

Monmouth County's

SEPTEMBER 2015

Ask The DOCTOR

THE HEALTH & WELLNESS MAGAZINE FOR YOU AND YOUR FAMILY

**Local Physicians
Answer Your
Health Questions**

NEWS YOU CAN USE:

Kids' Health Beauty
Eating Well Fitness
Healthy Home Aging
Healthy Pets ...and more

PRST STD
US Postage Paid
Permit No. 1239
Bellmawr, NJ

ECRWSS
LOCAL
RESIDENTIAL CUSTOMER

ZONE I

GUNTHER
Publishing Enterprises, Inc.

HER space

breast imaging
& biopsy specialists

and more...

**NOW
OFFERING**

Pelvic
and abdominal
ultrasounds

You can relax knowing you're with the best.



- Same-day results
- 3D digital mammography with tomosynthesis

- Same-day biopsies
- Automated screening breast ultrasound

- Breast specific gamma imaging
- Bone densitometry

To schedule an appointment please call 732.571.9100. Visit herspacebreast.com for more information.



- Body Contouring
- Laser Hair Removal
- Skin Rejuvenation
- Laser and Hydra Facials
- Lip Augmentation
- Botox® and Cosmetic Fillers
- Acne and Scar Treatment
- Cellulite Treatment
- Laser Vein Treatment
- Laser Brown Spots Treatment
- Laser Tattoo Removal
- Medical Weight Loss & HRT

FULL FACE BOTOX
\$199

*Maximum 20 Units *Limited Time Only



BODY CONTOURING

CoolSculpting
VANQUISH
VENUS Legacy
Exilis Elite
Cellulite Treatment
Laser Skin Tightening

Buy One, Get 2nd 50% Off

Laser Hair Removal
Age Spot Removal
Anti Aging Lights
Acne Lights

FREE Doctor's
Consult & VISIA Digital
Face Exam

END OF SUMMER SPECIALS

Hydra Facial MD
Latisse for Eye Lashes
Laser VEIN Treatment
Instant Face Lift
Voluma Face Lift

732-851-7005

KILMER PROFESSIONAL PARK
25 Kilmer Drive • Bldg. 3, Suite 105
Morganville, NJ 07751
(located off Rt. 9 South & Union Hill Rd.)

**GIFT
CERTIFICATE**
\$50
for New Clients

Sign up for our
MONTHLY SPECIALS & EVENTS
online:

www.AllureMDSpa.com

Next CoolEvent is on Sept. 16!
Please RSVP, space is limited.



**FREE EXAM
AND
MRI REVIEW
FOR ALL NEW
PATIENTS!**
(\$250 Value. Must present
MRI on initial visit)
877.333.6579
www.oldbridgespine.com



RELIEF!

Specialists In Sports and Spine

We at NJ Spine and Wellness offer a broad spectrum of therapy treatments using state-of-the-art equipment. Our skilled team has experience in treating pain associated with:

- Sciatica
- Bulging/Herniated Discs
- Chronic Neck + Back pain
- Headaches
- Joint Sprains
- Muscle Strains
- Sports Injury
- Slip and Fall

3 Convenient Locations!

Old Bridge	Matawan	Freehold
300 Perrine Rd. Suite 305 Old Bridge, NJ 08857	144 Hwy 34 Matawan, NJ 07747 (Acupuncture Only)	202 Mounts Corner Dr. Freehold, NJ 07728 (Inside Club Metro Gym)

Spine and Wellness
Old Bridge • Freehold



ALTER G Anti-Gravity Treadmill



therapy lasers

Follow our blog for weekly updates! oldbridgespine.weebly.com

Connect With Us!



OUR DEPARTMENTS

Health Articles and Q&A Pages	5
<i>Your questions answered from local physicians Medical news and information</i>	
Doctor Profiles	29
<i>Here you will find physician information, including credentials, to help you chose a doctor or find out more about a doctor you go to now.</i>	
Healthy Home	30
<i>Here you will find Expert tips to make your home healthier, safe and fabulous.</i>	
Kids' Health	35
<i>Information, news and expert advice to raising healthy children from pregnancy to 18</i>	
The Healthy Mind & Soul	38
<i>Inspirational stories and advice on achieving mental balance and clarity</i>	
I Am Beautiful	39
<i>Everything from tips to trends Where to go in NJ for specialty services</i>	
The Healthy Palate	40
<i>Recipes to enjoy and local dining options for eating out</i>	
The Strong Lean Body	43
<i>Tips on how to reach and maintain a healthy fitness level</i>	
As We Age	44
<i>Articles and physician information just for seniors</i>	
Healthy Pets	49
<i>Here you will find basic care tips for your cat or dog</i>	



ASK THE DOCTOR • THE MILLSTONE TIMES		
THE FAMILY TIMES: MONMOUTH / OCEAN / MIDDLESEX		
Publisher Cami Gunther	Marketing Director Denise Payne	Director of Recruitment/ Event Coordinator Jolene Conoscenti
Art Director/ Graphic Designer Mindy Jacobson	Marketing Consultants Elizabeth Newman Sheila Lidz Jolene Conoscenti	Writers Susan Heckler Pam Teel Mia Ingui
Editor Elizabeth Newman		Intern Brianna Siciliano

Download
"Bar Code"
app on your phone



Scan this QR Code
with your smart phone
to go directly to
our website.

©2015 by Gunther Publishing Ent. The content of GPE publications and its affiliates are copyrighted. GPE publications are published 12 times a year. Established 10/2008. Distribution and Post office receipt available. All GPE products are distributed free of charge. Average reader per copy is 2.1. No copying or reproduction of the content of this newspaper is allowed without the express written permission from the publisher. GPE's publisher/owner reserves the rights over all electronic copying and reproduction of material contained here within. The publisher, editor, agents, and sales staff reserve the right to reject the advertisements for any reason. Credit for mistakes shall not exceed the costs of the ad in the month which the error occurred.

CONTACT US: PO Box 7632, Freehold, NJ 07728
tmft@optonline.net Phone (732) 995-3456 Fax (732) 677-3390



Follow us!
@TMFTimes



Find us on
Facebook!



Connect with
Cami!

Mommy Makeover

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

BREAST AUGMENTATION

BODY CONTOURING

LIPOSUCTION

TUMMY TUCK

INJECTABLES

SMARTLIPO

Come experience
VECTRA 3D IMAGING
for yourself and see
A Bold Beautiful You!

Breast Augmentation Event

October 1, 2015 at 6pm

Call For Details

Thompson
Center
for Plastic Surgery

RUDOLF C. THOMPSON, MD, FACS



5 Professional Circle, Suite 107, Colts Neck, NJ

732-410-4789 • www.ThompsonPlasticSurgeryCenter.com

Follow us on Facebook for EXCLUSIVE OFFERS: www.facebook.com/thompsonplasticsurgery

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



“Fertility is Finite”

Our society is filled with more opportunities than ever before. As a result, many women are electively delaying childbearing until a later time in their lives. When you are considering getting pregnant, women are surprised to learn that their age directly impacts the likelihood to conceive on their own.

How common is infertility and when does my fertility start to decrease?

Infertility affects 1 in 8 couples in the United States. A “fertile couple” has a 20% chance of achieving pregnancy in a given month, with 85% of couples achieving pregnancy over the course of 1 year. Research shows that maximum female fertility is seen between the ages of 20-24, after which time fertility begins to decline.

When should I start to be concerned about my fertility chances?

A woman is born with a finite number of eggs, and as a woman ages, so do her eggs. After age 30, there is an increased rate of egg aging making it more difficult to achieve pregnancy. After age 35, pregnancy success diminishes at a faster rate. Therefore, the

American College of Obstetricians and Gynecologists (ACOG) recommends that a female ≤ 35 years of age attempting pregnancy seek a formal infertility evaluation if unsuccessful after a period of 12 months, and if > 35 years of age after 6 months of trying.

What are my fertility options and should I freeze my eggs?

Following evaluation, your physician will discuss how to best maximize pregnancy rates. If you are considering delaying your childbearing into your 30s, then it becomes vital to consider your biological clock. Elective fertility preservation involves stimulation of your ovaries with medications and retrieval of your eggs in an office setting. Your eggs can then be cryopreserved and stored for later use.

At the Reproductive Science Center of New Jersey, we are available to answer your fertility questions, perform a complete fertility evaluation, and present you with individualized options for conception all in a comfortable, caring setting. We are a full service fertility center experienced in all the latest technologies and look forward to help you achieve success.



