try and motivate your child by maybe planning out their first day outfit or getting their supplies ready. The first day of a new year can be daunting, but with your help, your child will be able to have a great year! ■



QUESTION:



Proactive Parenting: How do I know if my child needs therapy?

Trust yourself. Trust your instincts. If you feel that your child is struggling with strong emotions or behavior problems, you are probably right. Nobody knows your child better than you do.

There are many reasons that parents reach out for professional guidance. Some kids need help dealing with school stress, such as homework, test anxiety, bullying, or peer pressure. Others need help dealing with feelings about family issues, particularly if there's a major transition or life event, such as death of a family member, divorce, move, or serious illness. Still other parents reach out because they are worried about serious risky behaviors.

Whatever your concerns, take special notice if your child exhibits any of the following because these behaviors could indicate underlying issues that may need attention.

- Significant changes in mood or behavior
- Changes in friends and/or social isolation
- Inappropriate anger/defiance
- Bullying or being bullied

- Decreased interest in previously enjoyed activities
- Development of or an increase in physical complaints
- Learning or attention problems
- Excessive school refusal/absenteeism
- Drop in grades
- Changes in sleep/eating patterns

Nothing is more difficult and painful than watching your child struggle. As a result, it can be hard for some parents to make the first phone call. Try to get past any fear or anxiety that may get in the way of obtaining support for your child. As your child's biggest advocate, you are in the best position to get the assistance needed so that you and your child can navigate through difficult times. You do not have to go through it alone.

Compassionate psychological services are available. For more information about counseling for children, teens, and families contact: Dr. Suzette J. Sularski at Advanced Perspectives.

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WHAT IS THE BEST SUNSCREEN FOR MY CHILD?

With all the sunscreens available these days (organic or mineral? water-resistant or sweat-resistant? lotion or spray?), choosing the right one for your kids can be tricky. But what matters most when picking a sunscreen is how well it protects skin from UV rays.

Mary L. Gavin, MD
Senior Medical Editor for KidsHealth.gov and
Nemours Center for Children's Health Media suggests:

Look for SPF (sun protection factor) numbers on the labels of sunscreens. Select an SPF of 30 or higher to prevent sunburn and tanning, both of which are signs of skin damage. Choose a sunscreen that protects against both UVA and UVB rays (usually labeled as a "broad-spectrum" sunscreen).

Sunscreen sprays are convenient but should be used with caution. For starters, sprays are easy to breathe in, which can irritate the lungs. Some sprays also are flammable, so you need to avoid sparks or flames when applying them and wearing them. And, sprays make it hard to tell if you have applied enough sunscreen, which increases the risk of sunburn.

Other things to consider:

Don't use sunscreens with PABA, which can cause skin allergies.

For sensitive skin, look for products with the active ingredient titanium dioxide.

If your teen or preteen wants to use a self-tanner sunscreen, be sure to get one that also has UV protection (many offer little or none).

Babies younger than 6 months should be kept out of the sun. When going outside, dress your baby in lightweight clothes that cover arms and legs — and don't forget a hat. If you can't avoid the sun, you can use a small amount of sunscreen on your baby's exposed skin, like the hands and face.



How to Use

For sunscreen to do its job, it must be used correctly. Be sure to:

Apply sunscreen whenever your kids will be in the sun. For best results, apply sunscreen about 15 to 30 minutes before kids go outside.

Don't forget about ears, hands, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them (in case the straps shift as a child moves). Protect lips with an SPF 30 lip balm.

Apply sunscreen generously — dermatologists recommend using 1 ounce (enough to fill a shot glass) to cover the exposed areas of the body.

Reapply sunscreen often, about every 2 hours. Reapply after a child has been sweating or swimming.

Apply a water-resistant sunscreen if kids will be around water or swimming. Water reflects and intensifies the sun's rays, so kids need protection that lasts. Water-resistant sunscreens may last up to 80 minutes in the water, and some are also sweat-resistant. But regardless of the water-resistant label, be sure to reapply sunscreen when kids come out of the water.

Don't worry about making a bottle of sunscreen last. Stock up, and throw out any sunscreen that is past its expiration date or that you have had for 3 years or longer.

Every child needs sun protection. The American Academy of Dermatology (AAD) recommends that all kids — regardless of their skin tone — wear sunscreen with an SPF of 30 or higher. Although dark skin has more protective melanin and tans more easily than it burns, tanning is a sign of sun damage. Dark-skinned kids also can get painful sunburns.

And remember to be a good role model. Consistently wearing sunscreen with SPF 30 or greater and limiting your sun exposure will reduce your risk of skin damage and teach your kids good sun sense. ■



QUESTION:

My child needs to undergo a surgical procedure, and the doctor has recommended "minimally invasive" surgery. What type of surgery is this? Will it be as safe — and effective — as standard surgery?

- A Holmdel Parent

ANSWER:

Minimally invasive surgery is becoming more and more common in hospitals. These procedures are performed through tiny incisions instead of one large opening. Because the incisions are small, patients tend to have quicker recovery times and less discomfort than with conventional surgery — all with the same benefits.

During a minimally invasive procedure, surgeons make several small incisions in the skin — just a few millimeters, in some cases. A long, thin tube with a miniature camera attached at the end (called an endoscope) is passed through one of the incisions. Images from the endoscope are projected onto monitors in the operating room so surgeons can get a clear (and magnified) view of the surgical area. Special instruments are passed through the other openings. These instruments allow the surgeon to perform the surgery by exploring, removing, or repairing whatever's wrong inside the body.

In some cases, a patient might be scheduled for a minimally invasive procedure, but after getting a view inside the body the surgeon might have to "convert" the procedure to an open (conventional) surgery. This may be because the problem or the anatomy is different from what the surgeon expected.

Minimally invasive surgery can take longer than conventional surgery, but the pros usually outweigh the cons. Because the incisions are small, the child usually feels less pain, has less scarring, and may recover more quickly than with conventional surgery.

Not all procedures can (or should) be done through minimally invasive methods, however. The removal of cancer tumors, for example, is often best performed through open surgery. Your doctor will tell you what type of procedure is best for your child. Be sure to ask about the possible risks associated with any procedure, as well as the potential benefits.

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Evaluate Your Child's Risk Of Lyme Disease This Summer

By Dr. Steven Dowshen

In warm weather, the threat of Lyme disease might make you think that your kids would be safer in your living room than in the great outdoors.

