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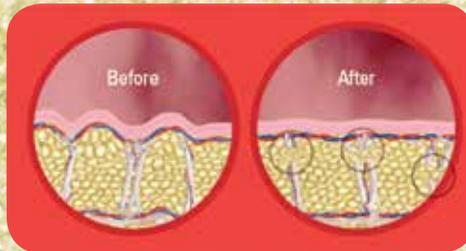
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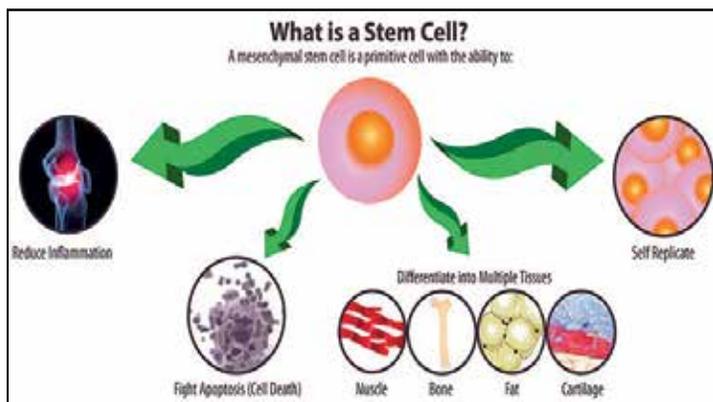
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QUESTION:

Can amniotic stem cell therapy help my knee pain?

Millions of patients suffer with knee pain due to arthritis. The options for treatment, until now, have been limited to physical therapy, steroid injections, viscosupplementation injections, or joint replacement surgery. Central Jersey Spine & Wellness now offers a new cutting-edge treatment option called **amniotic membrane stem cell injections**. **Amniotic membrane stem cell injections** may be used to successfully treat patients with knee osteoarthritis when other conventional treatments have failed.



HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

Amniotic stem cell injections offer the ability to heal damaged tissue naturally. With amniotic stem cell therapy, stem cells from amniotic tissues are injected directly into your knee. These stem cells have strong anti-inflammatory properties. However, stem cell therapy goes far beyond the benefits of standard “injection therapy.” While cortisone and other drugs only provide temporary pain relief, stem cells actually restore degenerated tissue while providing pain relief. The growth factors in amniotic stem cells may replace damaged cells in your body. Additionally, stem cell injections contain hyaluronic acid, which lubricates joints and tendons, easing the pain and helping restore mobility. We also use precision guided fluoroscopy to ensure the stem cells are injected into exactly the right location. For optimal results.

WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

- Amniotic stem cells contain no steroids. Instead, the injections rely on **naturally occurring anti-inflammatory agents**, such as cytokines.
- Amniotic stem cells contain **hyaluronic acid**, which lubricates cartilage and promotes new cartilage growth.
- Amniotic stem cells contain **growth factors**, which stimulate tissue growth.

- With amniotic stem cells, there is **no threat of patient rejection**.
- Lastly, amniotic fluid is a **highly concentrated source** of stem cells, which makes this type of stem cell injection preferable over embryonic stem cells and the patient’s own stem cells (from fat or bone marrow).

ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

Yes. More than 10,000 injections have been performed without a single reported adverse side effect.

- Amniotic stem cell therapy is a preferred type of stem cell therapy because the cells come from an immunoprivileged site, which means that patient-rejection is extremely rare.
- The use of amniotic stem cells is well researched, safe, and effective. Amniotic stem cells have been used by ophthalmologists and plastic surgeons for about 20 years.
- All amniotic stem cell donors go through a rigorous screening process, as determined by the Food and Drug Administration (FDA) and American Association of Tissue Banks (AATB).

AM I A CANDIDATE FOR STEM CELL THERAPY?

Patients suffering with knee pain due to arthritis may be considered as candidates for amniotic stem cell therapy. Regenerative medicine is growing in popularity and is helping more and more people live with less pain and suffering. If you have already tried conventional treatments, and are looking for another safe and effective option, consider amniotic stem cell therapy.

Call to schedule a consultation with one of our doctors to determine if amniotic stem cell therapy is right for you.



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CRICKET POWDER: The Newest Protein Craze

People who love to work out a lot are always looking for a good source of protein to help them get the most out of their workout. Diets and supplements go and come, but the newest and most interesting protein supplement is Cricket Powder. Crickets and other bugs are actually very healthy and contain a lot more protein than people realize.

Cricket flour is made directly from crickets and is a type of protein powder that can not only be used for baking but is implemented into various supplement bars and products. The crickets are cleaned dried, and then ground into a fine powder to create a nutty type of cricket protein powder that can be used in various forms and methods. This powder is optimal for baking or for use in specialized bars and other products. Protein bars are likely the main product, but this flour can be purchased as a stand-alone.

Crickets have almost triple the protein of sirloin and about double the protein of chicken, putting it to the top of the protein list. One hundred grams of crickets also have around double what one egg has. Not only is it high in protein but it offers a lot of vitamins and minerals as well. The top 5 benefits are:

Helps with Bodybuilding. High protein foods, like cricket flour, are essential for building muscle, burning fat and supporting metabolism.

Boosts Weight Loss. ...

It's Gluten-Free. ...

Good Source of Vitamin B12. ...

Provides Essential Amino Acids.

Although cricket protein is a great thing to consume, there are always a few precautions to consider before you jump straight onto the cricket-consumption bandwagon. Here are some things to be aware of. Don't try it at home. It is important to realize that not every bug is safe and some may be infected with pesticides or poisonous to humans. You want to be sure if you decide to pursue this adventure that you are purchasing your cricket flour from a reputable source. Just like with any sort of dietary change in your body, you want to be sure you're consuming in moderation. As with anything else, there could be side effects. You never know how your body is going to respond to eating insects, even something as simple as insect flour, so it is important to take things easy and make sure you do not have any allergic reactions. If you try the insect flour and have any health concerns, contact your local doctor.

Luckily, dried crickets are not the only way to obtain the glorious cricket protein. There are lots of options available for purchase such as cricket protein bars. These bars are specially designed (without the antenna or legs) to offer large amounts of protein for the littlest effort possible as well as a product that will taste good going down. There are several different choices available to you.

Complete Family Foot & Ankle Care

FOOT KNOWLEDGE:

Your Feet Can Say A Lot About Your Health



Dr. Sanjay Gandhi, DPM

Did you know the foot has 28 bones, 37 joints, 107 ligaments, 19 muscles, and numerous tendons? These parts all work together to allow the foot to move in a variety of ways, while balancing your weight and propelling you forward or backward on even or uneven surfaces. It is no wonder that most Americans will experience a foot problem that will require the care of a specialist at one point or another in their lifetime. It is important to see a Podiatrist because the foot can be a window to your health for conditions such as diabetes and poor circulation.



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Are cosmetics containing Vitamin A safe during pregnancy?

Cosmetics promise us many things, but could certain types of skin-care products containing vitamin A be harmful to unborn children?

Vitamin A is one of the most recognizable vitamins. It's essential for tissue development and plays an important role in vision. In many developing countries, childhood vision problems are due to vitamin A deficiency.

Vitamin A is also important for skin integrity and function. Vitamin A is actually a group of related unsaturated fatty compounds that includes retinol, retinal and retinoic acid. Vitamin A and synthetic analogues of vitamin A are used to treat a variety of skin conditions, as well as some forms of cancer.

As well as dermatological uses of vitamin A, it may be found in some "anti-ageing" cosmetics and sunscreens because of its effect on the skin.

However, because vitamin A plays a role in foetal development, using pharmaceutical levels of vitamin A during pregnancy may interfere with the development of the foetus and cause deformities, especially of the face and palate. Is there a risk of this occurring with cosmetics?

What vitamin A is used for

Acne is a complex long-term inflammatory disease of the skin that centers on the hair follicle. There are excessive secretions in the follicle, too much protein is made and bacteria infect the site. Acne can range from mild to moderate to severe disease with the potential for disfiguring scarring.

Acne is resistant to many of the treatments that would usually be used in an inflammatory disease. Therapy for acne can be complex, but vitamin A in the form of "tretinoin" or "isotretinoin" plays a significant role in treating acne. Synthetic vitamin A is also used.

While most of these products are rubbed on the skin, oral isotretinoin is the treatment of choice for severe adult acne. Typical concentrations of tretinoin cream range from 0.01% to 0.1%.

Both Tretinoin and retinol have been incorporated into a variety of cosmetics and sunscreens. Tretinoin stimulates supporting cells in the skin to make more of the supporting

structure of the skin, which reduces wrinkling and some of the damaging effects of sunlight on skin.

Tretinoin can also normalise some of the pigment changes in skin with ageing and sun exposure. While the initial

research was done on tretinoin, retinol has been shown to be effective in cosmetic applications as well (although around ten times less potent than tretinoin). Cosmetics available in Australia appear to have retinol in them, rather than any other form of vitamin A.

Many anti-ageing creams contain Vitamin A.

While it's generally accepted the ranges of tretinoin or retinol in cosmetics are similar to those found in pharmaceutically active products, this information can be very difficult to find. It's also hard to find which "anti-ageing" products these compounds are actually in.

While some internet-based sales sites prominently feature their retinol content and one group claims to have a high 1% retinol content product (compared to 0.1% for tretinoin), another prominent anti-ageing product lists retinol under "inactive ingredients" with no actual concentration given.

Finding health warnings on cosmetics is variable as well. Aside from the risks of birth defects, tretinoin and retinol are both associated with adverse effects, ranging from rash

and dry skin to irritation and burning.

Some cosmetics sites and products mention this, some don't. None of the products I surveyed mention issues with birth defects in any easy-to-find place.

Vitamin A compounds and birth defects

Oral consumption of isotretinoin has been clearly shown to produce birth defects. However, tretinoin and retinol applied to the skin are less likely to be associated with birth defects.

Tretinoin is poorly absorbed from the skin and rapidly broken down. In animal studies tretinoin applied to the skin at levels higher than used in humans produced no birth defects. For example in rats, concentrations of 0.5 milligrams per kilogram per day were applied to the skin without effect.

Fewer studies have been done with retinol, but it too is poorly absorbed through the skin.

Overall, poor absorption and the small surface area the retinoids were applied to would suggest the levels achieved in the blood would be too low to harm the developing child.

There were early case reports (isolated reports after use of the product) of birth defects following skin application of tretinoin in humans. Since then there have been four relatively large studies in humans where pregnant women who were or were not exposed to tretinoin were followed for birth defects. No differences in birth defects were found between the groups.

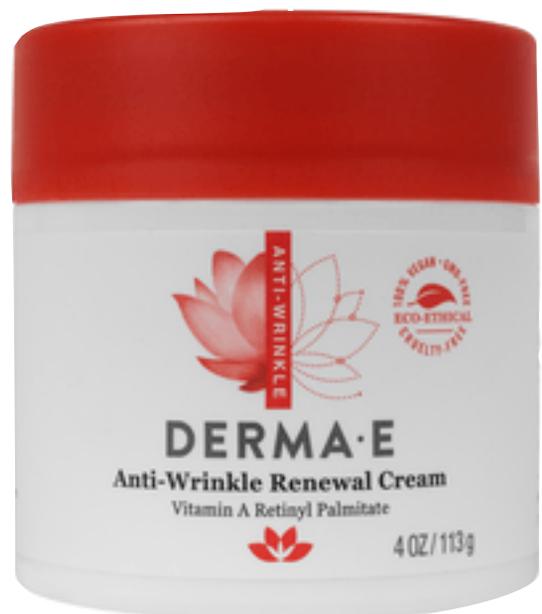
In the most recent and largest study reported in 2012, 235 pregnant women exposed to a variety of retinoids applied to the skin from the beginning of pregnancy were compared with 444 controls. No differences were seen between groups in rates of spontaneous abortion, minor birth defects or major birth defects. No child showed features of retinoid embryopathy (birth defects caused by Vitamin A).

The bottom line

Despite the low risk suggested by these studies, experts still suggest pregnant women avoid applying vitamin A-based formulations to their skin during early pregnancy.

On the other hand, if you have used a cosmetic containing a retinol or a similar vitamin A-like compound during pregnancy, there's no need to panic. Stop using the product and consult with your health care professional.

If you are planning to become pregnant, it would be wise to check any "anti-ageing" cosmetics or sunscreens to determine which ones have retinol or other forms of vitamin A in them (you may have to do some sleuthing) and, as always, have a conversation with your health care professional.





Dr. Helen Simigiannis, MD, FACOG

QUESTION:

How does The MonaLisa 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.