REPRODUCTIVE SCIENCE CENTER of NJ • Eatontown • Toms River • Lawrenceville • 732-918-2500 • www.fertilitynj.com



Infertility Stops Here...

begin your personalized
infertility treatment today

1-877-4 UREGGS

“Helping Small Miracles Happen”

- Comprehensive Fertility Care
- In Vitro Fertilization (IVF)
- Intrauterine Insemination (IUI)
- Intracytoplasmic Sperm Injection (ICSI)
- Egg Freezing
- Preimplantation Genetic Diagnosis and Screening (PGD/PGS)
- Donor Egg
- IVF /Donor Egg Refund Program
- Acupuncture
- Advanced Robotic Reproductive Surgery



REPRODUCTIVE SCIENCE CENTER of NJ • www.fertilitynj.com

DR. WILLIAM F. ZIEGLER • DR. JESSICA S. MANN • DR. ALAN M. MARTINEZ
EATONTOWN • TOMS RIVER • LAWRENCEVILLE • 732-918-2500



ADVERTISEMENT

THE WEIGHT IS OVER

*There's a safer, healthier way
to lose weight and keep it off!*

The Lap Gastric Sleeve or The LAP-BAND® System procedure is a revolutionary way to control your hunger, lose weight and improve your health:

- A smaller stomach
- Limits food portion size
- Decrease hunger hormones
- Maximum absorption with minimal vitamin deficiencies
- No stomach stapling or intestinal rerouting
- Less than 24-hour hospital stay
- Adjustable and completely reversible
- Only FDA approved weight-loss surgery
- 10 times safer than gastric bypass



"Hunger is something I don't really feel anymore. My goal is to get rid of all the diabetic meds. I have currently stopped 5 of the 6 diabetic medications I was on."

—LAP-SLEEVE
patient James



—LAP-BAND
patient Jessica

*"We are Monmouth and Ocean
County's highest volume Bariatric
practice for a reason... proven results!"*

Karl W. Strom, M.D.



732-739-5925

Monmouthbariatrics.com

The Preferred Weight-Loss Surgery

As with any surgery, there are possible risks and complications. Talk to your doctor to see if you are a candidate for the Lap Gastric Sleeve procedure.

STRESS & YOUR HEART HEALTH

How do you react to a stressful situation?

Do you shut down or lash out? Take to unhealthy habits to deal with the pressure building up inside of you? How you handle life challenges can have a major impact on factors that have been proven to negatively impact your heart health.

Stress may affect behaviors and factors that increase heart disease risk, including high blood pressure, cholesterol levels, smoking, physical inactivity and overeating. So step back and take a deep breath — for your heart's sake.

Overall Body Impact

Bodies react to stress in different ways. You may experience a headache, back strain or even stomach pains if you're stressed out. Your energy level can be greatly reduced and your sleeping patterns disturbed.

All of these factors can set off a chain of events that leads to a potentially compromised cardiovascular system.

When you're stressed, your body releases adrenaline, a hormone that temporarily causes your breathing and heart rate to speed up and your blood pressure to rise. Depending upon how long you're stressed, your body may experience this set of circumstances off and on for days at a time.

And although the link between stress and heart disease isn't clearly defined by organizations like the American Heart Association, chronic stress may cause some people to depend on unhealthy lifestyle habits, like drinking too much alcohol, which can increase your blood pressure and may damage the artery walls.

Dealing with Stress

Managing stress is a challenge, but a necessity if you hope to be a picture of good health. A few studies cited by the American Heart Association have examined how well treatment or therapies work in reducing the effects of stress on cardiovascular disease, and the results have shown positive links.

The best place to start when dealing with your stress is a qualified professional. Speak to your physician about how you're feeling. They will be able to refer you to a specialist who can offer effective treatment or preventive strategies. ■



RealHealthSolutions

Center for
Functional Medicine

Safe Lymphatic
Drainage & PureBioEnergy



732-414-6223

www.RealHealthSolutionsllc.com
inna@realhealthsolutionsllc.com

Inna Lukyanovsky, RPh
Registered Pharmacist and
Functional medicine practitioner

Russell Lukyanovsky, RPh
Registered Pharmacist and
certified BioEnergy therapist

A photograph of a woman and a young child smiling and looking at each other, used as a background for the RealHealthSolutions advertisement.

What's Happening?

Weight loss programs invoke images of salads, hours in the gym and dessert deprivation. Hormone testing probably doesn't come to mind. However, as we age, estrogen and progesterone levels decline while androgen levels (testosterone and DHEA) can increase. These changes not only increase the risk of stroke and cardiovascular disease, but they also affect how and where fat is stored in our bodies.

Attempting to lose weight without addressing the hormonal component is like going to the gym and then eating a big piece of chocolate cake. Focusing on whole foods, reducing refined carbohydrates, exercising as prescribed by your doctor and treating any hormone imbalance will help you successfully lose the weight and keep it off. Common weight related hormone symptoms include:

- Increased waist size
- Bloating
- Decreased stamina
- Difficulty maintaining weight loss

Effect on the Body

As we age our basal metabolic rate (BMR) slows down, increasing the number of calories that are converted to fat. Estrogen is stored in fat cells and, as estrogen levels drop, your body compensates by storing more fat. The body responds to this change in hormone level by accumulating fat around the abdomen, creating more of an apple shape.

The thyroid gland has an impact on metabolism. Iodine and vitamin D can impact how well the thyroid gland is functioning. Low iodine and vitamin D levels can contribute to underlying factors in the struggle to lose weight.

Hormone changes redirect the body to store fat in an attempt to conserve hormone and energy stores. However, these stores are often counter-productive to health and well-being. Balancing your hormones can help facilitate lasting weight loss.

We offer state of the art functional diagnostic testing.

Testing & Treatment

Hormone testing and follow up monitoring is a critical step in a successful weight loss program. Testing may involve salivary hormones, vitamin D, and others. Due to the complexity of the endocrine system, issues rarely stem from a single hormone.

A photograph of a bowl filled with various fresh fruits, including apples, oranges, and berries.

GET TESTED! To evaluate your hormone function and begin seeing positive results, ask REAL HEALTH SOLUTIONS for your kit today.

Our functional diagnostic tests will look for the following levels:

- Estradiol
- Estrogen
- Progesterone
- DHEA
- Testosterone
- Cortisol – four times during the day!

Improve Health Solutions Full Service Medispa

Erase the Sins of Summer

- Coolsculpting
- Ultherapy
- Botox/Fillers
- Vampire Facial
- Medical Weight Loss
- Skin Rejuvenation
- Chiropractic
- Laser Hair Removal
- Vitamin IV Therapy
- Medical Facials

Visit us for our **OPEN HOUSE** on **October 1st**
call for details



\$100 OFF

One Area of CoolSculpting

One per service.
Cannot be combined. Expires 10-15-15

BUY ONE GET ONE

for Laser Hair Removal

One per service.
Cannot be combined. Expires 10-15-15

Ultherapy

\$200 OFF

Ultherapy

Excluding brow. One per service.
Cannot be combined. Expires 10-15-15



Improve Health Solutions

866-807-8686

200 Atlantic Ave., Suite E • Manasquan, NJ

www.improvehealthsolutions.com



Dr. Robert Frankel, MD • Dr. Michelle Bouchard, DC
Pier Joanne Feliciano, PA-C • Erin McNaughton, LPN

QUESTION:

What advice can you offer those suffering from back pain?

Dr. Peter Bufano,
Board Certified Spine Specialist



ANSWER:

Don't be your own doctor. Back pain, or any pain in the body for that matter, doesn't just happen; there is always an underlying cause that needs professional attention and a proper diagnosis. At some point in their lives, 80% of Americans will experience back pain. Changing your daily activities or the way you sit just to make the pain stop is not the answer. More often than not the problem can be fixed without surgery, but you need to pay close attention to who you entrust with your health. Finding a good doc who can really identify your deficiencies is key.

Most importantly, you need to listen to medical advice given to you and control what you can control. Back pain often comes from environmental stress on body, examples being

continuous bad posture or improper body mechanics while lifting and bending. Many average Americans experience back pain due to deconditioning of the core muscles that results in an increased amount of force on, as well as a lack of stability around the spinal joints. This combined with a habit of over training in the gym is a biomechanical nightmare that results in increased wear and tear on the spine and its discs.

The best advice a doc could give to a patient is to listen to your body. If something hurts, don't do it! "No pain no gain" is an antiquated mantra that couldn't be further from the truth. While core strengthening is vital to rid back pain, moderation is necessary: pain is your signal to stop. Pushing through your pain can potentially limit the activities you love for a while! ■



300 Perrine Road, Suite 305
Old Bridge, NJ 08857

202 Mounts Corner Drive
Freehold, NJ 07728
(Inside Club Metro)

CALL US TODAY!
Free Exam and MRI Review to the first 30 callers

877.333.6579 (NJSW)

www.NJSpineandWellness.com

Chiropractic • Physical Therapy • Acupuncture • Sports Medicine

ADVERTISEMENT

QUESTION:

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

Dr. Holli Alster



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

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



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

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

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

600 Bridge Plaza Drive
Manalapan



732-851-1617

www.cjfamilyfoot.com

FAMILY FOOT & ANKLE CENTER

of Central Jersey

Kaiser

555 Shrewsbury Ave. Suite F,
Shrewsbury NJ 07702

MediSpa

www.kaisermedispa.com

Skin Care

Anti - Aging

Body Contouring

Therapy

www.kaisertherapy.com

Chiropractic

Physical Therapy

Acupuncture

Fit Club

www.kaiserfitclub.com

Personal Training

Weight Loss

Group Classes





FREEHOLD
Smiles
Family, Laser & Cosmetic Dentistry

Dr. Rochelle Heller is a different kind of dentist. Gentle, patient and caring, she takes the time to provide the best care possible. She is also well regarded by her patients for her thoroughness. Rather than being rushed, you know that she is there to serve your needs.