Though a child's risk of getting Lyme disease after being bitten by a tick is only about 1%-3%, it's important to consider the factors that affect Lyme disease risk.

It's true that Lyme disease is the leading tick-borne disease in the United States, with 20,000 to 30,000 cases reported to the Centers for Disease Control and Prevention (CDC) each year. Most cases of Lyme disease occur in the Northeast, upper Midwest, and Pacific coast areas of the United States. And Monmouth County New Jersey is one of the hardest hit states where incidences has been reported.

Most Lyme disease cases occur between April and October, particularly in June and July.

Outdoor Activities and Pets

Besides living in one of these areas, other factors that might increase a child's tick risk include:

- spending a lot of time outdoors in tall grass, brush, shrubs, or wooded areas
- having pets that may carry ticks indoors
- participating in activities such as landscaping, hiking, camping, fishing, or hunting in tick-infested areas

Safety Tips

So your teen got a job as a landscaper this summer and you're planning a family camping trip — does that mean Lyme disease is in your family's future? No, but it does mean that you should take some precautions to protect your family — such as using insect repellent and wearing light-colored clothing when outdoors to make spotting ticks easier — and know how to remove a tick, just in case.

If you find a tick:

Call your doctor, who may want you to save the tick after removal for identification as the type that may carry Lyme disease or another type of illness. You can put the tick in a sealed container to preserve it.

Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.

Pull firmly and steadily on the tick until it lets go of the skin. If part of the tick stays in the skin, don't worry, it will eventually come out — although you should call your doctor if you notice any irritation in the area or symptoms of Lyme disease.

Swab the bite site with alcohol.

One note of caution: Don't use petroleum jelly or a lit match to kill a tick — they're not effective. These methods won't get the tick off your skin and might just cause the insect to burrow deeper and release more saliva (which increases the chances of disease transmission).

It's important to remove the tick as soon as possible. The longer the tick is attached, the greater the chance that Lyme disease will be transmitted. Usually, bacteria from a tick bite will enter the bloodstream only if the tick stays attached to the skin for 24-48 hours or longer. If the tick is removed within 1-2 days, it is less likely to have transmitted Lyme disease.

Seek Medical Care

If:

- The tick might have been on the skin for more than 24 hours.
- Part of the tick remains in the skin after attempted removal.
- A rash of any kind develops (especially a red-ringed bull's-eye rash or red dots on wrists and ankles).
- The bite area looks infected (increasing warmth, swelling, pain, or oozing pus).
- Symptoms like fever, headache, fatigue, stiff neck or back, or muscle or joint aches develop.

Think Prevention!

- After kids play outside, check their skin and hair — especially the scalp, behind the ears, around the neck, and under the arms.
- When playing in wooded areas, kids should wear long-sleeved shirts and pants and tuck pant legs into their socks.
- Use an insect repellent with at least 10% to 30% DEET for protection against bites and stings in kids older than 2 years, always carefully following the directions for application.
- Avoid tick-infested areas.

Dr. Steven Dowshen is the Chief medical Editor of KidsHealth.gov ■



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END-OF-SUMMER BEAUTY TIPS

By Mia Ingui

Although your skin may be shimmering with a deep tan or your hair may be highlighted with sun streaks, there is always room for some end-of-summer beauty tips to make the summer glow last even past August. Here are some helpful beauty pointers!

1) To help heal of sunburn:

The most effective way to heal harsh sunburn is to apply aloe straight from an aloe plant. Cut off a piece and apply the aloe from inside the leaf to the burn. Don't have access to an actual plant? There are several varieties of aloe vera cooling gels that will do the trick, and can be found at pharmacies and supermarkets everywhere. A tea-bag compress also can sooth the burn. Make a cup of green tea, take the bag, and apply it to where the burn is located.



2) To hydrate dry skin and lips:

The key to healthy, smooth lips is natural lip balm. NATURAL is the key. Anything with harsh dyes or scents will just over dry your lips even more. To protect lips, try any lip balm containing SPF, and to replenish lips after the sun, try dabbing pure honey on chapped lips, and after try the Rescue collection of Baby Lips lip balm by Maybelline.



3) To moisturize dry hair:

The summer can be the roughest time of the year on your hair due to sun exposure and swimming in pools filled with stripping chemicals that can damage hair.

The solution? Ditch those harsh hair products. Repair your hair using clarifying shampoos and conditioners, and if your hair is really damaged and dry, apply a moisture mask once or twice a week for about 10 minutes. ■



DO'S AND DON'T'S OF HEALTHY HAIR

By Mia Ingui

Maintaining healthy hair in a world filled with hair dyes in every color, harsh chemicals, and excessive amounts of applied heat from straighteners or blow dryers can be utterly impossible. But, following these tips to help heal your hair will provide you with the head of hair you've always wanted!

DO use a mask or a leave-in conditioner. For dry, lifeless hair that is lacking moisture, a replenishing mask or leave in conditioner can repair the damage. A combination of avocado and honey is a good mask to use for all hair types. Apply the conditioner only to the ends of the hair to avoid excess oil, and do this once a week.

DON'T excessively shampoo your hair. Many believe that to keep hair clean and healthy, it needs to be washed every day. This is a huge myth! Over-washing actually dries out the hair, causing the follicles to create excess oil. Washing hair two to three times a week will get the job done.

DO apply heat sparingly! All of the hot tools that are applied to hair causes the hair to split and become damaged in a short amount of time. Try and limit your use of hair dryers and straightens as much as possible.

DON'T drink too much caffeine and sodas. Your hair will be able to grow stronger and longer without harmful toxins like caffeine affecting the body. There are many super foods that can help aid hair growth, such as blueberries and salmon. ■



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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MOUNTAIN BIKING

Looking to work up a sweat this summer? Striving to reconnect with nature and all of its natural beauty? Mountain biking is your answer.

It provides a combination of adrenaline-packed challenges and scenic magnificence that is unique to the sport.

Whether you're a newcomer or a seasoned veteran, there is an assortment of trail options, likely in your own backyard. Take a multi-day blast across a time-tested mountain track or simply spend a Saturday cruising through a wooded trail. Whatever your preference, mix in some mounting biking this summer to make it one to remember.