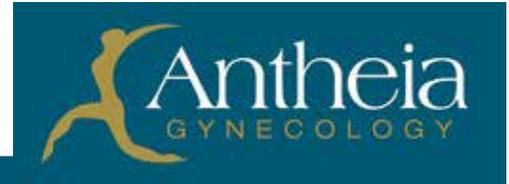
These body changes and symptoms are commonly associated with decreased estrogen. However, decreased estrogen is not the only cause of vaginal dryness. It is important to stop using soap and powder on the vulva, stop using fabric softeners and anticing products on your underwear, and avoid wearing panty 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 MonaLisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical 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. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

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QUESTION:

How can a dentist help with my snoring?

Dr. John M. Young, Jr.



Snoring 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

Sleep apnea can increase the risk of high blood pressure, heart attack, stroke, obesity, diabetes, heart failure, and arrhythmias.

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.

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What Is Metabolic Syndrome?

Metabolic syndrome is the name for a group of risk factors that raises your risk for heart disease and other health problems, such as diabetes and stroke.

The term "metabolic" refers to the biochemical processes involved in the body's normal functioning. Risk factors are traits, conditions, or habits that increase your chance of developing a disease.

In this article, "heart disease" refers to coronary heart disease (CHD). CHD is a condition in which a waxy substance called plaque builds up inside the coronary (heart) arteries.

Plaque hardens and narrows the arteries, reducing blood flow to your heart muscle. This can lead to chest pain, a heart attack, heart damage, or even death.

Metabolic Risk Factors

The five conditions described below are metabolic risk factors. You can have any one of these risk factors by itself, but they tend to occur together. You must have at least three metabolic risk factors to be diagnosed with metabolic syndrome.

A large waistline. This also is called abdominal obesity or "having an apple shape." Excess fat in the stomach area is a greater risk factor for heart disease than excess fat in other parts of the body, such as on the hips.

A high triglyceride level (or you're on medicine to treat high triglycerides). Triglycerides are a type of fat found in the blood.

A low HDL cholesterol level (or you're on medicine to treat low HDL cholesterol). HDL sometimes is called "good" cholesterol. This is because it helps remove cholesterol from your arteries. A low HDL cholesterol level raises your risk for heart disease.

High blood pressure (or you're on medicine to treat high blood pressure). Blood pressure is the force of blood pushing against the walls of your arteries as your heart pumps blood. If this pressure rises and stays high over time, it can damage your heart and lead to plaque buildup.

High fasting blood sugar (or you're on medicine to treat high blood sugar). Mildly high blood sugar may be an early sign of diabetes.

Overview

Your risk for heart disease, diabetes, and stroke increases with the number of metabolic risk factors you have. The risk of having metabolic syndrome is closely linked to overweight and obesity and a lack of physical activity.

Insulin resistance also may increase your risk for metabolic syndrome. Insulin resistance is a condition in which the body can't use its insulin properly. Insulin is a hormone that helps move blood sugar into cells where it's used for energy. Insulin resistance can lead to high blood sugar levels, and it's closely linked to overweight and obesity. Genetics (ethnicity and family history) and older age are other factors that may play a role in causing metabolic syndrome.

Outlook

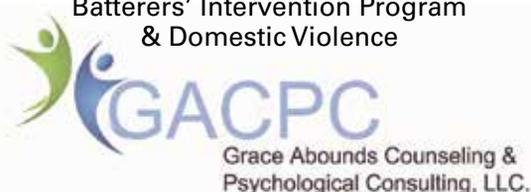
Metabolic syndrome is becoming more common due to a rise in obesity rates among adults. In the future, metabolic syndrome may overtake smoking as the leading risk factor for heart disease.

It is possible to prevent or delay metabolic syndrome, mainly with lifestyle changes. A healthy lifestyle is a lifelong commitment. Successfully controlling metabolic syndrome requires long-term effort and teamwork with your health care providers.

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QUESTION:

What can I do to minimize the effect of Diabetes on my feet?

Dr. Holli Alster



This is an excellent question for Diabetics but relates to everyone. Preventative medical treatment can save you a world of pain and problems. People with diabetes can develop many different foot problems. Even ordinary problems can get worse and lead to very serious complications.

Diabetic nerve damage can be painful, but it can also lessen your ability to feel pain, heat, and cold. Not feeling a foot injury may allow the skin to break down and become infected because you are not feeling the sensations warning of further issues.

Nerve damage can cause changes in the shape of your feet and toes. Rather than forcing deformed feet and toes into regular shoes, special therapeutic shoes can be ordered.

Diabetics callus more often and build up quicker because of the high pressure areas under the feet. Left untreated, they get very thick, break down, and turn into ulcers (open sores). Let your health care provider cut your calluses. Sterile equipment is important as is the proper technique to avoid unnecessary complications. Gentle use of a pumice stone may slow down the growth. Chemical agents to remove calluses and corns can burn your skin.

Foot ulcers are quite common for diabetics. Something as simple as a poorly fitting shoe can cause massive long term complications. Your physician should be notified of the first signs of ulcers. Treatment will vary based on the location

and severity. Bone infection needs to be ruled out and healing needs to be monitored.

Poor circulation caused by diabetes happens because the blood vessels in the foot and leg narrow and harden. This can make your foot less able to fight infection and to heal. Smoking will accelerate it.

Family Foot & Ankle Center of Central Jersey provides comprehensive care for infants, children, teenagers, adults, and seniors. For more information on diabetes problems and other foot or ankle problems, feel free to contact:

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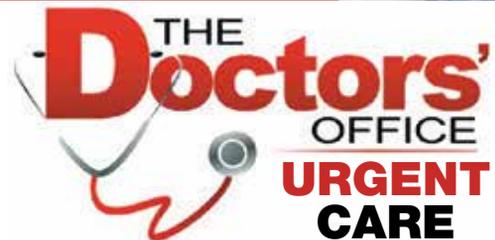
How Do Babies Get Colds?

By Stefanie Maglio

The common cold is an infection of the nose and throat caused by multiple viruses. Once someone is exposed to a virus, they usually develop immunity to it. However since babies are new to the world, they can get infected easily and tend to have many colds early on in life. Once a common cold virus enters the eyes, mouth, or nose they will experience symptoms. These viruses can travel through the air when someone who is sick coughs or sneezes and get to your baby. Direct contact with someone who is sick can cause the baby to become sick as well. The virus can spread to the baby's hands and then to the eyes, mouth, or nose. Babies can also catch a virus by coming in contact with contaminated surfaces such as a toy. The likelihood of your child getting sick also depends on their exposure to other children who may be sick. Immature immune systems can also increase the chance of your baby getting sick, as they can't fully fight the virus this early in life. Also, the time of year can affect when your baby gets sick. Fall to late spring is when it's most likely. Just remember to take precautions and keep your baby clean. If they are sick, ask your pediatrician about possible medication and remember to remain calm.



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Men Need Anti-Aging Skin Care Products Too

Men are slowly but surely becoming some of the top buyers of anti-aging products. More and more men are realizing that having younger and healthier looking skin is just as important as women but also can be inexpensive and without invasive cosmetic procedures.

The saying goes that men age better than women. This is true because men have thicker, oilier skin than their counterpart. Men don't get as many wrinkles as women do. Women start seeing wrinkles in their late 20s, while men don't start seeing them until their almost 40. Once men hit 40, they begin to start noticing deeper wrinkles, and loss of elasticity, in turn making their skin appear to sag. A sagging face is one of the most tell-tale signs of aging. Wrinkles can come at any age, especially if you're someone who squints and smiles a lot. Sagging skin is a product of getting older. The older you get, the less oil your skin produces. That means your skin becomes drier and loose. There are cosmetic procedures that can tighten your skin, but for the most part, they're all invasive and require weeks of recovery time.

Men have the advantage of having thick and porous skin that can absorb products to ensure they work effectively. When looking for an anti-aging products to tighten skin, make sure to look for an ANTI-AGING TREATMENT. It is extremely important it is to look for treatments as opposed to products labeled as creams and serums.

The key to finding the perfect anti-aging treatment lies within reading product reviews and actually trying out the product for yourself. Everyone's skin is different and reacts differently to different products.



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Best Exercise Tips for Busy Moms and Dads

By Stefanie Maglio

Busy moms and dads are constantly on the go, whether it be for their kids, work, or errands. They often don't have time to focus on themselves. This includes exercise. However, there are ways to get in some daily exercise without having to carve an hour out of your day to go to the gym. Follow these tips to get in shape while going about your regular daily routine. Purchase some five-pound Dumbbells. When you wake up in the morning, do a set or two of lateral raises. This will strengthen your triceps and biceps. Then at the end of the day before bed, do alternating lunges while holding the Dumbbells at your sides to exercise your quadriceps and calve muscles. During the day, find every chance you can to be moving. If your child's school is a few blocks a way, take a walk or light jog to pick them up.

You will incorporate cardio into your daily routine and save on gas! If your job is local, or if your bus stop is local, walk there as well. As you become more comfortable with this, maybe you can fit in a morning jog before work as well. While exercising, it's important to push yourself but never to the point where you are putting yourself in danger. Always remember that exercising alone isn't enough to keep up a healthy lifestyle either. Eat healthy and incorporate vegetables, lean meats, and organic foods into family dinners. Soon enough, you're bound to see a great difference in your lifestyle.



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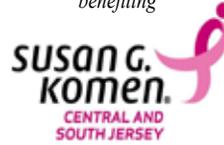
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What Is Mindfulness-Based Stress Reduction (MBSR)?

Many therapists like to remind us that our most painful thoughts are usually about the past or the future: We regret and ruminate on things that went wrong, or we get anxious about things that will. When we pause and bring our attention to the present, we often find that things are ... okay.

Practicing mindfulness brings us more and more into the present, and it offers techniques for dealing with negative emotions when they arise. That way, instead of getting carried away into fear, anger, or despair, we can work through them more deliberately.

One of the most commonly studied mindfulness programs is the eight-week-long Mindfulness-Based Stress Reduction (MBSR), which teaches participants to cope with challenges using a variety of meditation practices. Various studies have shown that MBSR has wide-ranging health and psychological benefits for people in general, as well as those struggling with mental illness or chronic disease.

One meditation that is effective at calming our negative thoughts is called "The Body Scan." Here, you focus on each body part in turn—head to toe—and can choose to let go of any areas of tension you discover. Strong feelings tend to manifest physically, as tight chests or knotted stomachs, and relaxing the body is one way to begin dislodging them.

Researchers found that time spent practicing the body scan was linked to greater well-being and less reactivity to stress. Being more aware of our bodies—and the emotions they are feeling—might also help us make healthier choices, trusting our gut when something feels wrong or avoiding commitments that will lead to exhaustion.

When stress creeps in, good habits often creep out—and one of those is healthy eating. When we're emotional, many of us reach for the sweets; when we're short on time, fast food seems like the only option. So in addition to helping us cultivate mindfulness, the "Raisin Meditation" could help change our relationship to food.

This exercise invites you to eat a raisin mindfully—but wait, not so fast. First, examine its wrinkles and color; see how it feels between your fingers, and then take a sniff. Slowly place it on your tongue, and roll it around in your mouth before chewing one bite at a time. Notice the urge to swallow, and whether you can sense it moving down your throat into your stomach. Not only will you have practiced mindfulness, but you may never look at food the same way again.

One final meditation that we can sprinkle throughout our day—or practice on its own—is Mindful breathing. It involves bringing attention to the physical sensations of the breath: the air moving through the nostrils, the expansion of the chest, the rise and fall of the stomach. If the mind wanders away, you bring attention back. This can be done during a full 15-minute meditation, or during a moment of stress with just a few breaths.

In another study, participants who did a mindful breathing exercise before looking at disturbing images—like spiders or car crashes—experienced less negative emotion than people who hadn't done the exercise. Negative thoughts can pull us along into their frantic stream, but the breath is an anchor we can hold onto at any time.

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Reiki practitioners have many different ways to work with clients.

By Jeffrey Carpenter

During one of our in-person Reiki sessions, the client will be positioned on a massage table on his or her back, or the client can choose to lay down in a more comfortable location during an in-home visit. The client will remain fully clothed. Our practitioners will discuss the client's preference of conducting the session in a hands-on or hands-off manner, with the hands-off approach having the practitioner's hands hovering above the client. The practitioner's channeling of energy may introduce tingling, heat, or cold sensations in certain locations on or within the client's body. There may also be an emotional release during or after the session. All of these effects are normal and to be expected, and they help confirm the effective flow of energy into the client.