- **Trusted, Comfortable & Caring Dentistry**
- **Digital X-Rays (Less Radiation)**
- **Sedation Dentistry Available**
- **All Insurance Welcome & Maximized**
- **0% Financing Available**



122 Professional View Drive · Bldg. 100
Freehold, NJ 07728
(for GPS use 1101 W. Main Street – 1/4 Mile W. of Centra State Hospital)

Phone: 732-625-9600

Fax: 732-625-9800

\$199

NEW PATIENT SPECIAL

includes, cleaning, exam, x-rays
FULL VALUE AT \$395

FREE

2ND OPINION CONSULTATION

FULL VALUE AT \$99

FREE

CUSTOM WHITENING TRAY

with completed restorative treatment
restrictions apply
FULL VALUE AT \$495



www.freeholdfamilydentistry.com

HEALTH TIP:

What's Behind High Cholesterol?

Risk factors include poor diet and exercise habits

According to the CDC and HealthDay News, high cholesterol is a risk factor for serious health problems, from heart attack to stroke.

The National Heart Lung and Blood Institute mentions these possible causes:

- Eating a diet high in cholesterol-rich foods, such as meat, cheese, egg yolks and other animal products. Foods high in saturated and trans fats also increase cholesterol.
- Being overweight or lack of physical activity can lead to extra pounds and boost cholesterol.
- Being age 55 or older increases your risk of high cholesterol.
- Having an inherited condition called familial cholesterolemia leads to high cholesterol.
- Exercise may be just what the doctor ordered to improve heart health.

The National Heart Lung and Blood Institute says potential benefits of exercise include:

- Reducing blood pressure and triglycerides.
- Boosting "good" HDL cholesterol.
- Improving levels of blood sugar, thereby reducing the risk of type 2 diabetes.
- Cutting proteins responsible for harmful inflammation.
- Improving chances of maintaining a healthier weight. ■

Advertising in This Magazine WORKS



Dr John M . Young
Shore Dental Sleepcare

273 Route 34, Suite 705
Colts Neck, NJ 07722
732-761-8300

www.shoredentalsleepcare.com

"I get many new patients from this magazine and it has been one of my greatest advertising vehicles."

For more information about advertising, call 732-995-3456



THE FUTURE OF MEDICAL IMAGING



3D Mammography

Me First!

It's about time to put yourself first when it comes to your breast health. And, as a part of our ongoing commitment to you and your families, we are proud to offer the latest in breast cancer screening, 3D mammography – the most exciting advancement in breast cancer detection in more than 30 years.

3D Mammography is an extraordinary breakthrough in cancer screening and detection. With greater clarity and more certainty this new technology allows our doctors to see breast tissue detail in a way never before possible to help us detect and fight breast cancer at its earliest stages, when it is most treatable.

To learn more about the 3D mammogram visit www.my3DMammo.com

To schedule an appointment, please call 1-888-FRG-APPT (374-2778)



Freehold Radiology Group
Freehold MR Associates

Donna O'Donnell Medical Arts Building
901 West Main Street
Freehold, New Jersey 07728

Northpoint Professional Building
176 Route 9 North
Marlboro, New Jersey 07726



www.freeholdrad.com

For more information visit us at:
my3DMammo.com



Evening and Saturday appointments available for busy families!



Christopher Armento, DMD
Lisa Indelicato, DMD

361 Kings Highway E | Middletown, NJ 07748
732.671.1110 | Redbarndental.com



RED BARN DENTAL

- Preventive Care
- Patient education, cleanings, fluoride, oral cancer screenings
- Cosmetic Dentistry
- Porcelain crowns, bridges, dentures
- Implant Restorations
- Endodontic and Surgical Procedures
- Teeth Whitening
- New Patients, Children and Emergencies Welcome

HEALTH LITERACY

The Affordable Care Act defines health literacy as the degree to which an individual has the capacity to obtain, communicate, process and understand basic health information and make appropriate health decisions.

Are you health literate? The more you know about health, the better choices you will make.

There are many challenges keeping people from becoming fully health literate. Whether these impediments are socially, economically or politically driven, everyone deserves access to critical information that could improve their health and related finances.

The Basics

So what type of information falls under health literacy? The Centers for Disease Control and Prevention establishes the following rights of citizens:

- Find information and services;
- Communicate needs and preferences;
- Process meaning and usefulness of information and services;
- Understand choices, consequences or context of information and services; and
- Decide which information and services match their needs.

Importance

A health-literate citizenry can lead to better overall health for people across the nation. Taking care of personal health issues is a part of everyday life – not just during a doctor's visit.

It is important for people to understand common medical terms and the basic science behind how their bodies work. Staying current on emerging medical information and new statistics also helps people evaluate risks to their own health, perform complicated self-care or become more educated voters for important community issues.

Who is Responsible?

There are many healthcare professionals who can make a positive impact on improving the overall health literacy of the American population. Doctors, nurses, dentists and pharmacists are crucial in this mission because of their daily interaction with the public.

Other professional sectors that could make a difference include public health workers, human resources professionals, researchers and the media. Disseminating accurate, timely news related to the state of United States healthcare can influence and enlighten citizens. ■



Prostate Cancer Awareness Month

By Mia Ingui

September is the official Prostate Cancer Awareness Month, bringing men who have or in the future may have prostate cancer a step closer to treatment and cure.

What is prostate cancer?

Prostate cancer is the second most common cancer in men, trailing only behind skin cancer. This form of cancer develops in a man's prostate, the walnut-sized gland that lies below the bladder and produces some of the fluid in semen.

Who is affected by it?

This cancer most commonly affects men who are of ages 50 or older, and actually, most men who are over age 70 already have some form of prostate cancer, though they may not experience any symptoms.

What are its symptoms?

In its earliest stages, prostate cancer can easily go unnoticed. Men can go without feeling any symptoms. But, the later symptoms include frequent urination, difficulty urinating, or a painful or burning sensation while urinating.

What causes prostate cancer?

There are some risk factors that can be controlled. Studies have shown that a diet too low in fruits and vegetables greatly aids the development of cancerous cells in the prostate. But, to debunk some common myths, prostate cancer is NOT caused by having sex.

How can I treat prostate cancer?

Screening tests are available to detect early stages of prostate cancer, but government guidelines don't require routine testing for men. Men that are between the ages of 40 and 50 should go and be tested. If tests show signs of the cancer, where the cancer has spread in the body determines the type of treatment. ■



Monmouth Crossing Award-Winning Assisted Living

The comforts of home. An active social life. Around-the-clock care and support. It's the best of all worlds. A great life for your loved one. Peace of mind for you. That's the magic of Monmouth Crossing—a charming community, filled with friends and laughter, countless activities, and a staff that considers every resident a part of their extended family. Yes, you can breathe a sigh of relief. This is assisted living at its best!

Preview our newly renovated apartment kitchenettes!

Get in touch: 732.303.8600

Get informed: monmouthcrossing.com

Come for a visit: 560 Iron Bridge Rd., Freehold, NJ

 **Monmouth Crossing**
Assisted Living

CentraState Healthcare System



**Visit centrastate.com/Monmouth-Crossing
to view our video tour.**



QUESTION:

I need corrective lens eye glasses.

How do I know which type is right for me?

ANSWER:

You don't.... at least not without doing lots of research. You can spend many hours surfing the web and trying to find out what your choices are or, you can go to your trusted eye glass professional and ask their educated opinion.

According to recent statistics, 75% of the American population uses some form of corrective lens or 225,000,000 people. Of the 75%, approximately 64% wear glasses and the 11% wear contact lenses.

The eyeglass lenses you choose influence four elements: appearance, comfort, vision and safety. People tend to spend more time thinking about the frame and how it looks or reflects their personality and lifestyle while not spending enough time considering their choices of eyeglass lens materials, designs and coatings.

All prescription lenses for glasses, regardless of your vision issues rely on the following choices of materials along with their features and benefits:

- Glass lenses offer exceptional optics although they are heavy and can break easily, therefore glass lenses are no longer widely used for eyeglasses.
- Plastic lenses were introduced in 1947. Made of a plastic polymer called CR-39, they were half the weight of glass, low cost and had excellent optical qualities.
- Polycarbonate lenses were introduced in the 1970's for safety glasses as they were developed for the air force. They are lighter and more impact resistant than plastic lenses, which makes them ideal for children's eye wear.
- Trivex is a newer, lightweight eyeglass lens material with similar impact-resistant properties as polycarbonate. It was introduced for eyewear in 2001.

