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# If neck, back, knee and nerve pain are problems, we can help.

**Dr. Dinash Yanamadula, M.D. F.A.A.P.M.R., F.A.A.P.M. and his staff are here to help.**

**Dr. Yanamadula is a low back pain specialist who has successfully worked with thousands of patients to help alleviate this challenging pain.**

**QUESTION:** What are the most common causes of low back pain that you have seen in the thousands of patients that you have treated?

**Dr. Yanamadula:** Poor core strength, improper lifting techniques, excessive weight lifting, poor flexibility, improper exercise, lack of balance and muscle strength, sleeping on a less firm mattresses, leg length discrepancies and cancer to name a few of the common causes of **low back pain**. As you can see, there is a wide variety of causes of **low back pain**. My practice is filled with patients who come to me with acute back pain due to a recent injury to chronic back pain due to disease.

**QUESTION:** When patients suffer from low back pain, is it the same kind of pain across the board in each patient?

**Dr. Yanamadula:** Not at all. Each patient may present with different descriptions of **low back pain**. My patients have described the pain as sharp, aching, dull, sore, throbbing, traveling, concentrated, stabbing, at rest, and upon exertion to name a few. The bottom line is that different types of pain may indicate specific causes. It takes a well-trained and experienced physician to accurately understand and trace the source of the pain.

**QUESTION:** How do you ascertain the clinical causes of low back pain?

**Dr. Yanamadula:** Practitioners must carefully listen, assess, engage in strategic physical examination, and extrapolate from diagnostic images (e.g. x-rays, CTs, MRIS). An in-depth and focused neurological and physical examination coupled with an in-depth interview is critical in fleshing out the exact cause of **low back pain**. As a fellowship trained Interventional Pain Management Physician and fellowship trained Sports Medicine Physician who has seen thousands of patients, I have had tremendous familiarity in diagnosing and treating conditions based on a variety of symptom presentations. With this experience comes expertise in ascertaining and fine tuning pain generating source.

**QUESTION:** What are some clinical diagnoses that you have seen in your 12 years of interventional pain management practice that are linked with these common causes of low back pain?

**Dr. Yanamadula:** There can be multiple clinical diagnoses associated with low **low back pain**. 1) herniated discs/disc bulges 2) arthritis of the joints of the spine 3) muscle spasms 4) spinal stenosis 5) spondylolisthesis (slippage in the spine) 6) tumor infiltration 7) vertebral compressional fractures 8) annular tears (torn disc) 9) neural cysts 10) syringomyelia (cavitation in the spine; more rare causes).

I have also helped many patients who are post back surgery who experience additional, new types of pain. While these can be daunting diagnoses, I can help patients reduce the pain associated with these painful diagnoses.

**QUESTION:** What are some effective ways to treat low back pain?

**Dr. Yanamadula:** It all begins with conservative treatment that will benefit all facets of a patient's life. This includes healthy lifestyle changes, proper lifting and bending techniques, improvement in posture, increasing flexibility via stretching, regular exercise, and improving core strength. If the patient is in the early stages of injury/pain, treatment would include analgesics, anti-inflammatories, ice, rest, chiropractic care, physical therapy all under medical oversight. If these modalities do not help, or pain worsens in the process, then this is where I can help. I regularly incorporate these conservative treatment modalities into my treatment plans.

What most people don't realize is that interventional treatment is minimally invasive. People automatically think that if they are not experiencing pain relief from physical therapy, then surgery is the next step. Interventional pain management physicians offer patients a variety of pain reducing options. I offer these pain relieving treatments with a high level of precision and seasoned technique. Some effective minimally invasive **low back pain** management interventions include: lumbar epidural steroid injections, lumbar facet injections, and lumbar radiofrequency ablation of the nerves that innervate the joints of the spine to name a few. I have performed these procedures on thousands of patients with positive outcomes.

**QUESTION:** Why should patients suffering with low back pain choose you first?

**Dr. Yanamadula:** Not every patient is the same. There is not a blanket approach to treating **low back pain**. Therefore, every patient is unique to me. Their presentation, their pain, and the pain generators are all unique. Careful customization of a pain management treatment plan is dependent on these unique elements. I have demonstrated success in crafting and implementing pain management treatment plans on adults of all ages with varying complexity in pain presentations and causes. Patients should come to me first and as early as possible in their experience of pain as I offer solutions to reducing the pain and I am an intermediary between the assorted treatment modalities. Regardless of where patients are in their management of pain, I welcome them to Princeton Pain and Spine Institute.

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## Prioritizing Your Health Concerns

By Brianna Siciliano

As we get older, we have one ultimate goal in mind: to stay healthy. Sometimes, we don't always know what we need to do to stay healthy. Sure, we watch what we eat and exercise as often as we can, but is that enough? Not at all! Once the age of 60 is reached, or surpassed, there are multiple tests that are recommended to keep seniors happy, healthy, and safe. These tests can be done, or ordered, whenever you visit your regular doctor. Your doctor may even recommend additional tests for you based on your personal health profile. So what tests should you look into taking, if you have not already done so? See if any of the tests below catch your eye!

A major health issue with seniors has to do with blood pressure. You might be one of the millions of Americans who have high blood pressure and do not even know it! It is very important to get your blood pressure regularly checked by health care providers to make sure that your blood pressure is normal so that your heart, arteries, brain, eyes, and kidneys stay healthy and safe.

If you want to avoid having heart attacks or strokes, it would be a good idea to get a cholesterol screening. High cholesterol levels are a major indicator of a possible heart attack or stroke for seniors. The good news, though, is that high cholesterol can be treated by medications and a set diet. Measuring your levels of total cholesterol, HDL "good" cholesterol, and LDL "bad" cholesterol, is very important to do regularly.

Are you a woman who is afraid of having osteoporosis? Make sure to protect your bones! Osteoporosis is not a force to be reckoned with. People with osteoporosis who suffer from fracture, especially if the fracture is in the hip, significantly increase their risks of permanent disability, or even death. All women should have a bone density test at the age of 65, unless a woman is at a higher risk. In that case, the screening test should be completed at the age of 60.

Have you been visiting the eye doctor at least once a year since you turned 60? Well, you should be! Eye diseases like macular degeneration, cataracts, and glaucoma are common diseases to be diagnosed with as we get older. Our eyes should be checked every two years until the age of 60, and then once a year after that milestone. Having your eyes screened can maximize and preserve your vision.

It is always a great idea to ask your doctor about different screenings and exams, like prostate cancer screenings, pelvic exams, or breast exams and mammograms. It's better to be safe than sorry, right? If you have any health concerns or questions, do not hesitate to ask your doctor. You deserve to feel great as the independent, important, and healthy person that you are!





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## HEALTH NEWS: Over-the-counter sleep medicine is linked to dementia

By Joely Phenex

Researchers have discovered a significant link between high use of anticholinergic drugs - including popular non-prescription sleep aids and the antihistamine Benadryl (diphenhydramine) - and increased risk of developing dementia and Alzheimer's disease in older people.

Anticholinergics are a class of drug that blocks the action of the neurotransmitter acetylcholine in the brain and body.

Although the link between raised risk of dementia and anticholinergics has been found before, the new study uses more rigorous methods - including over seven years of follow-up - to establish the strength of the link. By accessing pharmacy records, the researchers were also able to include non-prescription use of anticholinergics in their data. Other side effects, including drowsiness, constipation, retaining urine and dry mouth and eyes.

Research was done by a professor in the University of Washington School of Pharmacy in Seattle, reported their findings in JAMA Internal Medicine in January 2015.

"Older adults should be aware that many medications - including some available without a prescription, such as over-the-counter sleep aids - have strong anticholinergic effects," says the professor named Shelly Grey.

Prof. Gray urges people not to stop their therapy based on the findings of this study - they should talk to their health care provider, and also tell them about all their over-the-counter drug use.

"Health care providers should regularly review their older patients' drug regimens - including over-the-counter medications - to look for chances to use fewer anticholinergic medications at lower doses," she says.

If providers need to prescribe anticholinergics to their patients because they offer the best treatment, then "they should use the lowest effective dose, monitor the therapy regularly to ensure it's working, and stop the therapy if it's ineffective," she adds.

It is also the first study to show a dose-response effect, note the authors. That is, the higher the cumulative amount of drug taken, the higher the risk of developing dementia.

And another first for the study, is that it also shows that dementia risk linked to anticholinergics may persist long after people stop taking the drugs.

For their study, Prof. Gray and colleagues tracked nearly 3,500 men and women aged 65 and over with no dementia symptoms at the start of the study. The participants were part of the Adult Changes in Thought (ACT) study in Group Health, an integrated health care delivery system in Seattle.