Another option we offer for a Reiki session is called distance healing, in which the practitioner sends Reiki energy to the client remotely. The practitioner and the client coordinate a date and time for the distance healing session, and the practitioner channels the universal energy to the client with the same effects and benefits as if the session was hosted in person. The session can be held over the phone or via Skype, and the client will receive a full debriefing of the practitioner's findings at the end of the session.

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Swiss researchers have suggested that having plentiful supplies of DHA supports learning and memory, as well as IQ.



Achieve Your Resolution

Resolutions can range from behavior changes to new goals depending on your lifestyle and goals. Perhaps you want to spend this New Year becoming healthy or you have made a goal to reach the next level in your career. Either way, there are tips you can use to be certain that your goal is achieved.

PLAN YOUR RESOLUTION A resolution should not be made in the spur of the moment as the holiday approaches. Take a few months leading up to the New Year to create a resolution and a plan how you will achieve it. While you should sprinkle in different goals for yourself throughout the year, only choose one resolution each year. This should be your main focus. Be sure to choose one that is extremely important to you and one you can put the majority of your efforts into achieving.

MOVING FORWARD Define sub-goals that will eventually guide you in completing your main resolution. These sub-goals should be limited by certain dates throughout the year. Set small rewards for yourself as these sub-goals are achieved. These will be used to regain motivation and also show that progress is being made. Keep a journal for different milestones you achieve during your journey. These notes also can be used as helpful reminders if you feel that you are slipping away from your goal.

DON'T GET DISCOURAGED It's important to remember that you are human. You will likely stray from your New Year's resolution from time to time. The important thing to remember is that any setback is not permanent and is no reason to give up. Find family members or friends who also are committing to a resolution and use each other as a support system. Kind words can be great motivation to stay on path.



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What Is Ankylosing Spondylitis?

Ankylosing spondylitis is an inflammatory disease known for causing spinal pain and stiffness, particularly in young men. Ankylosing spondylitis is a form of chronic inflammatory arthritis that primarily affects the joints, ligaments, and tendons of the spine. In advanced cases, the disease can cause new bone to grow and the vertebrae of the spine to fuse together. This can lead to kyphosis, a type of spinal curvature that results in a forward-hunching posture. People with ankylosing spondylitis may also have inflammation in other parts of their body, including the eyes — leading to a condition called uveitis. Ankylosing spondylitis is also associated with enthesitis — inflammation where ligaments attach to bones. This can occur in the heel area as well as the knees, elbows, vertebrae, and pelvis. In the United States, spondyloarthropathies affect between 3.5 and 13 people per 1,000, according to the National Institutes of Health. Certain populations have a higher risk of ankylosing spondylitis than others. It is known that the disease:

- Affects more men than women
- Affects Caucasians and some groups of Native Americans more than other ethnic and racial groups
- Often runs in families, with first-degree relatives (parents, siblings, and children) of an affected person having a higher risk than the general population

Signs and symptoms of ankylosing spondylitis usually start in early adulthood, between the late teen years and age 40. The precise cause of ankylosing spondylitis is unknown, but it is believed to have a strong genetic component, and possibly an environmental one. Little is known about the environmental factors that trigger ankylosing spondylitis. Some researchers believe that bacterial infections may be a factor. The most common symptom of ankylosing spondylitis is low back pain that develops so gradually that it may go unnoticed in the early stages.



Other signs and symptoms of ankylosing spondylitis include:

- Fatigue
- Stiffness that is worse in the morning
- A reduction in pain and stiffness with physical activity
- Hunched posture
- Difficulty breathing deeply

Ankylosing spondylitis can also cause inflammation in other parts of the body, including the eyes, called uveitis, and the aortic valve and aorta, called aortitis. There's no single diagnostic test for ankylosing spondylitis. If your symptoms and medical history suggest you may have it, your doctor will likely do the following:

- Conduct a physical exam, including an exam of your spine and rib cage
- Order x-rays and possibly other imaging tests to look for bone or joint changes
- Order blood tests to look for inflammation and to rule out other forms of arthritis

Ankylosing spondylitis is treated with a combination of medication and physical therapy. Other painkillers, such as Tylenol with codeine, may be used if NSAIDs don't provide enough pain relief.

Sources: *Spondylarthritis (Spondylarthropathy)*; American College of Rheumatology. *Ankylosing Spondylitis: An Overview*; Hospital for Special Surgery. *Ankylosing Spondylitis*; Spondylitis Association of America.



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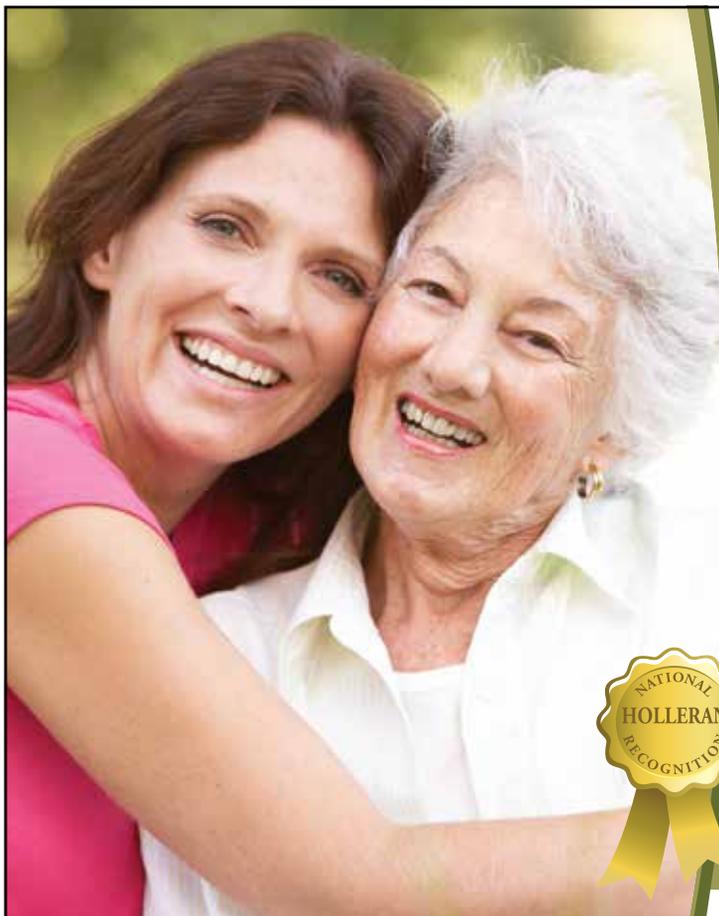
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A negative attitude may be linked to health problems, study suggests.

A positive attitude about aging can help seniors cope with stress, a small study suggests.

"We found that people in the study who had more positive attitudes toward aging were more resilient in response to stress -- meaning that there wasn't a significant increase in negative emotions," study author Jennifer Bellingtier, a Ph.D. student at North Carolina State University, said in a university news release.

"Meanwhile, study participants with more negative attitudes toward aging showed a sharp increase in negative emotional affect on stressful days," she added.

The study included 43 people, aged 60 to 96. The participants were asked how they felt about aging and then completed a daily questionnaire for eight straight days. The questionnaire asked about levels of stress, fear, irritability or distress.

According to study senior author Shevaun Neupert, "This tells us that the way we think about aging has very real consequences for how we respond to difficult situations when we're older. That affects our quality of life and may also have health ramifications." Neupert is an associate professor of psychology at the university.

"For example," she explained, "more adverse emotional responses to stress have been associated with increased cardiovascular health risks."

Bellingtier said the findings are likely applicable to other Americans. But it's not clear if the findings would be relevant in other cultures.

"Attitudes toward aging vary widely across cultures, and more work would need to be done to determine the importance of aging attitudes in other settings," she said.

The findings were published online Aug. 3 in the Journal of Gerontology: Psychological Sciences.



How to Get Older Adults More Physically Active? Eliminate Barriers.

What would happen if we were able to eliminate all the barriers to physical activity adoption and participation for older adults? Would more of them become physically active, reducing the burden that physical inactivity places on governments, societies, families and individuals? Imagine the immense change we would see in how the aging population impacts the world. To achieve this result, however, we must understand the complex barriers to physical activity in older adults, as well as the facilitators that support it.

Whether real or perceived, the barriers to physical activity adoption and participation are as diverse as the older population itself, challenging us at all levels to move to more person-centered approaches. In addition to national, regional and cultural differences, older people vary in functional levels (physical, cognitive, social), stages of life, life experiences, beliefs, values, expectations, aspirations, incomes, races, capabilities (hearing, vision, touch and speech), and health status. Understanding population differences and barriers allows us to make better decisions about the direction, design, development and delivery of our initiatives.

The following are some of the barriers and facilitators that commonly influence physical activity adoption and participation in older adults. These can be found throughout the social-ecological model, which considers the effects of social, physical, and policy environments on behavior:

Public policy—Barriers include few or ineffective policies and funding to support physical activity participation by older adults and confusing messages about physical activity guidelines. Facilitators include progressive urban-planning policies.

Community—Barriers include inaccessible facilities, access or barriers to moving about in the built-environment, and lack of local facilities and spaces for physical activity. Facilitators include walkable neighborhoods (e.g., street connectivity, pedestrian access, sidewalks), and the presence of parks and green spaces.)

Organizational—Barriers include lack of workplace or organizational policies to support physical activity, affordability of programs, competing priorities, design of physical spaces, and negative messages about aging. Facilitators include policies that incentivize physical activity, provide access to spaces for physical activity (indoors and outdoors) and focus on health literacy and health promotion.

Interpersonal—Barriers include social awkwardness, no exercise companions, competing priorities (e.g., family, friends, other activities), ageist stereotypes resulting in lack of support. Facilitators include valuing interaction with peers, and encouragement from others.

Individual—Barriers include physical, cognitive and mental health (e.g., physical health status, frailty, chronic pain or discomfort, chronic diseases, depression, fatigue and low energy), self-perception (e.g., values, culture, self-confidence, negative stereotypes, fear of falling and injury, unattainable expectations), lifestyle (e.g. apathy, isolation, independence, socio-economic status, enjoyment of physical activity). Facilitators include positive self-perception, valuing benefits of physical activity and lifestyle changes, and a desire for change.

When it comes to physical activity, ageist attitudes may influence whether or not older adults are active and to what degree, what kinds of activities they do, where they exercise, and whether they find supportive products, services and environments, and so on. On a personal level, individuals may doubt their ability to be active, and lack understanding about whether or not they may undertake specific activities—including if it's safe or socially acceptable for them to do so. Support, guidance and information are key to their overcoming this barrier.

Organizations that support physical activity can create strategies designed to eliminate barriers for older adults. If you have already developed strategies to tackle these barriers, please share them with this community.

Spread the word! Share this post using this sample tweet: @ColinMilner answers the question How to Get Older Adults More Physically Active on the BAYW blog. Odphp.tumblr.com #BeActiveYourWay



Why Some Seniors Don't Take Their Meds

Age, failing memory play a role, but gender might matter, too, study finds.

Anyone who's helped care for an aging loved one knows that managing their daily medications can be a challenge. Now, new research suggests that the problem of missed pills rises with age and failing memory, especially for men. The problem can have serious consequences, the study's lead author noted.

"Health conditions may worsen or not improve if older adults skip or don't take their medications properly," said Brenda Jamerson, of the Center on Biobehavioral Health Disparities Research at Duke University, in Durham, NC.

"Serious side effects may also occur from taking medications at the wrong time or in the wrong dose," Jamerson said in a news release from the Journal of the American Geriatrics Society, which published the findings earlier this month.

The research involved more than 4,100 North Carolina residents aged 65 and older. All had health conditions such as poor vision, poor hearing, or a history of diabetes, high blood pressure, stroke, heart attack or cancer.

Trouble taking the right medications at the right time rose with advancing age, the study found. For example, at the start of the study, just over 7 percent of the seniors required help taking their medications. Three years later, 11 percent of those who did not need help at the start of the study required some assistance, Jamerson's team found.

Overall, people aged 80 and older were 1.5 to 3 times more likely to require help taking medications than those ages 65-69, the research showed.

Other factors seemed to boost the odds of medication lapses. Not surprisingly, memory deficits were key, and people who had trouble with the tasks of everyday living also had a higher risk of forgetting their pills.

But gender mattered, too: Men were 1.5 to 2 times more likely to need help with medications than women, the study found.

Michele Pisano is a pharmacist who works in the Geriatric-Palliative faculty practice at Northwell Health in New Hyde Park, NY. She said the new study "highlights an important issue."