- Progressive lenses are no-line bifocals which are worn for the correction of presbyopia. They give a more youthful appearance and are more functional. The fit must be very precise.

Most high index plastic lenses are made with aspheric design, which is where the lens curvature changes gradually from the center of the lens to its edge. This enables the lens manufacturers to use flatter curves when fabricating eyeglass lenses, without degrading the optical performance of the lenses. This avoids what we used to call Coke Bottle glasses.

The FDA has guidelines for impact resistance, so there's a limit to how thin an optical laboratory can grind your lenses. In (concave) lenses for the modification of myopia/nearsightedness, the thinnest portion of the lens is the optical center. In (convex) lenses that correct farsightedness, the thinnest portion of the lens is at its edges. The size and shape of the frames you choose will also affect the thickness of your lenses

Other considerations are:

- Anti-scratch coating as some surfaces are more prone to scratching and some people are tougher on them than others.
- An anti-reflective (AR) coating eliminates reflections in lenses that reduce contrast and clarity, especially at night. It is good for all glasses.
- UV-blocking treatment filters the sun's harmful rays which has been associated with age-related eye problems including cataracts and macular degeneration.
- Photochromic treatment enables eyeglass lenses to darken automatically in response to the sun's UV and high-energy visible (HEV) light rays, and then quickly return to clear (or nearly clear) when indoors.
- Polarized lenses diminish glare from flat, reflective surfaces (like water) and also reduce eye fatigue.
- Anti-fog coating

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. Let our professionals walk you through the process of choosing the right frames and lenses to fit you and your lifestyle.

A visit to us may be your first line of ocular defense!

Check out our website for more information <http://monmouthvision.com/>. Dr. Steven Linker, OD Monmouth Vision Associates, 50 Route 9 North, Suite 206, Morganville, NJ, 07751 • Tel: 732-617-1717. ■



Monmouth Vision Associates

Dr. Steven Linker, OD • 50 Route 9 North Suite 206 • Morganville, NJ, 07751
732-617-1717 • www.MonmouthVision.com

License 270A00454300 270M00044200



QUESTION:

Why Is Thermography Considered the Best Breast Test?

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

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

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

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

OVERALL RESEARCH

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

Don't put it off! CALL NOW to schedule your screening at:

Advanced Thermal Imaging

Freehold Executive Center • 4400 Route 9 South, Freehold
877-315-7226 (Ext. 448) • 24/7 Emergency: 732-902-1876
www.BTIsCan.com



ADVERTISEMENT



ARE YOU EATING CLEAN?

It's a health industry buzz phrase that has helped promote the effort of consuming healthier, more natural foods. But "eating clean" is anything but a passing trend.

It is a lifestyle for many people as they try to cut out the added sugars and preservatives that make their way into American shopping carts, homes and bodies.

The nutritional impact that eating clean has on waistlines – and the environment – is the primary catalyst behind the movement. Here's how you can alter your eating and cooking habits to join the movement:

Fruits and Vegetables

The United States Department of Agriculture urges adults to consume about three cups of fruits and vegetables per day. The specific amount of fruits and vegetables your body requires to remain at optimal health depends on your age, sex and level of physical activity.

By making half of your plate fruits and vegetables at each meal, you can easily meet your body's needs. And your body will thank you for the extra vitamins, antioxidants and heart-healthy fiber found in most all fruits and vegetables.

Cut Added Sugars and Soda

The American Heart Association recommends women consume no more than about six teaspoons of added sugar per day and men consume no more than about nine. Drinking one soda per day can wipe out that allowance quickly, since the typical can contains about nine teaspoons.

Other foods to avoid or limit include sugary cereals, candy, yogurt and baked goods. Always read the nutritional information of the products you are considering buying. If the sugar content of a potential purchase makes up a large percentage of your daily intake, consider swapping it out for a fruit or vegetable.

Cook Smarter

Cooking clean doesn't have to translate to you spending hours upon hours in the kitchen. In fact, by simply doubling your favorite clean recipe, you can have plenty to portion and store in the freezer for future meals.

This strategy can help arm you in your fight against the urge to splurge on takeout. Instead, you can choose the easy and affordable option of reheating and enjoying your clean meal. ■



CONCUSSION RISK?

Has Your Child Received *Comprehensive*
Baseline Concussion Testing?

SPECIAL OFFER
\$24.95

Includes balance, oculomotor
and cognitive test, unlimited
post injury testing & reports to
MD x 1 year.



SIGN UP ONLINE: www.concussionRXcare.com

Lincroft • 732 Newman Springs Road, Suite 300 • 732.747.1262

Manalapan • 120 Craig Road, Suite 2 • 732.462.2162

(located in the new "Doctor's Office" building)

Recognized provider for Red Bank Catholic HS, Brookdale CC, Marlboro Soccer Association, and Old Bridge Ice Hockey.

MEN & WOMEN PREVENTIVE CARE

Preventive care is a major buzzword in the healthcare world these days, as more and more research is finding that most chronic diseases are highly preventable.

Men and women alike share personal responsibilities when it comes to staying on top of their health. That means scheduling regular checkups with your physician to check for conditions such as high blood pressure, obesity, diabetes, vision issues and various types of cancer.

Unless otherwise noted, John Hopkins Medicine recommends discussing the following conditions with your doctor for clarification and accuracy purposes, as everyone's health care situation may vary.

Men

Diabetes: At least every three years for adults who have had no symptoms and have sustained high blood pressure greater than 135/80.

Lipid disorders: All men ages 35 and older, as well as younger men with a higher risk for coronary artery disease, should be checked every five years.

Blood pressure: Screenings every two years if blood pressure reading is higher than 120/80, according to the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure.

Colorectal cancer: Discuss this with your health care provider to make an informed decision based on your family history and current medical condition.

Women

Cervical cancer: Women between the ages of 30 and 65 should have a Pap test and HPV test every five years.

Depression: Feelings of depression should be addressed at all routine exams, as long as the clinical practice has staff and systems in place to ensure accurate, effective diagnosis and treatment.

Vision: Women (and men) should have a baseline comprehensive exam at age 40; if you have a chronic disease, you should check with your healthcare provider for exam frequency.

Breast cancer: Women should have yearly mammograms and clinical breast exams. ■



HEALTHY WOMAN

OBSTETRICS AND GYNECOLOGY

EVERY WOMAN DESERVES
TO BE A HEALTHY WOMAN.

WE PROVIDE
PRENATAL SERVICES,
GYN SERVICES,
CRYOABLATION,
ESSURE, MIDWIVES,
AND MUCH MORE

WE ACCEPT
MOST HEALTH
INSURANCES AS WELL
AS PROVIDING PAYMENT
PLANS FOR THOSE
WITHOUT INSURANCE

732-431-1616

Healthywomanusa.com

LOCATIONS:

161 Bartley Road, Jackson, NJ 08527

9 Professional Circle, Suite 103, Colts Neck, NJ 07722

312 Professional View Drive, Bldg. 300, 2nd FL., Freehold, NJ 07728

NEED HELP TRACKING YOUR WATER INTAKE?

These smart "Drinking Water" Apps keeps track of how much water you've had to drink and applies it to your daily goal. You can easily set up the goal to match how much water you want to drink every day. Anytime you drink water, you can quickly apply the amount of water you drank towards your daily total. The apps are fun and some direct you to find the closest water fountain if you need a refill!

1. **WaterLogged** – iPhone (free basic version)

2. **WeTap** – Android (free)

3. **OasisPlaces** – iPhone (free)

4. **TapIt Water** – iPhone (free)

5. **Carbodroid** – Android (free)



Life is busy, so how can you possibly have time to keep track of exactly how much water you've had to drink? Let your Smart Phone which already manages most of your life, handle your drinking water needs as well! ■

Health, Wellness & Regeneration

Non-Invasive Pain Treatment, No Surgery — No Cortisone



Dorota M. Gribbin, MD

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

"Pain is a symptom," says Dorota M. Gribbin, M.D., Assistant Clinical Professor at Columbia University - College of Physicians and Surgeons, Chairman of Physical Medicine and Rehabilitation section at Robert Wood Johnson University Hospital at Hamilton and Medical Director of Comprehensive Pain and Regenerative Center. "In order to manage pain effectively, it is essential to pinpoint its cause." Named one of the best doctors in the New York Metro Area by Castle Connolly Medical Ltd. for 14 consecutive years between 1999 and 2013, the pain management specialist uses a minimally invasive approach to outsmart tough pain. Her first step is to obtain a global understanding of the patient, including specific complaints and past medical and social history. Next come diagnostic studies such as blood tests, xrays, MRI and electro diagnostic studies (EMG/NCV).