To assess how much exposure the participants had to anticholinergic drugs, the researchers used computer records from the pharmacies that dispensed them.

From the pharmacy data they added up all the standard daily doses and worked out the cumulative anticholinergic exposure for each participant over the past 10 years. This was updated as participants were followed up for an average of 7 years.

Over the period of the study, nearly 800 participants developed dementia.

Some of the ACT participants have agreed to have their brains autopsied after they die. This might reveal if taking anticholinergic medications is more likely to result in brain changes that are characteristic of people who develop Alzheimer's disease.

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## Rethinking Drinking

Do you enjoy a drink now and then? Many of us do, often when socializing with friends and family. Drinking can be beneficial or harmful, depending on your age and health status, and, of course, how much you drink. For anyone who drinks, Rethinking Drinking is for you. And your loved ones.

Rethinking Drinking is an easy-to-use Web site ([www.RethinkingDrinking.niaaa.nih.gov](http://www.RethinkingDrinking.niaaa.nih.gov)) and publication from the National Institute on Alcohol Abuse and Alcoholism (NIAAA). It is designed to help people reduce their risk for alcohol problems. Rethinking Drinking helps you analyze your own drinking and offers the latest, research-based information on the most effective ways to cut down, if necessary. Why not take a look now at your drinking habits and how they may affect your health? Rethinking Drinking can help you get started.

Most adults who drink alcohol drink moderately and responsibly without complications. At the same time, alcohol-related problems—which result from drinking too much, too fast, or too often—are among the most significant public issues in the United States and worldwide. An estimated 17 million Americans have an alcohol use disorder, a term that includes both alcoholism and harmful drinking that has not reached the level of dependence. Short-term, alcohol causes someone to feel high, relaxed, or sleepy. Long-term, excessive use can change brain circuits, so that the urge to drink becomes as compelling as hunger. Genetic makeup and environment contribute to the risk for severe alcohol use disorder, which is characterized by:

- Craving—a strong need, or compulsion, to drink
- Loss of control—inability to stop once drinking has begun
- Dependence—withdrawal symptoms, such as nausea, sweating, shakiness, and negative emotional states, such as anxiety, after periods of heavy drinking
- Tolerance—need for increasing amounts of alcohol to get “high”

However severe the disorder, many people can benefit from treatment. Talk with your doctor to determine the best course of action for you.



# PROSTATE CANCER SCREENING: Questions for the Doctor

Prostate cancer is a type of cancer that mostly affects older men. After skin cancer, prostate cancer is the most common cancer in men.

Many men have questions about prostate cancer screening (testing). Even though prostate cancer is common, screening for it isn't recommended. The information below can help you start a conversation about prostate cancer with your doctor or nurse.



## What is the prostate?

The male prostate is a small sex gland that makes fluid to carry sperm. It's located below the bladder and in front of the rectum.

## Who is at risk for prostate cancer?

Risk factors for prostate cancer include:

- Being age 50 or older
- Being African American
- Having a father, brother, or son who had prostate cancer

## Why isn't screening recommended for prostate cancer?

Screening for prostate cancer isn't recommended because the risks of screening and treatment outweigh the benefits.

- Most of the time, prostate cancer grows so slowly that men won't die from it or have any symptoms.
- The treatment of prostate cancer is more likely to cause medical problems than the prostate cancer itself.
- The screening tests that are available now can't tell if you have a cancer that will cause problems or not.

## What do I ask the doctor?

Here are some questions you may want to ask your doctor or nurse:

- Am I at risk for prostate cancer?
- Are there things I can do to lower my risk for prostate cancer?
- What are the benefits and harms (risks) of prostate cancer screening and treatment?
- Are there any warning signs or symptoms of prostate cancer I should look out for?

For more information about prostate cancer screening, visit [www.cancer.gov/cancertopics/pdq/screening/prostate/patient](http://www.cancer.gov/cancertopics/pdq/screening/prostate/patient).

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## nutrient spotlight *health and wellness*

### Reduce Joint Pain and Inflammation With Turmeric This common kitchen spice helps to reduce joint pain and stiffness

By Mia Ingui



**S**ome of the most powerful and safest therapies are found in nature. Turmeric is one that tops the list when it comes to helping reduce joint pain, inflammation and stiffness that comes with arthritis.

Historically, turmeric has been a component of Indian Ayurvedic medicine and has been used extensively in various Indian ceremonies for centuries. Research has identified curcumin, a bright yellow spice (*Curcuma longa*), as the active ingredient in turmeric, often used in many Indian, Pakistani, Persian, and Thai dishes.

Curcumin is an antioxidant that protects cells from the normal, but damaging, process of oxidation. It does this by scavenging molecules known as free radicals, which are one of the root causes of aging.

Preliminary cell studies suggest that the curcuminoids in turmeric promote a normal inflammatory response by inhibiting the expression of the COX-2 "pain" enzyme. However, one of the biggest

challenges is that curcumin is notoriously difficult for the body to absorb. Fortunately, scientists have found a way to counteract that.

They discovered that if they attach curcumin to soy-derived phosphatidylcholine, which is very well absorbed by the body, they could get more curcumin to painful joints. Here's why: Phosphatidylcholine acts as a "shuttle," moving the curcumin through cell membranes and into the bloodstream and tissues where it provides pain relief.

Curcumin is among the most thoroughly researched supplements, with more than 4,000 studies conducted and several more ongoing.

In one study, participants with osteoarthritis who took a concentrated form of curcumin had minor signs or symptoms of

the disease. At the end of 90 days, they had a 58 percent decrease in pain and stiffness and improved physical function and mobility.

Other clinical studies have shown a 50-percent reduction in pain and stiffness, along with significantly reduced inflammation and swelling of the lower limbs.

You can reap the benefits of turmeric by seasoning your foods with it. Add it to soups or stews, or drink turmeric tea. Taken orally, turmeric can stop arthritis pain throughout the body. If you want to try turmeric as a therapeutic measure, consider a supplement that contains a concentrated form of curcumin.

Applied topically, turmeric can be used to treat arthritic joints. Talk to your doctor about how you can fit turmeric into your lifestyle.

# 10 Things Science Says Will Make You Happy

By Jen Angel



In the last few years, psychologists and researchers have been digging up hard data on a question previously left to philosophers: What makes us happy? Researchers like the father-son team Ed Diener and Robert Biswas-Diener, Stanford psychologist Sonja Lyubomirsky, and ethicist Stephen Post have studied people all over the world to find out how things like money, attitude, culture, memory, health, altruism, and our day-to-day habits affect our well-being. The emerging field of positive psychology is bursting with new findings that suggest your actions can have a significant effect on your happiness and satisfaction with life. Here are 10 scientifically proven strategies for getting happy.

## Savor Everyday Moments

Pause now and then to smell a rose or watch children at play. Study participants who took time to “savor” ordinary events that they normally hurried through, or to think back on pleasant moments from their day, “showed significant increases in happiness and reductions in depression,” says psychologist Sonja Lyubomirsky.

### Avoid Comparisons

While keeping up with the Joneses is part of American culture, comparing ourselves with others can be damaging to happiness and self-esteem. Instead of comparing ourselves to others, focusing on our own personal achievement leads to greater satisfaction, according to Lyubomirsky.

### Put Money Low on the List

People who put money high on their priority list are more at risk for depression, anxiety, and low self-esteem, according to researchers Tim Kasser and Richard Ryan. Their findings hold true across nations and cultures. “The more we seek satisfactions in material goods, the less we find them there,” Ryan says. “The satisfaction has a short half-life—it’s very fleeting.” Money-seekers also score lower on tests of vitality and self-actualization.

## Have Meaningful Goals

“People who strive for something significant, whether it’s learning a new craft or raising moral children, are far happier than those

who don’t have strong dreams or aspirations,” say Ed Diener and Robert Biswas-Diener. “As humans, we actually require a sense of meaning to thrive.” Harvard’s resident happiness professor, Tal Ben-Shahar, agrees, “Happiness lies at the intersection between pleasure and meaning. Whether at work or at home, the goal is to engage in activities that are both personally significant and enjoyable.”

### Take Initiative at Work

How happy you are at work depends in part on how much initiative you take. Researcher Amy Wrzesniewski says that when we express creativity, help others, suggest improvements, or do additional tasks on the job, we make our work more rewarding and feel more in control.

## Make Friends, Treasure Family

Happier people tend to have good families, friends, and supportive relationships, say Diener and Biswas-Diener. But it’s not enough to be the life of the party if you’re surrounded by shallow acquaintances. “We don’t just need relationships, we need close ones” that involve understanding and caring.