Top 5 Trips

There are countless trails across the world waiting for you and your bike. Here are five of the best, according to Adventure Cycling Association.

- C&O Towpath: A 184-mile trek from Georgetown to Pittsburgh that gives a scenic view of the Potomac River Valley.
- Katy Trail: Snaking along the Missouri River, this trail is America's longest at 225 miles.
- Kettle Valley Railway: The ACA calls this remote, long tour the most epic rail-trail on Earth. It is located in British Columbia and fields a collection of rivers, lakes and mountains.
- Colorado Hut Systems: This route is like a choose-your-own adventure, with options for all skill levels and at varying altitudes.
- White Rim Trail: Head to the back-country of Utah to find this gem with tough climbs and a system of campsite options.

Essentials

Whatever trip you decide to take this summer, don't forget the essentials:

- Safety gear: Helmet, reflective lighting and gloves can make all the difference in protecting you from injury. Remember that mountain biking can be a relatively dangerous sport, so take proper precautions and always bring the essential gear.
- First-aid kit: Load your kit with small alcohol pads, bandages, tweezers and anti-infection spray. This will help keep any minor cuts or scrapes under control.
- Repair equipment: A broken-down bike equals the end to your day, unless you bring tire levers, spare tubes and a patch kit. Keep your bike functioning with these invaluable tools. ■



CALORIE BURNERS THAT DO NOT FEEL LIKE EXERCISES

By Brianna Siciliano

Exercising can be fun and something you look forward to, or it can be boring and dreadful. Many of us want to work out and see results in our health and body, but we have days (sometimes many days) where we don't want to go to the gym for an hour. Luckily, there are tons of creative, sneaky ways to burn calories without feeling bored or tired.

Walking is a fantastic way to exercise without feeling like your exercising. Some people enjoy walking on the treadmill, but others need to walk without being on equipment. The great thing about walking is that we walk everywhere, whether it's from our bedroom to the bathroom, from our bathroom to the car, from the car to work or to class, etcetera. One of my favorite things about walking is that you can walk with a buddy, whether it's a family member, a friend, a neighbor, or a pet. If your walking buddy does not live close to you, take advantage of the technology we have. Talk to your buddy on the phone, whether your conversation is through a phone call, a video chat, or text messages. Change up where and how long you walk; one day you can walk around a local park, the next around the mall, and the day after that, walk around your neighborhood.

Yoga is another great way to sneak in exercise. Instead of lifting heavy weights or trying desperately to pick up the pace on an exercise machine, yoga practitioners utilize their body weight. There is no need to be intimidated by yogis (males who practice yoga) or yoginis (females who practice yoga) because there are different exercises for different skill levels. Yogis and yoginis do not worry about competing with others during their workouts because when in the yoga mood, there is no time to worry about what anyone else is doing. All that matters is you, your balance, and your form. With options to pursue yoga at home by yourself, with the company of a buddy, or in a class with others at the same skill level, there is no reason to not give yoga a chance.

If you love being in the water, and you have access to a pool, use it to your advantage. Whether you swim at a leisurely pace, swim at a moderate to fast pace, do water aerobics, or participate in aqua zumba, you are burning calories. Swimming is an efficient way to burn calories without dealing with an overwhelming amount of sweat dripping down your body.

Spending time participating in activities with kids and pets is yet another fabulous way to sneak in some time to burn calories. Playing tag, hide and seek, and practicing sports with kids are exercises that can leave you breathless, but unlike running on the treadmill, this kind of breathless is less painful. Yes, you may be gasping for breath sporadically if you are playing with a fast child, but that's a good thing! You want to push yourself and even more than that, you want to spend time with the child (whether the child is your child, your niece or nephew, your grandchild, or a family friend) and build a close bond. The same thing goes for pets: playing fetch, chasing each other, and going on walks are great ways to bond and keep a close relationship.

Exercising does not need to be dreadful, and it does not have to feel like a chore. Try out these sneaky ways to burn off some calories and watch your health and body change (in positive ways). ■



FUELING YOUR FITNESS THE HEALTHY WAY

By Susan Heckler

Doing physical exercise without knowing what you are doing can be a problem. When starting an exercise regimen, it is a great idea to defer to the experts and let them help you learn what your body needs and how best to do it.

Hiring a personal trainer is a great luxury, which many cannot afford. Joining a gym is an affordable solution. You get the benefit of professional equipment and the guidance of certified trainers to help you.

For the gym newbie, it can be a little intimidating. There is so much activity going, you don't know what to do, and you feel self-conscious and look for reasons to stay home.

Another option is a smaller, more intimate gym. Fuel Fitness at 68 Oceanport Avenue in Little Silver has a great philosophy, they want you to "achieve this through balance and variety" with a mission "to help you get fit and stay fit without causing injury." Sounds like a plan!

This small fitness studio offers the advantage of smaller groups and 10 different classes throughout the day and evening. Essentially, they give large gym offerings in an intimate, individualize, welcoming setting. Your instructor knows your name and you have an opportunity to meet the people you work out with.

Along with the standard classes offered by most, they have a unique blend too. Barre/Balance/Pilates combine Pilates, balance, sculpting, stretching and ballet barre work. Booty Barre fuses fitness techniques from Pilates, Yoga and Dance. Indoor cycling "great cardio calorie burn to motivating music" and cycle/trx combination classes get the cardio and sculpt together. Total Body Conditioning uses weights, resistance tubes, and ankle weights and TRX- Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously and even a Pink Ribbon class for breast cancer patients.

This two year old fitness center offers a holistic approach and is a great source of information. They offer essential oil education classes and wellness classes including, group Reiki, Vibrational Healing sessions, and Meditation. Enjoy the special outdoor classes; hiking, kayaking, snow shoeing & Stand-Up Paddle Boarding classes and lessons.

While most studios teach a recital oriented dance class for children, Fuel Fitness offers dance classes that are just for the love of dance and fun. No expensive costumes and the repetition of the recital dance, just have fun!