Pisano offered some tips to help older adults manage their medication regimen:

Examine medicine bottle labels for the last date of renewal to confirm that you're taking medicine regularly.

Discuss with your doctor and pharmacist whether or not your current medications are still warranted, to avoid taking unnecessary meds or experiencing side effects.

Use "medication adherence" tools, such as labeled pillboxes, to help keep you on track.



SOURCES: Michele Pisano, Pharm.D., clinical pharmacist, Geriatric-Palliative faculty practice, Northwell Health, New Hyde Park, NY; Journal of the American Geriatrics Society, news release, June 22, 2016

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How Much Sleep Do Seniors Need?

Getting enough sleep is important for everyone, but it's especially vital for seniors. Follow these steps to a better night's rest.

Seniors don't need as much sleep as younger people do, no more than seven to eight hours of sleep. But that sleep often comes broken up throughout the day rather than in one big stretch at night.

Here are some suggestions to battle sleep disorders and get a full night of restful, healthy sleep:

Get treatment for any medical problems. If you're experiencing depression, painful arthritis, or bladder problems that force you to get up and go to the bathroom frequently at night, seek medical attention to get these conditions under control.

Don't just lie in bed. Try to go to sleep at bedtime, but if you're still awake after 20 minutes, get out of bed. Do something quiet and relaxing — read, listen to music, or take a hot shower or bath.

Make lifestyle changes. Adjustments may include eliminating caffeine and not eating a huge meal or a big snack before bedtime. It's also important for you to exercise each day — make it early in the day rather than in the late afternoon or evening, and definitely not before bedtime.

Get into a good sleep routine. Set a regular time to wake up each morning and go to bed each night to retrain your body for healthy sleep. Try skipping afternoon naps. And other than intimacy, think of your bedroom as just a place for sleeping and rest.

Don't accept fatigue and poor sleep as part of getting older. Try these tips for healthy sleep, and talk to your doctor if you still can't find a way to sleep through the night.

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"I Used to Worry About Mom When I Could Not Be With Her"



Hibernian Home Care has made it possible for Mom to stay home safely, and enjoy the companionship of a professional caregiver.

With a job of my own, and three teenagers at home, it was difficult to always be there for Mom. I always felt that no matter how much time I spent with my Mom, it was never enough. It upset me to think that she spent many hours alone in between my visits.

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.

Immediately upon calling Hibernian Home Care, I felt a sense of relief. The staff person was so caring on the phone and was really interested in finding out about our specific needs and how Hibernian Home Care could help.

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.

Now I feel a tremendous weight has been lifted. I am comforted knowing Mom is enjoying life more and is so happy to be in the home that holds so many dear memories for her.

Finally, Mom and I have more time to visit together. Thank you, Hibernian Home Care for making this possible.

For more information, contact us:

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Info@HibernianHomeCare.com

www.HibernianHomeCare.com



Expressive Writing Can Help You Confront Pain

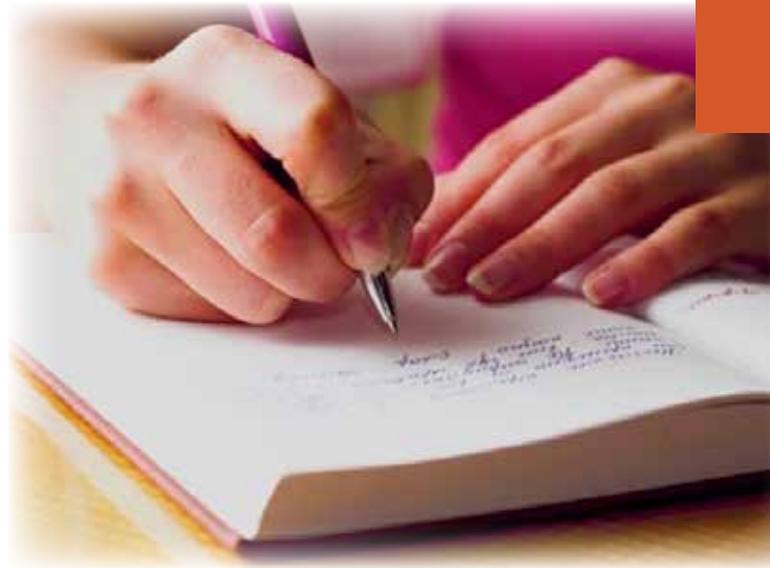
When something bad happens, we often relive the event over and over in our heads, rehashing the pain. This process is called rumination; it's like a cognitive spinning of the wheels, and it doesn't move us forward toward healing and growth.

The practice of Expressive Writing can move us forward by helping us gain new insights on the challenges in our lives which can help us confront emotional pain more skillfully. It involves free writing continuously for 20 minutes about an issue, exploring your deepest thoughts and feelings around it. The goal is to get something down on paper, not to create a memoir-like masterpiece.

A 1988 study found that participants who did expressive writing for four days were healthier six weeks later and happier up to three months later, when compared to people who wrote about superficial topics. In writing, the researchers suggest, we're forced to confront ideas one by one and give them structure, which may lead to new perspectives. We're actually crafting our own life narrative and gaining a sense of control.

Once we've explored the dark side of an experience, we might choose to contemplate some of its upsides. The process of finding Silver Linings invites you to call to mind an upsetting experience and try to list three positive things about it. For example, you might reflect on how fighting with a friend brought some important issues out into the open, and allowed you to learn something about their point of view.

In a study in 2014, doing this practice daily for three weeks helped participants afterward become more engaged with life, and it decreased their pessimistic beliefs over time. This wasn't true for a group whose members just wrote about their daily activities. It was particularly beneficial for staunch pessimists, who also became less depressed. But the effects wore off after two months, suggesting that looking on the bright side is something we have to practice regularly.



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QUESTION: I can't wait for golf season, what can I do in the winter weather to prepare?

ANSWER: One of the best things you can do for your health and lifestyle is to take the winter months to access your body and heal or strengthen weakened areas. No one wants to take time out from their favorite sport when the sun is shining! Stretching and strengthening in the winter months can save you from injuries later.

Robert S. Friedman has been a practicing physical therapist for 41 years. He recently moved his office from Gordon's Corner Road in Manalapan to 20 Thoreau Drive in Poet's Square Shopping Center in Freehold. Same great therapy, different address.

As an avid golfer, he knows all about frozen shoulders, Golfer's Elbow, Carpal Tunnel, Tendinitis and other aches and pains golfers and other athletes are prone to. Approximately 40% of golfers who play on the amateur level are injured while playing the sport. Research on golf-related injuries shows most of these injuries involve the back, elbows, shoulders, wrists/hands, knees or hips. Taking the time now may prevent injuries later. Injury prevention

is a large part of his practice as well as working with soft tissue injuries, lower back issues and joint replacement therapy.



FREQUENCY OF INJURY FOR RECREATIONAL GOLFERS

Lower back	36%
Elbows	32%
Hands and wrists	21%
Shoulders, knees, and other injuries	11%

***Harvard Medical School Study (2004)**

His practice welcomes new patients from Newborn to Geriatric. They accept most insurance in this Physical Therapy office, where skill and experience are stressed. His approach is less about the high tech equipment and more about hands-on, personal attention physical therapy.

PHYSICAL THERAPY BY ROBERT S. FRIEDMAN, PA

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What Are Overweight and Obesity?

The terms "overweight" and "obesity" refer to body weight that's greater than what is considered healthy for a certain height.

The most useful measure of overweight and obesity is body mass index (BMI). BMI is calculated from your height and weight. Millions of Americans and people worldwide are overweight or obese. Being overweight or obese puts you at risk for many health problems. The more body fat that you have and the more you weigh, the more likely you are to develop:

- Type 2 diabetes
- Breathing problems
- High blood pressure
- Gallstones
- Certain cancers
- Coronary heart disease

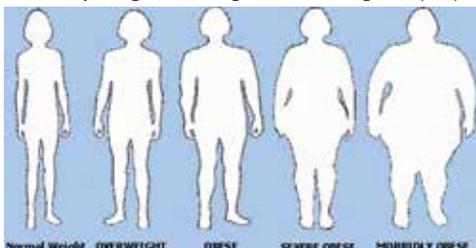
Your weight is the result of many factors. These factors include environment, family history and genetics, metabolism (the way your body changes food and oxygen into energy), behavior or habits, and more.

You can't change some factors, such as family history. However, you can change other factors, such as your lifestyle habits.

For example, follow a healthy eating plan and keep your calorie needs in mind. Be physically active and try to limit the amount of time that you're inactive.

Weight-loss medicines and surgery also are options for some people if lifestyle changes aren't enough.

Reaching and staying at a healthy weight is a long-term challenge for people who are overweight or obese. But it also is a chance to lower your risk for other serious health problems. With the right treatment and motivation, it's possible to lose weight and lower your long-term disease risk.



Kickboxing

By Jordan Tinitigan

Are you looking for an easy way to lose weight? And fast? How about trying kickboxing! With the combination of heart-pumping martial arts and martial arts, kickboxing is the perfect workout to burn calories. It also tones your entire body because it forces you to use all of your muscles. Essentially, it is a full body workout. Different moves get different muscles working and your heart pumping. Likewise, using kickboxing pads helps you burn more calories. On the other hand, kickboxing could also be helpful to learn self-defense. Being able to protect yourself is extremely important, especially in a world so big. It's just one of the many perks that comes with this workout.



Keeping The Weight Off That You Lost

If you've recently lost excess weight, congratulations! It's an accomplishment that will likely benefit your health now and in the future. Now that you've lost weight, let's talk about some ways to maintain that success.

The following tips are some of the common characteristics among people who have successfully lost weight and maintained that loss over time.

Watch Your Diet

Follow a healthy and realistic eating pattern. You have embarked on a healthier lifestyle, now the challenge is maintaining the positive eating habits you've developed along the way. In studies of people who have lost weight and kept it off for at least a year, most continued to eat a diet lower in calories as compared to their pre-weight loss diet.

Keep your eating patterns consistent. Follow a healthy eating pattern regardless of changes in your routine. Plan ahead for weekends, vacations, and special occasions. By making a plan, it is more likely you'll have healthy foods on hand for when your routine changes.

Eat breakfast every day. Eating breakfast is a common trait among people who have lost weight and kept it off. Eating a healthful breakfast may help you avoid getting "over-hungry" and then overeating later in the day.

Be Active

Get daily physical activity. People who have lost weight and kept it off typically engage in 60–90 minutes of moderate intensity physical activity most days of the week while not exceeding calorie needs. This doesn't necessarily mean 60–90 minutes at one time. It might mean 20–30 minutes of physical activity three times a day. For example, a brisk walk in the morning, at lunch time, and in the evening. Some people may need to talk to their healthcare provider before participating in this level of physical activity.

Stay on Course

Monitor your diet and activity. Keeping a food and physical activity journal can help you track your progress and spot trends. For example, you might notice that your weight creeps up during periods when you have a lot of business travel or when you have to work overtime. Recognizing this tendency can be a signal to try different behaviors, such as packing your own healthful food for the plane and making time to use your hotel's exercise facility when you are traveling. Or if working overtime, maybe you can use your breaks for quick walks around the building.

Monitor your weight. Check your weight regularly. When managing your weight loss, it's a good idea to keep track of your weight so you can plan accordingly and adjust your diet and exercise plan as necessary. If you have gained a few pounds, get back on track quickly.

Get support from family, friends, and others. People who have successfully lost weight and kept it off often rely on support from others to help them stay on course and get over any "bumps." Sometimes having a friend or partner who is also losing weight or maintaining a weight loss can help you stay motivated.



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STARTING A NEW WORKOUT ROUTINE

It's 2017 and New Year's Day has come and gone. All fitness centers and gyms are packed with people with resolutions to get fit, toned, muscular, and lose weight. Whatever your goal may be, everybody is ready to start strong in the New Year.

When starting a new workout, most people don't understand that it is crucial to take care of your heart. We all want to look like those swimsuit models, but what we should be worried about is getting ourselves fit to live a long and healthy life. Another common misconception is that it's all about running to lose weight. Instead, it is important to know how to take care of your heart and gain muscular strength through good workouts. The goal is to have at least 30-45 minutes of aerobic workouts every single day, because a healthy heart leads to a healthy you.