### Smile Even When You Don’t Feel Like It

It sounds simple, but it works. “Happy people...see possibilities, opportunities, and success. When they think of the future, they are optimistic, and when they review the past, they tend to savor the high points,” say Diener and Biswas-Diener. Even if you weren’t born looking at the glass as half-full, with practice, a positive outlook can become a habit.

## Say Thank You Like You Mean It

People who keep gratitude journals on a weekly basis are healthier, more optimistic, and more likely to make progress toward achieving personal goals, according to author Robert Emmons. Research by Martin Seligman, founder of positive psychology, revealed that people who write “gratitude letters” to someone who made a difference in their lives score higher on happiness, and lower on depression—and the effect lasts for weeks.

## Get Out and Exercise

A Duke University study shows that exercise may be just as effective as drugs in treating depression, without all the side effects and expense. Other research shows that in addition to health benefits, regular exercise offers a sense of accomplishment and opportunity for social interaction, releases feel-good endorphins, and boosts self-esteem.

## Give It Away, Give It Away Now!

Make altruism and giving part of your life, and be purposeful about it. Researcher Stephen Post says helping a neighbor, volunteering, or donating goods and services results in a “helper’s high,” and you get more health benefits than you would from exercise or quitting smoking. Listening to a friend, passing on your skills, celebrating others’ successes, and forgiveness also contribute to happiness, he says. Researcher Elizabeth Dunn found that those who spend money on others reported much greater happiness than those who spend it on themselves.

# Does a Room's Temperature Affect Our Metabolism?

By Brianna Siciliano

Something that most people do not know is that human beings have two main types of fat: white fat and brown fat. White fat stores extra energy, and when your body has too many white fat cells, risks for diseases (like type two diabetes) increase. Brown fat, on the other hand, burns chemical energy to create heat and help your body maintain body temperature. Research has shown that in cold temperatures, white fat cells take on brown fat cell's characteristics.

Over the timespan of four months, research was studied on five healthy men who were an average age of 21. During the day, the men participated in regular activities. At night, the men returned to the private rooms. For the first month of the trial, the men's rooms were set to temperatures of 75 degrees Fahrenheit. During the second month, the rooms were set to temperatures of 66 degrees. For the third month, the rooms were set to temperatures of 75 degrees once again. During the final month, the rooms were set to temperatures of 81 degrees.

The men were exposed to their rooms' temperatures for at least 10 hours each night. While they were in their private rooms, each man wore standard hospital clothing. There were no blankets for them to use when the room temperature dropped; all the men were offered was their hospital clothing and bedsheets. Meals were provided, and their calorie and nutrient intakes were carefully monitored. At the end of each month, the five men had extensive evaluations, which included muscle and fat biopsies, energy expenditure testing, and

PET/CT scanning on their neck and upper back (to measure brown fat volume and activity).

After one month of exposure to mild cold temperatures, the five participants had a 42 percent increase in brown fat volume and a 10 percent increase in fat metabolic activity. During the final month of exposure, with the warm temperatures, the results were completely reversed. These findings hint that humans may adjust to cool temperatures by increasing brown fat cells, which in the long run may improve glucose metabolism. These changes can be reversed if human bodies are exposed to warmer temperatures. So, does a room's temperature affect our fat and metabolism? Yes, it does!



**Dr. Helen Simigiannis,  
MD, FACOG**

## QUESTION:

### How does The Mona Lisa Touch counteract vaginal dryness?

Vaginal dryness is extremely common during menopause. It's just one of a collection of symptoms known as the *genitourinary syndrome of menopause* (GSM) that involves changes to the vulvovaginal area, as well as to the urethra and bladder. These changes can lead to vaginal dryness, pain with intercourse, urinary urgency, and sometimes more frequent bladder infections.

These body changes and symptoms are commonly associated with decreased estrogen. However, decreased estrogen is not the only cause of vaginal dryness. It is important to stop using soap and powder on the vulva, stop using fabric softeners and anticing products on your underwear, and avoid wearing panty liners and pads. Vaginal moisturizers and lubricants may help. Persistent vaginal dryness and painful intercourse should be evaluated by your healthcare provider. If it is determined to be a symptom of menopause, vaginal dryness can be treated with low-dose vaginal estrogen, or the oral selective estrogen-receptor modulator ospemifene can be used. The Mona Lisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical that has been FDA-approved using a gentle laser. Regular sexual activity can help preserve vaginal function by increasing blood flow to the genital region and helping maintain

the size of the vagina. The Mona Lisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical using a gentle laser. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

#### For more information feel free to contact:

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## IMPORTANT VITAMINS THAT CAN HELP REDUCE STRESS THIS WINTER

Winter is supposed to be the most wonderful time of the year, but the harsh weather and the pressures from work or school can cause tremendous stress during the holiday season. Don't let winter bring you down! There are a few important vitamins that, when added into your diet, can reduce the effects of stress significantly.

### Vitamin C

Vitamin C is essential to fighting stress because it reduces the level of a hormone called cortisol. Cortisol is commonly known as "the stress hormone" because it releases energy in response to dangerous or stressful situations. Although at times cortisol can be beneficial, it also causes increased stress and anxiety. You can counter this stress by eating fruits rich in vitamin C such as oranges, cranberries, mangos, strawberries, and watermelon.

### Vitamin B-1

Vitamin B-1, or thiamine, can help with stress because it improves body's ability to respond to stressful situations and strengthens the immune system. Vitamin B-1 helps with the production of ATP (adenosine triphosphate) which is an important carrier of energy. It can be found in fortified cereals, bran, wheat germ, and pork.

### Vitamin B-5

Nicknamed "the anti-stress vitamin," vitamin B-5, or pantothenic acid, is essential to this list because it assists our bodies in the production of hormones that fight stress. Like vitamin C, it can also help lower levels of cortisol. Vitamin B-5 can be found in foods like mushrooms, trout, liver, bran, and sunflower seeds.



# QUESTION:

## Who is a candidate for robotic surgery ?

# ANSWER:

Robotic surgery is one of the most recent and innovative surgical techniques. Robotic surgery in gynecology is a major surgical procedure (such as a hysterectomy, myomectomy, or endometriosis surgery) performed in a minimally invasive fashion. It involves sophisticated medical devices that allow surgeons to operate through tiny incisions (sometimes even one tiny incision), using enhanced imagery and incredibly precise movements. Robotic-assisted surgery offers improved, magnified visualization in high-definition 3D. Surgeons are able to precisely control the surgical instruments because they offer seven degrees of free motion (like a wrist). Since its inception for gyn surgery in 2005, robotic assisted surgery has advanced so much that now the vast majority of patients are indeed candidates. Even if they have complex conditions such as large uterine fibroids or endometriosis.

The advantages of robotic surgery for the patient are significant and may include:

- Shorter hospital stay
- Fewer complications
- Faster recovery
- Less blood loss
- Less need for narcotic pain medicine
- Smaller incisions resulting in minimal scarring



Dr. Bruce Pierce

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## Get Rid of Stress for the Holidays

By Brianna Siciliano

Winter is one of the most stressful times of the year, no matter which direction you look, you will see holiday decorations, tasty treats, amazing sales, and huge crowds. It is easy to feel overwhelmed and stressed during the most wonderful time of the year, but thankfully, there are ways to get rid of stress during this season.

Holiday stress can be caused by many things, therefore it is vital to ask yourself what makes you feel nervous, anxious, and stressed around the holiday season. Is it the unhappy memories from childhood? Is this the first holiday season since you began a new chapter in your life? Do the holidays make you feel out of control? Well, whatever the case may be, it is important to acknowledge the fact that the key to getting rid of anxiety and stress that the holiday season brings is taking control over the holidays instead of letting the holidays take control of you.

As we get closer and closer to celebrating important days with

family and friends, we receive many offers and invitations to various holiday gatherings. We feel obligated to attend the parties that we

have continued to attend in the past, and we feel obligated to bring foods that people expect. We do not want to do any of these things, but we feel like we have to. Well, instead of giving in to these "obligations," step aside and ask yourself, "Why am I doing these things when they make miserable? What makes me miserable about this situation?"

Be conscious about the choices you are making. If you know that going to Aunt Pam's house with your family is going to bring unneeded anxiety and stress, then don't attend the gathering! Holiday traditions are supposed to be happy and joyous, not miserable and stressful. Try something new this holiday season, and most importantly, only participate in gatherings and obligations that will be cheerful and stress-free.