For more information, give them a call at 732 939-1883 or check out their website www.fueelfitnessnj.com. ■



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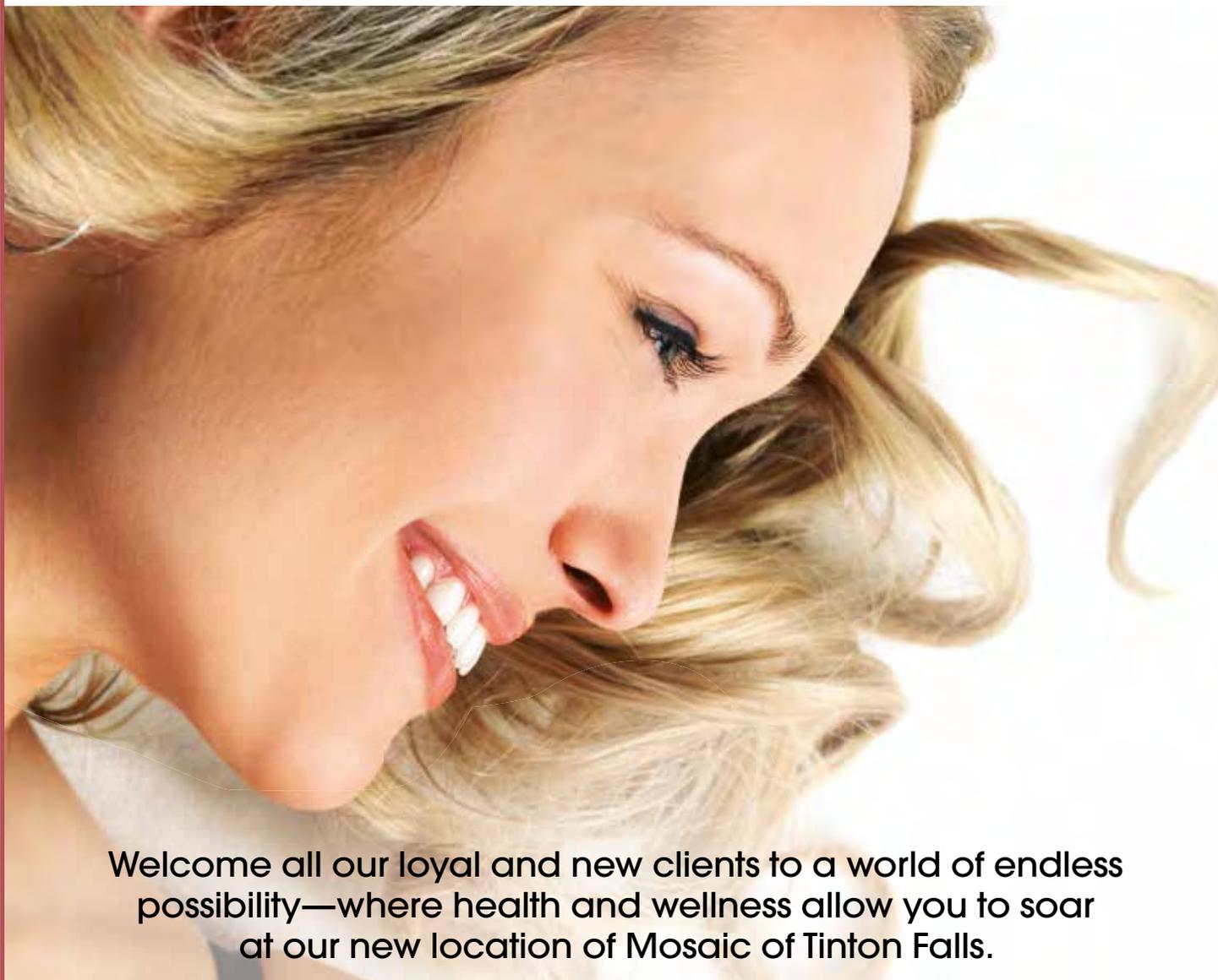
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Coach's Corner

By Jill Garaffa

CREATING CONSISTENCY WITH EXERCISE

Dear Jill,

I always have good intentions of exercising, but I don't follow through. There's always some reason I'll use (no time, don't feel like it, etc), convincing myself that it's okay to put it off until tomorrow and before I realize, a week (or a month) have gone by. I sometimes have motivation and do exercise, but it's sporadic.

How do I become more consistent with exercise?

Signed,
Procrastination Pete

Dear Procrastination Pete,

Thank you for writing in with your question! The first thing to acknowledge is that you have good intentions to exercise. That is an excellent starting point! It is clearly "in you" to be healthy, otherwise, you would not be thinking about it and it would not be bothering you. The seed is planted. The second thing to appreciate is that you do sometimes get a spark of motivation and are in action around fitness. So, you are not a complete couch potato. These are both strong points.

First, Inconsistency can occur when we set a goal too big. If we have an "all or nothing" view of exercise, it can be a set up for failure. Consider your current idea of exercise and how well is it working for you. Exercise programs can become outdated. What worked at the age of 25 may not work at the age of 45 due to changing life priorities and other commitments. Consider what is the least, smallest action you can take consistently? A 15 minute brisk walk done every single day will provide greater benefit over time than a 60 min intense workout done only occasionally. Remember the old saying "An apple a day keeps the doctor away", it's not "seven apples on Sunday" or "30 apples once a month".

Second, Inconsistency is also present when we are not fully committed to a goal. We might think about a goal, talk about it and say we want it, but if we are not focused with taking consistent action, then we are probably not entirely committed to it. Most people would take a million dollars if it were handed to them. Committing one's life to becoming a millionaire is a different story. Most people are not willing to do the work, make the sacrifice, and endure the patience, etc. So, you have to ask yourself if you really want it and why you want it.

Ask yourself the deeper questions. This can create a spark for inspiration into more consistent action. What is it that you really want for your life and how does exercise fit into that goal? What does exercise provide for you? Why is it important to you to exercise? Knowing your underlying reasons and being able to connect them to deeper values (freedom, peace, health, kids, family, career) is like adding jet fuel to your motivation.

Last point: It is vitally important that your motivation be generated from positive internal feelings, not negative ones. Being motivated by anger, frustration or fear may get you started, but it will not keep you going. Forgive yourself for however far you have slid regarding self care & accept where you are in this moment. Begin to explore the areas where you are willing to take responsibility for your health. Self love & compassion for yourself go a very long way on this journey. And, remember, it is a path, not a tightrope. Be gentle with yourself.

Supporting you with distinguishing your core values and deeper motivations is something a life coach can help you explore in order to generate more consistency and get in action in the areas of life that are important to you.