REGENERATE RATHER THAN REPLACE! STEM CELLS, PLATELETS RICH PLASMA (PRP) AND PLATELETS POOR PLASMA (PPP)

Regenerate rather than replace your joints, tendons, muscles, skin, and wounds with Regenerative Injection Therapy with Growth Factors in Platelets Rich Plasma (PRP) and Kinines in Platelets Poor Plasma (PPP). PRP therapy strengthens and heals arthritic and strained joints, tendons, ligaments, muscles, and skin — including nonhealing wounds and aging skin of your face. PRP injections can be performed all over the body. It is a natural regenerative method of treatment of sports injuries, arthritic joints, lower back pain, disc disease, tennis elbow, carpal tunnel syndrome, ACL and meniscal tears, shin splints, rotator cuff tears, plantar fasciitis, iliotibial band syndrome, pyriiformis syndrome, tennis/golfer's elbow, sprained or torn muscles and neck/back pain including disc disease (herniated nucleus pulposus).

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

When PRP is injected into the damaged area it stimulates the tendon or ligament causing mild inflammation that triggers the healing cascade. As a result new collagen begins to develop. As this collagen matures it begins to shrink causing the tightening and strengthening of the tendons or ligaments of the damaged area.

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

PROLOTHERAPY

Prolotherapy is a method of injection treatment designed to stimulate healing. Various irritant solutions are injected into the ligaments, tendons, and joints to encourage

COMPREHENSIVE PAIN AND REGENERATIVE CENTER

NATURAL PAIN RELIEF AND BODY REGENERATION

- TPIs nonsteroids trigger points injections
- RFA Radiofrequency Ablation: alleviate the pain with elevated temperature
- Pure PRP/PPP Platelets Rich Plasma/Platelets Poor Plasma
- Medical Weight Loss
- Esthetic Medicine
- Stem Cells Regenerative Treatment
- Fall Prevention Program

181 North Harrison Street PRINCETON, N.J. 08540

2333 Whitehorse-Mercerville Rd. Suite 8, MERCERVILLE, NJ 08619

369 Applegarth Road, Suit #4, Apple Plaza, MONROE TWP, NJ 08831



609.588.0540

Toll Free 1.844.866.4488

WWW.DMGRIBBINMD.COM

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

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

RADIOFREQUENCY:

A Revolutionary Modality in the Treatment of Painful Conditions and in Body Regeneration & Rejuvenation.

Surgery should be the last resort. Most painful conditions are treated conservatively with a nonsurgical approach. In addition to medications, physical modalities (ultrasound, TENS, massage, exercise) and injection techniques RADIOFREQUENCY is a revolutionary technology which incapacitates the conduction of pain and also treats cellulite, tightens the subcutaneous tissue and erases scars and wrinkles.

Radiofrequency ablation of the median branch sensory nerve "turns off" a small nerve, which conducts pain. It is used for effective treatment of pain with long lasting results. The outcomes are amazing: years of pain relief, lowering or eliminating the need for pain medications. Skin tightening, nonsurgical face-lift and smoothing of the skin surface have proven to be effective in the treatment of acne scars and sun damaged skin as well as cellulite and excessive fatty tissue.

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

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

FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

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

SLEEP YOURSELF TO BETTER HEALTH

Are you bright-eyed and bushy-tailed today or beat down and just plain bushed? Being chronically tired to the point of exhaustion translates to decreased performance in nearly every physical and mental activity.

If we do not recharge our brains and rest our muscles, our body is not given the chance to fully recover from various activities.

Sleep plays a critical role in our health across immunity, metabolism, memory, learning and other vital functions.

Sleep & Learning

Researchers at the Division of Sleep Medicine at Harvard Medical School are conducting studies that suggest various sleep stages are involved in the consolidation of different types of memories and that being sleep deprived reduces one's ability to learn.

You'd probably guess that the better rested you are, the more likely you are to focus and learn new information. But what about after you learn?

Slow-wave sleep, which is defined as deep, restorative sleep plays a signification role in processing and consolidating newly acquired information, according to Harvard's sleep researchers. REM sleep, on the other hand, is necessary for our ability to consolidate the memory of how to perform repetitive tasks.



How to Get More Sleep

In today's 24/7 world of information-sharing, socializing and working, sleep is getting harder to come by. The fact is, our bodies still require an ample amount of sleep to most effectively get through the day. How much sleep depends on your age. A study by the National Sleep Foundation found that sleep needs vary across populations.

The National Sleep Foundation offers these tips for maximizing your mattress time:

- Choose one consistent bedtime and maintain it, even on the weekends;
- Avoid napping late in the afternoon if you want to catch your Zs at night;
- Daily exercise is beneficial, as long as it doesn't cut into your sleep time;
- Design a sleep-friendly room with the noise and darkness levels best suited to your personal sleep preferences; and
- Reach out to your physician if sleep deprivation is impacting your daily life. ■

You've learned to Live with Pain

NOW, YOU CAN LIVE WITHOUT IT!

Our staff will focus on a **multimodal approach to pain control. This ranges from Physical therapy & Medication Management to Minimally Invasive Spine Surgery.**

SPECIALTIES:

- Pain Medicine
- Anesthesiology



Dr. Bannister, MD

FREE MRI REVIEW

2 LOCATIONS:

1131 Broad Street
Srewsbury, NJ 07702

966 Hwy 36
Hazlet, NJ 07730

To learn more and come in for a consultation please call

732-389-3500

We Accept all Insurances Including Medicare.



Monmouth County Pain Management & Wellness Center, LLC

Exceptional people. Extraordinary care. We're Reliance.



Welcome to Sanna Kalika, M.D., Internal Medicine

- Chronic Disease Management • Weight Management
- Treatment of Symptoms of Menopause and Other Hormonal Imbalances with Bio-Identical Hormones
- Office-Based Opiate Dependence Treatment

Our Team of Medical Providers delivers to our community comprehensive medical care for the entire family, regardless



of a patient's age or type of illness/injury. Our Walk-In Center is open 7 days a week and offers extensive and emergency services in addition to Primary & Geriatric Care. **Languages spoken in the offices are English, Spanish and Russian. Translations are available.**

Emergency Medicine

Family Medicine/
Internal Medicine

Geriatric
Comprehensive Exams

Vaccinations (Routine & Emergency)

Annual Physical Exams

CDL/DOT/School &
Work Physicals

Onsite X Rays & Labs

Onsite Cardiology
Consultations

Onsite Chiropractic,
Rehab & Wellness

EMERGENCY MEDICINE CERTIFIED PROVIDERS

OPEN HOLIDAYS & WEEKENDS • WALK-INS ARE WELCOME!

Howell Family & Walk-In Center

4013 Rt. 9 North, Howell
732.905.5255

Internal Medicine & Geriatrics

4630 Rt. 9 South, Howell
732.370.0320

RELiance
MEDICAL GROUP



QUESTION:

How can a dentist help with my snoring?