**Holiday traditions are supposed to be happy and joyous, not miserable and stressful.**

# Chicken Crust Pizza

*This recipe gets five stars. It is quick and easy to make, gluten free, and tastes amazing!*

## INGREDIENTS

1 Pound of Ground Chicken  
 1/4 Cup Parmesan Cheese  
 1/4 Cup Shredded Mozzarella Cheese  
 1/4 Teaspoon Black Pepper  
 1 Teaspoon Italian Seasoning Blend (or just a bit of Oregano and Basil)  
 Sauce and toppings of your choice such as leftovers like; grilled veggies, grilled chicken, or whatever it is you are craving.

## DIRECTIONS

Pre-heat the oven to 400°  
 In a medium bowl combine the ground chicken, cheeses and spices. Line a pizza pan or cookie sheet with parchment paper sprayed with non-stick cooking spray.  
 Place the ground chicken mixture onto the pizza pan. Then place a piece of parchment paper or plastic wrap on top of the chicken mixture. Evenly press the mixture into the pizza pan with a rolling-pin to get it nice and even. Remove the parchment/plastic wrap once done.

Bake in the oven for 20 min or until the crust, is golden.

Place whatever sauce, toppings and cheese you like on the chicken crust, then return to the oven to bake for an additional 10 min until the cheese and toppings are melted to your taste preference.



## Steaming Food

*By Jordan Tinitigan*

The newest cooking trend for 2016 is steaming food. Steaming works by boiling water, letting the water create steam, and letting the steam heat nearby food. The food is not in contact with the boiling water, but the steam directly hits it. This method gives food a very moist texture. Before actually steaming the food, make sure you season it very well for the max amount of taste.

This method has been famously used on vegetables in the past; however, it is now being used on clams, lobster, and even pudding! Likewise, steamed food is being used to make spring rolls, Thai food, and sponge cake. It is also very healthy! Studies show that steaming your food is a great way to get the most amount of nutrients in your food. If you are looking to try out steaming, check out some awesome recipes online!



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## *Can Drinking Milk Be Harmful?* DAIRY FACTS REVEALED

By Brianna Siciliano

People always wonder about the health benefits and concerns with dairy. In the past, there have been drastic trending weight-loss programs designed to exclude dairy products from daily diets, like the Paleo Diet. Many people on the program lost weight, but in the long-run, their bones suffered. Dairy products are essential for bone health, as most of us already know, but can dairy be harmful?

In the '80s and '90s, experiments were conducted in Sweden to examine the relationship between bone fractures and mortality in men and women. Three large countries in Sweden participated in the study, including about 61,433 women aging from 39-74 and about 45,339 men aging from 45-79. The people who ran this study concluded that higher milk intake was associated with higher fracture rates in women and higher death rates in men and women. Is this experiment a reliable source to follow? That is questionable. No two people are exactly alike. Some of the people who took the experiment could have been intolerant to lactose, some of the people could have genetically inherited bone issues that caused fractures, and some of the people could have suffered health issues that had absolutely nothing to do with their dairy intake.

Although the Swedish study is trying to prove that dairy is bad for our diets, we have to keep in mind how nutritious dairy is for our bodies. Cow's milk contains all the proteins, fatty acids, and micro-nutrients needed to nurture a growing calf. Human muscles, cells, and organs are very similar to a calf's, which means that dairy

products are a great source of nutrients for humans as they are for baby calfs. A single cup of milk (244 grams) contains Calcium, Vitamin D, Riboflavin (B2), Vitamin B12, Potassium, Phosphorus, Vitamin A, Vitamins B1 and B6, Selenium, Zinc, and Magnesium. All of these nutrients come in a glass that is filled with about 146 calories, 8 grams of fat, and 13 grams of carbs. Do the pros outweigh the cons calorie wise? Absolutely.

If the vitamins and minerals are not convincing enough, consider the fact that dairy is the best source of calcium. Many people, especially women, lack the proper amount of calcium in their diets. Including dairy products in your everyday diet will lower your risk of calcium deficiencies. With this said, it seems logical that dairy is extremely beneficial for bone health. Many mainstream health organizations recommend that people consume 2-3 servings of dairy per day in order to provide enough calcium for their bones.

The bottom line is dairy products are known to have a large impact on health. Can dairy products kill you? Possibly. If you intake too much dairy, like some of the participants in Sweden's study did, you will face major health concerns. At the same time, if you intake too much of any food, no matter what kind of food it is, health concerns will rise. The key to great health is knowing what your body can and can't tolerate. Balancing every food group—including dairy—in your daily diet in moderation is the key to a long, healthy life.



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# MAKEUP CONTOURING: The hottest trend in beauty

By Joely Phenex

Have you ever wondered how models' makeup looks so good? Contouring is a method used by many makeup artists that makes face makeup look perfect. Basically, makeup contouring utilizes various shades of foundation to enhance one's facial structure. It should not be very noticeable; the makeup should be applied subtly for an airbrushed look.

If you have never contoured your face and would like to try it out, here are some instructions:

### What you'll need:

- Foundation the color of your skin
- Foundation one or two shades lighter than your skin tone
- Foundation one or two shades darker than your skin tone
- Blending brush (one that is big, bushy and made with natural bristles!)

### How to:

1. Make your face a blank canvas; wipe off all your makeup, wash your face, and moisturize
2. Apply the foundation the color of your skin as a base. This is used to even out your skin tone.
3. Apply the lighter foundation to the following areas:
  - The center of your forehead
  - The top of your brow lines
  - The bridge of your nose
  - The apples of your cheeks
  - Your Cupid's bow (the section between the tip of your nose and the top of your lip)
  - The center of your chin
4. Apply the darker foundation to the following areas:
  - Below your hairline along the top of your forehead
  - Along the sides of your nose
  - The hollows of your cheeks
  - Along your jaw-line (from your ears to the tip of your chin)
5. Blend it all with your fingers or with the blending brush

## Envision Permanent Makeup BY SANDY MARINKO, *Micro Pigmentation Specialist*

### QUESTION: Is MicroBlading A Tattoo?

**ANSWER:** With the sudden popularity and media attention to the term microblading, many are led to believe microblading is not a tattoo process. Permanent cosmetics, micropigmentation, dermal implantation, microblading/microstroking, eyebrow embroidery, and long-time/long-lasting makeup, are all different names for the same procedure - cosmetic tattooing. Any time color is placed into the skin with any device, it is a tattoo process as defined by many well-informed regulators, the medical community, and dictionary sources. Denying this process is a tattoo can be problematic for those who would, for religious or other personal reasons, normally refuse to have a tattoo.



Microblading is performed with a grouping or configuration of needles affixed to a handle to manually create lines that resemble eyebrow hairs. Manual methods of tattooing have been used through the ages, and the tools have gone through changes over time from pre-historic sharpened stones to the hand tool devices currently being used. An actual scalpel or cutting-type blade should not be used under any circumstances as these are considered medical devices and cannot legitimately be used for this process. Any hand tool device (i.e., both handle and attached needles) used for microblading should be pre-sterilized and fully disposable.

Microblading may not last as long as other eyebrow tattooing techniques because a much smaller amount of pigment is inserted (tattooed) into the skin as compared to fully or solidly filled eyebrow tattoos.

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# BEST PRODUCTS FOR DRY SKIN THIS WINTER

By Joely Phenes

Cold, dry air causes our skin to lose its natural oils and moisture, so many people experience dry, irritated skin in the winter. The right kind of moisturizer is essential to keeping your skin smooth and healthy. Here are our top picks:

## Soap & Glory Hand Food

Soap & Glory's Hand Food, made with Shea butter, macadamia oil and marshmallow, is the perfect moisturizer for your hands this winter. It is non-greasy and scented with the company's Original Pink Rose & Bergamot (it smells great!) You can purchase it online at soapandglory.com or at beauty supply stores like Sephora or Ulta.

## Burt's Bees Beeswax Lip Balm

If your lips tend to get dry in cold weather, sooth them with Burt's Bees Beeswax Lip Balm. Made with all natural ingredients, this lip balm contains Vitamin E and peppermint, and can be purchased at any local drug store or superstore.

## NIVEA Extended Moisture Body Lotion

I have found that the best moisturizer for extremely dry skin is NIVEA. The Extended Moisture Body Lotion is non-greasy and treats your skin for 48-hours. NIVEA products are also available at drug stores and superstores everywhere.

## First Aid Beauty Ultra Repair Cream Intense Hydration

This face and body moisturizer hydrates your skin and leaves it smoother than ever. Safe for anyone with sensitive skin, it is made with colloidal oatmeal, Shea butter, and eucalyptus oil. This moisturizer is sold at Sephora or online at firstaidbeauty.com.