Wishing you clarity, peace & 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 or call 732-859-6962. ■

If you have a life situation where you feel stuck or stalled, and would like coaching, please email jill@seedsofchangeoaching.com or visit www.seedsofchangeoaching.com and click "contact us" to be featured in a future column.

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HERE'S A FRESH IDEA

Look to locally grown organic produce for health and flavor

A great trend is happening in local farms all over the United States. More and more people are becoming preoccupied with the notion that eating organic foods is better for them.

Now there is clear evidence that eating organic produce is better for you than produce that is farmed using chemical pesticides and other insecticides that significantly reduce the amount of nutrients that can be derived from the produce.

HARSH EFFECTS

A recent study conducted by Princeton University concluded that “pesticides used in growing common crops such as fruit, corn, cotton, soybeans, and tobacco have been found to have high toxicity to birds, mammals, and fish. Pesticide use kills not only pests, but also their natural enemies, many of which are now endangered due to ingested toxins and loss of food.”

We, as human beings, are ingesting the same food as these animals. If they are harming the natural wildlife that severely, what are they doing to us?

The Food Quality Protection Act, which was drafted in 1996, states that most of the chemicals that are used in pesticides, herbicides, and insecticides “present unacceptably high health risks, particularly to infants and children.”

The fact of the matter is that no longer is it just relegated to the fruits and vegetables that are grown in America’s Heartland. Chemicals also affect the meat and dairy products that we consume because more farmers are feeding their cattle steroids and growth hormone, something that is believed to be safe — but also controversial.

Consuming foods and beverages that come directly from animals that are raised without the use of these hormones is thought to be safer to the overall health and well-being of the population. There are questions about whether the steroids and hormones can be harmful to humans

once ingested, and while the debate over hormones is far from settled, organic meats can eliminate worries about it.

CONSIDER ORGANIC

Organic produce allows consumers to enjoy all of the natural vitamins, minerals, and other natural benefits that pesticide-free farming can bring about.

A recent consumer survey completed by students and researchers at Cornell University found that “organically grown apples were less tart at harvest and sweeter after six months of storage than conventional apples.” This fact only accentuates the fact that there can be benefits to taste as well as health when you buy organically grown produce.

Another startling fact to note is what diseases you could prevent yourself from getting if you were to eat only organic foods. A battery of tests by the U.S. Department of Agriculture has found that pesticides have led to cancer, obesity, birth defects, and Alzheimer’s Disease. When you consider the amount of produce that is eaten in one year, chances are that most Americans have already ingested trace amounts of dangerous pesticides.

What do we know definitively about the advantages of a diet rich in organic produce? The University of California-Davis recently found that organic tomatoes that are grown in fields without the use of chemical fertilizers have “excessive formation of antioxidants such as quercetin (79% higher) and kaempferol (97% higher)” than tomatoes grown using chemicals and insecticides.

LOOK LOCALLY

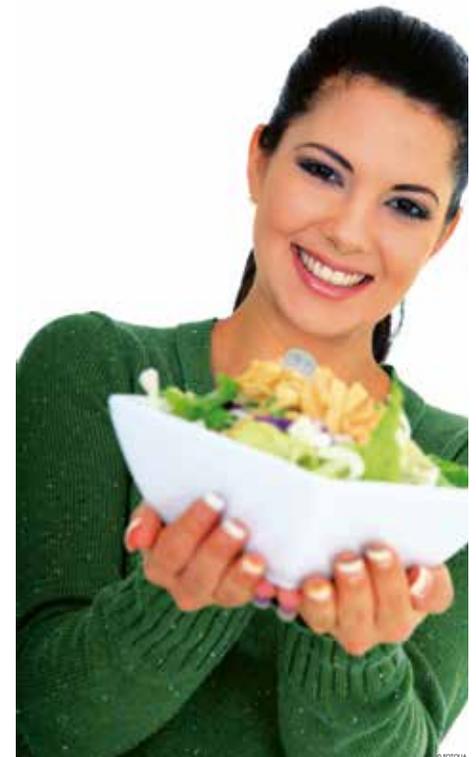
As the United States grows ever more health conscious, it is clear that something needs to be done about the non-organic produce being grown in the United States. There are many advantages to eating organic produce that is grown by local farms.

What people need to concern themselves with is having a better knowledge of what they are ingesting because it could eventually be a life-or-death situation. There are too many diseases that can be recognized from ingesting non-organic produce for everyone not to stand up and take notice.

In order to protect from the possible dangerous effects of hormones, steroids and pesticides, it is important that everyone stays informed about what their local farmer is using to grow their crops.

The situation becomes difficult when you talk about getting the vitamins and nutrients that your body needs by not eating fruits and vegetables regularly.

If you can, try to find a local farm in your area that grows everything organically, so you can recognize the health benefits of organic food while not concerning yourself with harmful carcinogens. ■



Target Belly Fat And Shake It Off

Peach Smoothie

Quick and easy to prepare, this smoothie recipe is packed with refreshing summer fruits and MUFAs (monounsaturated fatty acids) which is the Flat Belly Diet powerhouse ingredient that specifically targets belly fat. This creamy smoothie is perfect for breakfast, lunch, or a snack.

INGREDIENTS

- 1 c skim milk
- 1 c frozen unsweetened peaches
- 2 tsp cold-pressed organic flaxseed oil (MUFA)

DIRECTIONS

Place milk and frozen, unsweetened peaches in blender and blend for 1 minute. Transfer to glass, and stir in flaxseed oil.

This 1 serving meal has only 213 calories and 9 grams of protein. It is low in sodium and sure to target unwanted belly fat and bloat.



Summer Salsa Fish Tacos

Fish tacos are a favorite meal to eat in the summer. They are easy to prepare, light, flavorful and low in calories. Fish tacos are a great go-to summer dinner, for groups of any size.

INGREDIENTS

- 1 pound halibut or other meaty white fish fillets
- Juice of 2 limes
- 1 11 ounce can whole tomatillos, drained
- 4 small zucchini peeled, seeded and cut into small cubes
- 1/4 cup chopped cilantro leaves and stems
- 2 1/2 teaspoons coarse salt, plus more to taste
- 8 - 6 inches corn tortillas or gluten free tortillas
- 2 tablespoons chili powder
- 1/4 teaspoon cayenne pepper, or to taste
- 1 tablespoon extra-virgin olive oil
- 1 Hass avocado, peeled and thinly sliced



DIRECTIONS

Preheat the oven to 225 degrees.