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

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

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

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

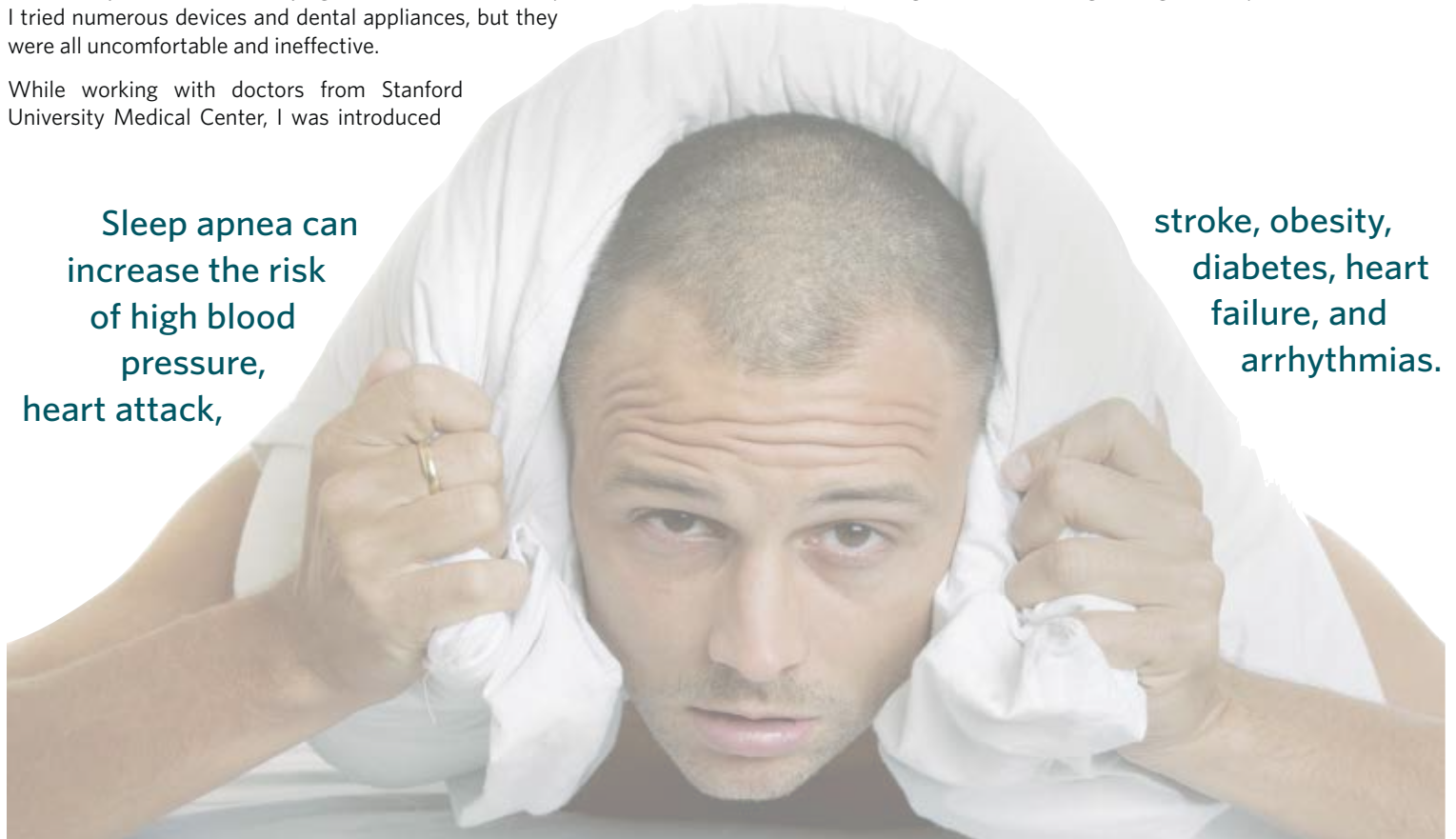
to, and now personally wear, the first dental appliance for snoring, Obstructive Sleep Apnea (OSA), and Upper Airway Resistance Syndrome (UARS). It is a perfect alternative for those who cannot tolerate their CPAP therapy. This appliance is FDA approved as a medical device in two separate classifications;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

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

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

Sleep apnea can increase the risk of high blood pressure, heart attack,

stroke, obesity, diabetes, heart failure, and arrhythmias.



**Shore Dental Sleepcare
Sleep Apnea Specialists
732-761-8300**

**Colts Neck Center for
Orthodontics and Invisalign
732-761-9700**

273 Route 34, Suite 705 • Colts Neck, NJ 07722

www.shoredentalsleepcare.com

Specialty License #3855

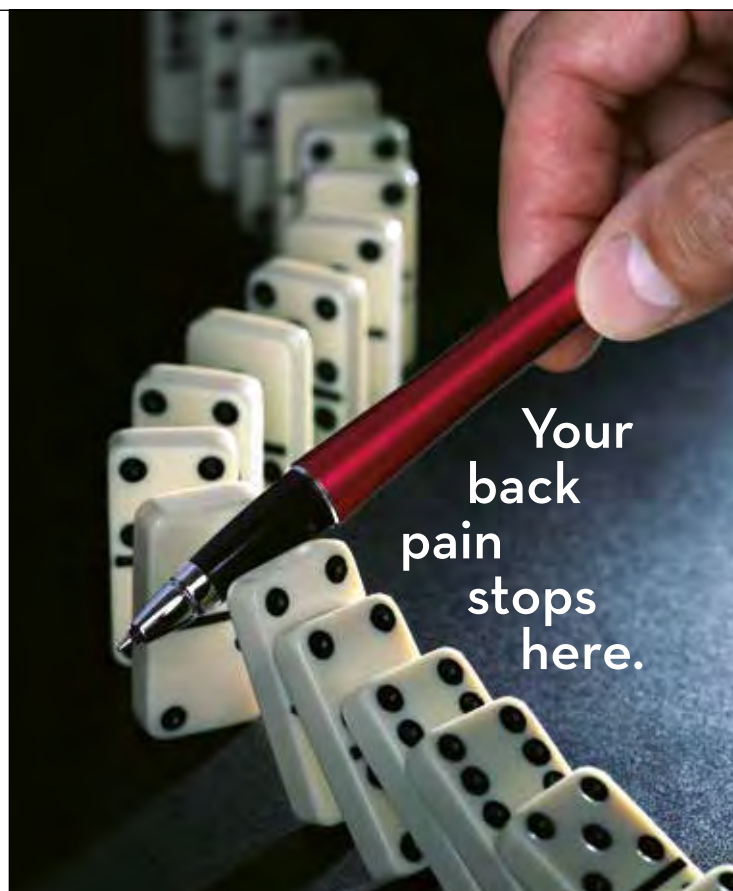
ADVERTISEMENT

Suffering From Neck or Back Pain? What You Need to Know

If you're suffering from neck or back pain, you know how confusing it can be to figure out the best treatment. Dr. Pinakin R. Jethwa, a neurosurgeon at **Atlantic NeuroSurgical Specialists (ANS)**, offers these clarifying insights:

- Get an accurate diagnosis as quickly as possible so you can begin the right treatment.
- A board-certified, fellowship trained neurosurgeon is the most qualified to provide an accurate diagnosis because he/she is specifically trained to treat the intricacies of the spine and surrounding nerves.
- The cervical spine – or neck – controls the head and everything below the neck including the arms, legs, bowels and bladder.
- The most common chronic problems affecting the cervical spine are disc herniation and spondylosis. In both conditions, the discs that normally cushion the bones and joints of the spine become damaged and displaced. They press on surrounding nerves or the spinal cord, causing pain, numbness and weakness.
- While injury to the cervical region can be catastrophic, most patients with cervical spine disorders can manage their symptoms without surgery.
- When surgery is needed, the two most common types are decompression and fusion. Decompression surgery removes the disc, ligament or bone that's pressing on the nerve or spinal cord. Fusion surgery stops the movement between two bones.
- Most patients can return to work a few weeks after surgery.
- In the past decade, spine surgery has become much safer and less invasive thanks to advances in minimally invasive techniques, spinal instrumentation, artificial discs and the materials that promote spine fusion.
- Minimally invasive surgery can be performed on an outpatient basis with rapid return to daily function.
- ANS, which performs the most minimally invasive spine surgeries in the state of New Jersey, is one of a few practices nationwide participating in a national outcomes database which carefully monitors outcomes in spinal care. This powerful tool helps identify the right treatment for the right patient at the right time.
- Cervical spine surgeries have a high rate of success. They not only manage symptoms, they also limit the chances of continued degeneration and future major spinal cord injury.

Want the best treatment for your neck or back pain? Contact Atlantic NeuroSurgical Specialists at **732.455.8225** or visit **www.ansdocs.com**. ANS has offices in Neptune, Morristown, Teaneck, Jefferson, and Summit.



Back pain can impact your ability to function in your daily life.

The sooner you have an accurate diagnosis, the sooner you can get your life back on track. **Atlantic NeuroSurgical Specialists (ANS)** is the largest neurosurgical practice in NJ and handles the most minimally invasive spine surgery cases in the state. Our nationally renowned neurosurgeons are fellowship trained in spine and the most qualified specialists to diagnose and treat your back pain.

Don't let insurance come before your health. Ask to speak with our insurance counselor. For more information, visit **www.ansdocs.com** or call **732.455.8225**.



Atlantic NeuroSurgical Specialists

Brain, Spine and Neurovascular Surgery

3700 Route 33
Neptune, NJ 07753
732.455.8225

11 Overlook Road
Suite 180
Summit, NJ 07901
908.516.2941

781 Route 15 South
Jefferson, NJ 07849
973.729.0266

310 Madison Avenue
Suite 300
Morristown, NJ 07960
973.285.7800

Glenpointe Centre Atrium
400 Frank W. Burr Blvd.
Teaneck, NJ 07666
201.530.7035

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?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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



Dr. Scot Paris using precision fluoroscopy guidance to ensure the best results possible.

ADVERTISEMENT

CENTRAL JERSEY SPINE & WELLNESS

4251 Route 9 North, Bldg. 3, Suite B (Freehold Office Plaza) • 732-683-1800



Come home to The Chelsea!

Outstanding Assisted Living

All the warmth and comfort you expect and deserve. Life on your schedule. Caring support, 24-hours a day. At The Chelsea at Manalapan you'll enjoy gourmet meals prepared in our from-scratch kitchen, fun activities, wonderful friends and a staff recognized by the National Center for Assisted Living for its quality care. You'll feel right at home, right away. This is peace of mind you can't find just anywhere!

Call today for a tour!

732-972-6200



THE CHELSEA
AT MANALAPAN

445 US ROUTE 9 SOUTH | MANALAPAN, NJ 07726

WWW.CHELSEASENIORLIVING.COM



CERVICAL CANCER: Reducing the Risk

The National Cancer Institute estimates that more than 12,000 new cases of cervical cancer and 4,000 deaths from the disease will be reported in the U.S. this year.