# Anti-Aging Essentials

By Mia Ingui

The secret to looking youthful is not hidden within fancy, expensive creams and pomegranate eye masks sold in department stores. There are many simple ways to look and feel young again, from your diet to your vitamins. Use these tips to stay bright and healthy as you age!

**Fish oil supplements:** Anti-inflammatories are key for fighting aging, and so fish oil can work wonders on you skin and heart's health. Other supplements like vitamin C and D also are important to incorporate into a supplement routine.

**Keep it simple:** The more complicated the beauty routine is, typically the more damaging it is to the skin. Limiting the number of products you use also therefore eliminates many products that clog pores and sit on the skin.

**Limit intakes of white sugar:** Little is it known that white sugar binds to the collagen in your skin, which weakens the skin and causes premature wrinkles and sagging.

**Colorful fruits and veggies:** The antioxidants in fruits such as pomegranates and blueberries, and the nutrients in vegetables like kale and carrots help to fight of molecules that damage healthy cells in your body. Maximize your intake of antioxidants.

**Exercise your mind and body:** Stimulating your mind and body helps fight against them becoming stagnant and unhealthy. Ways to do accomplish this are exercising, reading, aerobics, yoga, etc.

# Top 10 Foods for Healthy Hair

By Mia Ingui

Want healthy, shiny, luxurious hair? The first step lies in your diet! There are certain foods that are high in the nutrients beneficial for your hair's health. Here are top 10!

1. **Salmon:** Salmon is high in omega-3's which your body doesn't naturally create. This makes your hair shiny and full.
2. **Greek yogurt:** Greek yogurt, although high in vitamin D like most yogurts, is also very high in protein, which makes up the building blocks of your hair. This helps blood flow to the scalp and promotes growth.
3. **Spinach:** Spinach and other leafy greens are so high in multiple nutrients that they overall produce healthy hair and other parts of the body, like your skin and eyes.
4. **Guava:** Often found in shampoos, guava is known to help prevent hair breakage.
5. **Sweet Potatoes:** Sweet potatoes actually fight dull hair to produce shinier locks. The beta-carotene in sweet potatoes helps the scalp absorb vitamin A, which promotes a healthy scalp, not a dry one.
6. **Poultry:** For the same reason as yogurt, poultry is high in proteins that help build hair and make it full and thick.
7. **Cinnamon:** Cinnamon helps promotes circulation of the blood in your scalp, which will bring oxygen and nutrients to your hair.
8. **Eggs:** Eggs are rich in biotin, which promotes growth. Too little biotin in the hair and scalp results in hair loss.
9. **Oysters:** Oysters are rich in zinc, which also fights hair loss.
10. **Avocados:** Avocados have natural, healthy oils that fight dry hair.



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One of my friends told me about how they used services from Hibernian Home Care for their parents after one of them had surgery and suggested that I give them a call.

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The Registered Nurse who came to meet me and Mom at her home was so helpful. She had many ideas to share to make things a little easier for both of us.

The Caregivers have all been wonderful, and my Mom looks forward to their scheduled visits. They help her keep the house tidy, prepare meals, assist with her personal care, and take her on errands and appointments.

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**What Is Osteoarthritis?**

Osteoarthritis is the most common type of arthritis. People usually have joint pain and stiffness. Unlike rheumatoid arthritis, it does not affect skin tissue, the lungs, eyes, or blood vessels.

In osteoarthritis, cartilage—the hard, slippery tissue that protects the ends of bones where they meet to form a joint—wears away. The bones rub together, causing pain, swelling, and loss of motion. Over time, the joint also may lose its normal shape. Bone spurs—small deposits of bone—may grow on the edges of the joint. Also, bits of bone or cartilage can break off inside, causing more pain and damage.

**Warning Signs of Osteoarthritis**

- Pain and stiffness in a joint after getting out of bed or sitting for long.
- Swelling in one or more joints, especially those at the ends of the fingers (closest to the nail), thumbs, neck, lower back, knees, and hips.
- Crunching feeling or the sound of bone rubbing on bone
- Osteoarthritis may progress quickly, but in most people it develops gradually. It is relatively mild and interferes little with daily life in some people. Others have significant pain and disability.
- If you feel hot or your skin turns red, or if your joint pain is accompanied by a rash, fevers, or other symptoms, you probably do not have osteoarthritis. Check with your health provider about possible other causes, such as rheumatoid arthritis.
- If you are experiencing any pain or have questions, see your doctor for a Physical examination where your doctor will check your strength, reflexes, and general health.

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## FAMILY FIRST

*What do senior citizens rank as their highest priority as they age? Financial Security? Health? Family is actually the most important factor in maintaining a high quality of life in Americans' senior years, according to a recent survey.*



Conducted by the National Council on Aging (NCOA), United Healthcare and USA Today, the survey measured responses from 4,000 U.S. adults, including a nationally representative sample of seniors ages 60 and older.

It found that four out of 10 seniors rank connectivity to friends and family as their top priority, ahead of financial security (30 percent). Read the survey's other key findings to see what else seniors are concerned about as they age.

### Health

- 65 percent of seniors report having at least two chronic health conditions.
- 60 percent of seniors expect their health to stay the same over the next 5-10 years.
- 84 percent say it is not very or not at all difficult to perform regular activities.

### Community Services

- 71 percent of seniors say their community is responsive to the needs of seniors.
- 49 percent believe their community is doing enough to prepare for the growing senior population.

### Financial Security

- 53 percent are very or somewhat concerned about their savings and income to last the rest of their life.
- 41 percent of working seniors indicate that social security will be their primary source of retirement income.

### Technology

- 34 percent stated 'I don't understand how to use it' as a barrier preventing them from using more technology.
- 47 percent say cost prevents their use of technology.

### Overall Outlook

- 57 percent of seniors state that overall, the past year of their life has been normal.
- 21 percent of seniors expect their lives to get much or somewhat better over the next 5-10 years.

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## What You Need to Know About Shingles and Its Vaccine

In the U.S., currently 1 million people get shingles every year, and about one out of every three people will get shingles in their lifetime.

Shingles, also known as zoster or herpes zoster, is a painful skin rash caused by the varicella zoster virus, the same virus that causes chickenpox. If you've had chickenpox, you are at risk of getting shingles.

One out of every three people, 60 years old or older will get shingles.

One out of six people older than 60 years who get shingles will have severe pain. The pain can last for months or even years.

The most common complication of shingles is severe pain where the shingles rash was. This pain can be debilitating. There is no treatment or cure from this pain. As people get older, they are more likely to develop long-term pain as a complication of shingles and the pain is likely to be more severe.

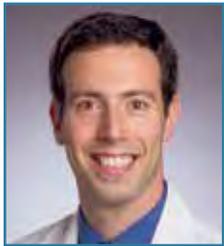
Shingles may also lead to serious complications involving the eye.

Very rarely, shingles can also lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis), or death.

Adults 60 years old or older should talk to their healthcare professional about getting a one-time dose of the shingles vaccine.

## Aaron M. Bellows MD

### Princeton Gastroenterology Associates Princeton Endoscopy Center, LLC



Aaron Bellows, M.D. is board certified in Gastroenterology and has a wide range of interests, including gastroesophageal reflux disease, inflammatory bowel disease, and colon cancer screening and prevention. He is a graduate of Robert Wood Johnson Medical School, where he was elected to the

Gold Humanism Honor Society and was the recipient of the Robert Wood Johnson Alumni Award. He completed his internship and residency at Montefiore Medical Center in New York and was awarded for Excellence in Clinical Teaching at Albert Einstein College of Medicine. Dr. Bellows completed his fellowship in Gastroenterology at the University of Miami. He has authored several works in the areas of Molecular Biology and Gastroenterology and is a member of the American Gastroenterological Association.

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Dinash Yanamadula, M.D.F.A.A.P.M.R., F.A.A.P.M., is board certified in Pain Management and Physical Medicine and Rehabilitation, and he is fellowship trained in Interventional Pain Management and

Sports Medicine. He completed his internship at Temple University/Frankford Hospital and completed a residency in Physical Medicine and Rehabilitation at the prestigious University of Chicago/Schwab Rehabilitation Hospital. He furthered his education to pursue a fellowship in Interventional Pain Management and Sports Medicine at Comprehensive Spine and Sports Medicine of Hawaii, where he served as Chief Fellow.

Dr. Yanamadula's multidisciplinary approach caters to each individual in the treatment of acute and chronic pain. He has successfully treated thousands of patients, ridding them of their pain, without having to resort to surgery. Dr. Yanamadula's special interests are in the area of low back pain, neck pain, nerve pain, and in the diagnosis and treatment of joint pain.