Place the fish in a medium bowl and drizzle with half of the lime juice. Cover and refrigerate for 15 minutes.

Using your hands, squeeze the juice and flesh from the tomatillos, 1 at a time, into a bowl and discard the skins. Mash the tomatillos with a fork. Add the zucchini, the remaining lime juice, the cilantro and 2 teaspoons of the salt and toss.

Spread the tortillas on 2 baking sheets and warm in the oven for about 10 minutes.

In a small bowl, combine the chili powder, cayenne pepper and 1/2 teaspoon of the salt. Remove the fish from the lime juice, pat dry and cover with the spice rub. Heat the olive oil in a large nonstick skillet over medium heat and cook the fish, about 4 minutes on each side. Break the fish into bite-size pieces and season to taste with salt. Arrange the fish in the tortillas with some of the salsa and avocado slices.

HIDDEN SUGAR

Most people have a sweet tooth or a favorite dessert they cannot resist. While these treats are obvious diet offenders and sugar gold mines, there are many other foods that contribute more than their share of sugar to the daily diet.

Here's a look at four ways sugar can sneak into your diet without you noticing.

Drinks

Certain beverages are loaded with sugar, but many people do not consider these sources when analyzing their eating habits.

Coffee and other morning drinks are usually consumed with at least a couple of added teaspoons of sugar, and some people drink several cups per day. Sodas are also a guilty suspect because they can contain just as much sugar as a slice of pie.

For a healthier alternative, try switching to water sweetened with lemon juice.

Yogurt

Yogurt is often thought of as a health food. While it does provide calcium and essential probiotics, flavored yogurt is also laden with sugar.

To get the health benefits without a high sugar content, try eating plain yogurt sweetened with fresh or frozen fruit instead.

Don't Assume

In an effort to refine your diet, you may switch to "healthier" treats such as oatmeal raisin cookies or chocolate energy bars. However, just because they may be labeled as health foods does not mean that their sugar content is at a healthy level.

Many times, these foods may contain just as much or even more sugar compared to other treats. Always be sure to check the label for sugar content.

Watch Out for the Alias

While you are checking labels, be on the lookout for a sugar alias. Sugar is manufactured during different points of the refining process, and the food industry is able to change sugar into many different forms as well.

Ingredients like sucanat, fructose, corn syrup, molasses and dextrose are all forms of sugar that should be noted when examining nutrition labels and ingredients lists.

Sugar is a necessary component of the diet, but most people consume sugar in quantities that are exponentially higher than what is needed. With the rise of diabetes, people must make a concentrated effort to limit their daily sugar intake.

Recognizing these hidden sources of sugar can help you manage your diet more effectively. ■



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STAYING HYDRATED

By Mia Ingui

Those boiling hot summer months have arrived, and we're all feeling the heat all across the globe. Well, maybe except for the folks living in Alaska. But otherwise, the sun is scorching down and the humidity is rising by the minute. The best and simplest way to beat the heat and stay healthy is to stay hydrated, and it isn't enough to just drink water when you're feeling overwhelmingly parched. By the time you feel thirsty, your body is already dehydrated, and so routinely drinking a lot of water is imperative for maintaining a healthy body. When the body is properly hydrated, the heart can more easily pump blood and assist its flow throughout your body, as well as allowing the muscles to work efficiently. But, exactly how much water is enough? This depends on a person's weight, clothing, exercise level, and/or climate. For example, someone who is exercising is also perspiring more, meaning that they need to have higher intake of water to stay hydrated. Water obviously acts as the most replenishing drink, whereas drinks such as soda or coffee that contain caffeine and sugar cause you to actually lose more fluids, furthering the risk of dehydration. So remember, before going outside to tan or swim, pack plenty of water bottles, and drink up! ■

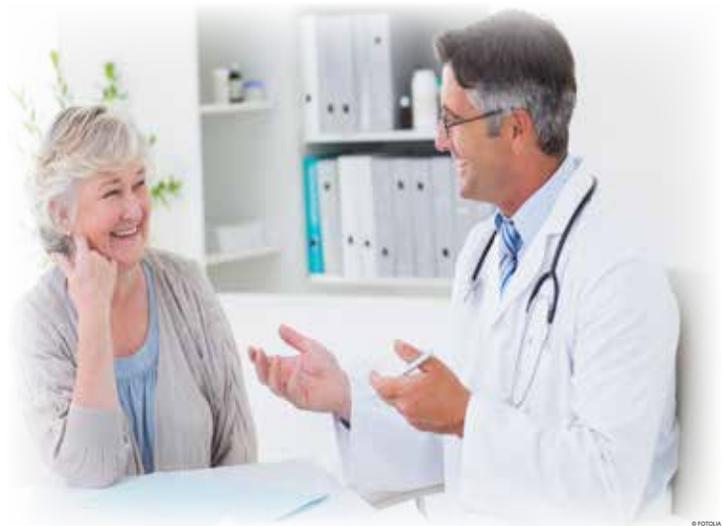
CONFIDING IN YOUR DOCTOR

The doctor-patient relationship is a vital one to your health and well-being. No one knows more than you about your health than your physician.

That's why it's so important to get regular checkups and be completely honest about how your body is feeling.

Before leaving for your next doctor's visit, be prepared with the following checklist:

A thorough update: Whether you make a physical or mental list, be prepared with information related to what has happened in your life since your last visit.



Tell your physician if you have received any recent emergency treatment or if you have undergone any surgeries. Your doctor will likely already be privy to such information, but it never hurts to provide an update.

Along with any physical or mental issues you may be concerned about, also let your doctor know about your appetite, sleep or energy levels, which may help him pinpoint and diagnose an issue you may be experiencing.

Honesty: It is important to approach each doctor's visit with 100 percent honesty. After all, the difference between the truth and what you consider to be a little white lie could be something a physician may consider a warning sign.

Don't holding back any information, such as how often you are exercising or what you're sneaking into your diet.

Be sure your physician will be honest with you. Where your health is concerned, accuracy and truthfulness is paramount, no matter how bad the news may be. You owe your doctor the same respect.

Bring A Confidant

Bringing along a friend or family member can help you stay organized and focused at a doctor's visit. It can be hard to remember all the questions you want to ask. An extra person can fill in any gaps.