It is recommended to start off real slow with 15-20 minute workouts. It is also vital to understand your resting heart rate, which is the pulse you take when you are sitting and rested. Most healthy people will have a resting heart rate between 60-80 beats per minute. It is recommended that people train in their heart rate and to calculate your target heart rate by using 220 minus your age. For example, 220 minus 48 years old comes out to 172. You want to take about 70-75% of 172 and train within that number, which brings you to approximately 130-135 beats per minute during your workout. By doing so, you can make great strides towards your overall fitness and keep your heart as healthy as possible.

When starting a weight lifting program, it is important to not overuse the weight at first. It is recommended to use repetitions of 10 and working towards three sets of 10. Not only will this help with toning the body, but it will improve strength and add a fitness component to aerobic workouts. Lastly, it is also essential to understand how to work out our core because the core is most valuable to the body's biomechanics. Whether you're a tennis player, golfer, enjoy going for walks or play pickup games of basketball, your core is important. In America, back injuries are sustained each and every day usually because a person's core is too weak to handle everyday activities and/or increased sporting activities. When starting a core activity, we can leave the boring sit ups that we've learned in fitness class behind. Instead, by incorporating moves like partial sit ups and planks, we can use different programs of resistance to maintain a static strengthening component for core exercise.

If you would like to find out more about starting a new workout routine, please visit us at JAGPT.COM.

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WINTER WEATHER PREPAREDNESS: Safety at Home

Have a professional inspect your heating system annually.

Clean your fireplace or stove and have your flue checked for any buildup of creosote. Be sure other fuel burning equipment is properly vented to the outside.

Insulate your home properly. If necessary, insulate walls and attics to conserve energy.

Caulk doors and windows to keep cold air out.

Install storm windows, or cover windows with plastic from the inside to provide an extra layer of insulation.

Protect pipes from freezing:

Wrap pipes in insulation or layers of old newspapers. Cover the newspapers with plastic to keep out moisture.

Turn both hot and cold faucets to continuously drip a little.

Keep a wrench near the valves and know how to shut off your water valves if a pipe bursts.

For more information: "Preventing and Thawing Frozen Pipes" from the American Red Cross

Inspect and flush your water heater.

Clean gutters. Leaves and other debris will hamper drainage.

Cut away tree branches that can fall on the house during an ice storm or from heavy snow. Notify the utility company of branches that overhang power lines; do not attempt to trim by yourself.

Replace batteries for smoke, and carbon monoxide detectors. If you did not do this when you set the clocks back, do it now.

Have a back-up power source in place if you are dependent upon electricity for medical or mobility needs.

Know where your snow shovel is located and have a supply of sand and sand or a substitute.

Prepare a warm, safe place for your animals in severe winter weather. Make sure any outbuilding that houses or shelters animals can withstand wind, heavy snow and ice.

Bring pets indoors. Horses and livestock should have a shelter protected from wind, snow, ice and rain. Grazing animals need access to a protected supply of food and non-frozen water.

Make sure your animals have access to high ground in case you do not have time to relocate them during a flood.

Be aware of the potential for flooding when snow and ice melt.

Consider purchasing flood insurance. Homeowners' policies do not cover damage from floods. Ask your insurance agent about the National Flood Insurance Program if you are at risk.

Do You Need To Upgrade Your Thermostat?

If your home is equipped with an old-fashioned mechanical thermostat, it may be time to jump to the electronic, programmable style. A programmable thermostat can save you big bucks and keep your home more comfortable this winter.

A programmable thermostat allows you to program different temperatures at different times of the day. You can tell your thermostat to keep the heat down while you're gone and kick on an hour before you expect to arrive home. By allowing your furnace to work less for a portion of the day, you will save a good deal on your electricity or gas bill.

WHY UPGRADE?

The most obvious difference between an electronic and a mechanical thermostat is its interface. An electronic thermostat will feature buttons to change the temperature or set different timers. On the other hand, a mechanical thermostat will most likely only display a dial. An electronic thermostat can be an inexpensive upgrade to make your home feel more modern.

The insides of the different thermostats are what really matters. A mechanical thermostat uses two pieces of metal that are joined together. Temperature is measured by these two pieces expanding and contracting. They are usually accurate within two and five degrees.

An electronic thermostat relies on digital sensors to measure temperature and alert your furnace when the temperature needs to increase or decrease. These state-of-the-art sensors are usually accurate within one degree.

ENERGY STAR TIPS

Using a programmable thermostat can keep your home warm without hurting your wallet. Take a look at some tips laid out by Energy Star to get the most out of your thermostat.

- Follow your device's "savings set-points" for at least 8 hours a day. A good time for this is while you are at work or sleeping.
- Find your home's comfort spot and avoid overriding the programmed settings. Using the "hold" feature to turn the heat up uses more energy.
- Keep an eye on your batteries. Most units feature a low battery indicator. Change the batteries each year for peace of mind.

WHILE YOU'RE AWAY

It may come as no surprise that you can control certain thermostats from a smartphone application. These advanced thermostats work well for vacation homes.

This will allow you to control the temperature from anywhere. You only need to download an app and be sure that your thermostat is connected to a Wi-Fi network.



Mold and Your Home's Health

Exposure to damp and moldy environments may cause a variety of health effects, or none at all. Some people are sensitive to molds. For these people, molds can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or, in some cases, skin irritation. People with mold allergies may have more severe reactions. Immune-compromised people and people with chronic lung illnesses, such as obstructive lung disease, may get serious infections in their lungs when they are exposed to mold. These people should stay away from areas that are likely to have mold, such as compost piles, cut grass, and wooded areas.

In 2004 the Institute of Medicine (IOM) found there was sufficient evidence to link indoor exposure to mold with upper respiratory tract symptoms, cough, and wheeze in otherwise healthy people; with asthma symptoms in people with asthma; and with hypersensitivity pneumonitis in individuals susceptible to that immune-mediated condition. The IOM also found limited or suggestive evidence linking indoor mold exposure and respiratory illness in otherwise healthy children.

In addition, in 2004 the IOM found sufficient evidence to link exposure to damp indoor environments in general to upper respiratory tract symptoms, cough, and wheeze in otherwise healthy people and with asthma symptoms in people with asthma. The IOM also found limited or suggestive evidence linking exposure to damp indoor environments in general to shortness of breath, to respiratory illness in otherwise healthy children and to potential development of asthma in susceptible individuals. Other recent studies have suggested a potential link of early mold exposure to development of asthma in some children, particularly among children who may be genetically susceptible to asthma development, and that selected interventions that improve housing conditions can reduce morbidity from asthma and respiratory allergies, but more research is needed in this regard.

A link between other adverse health effects, such as acute idiopathic pulmonary hemorrhage among infants, memory loss, or lethargy, and molds, including the mold *Stachybotrys chartarum* (*Stachybotrys atra*), has not been proven. Further studies are needed to find out what causes acute idiopathic hemorrhage and other adverse health effects.

Mold is found both indoors and outdoors. Mold can enter your home through open doorways, windows, vents, and heating and air conditioning systems. Mold in the air outside can also attach itself to clothing, shoes, bags, and pets can and be carried indoors.

Mold will grow in places with a lot of moisture, such as around leaks in roofs, windows, or pipes, or where there has been flooding. Mold grows well on paper products, cardboard, ceiling tiles, and wood products. Mold can also grow in dust, paints, wallpaper, insulation, drywall, carpet, fabric, and upholstery.

Inside your home you can control mold growth by:

- Controlling humidity levels;
- Promptly fixing leaky roofs, windows, and pipes;
- Thoroughly cleaning and drying after flooding;
- Ventilating shower, laundry, and cooking areas.

If mold is growing in your home, you need to clean up the mold and fix the moisture problem. Mold growth can be removed from hard surfaces with commercial products, soap and water, or a bleach solution of no more than 1 cup of household laundry bleach in 1 gallon of water.

Mold growth, which often looks like spots, can be many different colors, and can smell musty. If you can see or smell mold, a health risk may be present. You do not need to know the type of mold growing in your home, and CDC does not recommend or perform routine sampling for molds. No matter what type of mold is present, you should remove it. Since the effect of mold on people can vary greatly, either because of the amount or type of mold, you can not rely on sampling and culturing to know your health risk. Also, good sampling for mold can be expensive, and standards for judging what is and what is not an acceptable quantity of mold have not been set. The best practice is to remove the mold and work to prevent future growth.

If you choose to use bleach to clean up mold:

- Never mix bleach with ammonia or other household cleaners. Mixing bleach with ammonia or other cleaning products will produce dangerous, toxic fumes.
- Open windows and doors to provide fresh air.
- Wear non-porous gloves and protective eye wear.
- If the area to be cleaned is more than 10 square feet, consult the U.S. Environmental Protection Agency

(EPA) guide titled *Mold Remediation in Schools and Commercial Buildings*. Although focused on schools and commercial buildings, this document also applies to other building types. You can get it by going to the EPA web site at http://www.epa.gov/mold/mold_remediation.html.

- Always follow the manufacturer's instructions when using bleach or any other cleaning product.



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GO FRAMELESS

38 Calorie Vegan Gluten Free Chocolate Truffle

These bite-sized round petit fours are low in calories and simple to make.

INGREDIENTS

3 oz (packed 1/2 cup) semi-sweet chocolate chips or mini chips
3 tbsp milk of choice or canned coconut milk
Tiny pinch of salt
A few drops pure peppermint extract
Organic brand of cocoa powder

DIRECTIONS

Combine chocolate, milk, and salt in a microwave-safe dish, and heat 50 seconds in the microwave. Stir, then heat until melted, in 10-second intervals (chocolate burns quickly), stirring after each. Now add the peppermint extract. Freeze at least 40 minutes, or until chocolate is hard enough to scoop out into truffle shapes with a mini cookie scoop. Store my truffles in the freezer until just before serving. Roll in cocoa before serving.



35 Calorie Chocolatey Oatmeal Pancakes

Recipe makes about 20 small pancakes.

At 1 pancake per serving, these wholegrain breakfast treats are soft, fluffy, light, sweet, and wholesomely healthy!

INGREDIENTS

3/4 cup plus 1 tbsp spelt flour, all-purpose, Bob's gf, or ww pastry flour (120g)
6 tbsp rolled oats (30g)
1/2 tsp salt
2 tsp baking powder
1 tsp cinnamon
4 stevia packs or 3 tbsp pure maple syrup
1 cup plus 2 tbsp milk of choice (minus 3 tbsp if using pure maple syrup)
2 tbsp oil (20g)
2 tsp pure vanilla extract
1/2 tsp pure almond extract (omit if desired)
optional: handful chocolate chips or raisins
optional: can add up to 2/3 cup blueberries if desired

DIRECTIONS

In a small bowl, combine all dry ingredients and stir very well. In a separate bowl, whisk together all liquid ingredients. Pour dry into wet, and stir together to form a batter. (Note: if the batter is too thin—which might be the case especially if using cup measurements of ww pastry flour—just add a little more flour until you get a pancake-esque batter.) For fluffiest pancakes, let the batter sit in the fridge for 10-15 minutes. Lightly grease a medium skillet, then place over medium heat. When pan is hot drop small ladelfuls of batter onto the skillet. Flip pancakes, using a spatula, when the edges begin to look dry. Allow to cook one minute longer, then remove from heat. Serve with your favorite pancake toppings.

TIP: Test the heat of your skillet by throwing a few drops of water onto the surface. When the water sizzles, the pan is ready for the pancake batter.



Felicia Etuke Grace Abounds Counseling & Psychological Consulting



Felicia Etuke received her Master's degree in Professional Counseling and Mental Health from Liberty University, Lynchburg, Virginia. She is rounding up her doctoral degree program in Psychology from Capella University. Felicia and her team of psychologist

and clinicians are State licensed in professional counseling and social work. Together, they have over 30 years of experience working as mental health professionals in the States of New Jersey and New York.

Her team of experts work from a humanistic perspective. As a client-centered and solution-focused agency, their approach is to provide support, confidentiality, individualized and non-judgmental services to their clients, with the goal of helping clients effectively address their personal life challenges.

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Keren Levine, DMD (Manalapan) Dental Arts Group



Dr. Keren Levine received her Doctorate of Dental Medicine degree from the University of Pennsylvania School of Dental Medicine, one of the top dental schools in the country. She went on to complete her residency at Robert Wood Johnson University Hospital in New Brunswick, NJ. As chief resident, she

gained hands-on, practical experience while working side by side with the area's top specialists. As a respected member of the dental community, Dr. Levine maintains membership with the American Dental Association, the Academy of General Dentistry, and the Middlesex County Dental Association.

Dr. Levine's goal is to give her patients a practical and modern approach to dentistry, by offering solutions that give the best long term result. She has been described by her patients as painless, sincere, caring, honest, and "that was better than I expected!"