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# Give Loved Ones Experience Gifts

*Giving someone an experience gift shows that you are thoughtful and that you care about what they enjoy. Next time a loved one's birthday comes up, treat them to something they would truly enjoy, whether it may be a day at the spa, a dinner at their favorite restaurant, a skydiving trip, or an afternoon at a chocolate tasting.*

*By Brianna Siciliano*

Special occasions are always creeping up on us, and we often feel confused about what gifts we should give. Giving presents to loved ones can be challenging. We do not want to give the people we care about gifts that they do not like, so most of the time, we end up gifting them with money, an outfit or two, or a bottle of their favorite wine. To spice things up, gift someone an incredible once-in-a-lifetime experience.

Do you have a thrill-seeking loved one who has a special occasion coming up? If so, why not gift them a certificate to go skydiving, drive a race car, or learn how to fly? Most thrill-seekers have activities like these on their bucket lists, and gifting them a chance to jump off a plane, fly a plane, or drive a race car will show that you care about their passions.



Do you have a loved one who enjoys music or theatre? There are endless experience options of gifts for these kinds of people. If you know someone who enjoys Broadway, gift them with a pair of tickets to see a Broadway play. If your loved one enjoys a certain band or singer, gift them with a pair of tickets to that entertainer's concert.

Do you have a loved one with a passion for creativity? Treat them to a class that they will enjoy the most, whether it is an art class, a photography class, or a cooking class. If that does not sound appealing, why not treat your loved one to a tasting, whether it may be a wine tasting, martini tasting, cheese tasting, or a chocolate tasting. Your loved one will have plenty of happy memories because of your thoughtfulness.

Different people enjoy different things, so why should you continue to gift the same presents to every person you care about? Try to personalize gifts for everyone you care about and enjoy the lifelong memories that you are creating.

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# Get Your Home Tested For Radon and Lead

By Joely Phenes

Both lead paint and radon are serious hazards you can't afford to ignore. Lead poisoning is known to cause brain damage in a developing fetus and in young children if not treated. Radon is a cancer-causing radioactive gas.

The main source of lead is old paint and dust that forms when paint chips and erodes, Landrigan explains. Lead paint can be a problem in any home built before 1978, when lead paint was banned.

Check with your local health department about lead paint testing. A lab test of a paint chip runs from \$20 to \$50 per sample. You can also hire a certified professional to test your home, which will cost more.

The Consumer Product Safety Commission has a safety alert on its web site about lead-based paint testing. It offers guidelines on reducing your exposure -- like covering walls with gypsum wallboard.

Colorless and odorless, radon gas comes from the natural breakdown of the soil and rock underneath your home. Any home can have a radon gas problem -- whether it's old or new, well-sealed or drafty, whether it has a basement or not. More info visit [www.pa.gov/radon/health\\_risks](http://www.pa.gov/radon/health_risks).

Breathing air containing radon gas can cause lung cancer. In fact, it's the second leading cause of lung cancer, after smoking. If you smoke and your home has high radon levels, your risk of lung cancer is especially high.

You can buy a \$20 home radon test kit at most hardware and home stores.

For more information, check the EPA's web site for "A Citizen's Guide to Radon."

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# Non-toxic Cleaning Products Are Best For Your Home

By Joely Phenes

**M**any name brand cleaning products we use in our homes contain harmful chemicals that can affect your family's health. Using non-toxic cleaning products, especially ones made from DIY recipes, is very beneficial for your home.

For one, non-toxic cleaning products do not pollute the air in your home, so you can feel better about the air that you and your children are breathing. They are also better for the environment; if you use these products, you are contributing to the reduction of air and water pollution.

Not to mention, making your own non-toxic cleaning products is significantly cheaper than purchasing name brands. You actually probably have the ingredients somewhere in your house already!

To make your own all-purpose cleaner, all you need is...

- 1/4 cup of white vinegar
- 2 tbsps of baking soda
- 1 liter of hot water

Combine these ingredients, and let the mixture cool for about 5 minutes. Then, pour it into a spray bottle and voila! You have your very own non-toxic all-purpose cleaner! If you want it to have an aroma, all you have to do is add a few drops of essential oil to the mixture before cooling it.

The best part about non-toxic cleaning products is that they are simple. You know and trust all the ingredients and you do not have to worry about any dangerous toxins. So what are you waiting for? Start cleaning your home the right way!

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## BATHROOM THERAPY

*Turn your ordinary bathroom into a spa-like oasis*

Bathrooms used to be small, cramped rooms, but not anymore. Today's bathrooms are becoming integral parts of the living space of a home, with plenty of room and amenities for relaxation.

One major trend in home improvement is making bathrooms into spa-like spaces, turning them into an oasis where you can unwind and relieve pressure.

From the decor to the functionality of the space, here are three popular ideas for making your bathroom a more relaxing place to spend time.

### Steam Showers

Imagine coming home from work after a stressful day. You step into the shower and are instantly immersed in a cloud of hot, peppermint-scented steam that melts your troubles away.

This used to require a trip to the spa, but with steam showers growing in popularity, more homeowners are opting to recreate the full spa experience in their own bathroom.

A steam shower uses a device called a steam generator to boil water and gently emit it in a cloud of steam, all at safe temperatures. They typically include a way for you to add natural oils

— such as eucalyptus or mint — to make it an aromatherapy experience, too.

A steam shower requires professional installation, including custom electrical and plumbing work, but the end result can be worth the expense. It's also more cost effective than building a traditional sauna in your home, so you're adding a relaxing, luxurious experience right in your existing shower.

### Soaker Tubs

Traditional bathtubs are around 14 inches deep, which is perfect for bathing children or for adults laying flat in the tub, but they're not ideal for sitting up with a book and unwinding.

That's where soaker tubs come in.

Unlike the shallow traditional tubs, which are usually rectangular, soaker tubs are shorter, taller, oval-shaped tubs designed to better immerse the body while leaning back. They let you cover your entire body more like a swimming pool than a normal shallow bathtub.

Soaker tubs are usually installed on their own, without a shower head, often in the center of a bathroom wall. And because of their oval shape and shorter overall dimensions designed for sitting, rather than laying, they usually use less water to fill up.

Pricing starts around \$1,000 for an inexpensive soaker tub and can range up to \$5,000 or more for tubs with natural finishes and high-end features.

It's a great way to make your bathing experience more relaxing.

### Colored LED lighting

Everyone knows that lighting can have a big impact on the mood of a room. From cool blues to warm oranges and reds, the "temperature" of the lighting in a room can add drama and create a theatrical feeling.

The same thing can happen in your bathroom. Colored LED lighting is becoming a popular addition to bathrooms for owners who want to use lighting to help them relax.

New systems are being sold that will automatically change the color of lighting in your shower or bathroom to create light therapy, using different shades and brightnesses to help you unwind. Some can be installed in faucets, others in showerheads or in the overhead bathroom lights, but the overall goal is the same: making your bathroom a place to get away from it all.

The best systems combine light with water in stunning ways. They change an ordinary shower into a multicolored, otherworldly place to spend time.

# If You're Happy and You Know It Satisfaction with Life Survey

By Susan Heckler

If you are happy and you know it take a bow, clap your hands, stamp your feet or however you would like to celebrate. Authors Ed Diener, Robert A. Emmons, Randy J. Larsen and Sharon Griffin wrote an article in the *Journal of Personality Assessment* in 1985 to measure global cognitive judgments of satisfaction with one's life.

In one minute's time after responding to 5 questions, you may have a new understanding of how satisfying you see your life to be. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item.

Please be open and honest in your responding.

7 - Strongly agree

6 - Agree

5 - Slightly agree

4 - Neither agree nor disagree

3 - Slightly disagree

2 - Disagree

1 - Strongly disagree

\_\_\_ In most ways my life is close to my ideal.

\_\_\_ The conditions of my life are excellent.

\_\_\_ I am satisfied with my life.

\_\_\_ So far I have gotten the important things I want in life.

\_\_\_ If I could live my life over, I would change almost nothing.

Although this study is almost 30 years old, the questions are broad enough to encompass any time period and location, making it useful anywhere and everywhere.

Notice that you are answering the questions about your own life. It is your opinion of your own happiness that counts. If others perceive you as happy and you do not, in your heart and head you are not satisfied with your life.