A friend or family member also can be helpful after a visit to help clarify anything you may have misheard or mistaken.

Be sure to alert your companion a few weeks ahead of time and sit down with them to go over concerns you'd like to discuss with your doctor. ■

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Check with your local community college or university to find out if yours is one of them. Start by calling the admissions office and asking what programs are available for senior learners.

You may have to set up an in-person meeting with a college official or counselor to talk through your tuition and class options. Be sure to confirm that your educational opportunity will be free of cost, or at least discounted to a special rate.

Choose a Specialty

Depending on your educational goals, you may not be looking for a full two- or four-year degree. In that case, you can find a variety of “lifelong learner” courses at your local college or even community centers, art studios or fitness centers.

If you’re interested in film and cinema, you can search for courses or seminars that focus on the history and evolution of Hollywood. There are also collegiate classes centered on business-building, personal finances, health and public affairs.

Whatever your interest, you can likely find a program offering some kind of senior-learning coursework that can help keep you sharp and teach you new skills, or even lead to a second career.

Invite Friends

Learning can be contagious, so invite your friends or family members to take some courses with you. Knowing someone in your class can help put you at ease in an unfamiliar situation and give you more conversation topics.

If your friends are unavailable to take classes with you, be sure to pass along what you are learning about, whether it’s a new view on historical happenings or an innovative cooking approach. ■



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Dr. Cunningham attended medical school at St. George’s University. After completing his medical residency at Jersey Shore Medical Center, he was made Chief Resident in 1989. He completed his pulmonary critical care fellowship at Robert Wood Johnson 1990-1993.

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STAY SAFE ON SOCIAL MEDIA

Have you ever wondered what those “#” symbols mean when you’re watching television or how to “like” a company on Facebook?

Social media platforms such as Facebook, Twitter, Instagram and Pinterest can help you stay in touch with global, national and even family news with a few clicks of your mouse or swipes on your mobile device.

With 73 percent of American adults using social networks, according to recent figures from the Pew Research Center, now is a great time to jump on board.

Setting up a social media profile is easy. You’ll need to provide some basic personal information, such as your birthday and email address, to get started.

Given that social media is just that — social — you also will be prompted to give people an idea of your personal interests or community involvement. This type of information lets your contacts know what you’re passionate about.

Online Safety

While social networks are valuable tools for maintaining close connections with your friends and family members, they also unfortunately are popular targets for scammers or senders of junk email that can shut down your computer or worse, find access to your personal information.

Fortunately, with the practice of some basic Internet safety steps, you can keep your profile and identity safe.

Choose Your Network Wisely: It is best to only accept or invite new connections who you already know. There also are options for social networking sites to only allow access to your connections. That way you know exactly who is reading your posts and looking at your photos.

Read Privacy Policies: Each social networking site adheres to its own privacy policy, which can spell out posting rules and efforts it takes to protect your personal information. Read these carefully before building a profile.

Watch What You Click: If you receive a message through a social media site, make sure it is actually from someone you know before clicking on any links. Hackers can easily send phony messages that look like they’re from your friends. Reach out to your sender for confirmation if you’re suspicious of a message you receive. ■



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There's no doubt that Americans, on average, are living longer. Advances in medical science are preventing illness, curing disease and healing wounds to the point where reaching 80 isn't a rare event anymore. Still, bodies inevitably wear out and aging baby boomers may be faced with difficult and emotional decisions when that starts happening. They may be faced with the reality that their lifestyles must change.

Those changes do not have to be traumatic. Designed for those who do not need acute care, but need a little help doing everyday things, assisted living is a perfect environment for thousands of senior citizens across America.

The Solana Marlboro by Chelsea Senior Living provides a home-like environment for residents who are cared for and cared about. The Solana offers brand new, upscale apartments with giant windows and high ceilings, vibrant activity programs, gourmet meals prepared by our superior chef, a 24-hour emergency response system and a registered nurse on site daily. We have a special program for those with Alzheimer's disease and other memory impairments that features 24/7 care, a separate dining room and a secure environment. Of course, families are welcome to visit any time.

See the full range of services provided by The Solana Marlboro and other Chelsea Senior Living residences at www.chelseaseniorliving.com or call 1-877-CHELSEA.

FALLS IN NURSING HOMES

Every year, a typical nursing home with 100 beds reports 100 to 200 resident falls.

This number, reported by the Centers for Disease Control and Prevention, sheds light on the growing need for prompt reporting and diligence among staff members.

Falling can oftentimes be a sign of other health problems a person may be experiencing. Falls can result in disability, functional decline and reduced quality of life, so all falls should be closely investigated.

A Major Issue

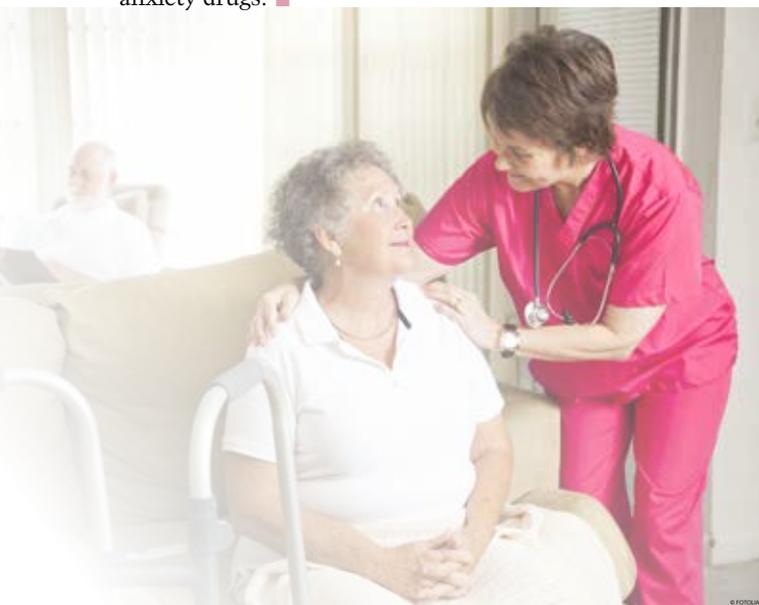
The CDC presents some staggering statistics about nursing home populations and the frequency of falls:

- In 2012, more than 1.4 million people 65 and older lived in nursing homes; this number could rise to about 3 million by 2030.
- About 5 percent of adults 65 and older live in nursing homes, but nursing home residents account for about 20 percent of deaths from falls in this age group.
- Between half and three-quarters of nursing home residents fall each year — twice the rate of falls among older adults living in the community.
- The average is 2.6 falls per person per year.
- About 1,800 people living in nursing homes die from falls each year.