Dr. Levine grew up in central NJ and recently moved to Monroe Township, NJ with her husband, Emanuel. When not in the office, Dr. Levine enjoys cardio kickboxing, Zumba, golf, stand-up comedy, and traveling to New York City.

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Marten N. Ladman, DMD Oral Surgery & Dental Implants



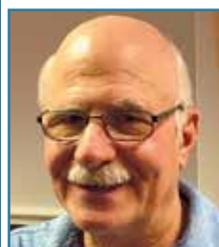
Dr. Marten Ladman received his dental degree from Temple University and completed his Oral Surgery residency at Long Island Jewish Medical Center. Dr. Ladman is board certified in both Oral Surgery and Dental Anesthesiology. He served as Chief of Oral and

Maxillofacial Surgery at Centrastate Medical Center and currently serves as Dental Director at Raritan Bay Medical Center and Chief of Oral Surgery at Riverview Medical Center. Dr. Ladman is an active member of AAOMS, Academy of Osseointegration, NJSSOMS, Mid-Atlantic OMS Society, ADA, NJDA and Monmouth-Ocean Dental Society. He is a Diplomate of ABOMS and NDBA.

Dr. Ladman has been treating patients in Central NJ for over 30 years and has a reputation of providing a safe and comfortable environment for all patients under his care. Dental Implants are an area of special interests in our practice.

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Robert S. Friedman, PA



Robert Friedman was trained and schooled at N.Y.U. He received his Physical Therapy Certificate and 2 years post graduate work in Cardio Pulmonary Physiology.

Mr. Friedman was a staff therapist at N.Y.U. Ruske Institute for three years, working in adult rehab, pediatrics, out patient and spinal chord injuries. He also continued classes for two years in Cardio Pulmonology, allowing him to work with patients dealing with COPD and other respiratory ailments.

He has been in private practice for over 35 years, performing extensive hands on Physical Therapy; while treating sports injuries, joint replacements, soft tissue injuries of the cervical and lumbar spine.

Mr. Friedman is an avid golfer which allows him to understand the mechanics which can be applied to treating and preventing future injuries.

He is an active participant in continuing education programs and evaluates all his patients as a whole person not just the involved body part.

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Q: *How Can I Avoid Hurting My Back While Shoveling Snow?*

A: Ahh, who doesn't love a good coating of fresh, powdery snow? Majestic, calming, picturesque, I can keep going if you'd like. However, I know that many people don't share my affinity for winter weather. One thing we can agree on though, is how much of a pain snow can be when it comes to your daily commute, starting with getting it off of your driveway! Just like we all knew it would, the first snow of the season has come. While it may have taken some by surprise, it certainly wasn't enough to cause an uproar (or any shoveling injuries for that matter). With more winter storms forecasted to powder coat our streets and walkways, it's NJ Spine and Wellness' job to equip you with knowledge on how to stay injury free while removing snow from around your house. We've compiled a list of our best snow shoveling tips to keep you safe from injury this winter season.

1. **Feeling pain? Hang up the shovel.** If you are experiencing any pain or stiffness at all, don't even think about picking that shovel up! Pain is your body's signal that something is wrong; just the smallest mishap can leave you with some serious problems.
2. **Buy an ergonomic shovel.** A full shovel can weigh between 15 and 25 pounds depending on how wet the snow is. The ergonomic, bent-handle shovel can give you more leverage and allow you to move the snow with better biomechanical form.
3. **Push, don't lift the snow.** Avoiding the lifting component of snow removal greatly reduces the risk of injuring yourself. Use your legs to push the shovel and move the snow out of the way. NEVER throw the snow over your shoulder. A loaded rotational stress to your spine is a textbook disc injury.
4. **If you must lift, think big.** No, I don't mean lift as much snow as you can. Think big, as in using your big muscles (legs and core) to lift the snow. The American Academy of Orthopedic Surgeons suggests shoveling 1-2 inches at a time, separating your hands by 12 inches to increase leverage, and bending at the knees to lift upwards. Never bend at the waist, lift using just your arms, or lift while reaching as it will put far too much stress on your spine.
5. **Warm up.** Not just with hot chocolate and a heavy jacket, warm up your muscles! Cold muscles do not function with the same efficiency as those that are warmed up. Getting your blood flowing also decreases your risk of straining a muscle or spraining a joint.



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Healthy Snacks for Kids

By Stefanie Maglio

Parents know that getting their kids to eat healthy is not an easy task. Children tend to go for the chips and candy, while parents would much rather their children pick a healthier choice such as fruits or vegetables. There are ways for kids to enjoy a snack that their parents are happy with as well. Here are some tasty, yet healthy snacks to try at home:

- Celery sticks with cream cheese and raisins (ants on a log) the cream cheese can be substituted with peanut butter
- Apple slices with peanut butter
- Strawberries dipped in yogurt as a substitute for chocolate
- Organic granola bars
- Fruit snacks. Be careful when choosing a brand, some consist of mainly sugar and artificial flavoring.
- A homemade fruit cup (chopped slices or cubes of various fruits that your child enjoys)
- Raw vegetables (broccoli, baby carrots, grape tomatoes, etc.) with low fat ranch dressing as a dip
- Homemade trail mix is also an option, but it is important to be aware of nut allergies.

One of these snacks is bound to appeal to your child, making snack time a little less stressful, more fun for the child, and assuring for the parent. Happy snacking!







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Top Five Must-have Hair Accessories

By Stefanie Maglio

Thin hair, thick hair, or normal hair- does not matter in this case. Anyone looking to tame their hair while still looking stylish should have these five accessories.

1. The classic hair tie: Hair ties are available almost anywhere, including the dollar store. It's always a good idea to have some handy for those not-so-great hair days or for when you need a quick and easy hair fix for on the go. The best part about hair ties is that the looks you can create are unlimited. Hair can be tied back in a simple pony for a casual look, or you can even add a braid or clip to spice things up. When you're not using them, they can be easily accessed by keeping one or two on your wrist, almost like a bracelet.

2. Headbands: These are also a fairly cheap accessory that can be found in dollar stores as well. Headbands are great because not only do they have multiple uses, but they can be incorporated into a casual or fancy look. There are even elastic headbands that can be used as a larger hair tie for people with thicker hair making a bun. Headbands can be worn alone with the hair down, or can even be added to an up-do.

3. Bobby pins: It's always a good idea to have a small pack of bobby pins at home and to keep a few in your purse. You may be having a great hair day, but that one stray hair just won't stay in its place. This is where the bobby pin comes in handy.

4. Mini-comb: Whether it's a mini comb or a mini brush, it's a great idea to keep one in your purse to tame your hair throughout the day and get rid of any knots if needed.

5. Clips: There are all sorts of clips including fancy ones as well as simple ones for casual looks. It's always a good idea to have one or two available for a quick up-do for the day, or it could be the main piece to your fancy up-do for the evening.

Cure Winter Dry Skin With These 2 Tips

It is no secret that wintertime leaves your skin feeling drab and dry.

Get a Humidifier: If you don't have one already, now is the time to buy. Home heat and space heaters blast dry, hot air all day and night contributing to extra dry skin. Humidifiers create more moisture in the air, which will help prevent your skin from drying out.

Drink Water: You should be drinking water constantly. Drinking water hydrates skin and gives your face and body a glow that it doesn't have when you're dehydrated.

If you try these tips along with extra moisturizer both day and night and your skin is extremely uncomfortable, you may need to see a dermatologist to find a skincare routine that is right for your skin.



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10 Ways to Shop Your Own Closet

By Stefanie Maglio

Many people enjoy shopping, but everyone loves getting a great deal when they go shopping. Specifically for clothing, everyone is always trying to stay up on the latest trends while still feeling comfortable. That's why it's so important to understand what you already have, determine what you may want or need, and then proceed from there. Here are some tips for shopping your own closet:

1. Shopping your own closet is a great way to stay within whatever budget you may have.
2. Shopping in a store is difficult when the clothes are unorganized. This same issue occurs in your own closet. Make sure to clean up your closet. This will make it easier to see what you do and do not have.
3. Try getting inspired! Window shopping is one way to do this, however make it even simpler by going on Pinterest and creating a board of clothing pieces and outfits that you like. You may even find similar items in your closet.
4. Take inventory and find out what you do or do not have. You may discover a dress or top you never even wore!
5. Get a second opinion and see what a friend thinks. They may give you that extra confidence boost that you may need.
6. If you happen to have some clothing items that you love but need adjustments, consider hiring a tailor or making a trip to the dry cleaners. This will definitely be cheaper than trying to purchase a whole new wardrobe.
7. Mix and match different pieces to create new outfits! Try something that maybe you normally wouldn't wear.
8. Layering different items may be a great option as well. This can help you to create new looks in addition to mixing and matching.
9. Spicing up your wardrobe may be as simple as accessorizing. Adding a scarf or a belt here or there could really help to make the perfect outfit look complete.
10. Make a list of anything that you don't have, and that you may want or need. This way next time you're at the mall you'll know exactly what to get and not waste any time or money.



Exercise Your Right to Have Fun

When the weather outside is frightful, jogging in the park or a long bike ride can prove problematic. A high ropes course provides a great all-around workout that is fun and exhilarating. iPlay America's new Sky Trail® High Ropes Course features several courses and obstacles designed to test your skills and provide a great workout.

There are rope bridges, zig-zag beams, cargo nets, walk-across beams, vertical rope ladders, and other outstanding elements that allow you to get a beneficial and healthy workout all while staying out of the elements! That's because iPlay America's Sky Trail® High Ropes Course is the largest INDOOR ropes course in New Jersey and it's paired with the Sky Tykes Kidz Ropes Course which is specifically designed for younger children. Exercise your right to have a great time and come to iPlay America, where the healthy, family fun happens all year round. To learn more and see what it's all about, visit iPlayAmerica.com.



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What Can I Do As a Parent or Guardian to Help Prevent Childhood Overweight and Obesity?

To help your child maintain a healthy weight, balance the calories your child consumes from foods and beverages with the calories your child uses through physical activity and normal growth.

Remember that the goal for overweight and obese children and teens is to reduce the rate of weight gain while allowing normal growth and development. Children and teens should NOT be placed on a weight reduction diet without the consultation of a health care provider.

Balancing Calories: Help Kids Develop Healthy Eating Habits

One part of balancing calories is to eat foods that provide adequate nutrition and an appropriate number of calories. You can help children learn to be aware of what they eat by developing healthy eating habits, looking for ways to make favorite dishes healthier, and reducing calorie-rich temptations.

Encourage healthy eating habits.

There's no great secret to healthy eating. To help your children and family develop healthy eating habits:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Serve reasonably-sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages.
- Limit consumption of sugar and saturated fat.

Remember that small changes every day can lead to a recipe for success!

For more information about nutrition, visit www.ChooseMyPlate.gov for helpful hints.



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HPV Vaccine is Cancer Prevention for Boys, Too!

Ask your child's doctor at their next appointment about getting HPV vaccine. Take advantage of any visit to the doctor—such as an annual health checkup or physicals for sports, camp, or college—to ask the doctor about what shots your preteens and teens need.

Boys need HPV vaccine, too. Here's why.

According to the CDC, every year in the United States around 11,000 men get cancers caused by human papillomavirus (HPV) infections. HPV infections that don't go away can cause cancers of the anus and rectum, mouth/throat (oropharynx), and penis in men.

Cases of anal cancer and cancers of the mouth/throat are on the rise. Unlike cervical cancer, there are no screening tests for these cancers, so they are often caught at a later stage when they are more difficult to treat.

Many of the cancers caused by HPV infection in both men and women could be prevented by HPV vaccination. HPV vaccination is recommended by doctors and other health experts for both boys and girls at ages 11-12.

HPV vaccine is recommended for boys at 11 or 12 years

Boys, like girls, should start the HPV vaccine series at age 11 or 12 when they receive the vaccines recommended for preteens that help prevent meningitis and whooping cough. The HPV vaccine series can be started as early as age 9 and should be finished before boys turn 13 years old. When given at these ages, only two doses of HPV vaccine are needed, 6 to 12 months apart.

If you haven't already vaccinated your preteen or teen boys, it's not too late. If your teen boy is already 15 years old and hasn't started the HPV vaccine series, he will need three shots, given over 6 months.

Ask your child's doctor at their next appointment about getting HPV vaccine. Take advantage of any visit to the doctor—such as an annual health checkup or physicals for sports, camp, or college—to ask the doctor about what shots your preteens and teens need.