The Satisfaction with Life Scale (SWLS) is a single scale that is used by UNESCO, the CIA, the New Economics Foundation, the WHO, the Veenhoven Database, the Latinbarometer, the Afrobarometer, and the UNHDR to measure how one views his or her self-esteem, well-being and overall happiness with life. The SWLS is a global measure of life satisfaction.

It has been determined that one of the most important influences on happiness is social relationships. People who score high on life satisfaction tend to have close and supportive family and friends, whereas those who do not have close friends and family are more likely to be dissatisfied.

According to *Live Happy Magazine*, another factor that influences the life satisfaction of most people is work or school, or performance is an important role such as homemaker or grandparent. This relates to your goals and your attempt to achieve them.

Many find satisfaction with the self, religious or spiritual life, learning and growth, and leisure are a big determining factor of happiness.

The explanation of your score was copyrighted by Ed Diener, February 13, 2006 as follows:

## 30-35: Very high score, highly satisfied

Respondents who score in this range love their lives and feel that things are going very well. Their lives are not perfect, but they feel that things are about as good as lives get. Furthermore, just because the person is satisfied does not mean she or he is complacent. In fact, growth and challenge might be part of the reason the respondent is satisfied. For most people in this high-scoring range, life is enjoyable, and the major domains of life are going well—work or school, family, friends, leisure and personal development.

## 25-29: High score

Individuals who score in this range like their lives and feel that things are going well. Of course their lives are not perfect, but they feel that things are mostly good. Furthermore, just because the person is satisfied does not mean she or he is complacent. In fact, growth and challenge might be part of the reason the respondent is satisfied. For most people in this high-scoring range, life is enjoyable, and the major domains of life are going well—work or school, family, friends, leisure and personal development. The person may draw motivation from the areas of dissatisfaction.

## 20-24: Average score

The average of life satisfaction in economically developed nations is in this range—the majority of people are generally satisfied, but have some areas where they very much would like some improvement. Some individuals score in this range because they are mostly satisfied with most areas of their lives but they see the need for some improvement in each area. Other respondents score in this range because they are satisfied with most domains of their lives, but have one or two areas where they would like to see large improvements. A person scoring in this range is normal in that they have areas of their lives that need improvement. However, an individual in this range would usually like to move to a higher level by making some life changes.

## 15-19: Slightly below average in life satisfaction

People who score in this range usually have small but significant problems in several areas of their lives, or have many areas that are doing fine but one area that represents a substantial problem for them. If a person has moved temporarily into this level of life satisfaction from a higher level because of some recent event, things will usually improve over time and satisfaction will generally move back up. On the other hand, if a person is chronically slightly dissatisfied with many areas of life, some changes might be in order. Sometimes the person is simply expecting too much, and sometimes life changes are needed. Thus, although temporary dissatisfaction is common and normal, a chronic level of dissatisfaction across a number

of areas of life calls for reflection. Some people can gain motivation from a small level dissatisfaction, but often dissatisfaction across a number of life domains is a distraction, and unpleasant as well.

## 10-14: Dissatisfied

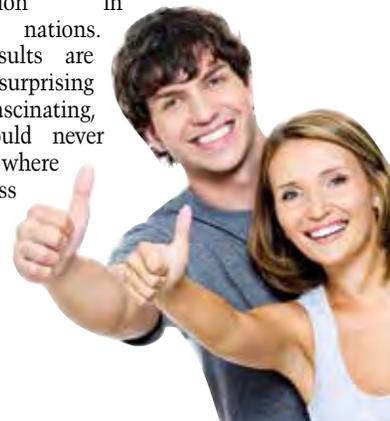
People who score in this range are substantially dissatisfied with their lives. People in this range may have a number of domains that are not going well, or one or two domains that are doing very badly. If life dissatisfaction is a response to a recent event such as bereavement, divorce, or a significant problem at work, the person will probably return over time to his or her former level of higher satisfaction. However, if low levels of life satisfaction have been chronic for the person, some changes are in order—both in attitudes and patterns of thinking, and probably in life activities as well. Low levels of life satisfaction in this range, if they persist, can indicate that things are going badly and life alterations are needed. Furthermore, a person with low life satisfaction in this range is sometimes not functioning well because their unhappiness serves as a distraction. Talking to a friend, member of the clergy, counselor, or other specialist can often help the person get moving in the right direction, although positive change will be up to the person.

## 5-9: Extremely Dissatisfied

Individuals who score in this range are usually extremely unhappy with their current life. In some cases this is in reaction to some recent bad event such as widowhood or unemployment. In other cases, it is a response to a chronic problem such as alcoholism or addiction. In yet other cases the extreme dissatisfaction is a reaction due to something bad in life such as recently having lost a loved one. However, dissatisfaction at this level is often due to dissatisfaction in multiple areas of life. Whatever the reason for the low level of life satisfaction, it may be that the help of others are needed—a friend or family member, counseling with a member of the clergy, or help from a psychologist or other counselor. If the dissatisfaction is chronic, the person needs to change, and often others can help.

The Satisfaction with Life Index was created by Adrian G. White, in an attempt to show life satisfaction in

different nations. The results are both surprising and fascinating, you would never believe where the grass may be greener.



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## Burn Extra Calories Without Effort

By Gina DiRusso

Wouldn't it be great if you could burn more calories without much effort on your part? We all understand that to lose weight we need to consume fewer calories than we burn. There are some products that can help you to burn more calories without the time required for another workout. You can use these products to help you achieve your weight loss goals.

**Weight Vest:** Anytime you add extra weight and continue to do your regular activities you will burn more calories. (Maybe women with big heavy purses are burning calories they haven't even considered). You don't have to be a runner or training to be a firefighter to wear one. Put this on when you walk, mow the yard or vacuum the house. You will be adding an additional 12% to 15% bump in calories burned while doing that activity.

**Sauna Shirts:** Now let's consider heating our bodies up and making us sweat. Sweat is good for you. It is a natural way to rid your body of toxins. Your body must use extra energy to cool down your body temperature. Many people use these shirts when they work out. But you can also use them when you are just around the house to increase your energy expenditure. These products are not a replacement for exercise and physical activity, but they may help you accelerate your losses or provide some short-term calorie burning while getting through an injury. Good luck with your health and weight loss goals!

## Top 2 To Follow for an Effective Exercise Routine

The American Council on Exercise (ACE) recently surveyed 1,000 ACE-certified personal trainers about the best techniques to get fit. Their top two suggestions:

### Strength training.

Even 20 minutes a day twice a week will help tone the entire body.

Interval training. "In its most basic form, interval training might involve walking for two minutes, running for two, and alternating this pattern throughout the duration of a workout," says Cedric Bryant, PhD, FACSM, chief science officer for ACE. "It is an extremely time-efficient and productive way to exercise."

Increased cardio/aerobic exercise. Bryant suggests accumulating 60 minutes or more a day of low to moderate-intensity physical activity, such as walking, running, or dancing.

### Set Realistic Goals

"Don't strive for perfection or an improbable goal that can't be met," says Kara Thompson, spokesperson for the International Health Racquet and Sportsclub Association (IHRSA). "Focus instead on increasing healthy behaviors."

In other words, don't worry if you can't run a 5K just yet. Make it a habit to walk 15 minutes a day, and add time, distance, and intensity from there.

## 5 Hours, 15 Minutes and 15 Seconds: Guinness World Record For Holding A Plank

By Jordan Titinigin

If holding a plank for a minute sounds a bit tough, imagine doing it for five hours, 15 minutes and 15 seconds.

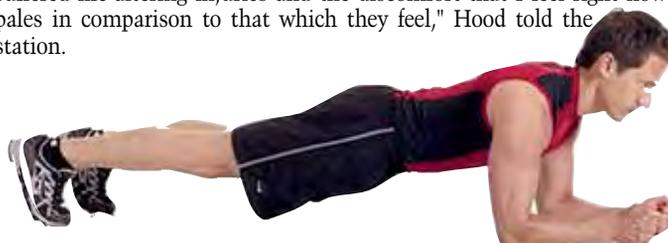
A former U.S. Marine from Carlsbad, CA did just that this past May and set a new Guinness Book World Record. George Hood, 57, held an abdominal plank at the Junior Seau Oceanside Pier Amphitheater in Oceanside, CA on May 31, 2016.

Hood broke the previous Guinness World Record for planking that was set by a Chinese police officer at four hours and 26 minutes, according to the The San Diego Union-Tribunere.

Hood's family and friends kept him company during the plank and offered welcome distractions from the pain of holding his body up hour after hour.

Hood said he wasn't there just to beat the Guinness World Record, but also to raise money for the Semper Fi Fund, a charity that supports injured U.S. Service Members.