Main Causes

The CDC contributes most falls among nursing home residents to muscle weakness and walking problems. Hazards within nursing homes also can be fall factors and include wet floors, poor lighting, incorrect bed height and faulty wheelchairs.

Medications should be double-checked in the instance of a fall, as some can increase the risk of falls and fall-related injuries. Drugs that raise the most concern are those that affect the central nervous system, such as sedatives and anti-anxiety drugs. ■



Dr. Alexander Goldberg



PINE BROOK CARE CENTER Is Pleased To Have ALEXANDER GOLDBERG, M.D. join our team as our Medical Director.

Dr. Goldberg has been practicing medicine since 1993. He graduated from Irkutsk Medical School in Russia in 1977. He finished Cornell Medical College's Surgeon Assistant Program in 1992. He has been a sole practitioner at Taylors Mills Family Practice on Taylors Mills Road in Manalapan for the past 14 years.

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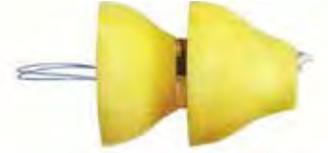
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PHONAK LYRIC: 12mm make all the difference

New Phonak technology enables more natural sound – 94% of users would recommend Lyric to a friend or loved one

May 2015 Allenhurst NJ- From the very beginning, Phonak Lyric has been unique: It is the only hearing aid that is 100% invisible and can be worn 24 hours a day 7 days a week, for months at a time*, and without requiring the hassles of changing batteries. A convincing concept: 94% of the Lyric users would recommend Lyric to their friends and beloved ones¹. And it is even getting better: Featuring the latest Phonak technology – a low-power, deep-ear chip for enhanced signal processing – the new Lyric generation brings a more natural hearing experience to users, and improved programming flexibility to Lyric partners.



The new Lyric generation: latest Phonak technology for more natural sound quality and improved programming flexibility

Lyric is only 12 mm long and sits completely invisible deep inside the ear canal – 24/7, for months at a time. It uses the outer ear's natural anatomy to direct sound to the device, where it is amplified to the eardrum. As a result of Lyric's placement, users experience improved directionality² and localization³, and the majority of Lyric wearers report that the sound quality is very natural. No wonder that 88% of

Lyric users report that communication has improved with friends and family, and that even 94% would recommend it to friends or loved ones⁴.

The new Lyric generation: latest Phonak technology for more natural sound quality and improved programming flexibility

The latest Lyric generation can do even more – both for people with mild-to-moderate hearing loss and hearing care professionals. "Lyric has been a huge success from the very beginning, and the user satisfaction rates speak for themselves", says Maarten Barmentlo, Group Vice President Marketing of Phonak. "Lyric is now fully integrated into the Phonak portfolio, and we have listened intently to our partners and end-users to take this great concept to the next level. We are proud to present the result of these efforts: the latest Phonak technology ensures that Lyric offers not only natural sound quality, but also improved programming flexibility to ensure an enhanced Lyric experience."

Some of the latest Lyric generation's unique benefits include:

Next generation low-power, deep-ear chip that enables enhanced adaptive signal processing

Adaptive signal and compression processing to provide clean, natural and undistorted sound in a variety of listening situations

Expanded gain range with per-patient amplification configuration

Ergonomic and easy-to-use programming wand that allows for independent, binaural programming at the ear

Improved pre-calc based on NAL and over 14,000 audiograms

New programming options and software interface to provide increased fitting flexibility

* Individual replacement needs may vary. Duration of device battery life varies by patient and is subject to individual ear conditions. ■

¹ Based on a telephone survey of 100 patients who have used Lyric for at least 30 days.

² Blauert, J. (1997). Spatial Hearing: The Psychophysics of Human Sound Localization. MIT Press, Cambridge, MA, p. 63.

³ Langendijk, E.H.A. and Bronkhorst, A.W. (2002). Contribution of spectral cues to human sound localization. Journal of the Acoustical Society of America, 112, 1583-1596.

⁴ Based on a telephone survey of 100 patients who have used Lyric for at least 30 days.

Please contact Dr. Jennifer Schaal-Sampson for a risk free trial period with Lyric technology.



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HOME HEALTH TREND GROWING

While more of today's elderly choose to grow old at home where they can maintain a personal sense of independence, trends in home health care are changing rapidly.

An increasing number of older individuals now are receiving health services in the convenience and security of their own homes.

As the nation's population ages, the home health care industry is expected to increase by more than 40 percent in the next few years.

It is estimated that approximately one fourth of the nation's elderly population already suffer some form of disability or chronic health problem for which they require assistance. By the year 2020 the number of chronically ill and/or disabled elders in the U.S. is expected to double.

Although hospitals and long-term care facilities likely will continue to serve the chronically ill, new advances both in medical and information technologies currently contribute to facilitating communications between patients and their healthcare providers, helping to improve the individual's comfort, safety, and quality of life.

Seniors who otherwise might have to be hospitalized can benefit from the medical support offered by a variety of home health services. Considering that hospitals are discharging earlier, home health agencies are working hard to meet the needs of clients by providing services such as patient evaluation, assessment, treatment and education.

Allowing individuals to receive medical treatment and therapies in their own homes costs less than hospital or nursing-home care. At the same time, it is important to remember that home health care service providers need to offer adequate support for the patient.

If you have a parent or a loved one who might need help with some kind of care, take a look into in-home adult care services. You will undoubtedly find a business that thrives on being full-service and catering to the every need of the person who needs help.

Not only does in-home care provide an easy way to get simple tasks completed throughout the day, but it also gives a sense of companionship and friendship that might not otherwise be available.

Consulting with the senior to gauge their interest in adult home care services is the first step in deciding whether this kind of setup will work for the entire family.

Remember that it is the loved one who will have to be living in whatever conditions are chosen. The final decision will undoubtedly be a difficult one to make, but it could potentially be much easier if the person is given the option to stay at home and receive care in the place they're most comfortable with. ■



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