Cervical cancer forms in tissues of the cervix, which is the organ connecting the uterus and vagina. It is usually a slow-growing cancer that may not have symptoms.

Cervical cancer is almost always caused by human papillomavirus (HPV) infection, according to the National Cancer Institute. And while these types of cancers start from pre-cancerous cells, only some women with pre-cancers will actually develop cancer.

The change from cervical pre-cancer to cervical cancer usually takes several years, but it can happen in less than a year, according to the American Cancer Society.

Early Detection

The Papanicolaou (Pap) test was introduced in the 1950s and still serves as the most crucial screening to identify cervical cancer. The test – named after the doctor who invented it – examines a sample of cervical cells under a microscope to identify any problems and detect cervical cancer early.

The United States Preventive Services Task Force recommends screening begin at age 21, regardless of when a woman becomes sexually active. As a result of the Pap test, cervical cancer rates have declined dramatically: U.S. cervical cancer incidence and death rates were reduced by more than 60 percent between 1955 and 1992.

Treatment & Coping

Cervical cancer treatment options include surgery, chemotherapy, radiation therapy, immunotherapy and vaccine therapy. Depending on a patient's specific needs, treatment may need to employ only one of these treatment plans. Others strategies may contain a combination of options.

Coping with cervical cancer can be challenging, even for the strongest of patients and families. Many people who have been diagnosed with or treated for cancer can develop symptoms that affect their quality of life.

From physical to emotional hardships, patients are urged to reach out to their local physicians or support groups to find ways to cope. ■

REJUVENATE FROM WITHIN & FINALLY VANQUISH YOUR UNWANTED BODY FAT

Many of us look at our own bodies with disappointment and would love to see some changes made. The fear and expense of surgery deters so many of us from having the body we desire.

In our effort to remain a state-of-the-art Medispa, we are now offering the Vanquish ME® technology to completely destroy stubborn fat. Just released in July 2015, VanquishME® takes body contouring to the ultimate level with increased tuning performance, more concentrated multipolar thermal energy and less scatter to non-fatty tissue than previously possible. The result is a more homogeneous heating leading to higher overall temperature elevation, resulting in more fat destruction along with skin collagen remodeling. This technology is designed to treat larger areas, such as the whole abdomen from flank to flank, back fat, as well as other large body areas during one session. Outcomes from the BTL VanquishME® therapy are best quantified with a tape measure, not a scale. The goal of treatment is circumferential reduction, to reduce bulk in the target areas, resulting in consistent decreased measurements. Vanquish ME® permanently kills fat cells through a process referred to in medical terms as apoptosis. Unlike other treatments (Coolsculpting, iLipo, etc.) that leave you with treatment sequelae such as long term pain, pigmentary alterations, bumps and lumps and nerve damage and most importantly ugly loose skin, Vanquish is the best non-surgical fat reduction treatment that we've seen and offers amazing uniform fat reduction.

"Stem Cell Rejuvenation Enterprises, Inc. has the answer to alleviate your fears. We specialize in non-invasive procedures, in attempt to eliminate the need to painful, costly and dangerous surgeries. Beginning with vanquishing unwanted fat on your body, skin tightening, cellulite correction, continuing to the non-surgical Vampire Facelift®, Breast Lift® and the sexual rejuvenation treatments for both genders, the Priapus Shot® for men and the O-Shot® for women, we are committed to excellence. We are among the very few facilities offering Bellafill, the FDA approved collagen dermal filler for long term correction of facial wrinkles. It is a unique, injectable collagen filler with microspheres that can instantly smooth facial wrinkles for beautiful, natural-looking results that will finally last for 5 years or more.

Our team of healthcare professionals and medical research experts are focusing on providing our patients with the latest and safest cosmetic treatments, employing the latest technology. Unlike other Medispa facilities, our team is comprised of only board certified medical aesthetic and anti-aging practitioners. Together, we bring to you the secrets chosen by celebrities to revive beauty and health", says Corina Ianculovici, RN, MEP-C, CRNI and founder of this unparalleled facility.

OUR TREATMENTS INCLUDE:

Non-invasive Facelift: The Vampire Face Lift® and Breast Lift®, Vampire Facial®
Wrinkle Correction: Botox®, Dysport®, Xeomin®

Dermal Fillers: Bellafill®, Juvederm®, Juvederm Ultra XC® and Juvederm Voluma XC®, Restylane®, Restylane Lift®, Restylane Silk®, Perlane®, Radiesse®, Belotero®

Chemical Peels: VI Peel®, VI Peel for Acne®, Jessner Peel®, Glycolic Peels

Micro-needling Therapy: Micro-Needling Treatments for a younger you, Scar and Stretch Marks removal & Hair Restoration

Skin tightening: Exilis® collagen remodeling

Sexual Enhancements and Rejuvenation: Using Tru-PRP® Technology: The O-Shot® for women, The Priapus Shot® for men, Nipple Rejuvenation

Non-Invasive Body Contouring: Vanquish ME® and Exilis® for treatments of eliminating unwanted fat and Cellulite correction, employing BTL Radio-frequency technology

Products: Blessed Cream®, VI Derm® Skincare line, Latisse®, Regenica®, LeMieux®



STEM CELL REJUVENATION
ENTERPRISES, INC.

MIRELLE
MEDISPA, LLC

founder

**Corina M. Ianculovici,
RN, CRNI, MEP-C**

*Board Certified Medical Esthetics
Practitioner & Certified RN Injector*

**She is the leader in non-invasive stem
cell rejuvenation treatments & anti-
aging platelet rich plasma applications**



Mirelle MediSpa, LLC

Brielle Hills Professional Park | 2640 Hwy 70 | Building NR5 | Suite 102B | Manasquan, NJ 08730

Tel. 732-292-0100 | Fax: 732-292-0900

Mild Cognitive Impairment is not so "MILD"

This term MCI standing for Mild Cognitive Impairment is a very common ailment of older adults (age 50 and over). What is MCI? Very simply defined it is a condition where an individual's memory is impaired greater for what can be expected for their age. When loved ones tell you the forgetfulness is serious it likely is MCI. Since so many millions of Americans have MCI, how do you know if it actually due to a serious neurological condition such as Alzheimer's Disease?

At my Memory Enhancement Center we are conducting the latest breakthrough tests both in clinical practice (We do take Medicare for all tests conducted) as well as in clinical research testing programs.

I and my team are part of the Alzheimer's research community with the responsibility of evaluating volunteers suffering from this MCI/Alzheimer's disease to consider clinical trials as an alternative to accepting their fate in the face of a condition we know to be fatal. Without a known truly effective (by this it means a drug that can slow progression or stop or reverse the disease), treatment not as yet available pursuing an FDA approved clinical trial investigating a possible treatment for Alzheimer's disease would seem to be a reasonable course of action for an individual. Why is it then, that out of 100 people diagnosed with this disease on average, only two are enrolled in a research program?

One must first consider that the course of this disease after an early initial diagnosis can run its course over a period of ten years. Also, the pathology is sometimes present in the brain an additional ten years before the first symptoms appears. When confronted with a disease process of this length there is a tendency upon many individuals to accept a lessening of cognitive abilities as a normal occurrence and a willingness to replace it with compensating support from their family and friends. This becomes a virtual trap

for both the patient and the caregiver. Although both parties to this arrangement are quite comfortable at first, this relationship will eventually disintegrate as the months turn into years. In a research environment, I have seen the bonds between husband and wife and child and parent strengthen over time. The very act of doing "something" rather than accepting one's fate can be both emotionally and physically therapeutic.

In the never ending effort of finding that "golden bullet" that might positively modify this disease process, it lacks the humanitarian approach that is needed to populate these critical research programs.

There is no charge at anytime to individuals or to their insurance who are seeking to get an expert opinion as to the cause of their memory loss. After undergoing memory tests, I decide that further testing is warranted, examinations such as an MRI and PET scan of the brain will be suggested. These two are covered by most insurance carriers including Medicare.

If the results are considered normal for the age of the patient with MCI or suspected Alzheimer's Dementia then there will be no need for Alzheimer's Disease programs or treatments.

If the results are suggestive of MCI due to early Alzheimer's Disease as the cause of MCI or if the tests are consistent with Alzheimer's Dementia we will offer a very comprehensive treatment plan.

This might include starting or continuing on the four FDA approved Alzheimer's Disease medications or if the tests are normal coming off these "unnecessary" medications.

I look forward to continue serving the community as I have been for 29 years.

For questions call us at 732-263-0101.

Joel S Ross MD

Experience Reiki at our new location in Manasquan



**Our gift to you
a COMPLIMENTARY 15 minutes session
at Improve Health Chiropractic
with Dr. Michelle Bouchard**

Dr. Bouchard has been in private practice treating patients in NYC for almost 20 years.

Please to schedule appointment today.