"There are injured Marines that come back from the fight, who have suffered life-altering injuries and the discomfort that I feel right now pales in comparison to that which they feel," Hood told the station.



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## Dealing with Speech Impediments

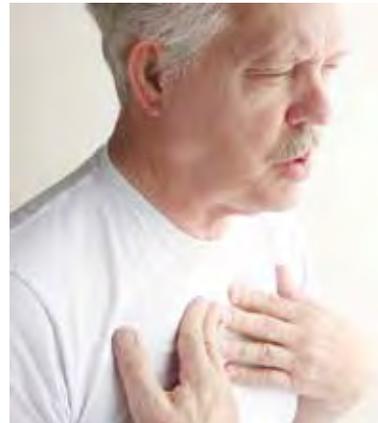
*By Mia Ingui*

When you are a young child and first begin to speak, a small impediment may make your family laugh or smile. They may think it's cute, innocent, and certainly not a concern. But what if that stutter, lisp, or stammer follows you into your teens and young adulthood? Suddenly, you are teased and feel ostracized. Over 3 million Americans live with speech impediments, learn to cope with their speech, and they are finding ways to improve upon it every day of their lives. Many are simply born with a speech problem, or have developed it due to brain damage or hearing problems. Genetics also come into play. If a speech impediment runs in your family, there is a higher possibility that the children born into the family will have some form of a speech impediment. Although normal speech might seem effortless and easy, it's actually a complex process that is produced by the nerves and vocal cords. When we are speaking, we actually are coordinating many muscles from various body parts and systems, including the larynx, which contains the vocal cords, the teeth, lips, tongue, and mouth, and the respiratory system. Having a speech impediment stems from an abnormality within this process. So, how can these speech problems be treated? Speech therapy treatments are available to those of all ages affected by issues with their speech, and over time, the issues can be corrected with the help of a speech language pathologist. A speech-language pathologist is trained to observe people as they speak and to identify their speech problems. Although it may be difficult to deal with a speech impediment, seek treatment and in due time it will improve.

## WHAT IS COPD?

### How Does It Affect Breathing?

**C**OPD is a serious lung disease that, over time, makes it hard to breathe. You may also have heard COPD called other names, like emphysema or chronic bronchitis. In people who have COPD, the airways—tubes that carry air in and out of your lungs—are partially blocked, which makes it hard to get air in and out. The air sacs in the lungs may also lose their elasticity and shape.



**When COPD is severe, shortness of breath can get in the way of even the most basic tasks**

When COPD is severe, shortness of breath and other symptoms of COPD can get in the way of even the most basic tasks, such as doing light housework, taking a walk, even washing and dressing.

How Does COPD Affect Breathing?

The “airways” are the tubes that carry air in and out of the lungs through the nose and mouth. Healthy airways and air sacs in the lungs are elastic—they bounce back to their original shape after being stretched or filled with air, just the way a new rubber band or balloon does. This elastic quality helps retain the normal structure of the lung and helps to move the air quickly in and out.

In people with COPD, the air sacs no longer bounce back to their original shape. The airways can also become swollen or thicker than normal, and mucus production might increase. The floppy airways are blocked, or obstructed, making it even harder to get air out of the lungs.

### Symptoms

Many people with COPD avoid activities that they used to enjoy because they become short of breath more easily.

Symptoms of COPD include:

- Constant coughing, sometimes called “smoker’s cough”
- Shortness of breath while doing activities you used to be able to do
- Excess sputum production
- Feeling like you can’t breathe
- Not being able to take a deep breath
- Wheezing

When COPD is severe, shortness of breath and other symptoms can get in the way of doing even the most basic tasks, such as doing light housework, taking a walk, even bathing and getting dressed.

COPD develops slowly, and can worsen over time, so be sure to report any symptoms you might have to your doctor or healthcare provider as soon as possible, no matter how mild they may seem.

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## Preparing for Your Pets Makes Sense. Get Ready Now.

If you are like millions of animal owners nationwide, your pet is an important member of your household. The likelihood that you and your animals will survive an emergency such as a fire or flood, tornado or terrorist attack depends largely on emergency planning done today. Some of the things you can do to prepare for the unexpected, such as assembling an animal emergency supply kit and developing a pet care buddy system, are the same for any emergency. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals. If you must evacuate, take your pets with you if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets. Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer.

## Spay and Neuter

*Did you now that the cost of spaying or neutering a pet is less than the cost of raising puppies or kittens for a year?  
The decision to go through with this procedure for your beloved pet is a smart one.*

Spaying and neutering pets is the only permanent, fully effective method of birth control for dogs and cats.

Research has shown that having your pet spayed or neutered can have many positive effects, including a reduction in the number of homeless pets killed, an improvement in bad behavior and an overall boost to your pet's health.

According to a 2013 article in USA Today, pets who live in the states with the highest rates of spaying and neutering also live the longest. Researchers found that neutered male dogs lived 18 percent longer than unaltered male dogs and spayed female dogs live 23 percent longer than unaltered female dogs.

### Reducing Pet Homelessness

The number of homeless animals is a result of so many pets not being spayed or neutered. In the U.S., there are an estimated 6 to 8 million homeless animals entering animal shelters every year, according to the American Society for the Prevention of Cruelty for Animals.

Further ASPCA research has found that as many as 300,000 homeless animals are euthanized in animal shelters every year in some states. Nationwide, more than 2.7 million healthy, adoptable cats and dogs are euthanized in shelters annually.

### Improving Your Pet's Health

Choosing to spay or neuter your pets can decrease their urge to roam, which reduces their chance of fighting with other animals, getting struck by cars and getting into other dangerous situations.

According to the ASPCA, un-spayed female cats and dogs have a far greater chance of developing fatal uterine infections, uterine cancer and other cancers of the reproductive system.

Consider all of the aforementioned facts, as well as any guidance your veterinarian gives you, when making the best decision for you and your pet.





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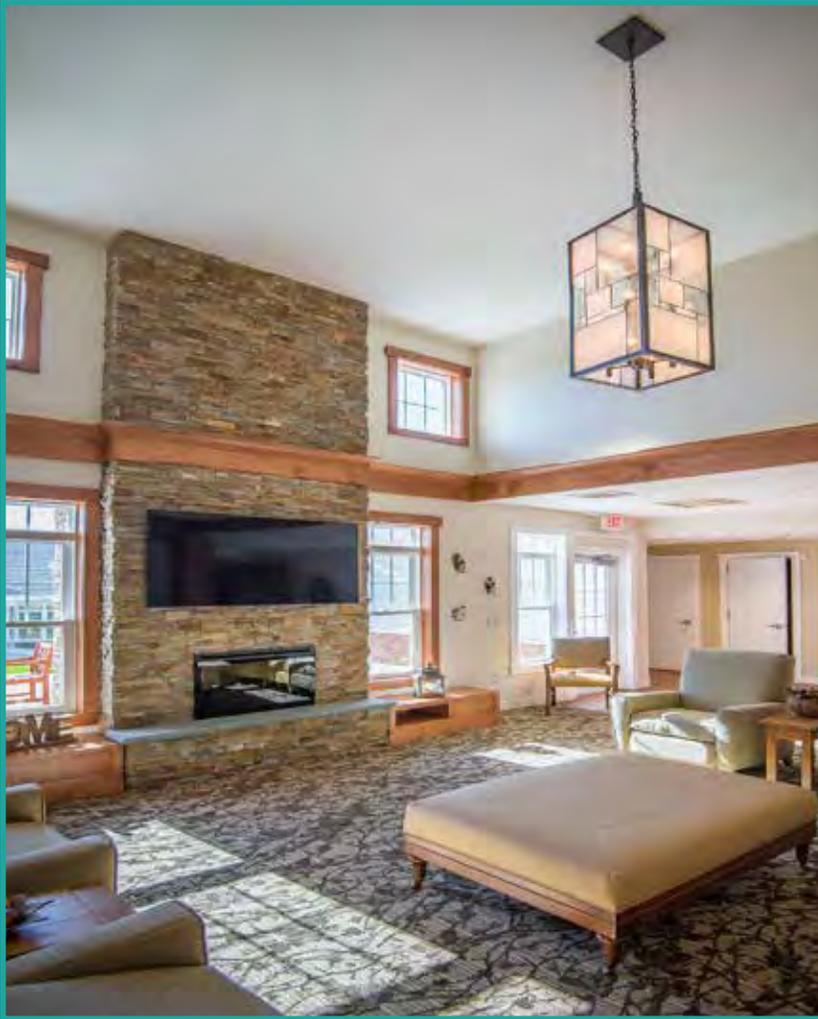
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