Some preteens and teens might faint after getting a shot, including HPV vaccine... even boys! Just like for girls, preteen and teen boys should sit or lie down when they get any shot and stay like that for about 15 minutes after the shot. This can help prevent fainting and any injury that could happen during a fall while fainting.

What are Attachment Behaviors in Babies?

Attachment behaviors are when babies and toddlers try to get comfort and protection from the people they feel attached to.

This can be by smiling and cooing, crawling and following, holding out their arms, crying and many other signals that parents and caretakers learn to know.

When the child gets an appropriate response, such as eye contact, a smile, a touch or a quick cuddle, and feels safe, the child is free to relax, play, explore and learn again.

If the response is not sensitive to the baby's needs, for example if the baby feels ignored or punished, the baby continues to feel anxious or afraid and continues the attachment behavior. So, for example, if the parent thinks a toddler should be brave and urges her to leave the safety of being close before she is ready, the child is likely to respond by feeling more afraid and clinging more. Some babies or toddlers who are very afraid eventually give up trying.

Helping children to feel safe first is the best way to encourage them to be brave.



What to Expect After a Hysterectomy

By Krusha Vaidya

A hysterectomy is a surgery to remove a woman's uterus or womb. After a hysterectomy, you no longer have menstrual periods and can't become pregnant. Sometimes the surgery also removes the ovaries and fallopian tubes. If you have both ovaries taken out, you will enter menopause.

It will take at least 3 to 6 weeks to feel better. You will probably get tired easily during this time. You may not feel like eating much.

You will not have any scars on your skin unless your doctor used a laparoscope and other instruments that were inserted through your belly. In that case, you will have 2-4 scars less than 1" long.

If you had good sexual function before the surgery, you should continue to have good sexual function afterward. If you had problems with severe bleeding before your hysterectomy, sexual function often improves after surgery. If you have a decrease in your sexual function after your hysterectomy, talk with your health care provider about possible causes and treatments. In most other cases, a hysterectomy is an elective procedure. The operation is done to improve the quality of life: to relieve pain, heavy bleeding or other chronic conditions and discomfort.

Slowly increase how much activity you do every day. It is important to take short walks and increase how far you go gradually. Do not jog, do sit-ups, or other sports until you have checked with your doctor. A hysterectomy is a common procedure.



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PINK EYE: Usually Mild and Easy to Treat

Pink, itchy eyes? Pink eye – or conjunctivitis – is common and spreads easily. It sometimes needs medical treatment, depending on the cause. Know the symptoms, when to seek treatment, and how to help prevent it.

Pink eye, also known as conjunctivitis, is one of the most common and treatable eye conditions in children and adults. It is an inflammation of the conjunctiva, the thin, clear tissue that lines the inside of the eyelid and the white part of the eyeball. This inflammation makes blood vessels more visible and gives the eye a pink or reddish color.

It can be difficult to determine the exact cause of pink eye because some signs and symptoms may be the same no matter the cause. Viruses, Bacteria, Allergens like pet dander or dust mites and Irritants like smog or swimming pool chlorine all can cause pink eye. Signs and symptoms can vary but typically include:

- Redness or swelling of the white of the eye or inside the eyelids
- Increased amount of tears
- White, yellow or green eye discharge
- Itchy, irritated, and/or burning eyes
- Increased sensitivity to light
- Gritty feeling in the eye
- Crusting of the eyelids or lashes

When to See a Healthcare Provider?

Most cases of pink eye are mild and get better on their own, even without treatment. However, there are times when it is important to see a healthcare provider for specific treatment and/or close follow-up. You should see a healthcare provider if you have pink eye along with any of the following:

- Moderate to severe pain in your eye(s)
- Sensitivity to light or blurred vision
- Intense redness in the eye(s)
- A weakened immune system, for example from HIV or cancer treatment
- Symptoms that get worse or don't improve, including bacterial pink eye that does not improve after 24 hours of antibiotic use
- Pre-existing eye conditions that may put you at risk for complications or severe infection

Pink eye caused by a virus or bacteria is very contagious and spreads easily and quickly from person to person. Pink eye that is caused by allergens or irritants is not contagious, but it is possible to develop a secondary infection caused by a virus or bacteria that is contagious. You can reduce the risk of getting or spreading pink eye by following some simple self-care steps:

- Wash your hands.
- Avoid touching or rubbing your eyes.
- Avoid sharing eye and face makeup, makeup brushes, contact lenses and containers, and eyeglasses.
- If you have recently given birth and your newborn shows signs of pink eye, visit your child's healthcare provider right away.





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Management and Treatment of Chronic Fatigue Syndrome in Children and Adolescents

Managing chronic fatigue syndrome can be as complex as the illness itself. Options for treating and managing CFS may include treating the most disruptive symptoms such as fatigue due to sleep problems, pain, and lightheadedness. CFS symptoms can vary over time and may require periodic re-evaluation. Primary care providers can develop effective treatment plans based on their experience in treating other complex illnesses. Management may require input from a variety of healthcare professionals (e.g. medical doctors, rehabilitation specialists, mental health professionals, and physical or exercise therapists) when available.

A management program should address:

- Varying and unpredictable symptoms
- A decrease in stamina that interferes with activities of daily life
- Memory and concentration problems that adversely affect school performance

- Changes in relationships with family members and friends

Doctors, family members, and patients need to communicate with one another about which symptoms are most disruptive or disabling so they can tailor the management plan accordingly. Treatment can be directed toward the most problematic symptoms as agreed upon by the patient, family members and doctors.

When family members and children communicate with doctors about the child's lifestyle and behaviors, they can make important distinctions. For instance, whether the child's lack of usual energy is because of fatigue or the result of normal changes in sleep cycles that may begin at puberty. Such distinctions are important because they affect the management plan for the child.

Fatigue Due to Sleep Problems

Many CFS patients, including children and adolescents, experience sleep problems. Common sleep complaints include difficulty falling or staying asleep, daytime sleepiness, frequent awakening, and intense and vivid dreaming. Adult patients report that they feel less refreshed and restored after sleep than they felt before they became ill.

In young children, this problem is detected by a lack of their usual energy. Sleep problems in adolescents with CFS may be challenging to detect, as sleep cycles may begin to change with the onset of puberty, such as staying up later and sleeping in. The demands of school classes, homework, after-school jobs, and social activities also affect sleep patterns.

Doctors can help people with CFS adopt good sleep habits. Patients should be advised to practice standard sleep hygiene techniques:

- Establish a regular bedtime routine

- Avoid long naps during the day

- Control noise and light (limit or remove music or screen exposure-TV, other and all electronic devices) prior to bed for the night as part of an extended wind-down period

- Get natural light exposure in the morning, preferably before school

- Use the bed only for sleep

- Try light exercise and stretching earlier in the day, at least four hours before bedtime

Pain

Children and adolescents with CFS do not commonly experience muscle and joint pain, as do adult CFS patients. Yet headaches and abdominal pain may be more common in children and adolescents with CFS, and pain and sleep difficulty often go hand-in-hand. Children may not be able to express pain, or they may describe it poorly. Therefore, observations of lifestyle and behavior are critical to good management of symptoms. Doctors should attempt to identify the origin of the pain and then discuss with patients and family members the use of pain-relieving medications. Doctors should be cautious in prescribing pain-relieving medication because some may cause side effects.

Depression and Anxiety

Adjusting to a chronic illness can sometimes lead to symptoms of depression and anxiety. Anxiety in children and adolescents with CFS is not caused by the illness itself, but can develop because of the

adjustments the child must make in order to manage the condition. Counseling may be helpful in reducing stress and symptoms of depression and anxiety, for example, sleep problems and headaches.

Some children might also benefit from antidepressants and anti-anxiety medications. However, doctors must review recommendations and consider the usual concerns about prescribing these medications for children and adolescents. Antidepressant drugs of various classes have other effects that might worsen CFS symptoms and cause side effects. When doctors are concerned about patients' psychological conditions, they may make a referral to a mental health professional.

Although treating depression and anxiety can reduce psychological distress and impairment in some patients, it is not a cure for CFS.



Orthostatic Intolerance

Orthostatic intolerance (OI) is the development of a set of characteristic symptoms while standing or sitting upright. Compared with adult CFS patients, OI is more common in adolescents with CFS. Adolescents may exhibit symptoms of OI, such as frequent lightheadedness. The symptoms may be triggered or made worse by prolonged sitting or standing upright.

Initially, conservative treatment of OI can involve several things. Doctors may suggest that patients increase daily fluid and salt intake and make postural adjustments (like getting up more slowly and using muscle contractions in the legs to help better tolerate upright posture). When possible, patients can also use compression garments such as support hose, girdles or abdominal binders. If symptoms continue to be severe and are not relieved by these conservative measures, consultation with a cardiologist or neurologist may be beneficial for adolescents.

Activity

CFS patients frequently report experiencing post-exertional malaise or post-exertional relapse, which is the exacerbation of symptoms following physical or mental exertion. This relapse typically lasts 12-48 hours after activity and could even last days, weeks, or months. For patients with CFS, managing activity levels is a key part of managing the illness. It is important to find a balance between inactivity and excessive activity, which can aggravate CFS symptoms. This often requires a new way of thinking about daily activities. For example, daily chores and school activities may need to be broken down into shorter time frames. A symptom diary can be very helpful for managing CFS. Keeping daily track of how patients feel and what patients do, may help to find patterns or identify triggers when symptoms start to affect daily activities.

Parents may work with teachers and administrators to redefine expectations of activity and performance for children with CFS. It is true that exercise can benefit children with certain chronic illnesses. While the overall goal is to help CFS patients tolerate exercise again, children with CFS should avoid activity that results in aggravated CFS symptoms. Activity programs aimed at vigorously increasing aerobic capacity are not recommended.

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QUESTION:

My eyes have been very dry and itchy, is it because I turned my heat on or can I have a problem?

ANSWER:

Winter has arrived, and with it comes the dryer air due to cold weather and household heating. About 5 million Americans experience symptoms of dry eye, it is common for those over 50. That is not to say you should not be concerned. What some people experience on a temporary basis can become a longer term problem...Chronic Dry Eye Disease a.k.a. Chronic Dry Eye Syndrome, Dry Eye Syndrome and Keratoconjunctivitis Sicca is something to be concerned with when symptoms do not improve or worsen.

CDE can be caused by advanced age, contact lens wear, certain medications (Antihistamines, Antidepressants and Estrogens), eye diseases, other medical conditions (Autoimmune diseases, Thyroid disease, Diabetes), reduced tear production due to inflammation, or environmental factors. Without enough tears, the film protecting the eye can break down, creating dry spots on the surface of the eye.

They symptoms vary from person to person but can include any or all to different degrees:

- Dryness/itching
- Burning/stinging
- Watering eyes
- Sensitivity to light
- A gritty or sandy sensation
- Feeling like something is in your eye
- Blurry vision or difficulty seeing at night
- Problems wearing contact lenses

You may find the problem affects you when driving at night, reading, watching television, working on the computer or wearing your contact lenses. While you are only experiencing discomfort, be aware that it may damage the front surface of the eye, increase the risk of eye infection, and affect your vision.

The first step in getting help is a visit to your Optometrist to determine your eye health and vision. 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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SHOW ME THE SCIENCE How to Wash Your Hands

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others. The guidance for effective hand-washing and use of hand sanitizer was developed based on data from a number of studies that include: Microbes are tiny living organisms that may or may not cause disease and Germs, or pathogens, are types of microbes that can cause disease. The CDC recommends these proper steps for washing hands:

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel or air dry them.

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

Handwashing is like a "do-it-yourself" vaccine—it involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs.





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By Jill Garaffa

How to Out-Smart Your Brain to Achieve Health

Dear Jill,

I know what I need to do intellectually, but I can't seem to get myself to do it. For example, I know that ordering pizza is an unhealthy choice; yet, I order it anyway in lieu of cooking a healthy meal. I know it's good to exercise; yet, I lay on the couch and can't seem to move or I over schedule myself so I don't have the time or energy to exercise. Am I crazy?

Signed, Good Intentions

Dear Good Intentions,

You're definitely not crazy. In fact, you are far from it: your brain is in top working order if this is your experience. Let me explain...

First, a quick brain anatomy lesson: Inside your brain, you actually have three separate brains, not just one: your cerebellum & brain stem are in charge of keeping you alive: breathing, heartbeat and anything out of your conscious control. Your neocortex is your logical, or conscious brain--you do all your thinking, reasoning and creative thought here. Your conscious brain is what makes New Year's resolutions and promises to make healthy choices. It has great intentions. The limbic system, which is your emotional, or unconscious brain, is where the good intentions get stuck. The unconscious brain runs purely on survival instincts. Very simply: it moves us toward pleasure and away from pain. It moves us toward safety and away from danger. If your limbic system senses danger or discomfort, it will propel you in the opposite direction.

If you are making sudden, drastic changes to your diet or exercise regime (which is what most people do around January 1st), you might only get a few days into your routine before your limbic system detects a serious threat to your survival. Suddenly, your string of positive, healthy choices comes to a screeching halt and you find yourself back on the couch or sitting with a bag of potato chips asking yourself, "how did I do this again?"

The way to over-ride the emotional brain from taking over is to make very small changes. Like, really, really small changes—so small that your unconscious brain does not detect a threat. How do you know if your changes are small enough? You have consistency. If you become inconsistent, then, chances are you are taking on too big of a change and you need to bring it down a notch or two.

Some questions for exploration & discovery: Ask yourself: What is the smallest change I can make to my eating that I am willing to make right now? What is the smallest action I can take right now to get my body to move more? What is one thing I can do to take care of myself today? What is something I can do today that will be fun & enjoyable to me?

Change is not easy. A life coach can support you with moving from where you are now to where you want to be. As a life coach, I am trained to support you through the internal emotional & psychological change that must come first before you can make lasting physical change.

Wishing you peace, clarity and 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.seedsofchange coaching.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@seedsofchange coaching.com or visit www.seedsofchange coaching.com and click "contact us" to be featured in a future column.

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February Is American Heart Month

By Susan Heckler

One of the highlights each February is the anticipation of Valentine's Day. This is the occasion where you can touch someone's heart and bring them happiness. February is also American Heart Month, which promotes understanding of your risks for heart disease, stroke, and to stay "heart healthy" for yourself and the ones you love.

Cardiovascular disease is the # 1 killer of women and men in the United States. One in four deaths is caused by heart disease annually. It is a leading cause of disability, preventing Americans from working and enjoying family activities as well as costing the United States over \$300 billion each year. This includes the cost of health care services, medications, and lost productivity caused by heart disease, stroke, and high blood pressure.

Do you know your risk factors?

- Diet—Make healthy choices, reduce sodium and portion control.
- Physical Activity—The Surgeon General recommends that adults should engage in moderate-intensity activity for at least 150 minutes per week.
- Tobacco Use—STOP SMOKING!
- Obesity—Being overweight increases your risk.
- High Blood Pressure—High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. Avoid drinking too much alcohol, which can increase your blood pressure.
- High Blood Cholesterol—Test your cholesterol levels at least once every 5 years, although annually is best.
- Diabetes—Monitor your blood sugar levels closely
- Stress—Take steps to manage and reduce it!

So when you see stores decorated with hearts, remember to have your own heart checked and remind the ones you love too.



After a Brain Tumor Diagnosis, Be Smart About Your Next Move

Proper education about testing, treatment and care partners is critical to patient health, advises Dr. Brian Beyerl of Atlantic NeuroSurgical Specialists.



Every year, 24,000 primary brain tumors are diagnosed in the U.S. alone. While the diagnosis is often paralyzing, having a proactive plan for what to do next is crucial for ensuring the best outcome.

"Hearing the words 'You have a brain tumor' automatically sends people into panic mode," says Dr. Brian Beyerl, a neurosurgeon at Atlantic NeuroSurgical Specialists (ANS). "Learning that your headaches, nausea, seizures or mood swings are actually being caused by a brain tumor is never easy to digest. In many cases, patients don't know what to think, let alone what they should do to advocate for their health. However, having a sound action plan can mean the difference between life and death."

There are many types of brain tumors – from benign cystic lesions to glioblastoma multiformes, the most common and deadliest of malignant primary brain tumors in adults. While each case must be evaluated on an individual basis, patients and their loved ones must educate themselves about certain fundamentals so they can be proactive in their own treatment and care.

Dr. Beyerl offers these tips to patients who have been diagnosed with a brain tumor:

1. Ensure you have received the appropriate diagnostic testing.

There are two primary types of diagnostic tests that neurosurgeons use to examine the brain: CT scans and MRIs. CT scans, also known as CAT scans, are best for preliminary screening. They are better tolerated by patients, quicker to perform and less costly. They are also not as sensitive or as accurate as MRIs in showing anatomic detail or visualizing the tumor. Because of this, using CT scans in isolation, especially when performed without contrast, can result in severe misdiagnoses. Insist on getting an MRI to ensure your doctor has the most accurate information about what is going on in your brain before proceeding to treat it.

2. Explore your treatment options.

Viable treatment options vary based on the nature and location of the tumor. For example, with

a meningioma, which is a mass that slowly grows from the covering of the brain and spinal cord, a combination of removal and radiation may be used depending on the accessibility of the tumor. There are often alternative courses of treatment available, so ask your doctor about – and do your research on – all of your options including minimally invasive surgeries and non-invasive techniques such as CyberKnife®. These innovations reduce trauma to the brain and require less cutting, resulting in shorter hospital stays, faster recoveries and better outcomes than traditional surgery.

3. Realistically consider the risks.

Have a frank conversation with your doctor about the potential implications of each treatment. While no one enjoys thinking about less-than-perfect scenarios, risks like infection and other complications exist with any kind of treatment. Will your brain function at '100 percent' again? Will you feel like yourself? What are the short- and long-term side effects? What type of follow-up care is needed? Knowing what to expect will help you prepare for recovery.

4. Find a doctor who will be your partner along the journey.

There's no substitute for a doctor's credentials and experience, but the softer skills – bedside manner, empathy and communication – are also supremely important. You should look for a neurosurgeon you feel comfortable with and who is committed to your care long term. He or she should view you not only as a patient, but as a partner in your health.

"Having a brain tumor is one of the most significant and emotional experiences of a person's life," Dr. Beyerl acknowledges. "Working with an experienced neurosurgeon who provides guidance and empowerment along the journey can make all the difference in the world."

For more information on options for managing and treating brain tumors, contact ANS at 732-455-8225 or visit ansdocs.com.

Atlantic NeuroSurgical Specialists (ANS) is New Jersey's largest neurosurgical practice and one of the most advanced in the country. Since its founding in 1958, ANS has specialized in the diagnosis and treatment of disorders affecting the nervous system. Its Brain Tumor Center – co-directed by Yaron A. Moshel, MD, PhD and Brian D. Beyerl, MD, FACS – is known for its cutting edge treatments and therapies, many of which involve minimally invasive. ANS sponsors The Center for Hope Foundation, a dedicated support group for brain tumor patients and their families.

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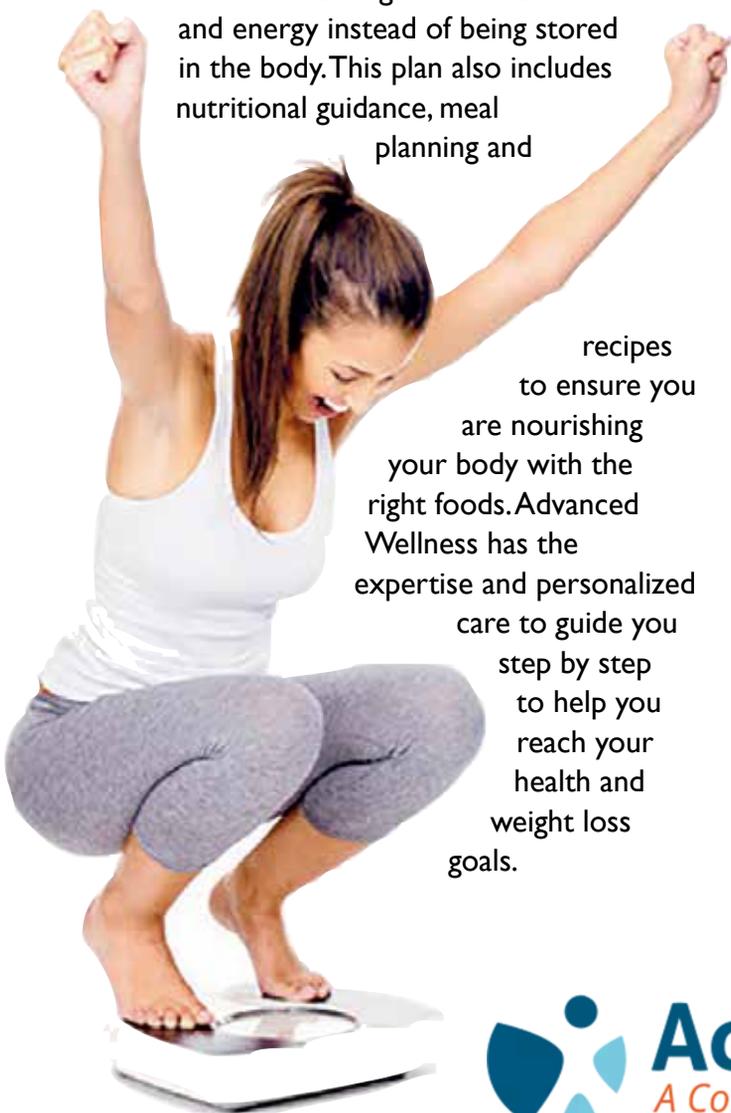


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I've been reading about supervised medical weight loss. What does that entail?

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excess stored fat gets burned off in fuel and energy instead of being stored in the body. This plan also includes nutritional guidance, meal planning and



recipes to ensure you are nourishing your body with the right foods. Advanced Wellness has the expertise and personalized care to guide you step by step to help you reach your health and weight loss goals.

We have also found that many people who struggle to lose weight may actually have food sensitivity issues that cause inflammation of their cells due to an adverse reaction to certain proteins. Aside from unexplained difficulty losing weight, people with food sensitivities may also experience a variety of symptoms including headaches, acid reflux and digestive issues to name a few. By including a food sensitivity test in our weight loss program, we can identify what foods are most compatible with your body and what foods you should avoid so that we can remove the offenders, reduce inflammation and aid in weight loss.

We have many health and weight loss plans available. At a consultation with one of our Case Managers we can determine which plan best suits your goals and budget.

Break the cycle of fad or unhealthy dieting and schedule your free consultation to learn how our proven system has over a 95% success rate in long term weight loss and healthy lifestyle transition. Call us at **(732) 431-2155**, Monday through Friday, and request a day or evening appointment. To learn more about our programs or other services we offer, visit us on the web at **www.advanced-wellness.net**.



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Freehold Welcomes Beacon Yoga to the Chadwick Square Plaza

With a grand opening, just days ago on January 15, Freehold Township is happy to welcome a beautiful new Yoga studio on Route 9 North, just north of Elton-Adelphia Road.

Beacon boasts 9 Yoga instructors for their integrated studio, which is composed of safe, alignment based Restorative, Slow Flow, Hot Power Hour, Power Vinyasa, Hot Baptiste Power Flow, Jivamukti, Angel Yoga, and Chair Yoga.

Beacon Yoga is yoga for every BODY.

Leave your worries and shoes by the front door as you step inside their premier Yoga Room. With soothing colors and rich bamboo flooring, serene lighting and quiet tranquility...peace is an easy find. As a beginner, you can try any class but just go at your own pace. Our teachers will guide you through each pose and offer many modifications. Yoga is a journey and a practice. Enjoy the journey and it will become your practice.

Benefits of Yoga

- Connecting with your inner self/intuition
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- Proven to reduce stress and anxiety
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- Detoxifies your body and your thoughts
- Improves balance, posture and strength
- Great for depression and increases self-confidence

Open 7 days a week with classes scheduled from dawn to dusk, owner Gina Zalewski makes no room for excuses that you don't have time to live fit and be centered. Try the \$49 unlimited yoga for 1 month where you can sample all classes offered and easily find the right class for you! You can drop in for a class or stick to a tight routine. Pricing is flexible and reasonable. Senior and Veterans are welcomed with preferential pricing.

Questions? Comments? Call them, stop by for a tour, check out the website, or email!

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IMPORTANT HEALTH TIPS

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- ♥ Drink more water in morning, less at night.
- ♥ Best sleeping time is 10pm to 4am.
- ♥ Don't lie down immediately after eating a meal.
- ♥ Answer phone call from Left ear.
- ♥ When phone's battery is low to last bar, don't answer the call because the radiation is 1000 times stronger.

Share this with your loved ones!!

QUESTION:

What's the best way to treat knee arthritis?

Consider a non-surgical treatment that really works!

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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



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