1-866-807-8686

limited to the first 50 must present ad

200 Atlantic Ave., Suite E, Manasquan, NJ 08736-1352

www.improvehealthsolutions.com



FREE MEMORY SCREENING

The Memory Enhancement Center



is promoting early detection of memory problems and appropriate intervention through

FREE
memory screenings.

We encourage adults with memory concerns, a family history of Alzheimer's disease or a desire to establish a baseline score for future comparison, to be screened.

Call today to learn more about memory issues:



(732) 379-7768

www.memorycenternj.com

Eatontown -4 Industrial Way West, 2nd floor

Dr. Pinakin R. Jethwa

Atlantic NeuroSurgical Specialists (ANS)



Dr. Pinakin R. Jethwa is a native of Wayne, NJ. He received his Doctorate in Medicine from Rutgers New Jersey Medical School (formerly UMDNJ) in Newark, NJ following an undergraduate degree in Bioengineering at The University of Pennsylvania, graduating Magna Cum Laude.

Dr. Jethwa is one of the nation's most innovative vascular, dual-trained neurosurgeons. This special training in cerebrovascular and endovascular neurosurgery allows him to offer both surgical and minimally invasive endovascular solutions to complex cerebrovascular disease. He has joined Atlantic NeuroSurgical Specialists (ANS), home of the nation's most experienced neurosurgeons specializing in comprehensive care including vascular, tumor, spine and functional neurosurgery.

Dr. Pinakin R. Jethwa
3700 Route 33 • Neptune, NJ 07753
732.455.8225



Dr. Martinez

Reproductive Science Center



Dr. Alan Martinez is a specialist in Reproductive Endocrinology and Infertility. He completed his fellowship training at the University of Cincinnati Medical Center and is a board eligible physician in Obstetrics and Gynecology, and Reproductive Endocrinology.

Dr. Martinez has expertise in hysteroscopic and advanced laparoscopic surgery. After graduating with distinction with a B.S. in

Biology and B.A. in Psychology from San Diego State University, Dr. Martinez received his medical degree from the David Geffen School of Medicine at the University of California Los Angeles. He completed his Obstetrics and Gynecology residency training at Saint Barnabas Medical Center, an affiliate teaching institution with Rutgers New Jersey Medical School.

Dr. Martinez is actively involved in the American Society of Reproductive Medicine and the Endocrine Society. He has presented his research at numerous national conferences and is author to several publications in internationally recognized journals.

Fluent in Spanish, Dr. Martinez is committed to caring for a diverse patient population. His clinical interests include infertility, PCOS, in vitro fertilization, oocyte and embryo freezing, and third-party reproduction. Dr. Martinez is a passionate and committed physician who provides comprehensive medical treatment in a caring, individualized fashion.

Eatontown • Toms River • Lawrenceville
732-918-2500
Fertilitynj.com



Dr. Bannister, MD

Monmouth County Pain Management & Wellness Center



At Monmouth County Pain Management & Wellness Center the focus of our practice is interventional and chronic pain management.

Dr. Bannister, MD offers a multimodal approach to pain control. This ranges from physical therapy & medication management to minimally invasive spine surgery.

Dr. Bannister's Experience and specialties include: Pain Medicine and Anesthesiology.

The procedures Dr. Bannister performs include: Cervical Epidural Steroid Injection, Cervical Facet Joint Injection, Cervical Medial Branch Block, Chronic Pain Management, Discography, Endoscopic Thoracic Spine Surgery, Epidural Block, Facet Blocks, Epidural Injection, Lumbar Epidural Steroid Injection, Lumbar Facet Joint Injection, Minimally Invasive Spine Surgery, Nerve Blocks, Somatic & Sympathetic, Pain Management, Radiofrequency, Sacroiliac Joint Injection, Spinal Cord Stimulation, Steroid Injection and Trigger Point Injection.

Education

Medical School - State University of NY, Upstate Medical University
Wilson Medical Center (Internship)

State University of New York, Upstate Medical University,
Residency in Clinical Anesthesiology

State University of New York, Upstate Medical University,
Fellowship in Pain Management

Our office is open 6 days a week and we have 2 locations in Shrewsbury and Hazlet.

1131 Broad Street • Shrewsbury, NJ 07702
966 Hwy 36 • Hazlet, NJ 07730
732-389-3500

Rebecca Cipriano, M.D., FACOG

Board Certified, OB/GYN



Dr. Rebecca Cipriano grew up in Wyckoff, New Jersey. She attended Ramapo High School, then went to Colby College in Maine, and graduated cum laude with distinction in Biology. She then attended Chicago Medical

School where she received her Medical Degree and a Master's Degree in Clinical Nutrition. Dr. Cipriano completed her residency training in Obstetrics and Gynecology at New York Medical College. Dr. Cipriano was in private practice for three years in Shrewsbury before joining her husband, Dr. Joseph Cipriano, to start Healthy Woman. Dr. Cipriano is Board Certified in Obstetrics and Gynecology. Dr. Rebecca and Dr. Joe Cipriano live in Colts Neck with their daughter, Colette.

"Every woman deserves to be a Healthy Woman"

Healthy Woman Obstetrics & Gynecology
(732) 431-1616
Offices in Freehold • Colts Neck • Jackson



HEALTHY HOME

TEST YOUR HOME FOR RADON: QUICK TIPS

Radon is a natural radioactive gas that you can't see, smell, or taste. There is usually very little radon in the air outside, but sometimes an unsafe level of radon can build up indoors.

Breathing in too much radon over time can cause lung cancer, especially if you smoke.

If you are breathing in too much radon, you won't feel sick or have any symptoms right away. Testing your home is the only way to know if there's a radon problem.

Test your home with a short-term test.

Testing your home for radon is easy and doesn't cost very much. You can test for radon yourself or hire a professional to do it for you. If you rent your home, ask your landlord to get it tested.

There are 2 main types of radon test kits. Short-term tests take between 2 and 90 days. Long-term tests take more than 90 days. Start with a short-term test.

Test for radon in the lowest level of your home that people spend time in. If you use part of your basement for living space, like a playroom, test there. If you only use your basement for storage, test the ground floor.

You can buy test kits at home improvement or hardware stores. To order a test kit over the phone, call the National Radon Hotline at 1-800-SOS-RADON (1-800-767-7236).

If your home has a radon level of 4 or higher, it's time to take action. There is no safe level of radon, so you may still want to fix your home if the radon level is between 2 and 4.

Test your home again if the radon level is 4 or higher.

If your home has a radon level of 4 or higher, fix your home.

If 2 radon test kits show that the radon level in your home is 4 or higher, make a plan to fix your home. You may also want to take action if the radon level is between 2 and 4.

Be sure to hire a contractor who is qualified to fix radon. It's a good idea to get at least 2 price estimates.

For help finding a contractor or your state radon office, visit <http://www.epa.gov/radon/wherelive.html>.

For help finding a radon test kit, visit <http://www.epa.gov/radon/radontest.html>. ■

Bring Your Home to the Next Level of Elegance

We expertly Design Everything in Our Shop and Pass the Savings On to You!

Fabricated at Our Shop:

- Swags & Jabots
- Window Seats
- Valances
- Throw Pillows
- Roman Shades
- Drapes
- Cornices
- Duvet Covers
- Custom Table Pads
- Table Runners
- Comforters
- Chaise Lounges
- Bedspreads
- Upholstered Benches
- Dust Ruffles & Shams
- & Headboards

Regency

HOME FASHIONS

Your Reliable Source for Over 30 Years!

Always the Lowest Price!

FREE Measuring & Installation

732-780-9277

HunterDouglas
WINDOW TREATMENTS

Full Service Shop at Home Only
•
We Repair Blinds & Window Treatments



COMMERCIAL & RESIDENTIAL

Specializing In All Types of Fencing & Railings

732-409-7098

located in Freehold

**Aluminum • Vinyl • Custom Wood
Chain Link • Railings • Guard Rails**

Classic

FENCE & LANDSCAPE

**10% OFF on \$1,000
JOB OR MORE**

Not valid with any other offer.
Expires 10/1/15

ClassicFenceNJ.com



Fully Licensed & Insured LIC # 13VH06585500

With a well-established presence in Monmouth County, PROSCAPE offers a wide variety of design and installation services while practicing modern and proven techniques in landscape management. Let our expert staff show you how quality and experience make the difference.



RESIDENTIAL & COMMERCIAL SERVICES INCLUDE:

Landscape/Hardscape Design & Installation

Ground Maintenance

• Weekly Grass Cutting | Fertilization

10 month installment plans on all contracts

- Weed Prevention Programs | Aeration & Seeding
- Top Soil | Sod Installation | Mulch | Stone

Six Step Fertilization Program

Outdoor Construction

- Paver Design and Installation
- Walkways | Walls | Patios
- Pools | Retaining Walls | Mailboxes
- Concrete Set | Brick | Veneers
- Outdoor Kitchens, Fireplaces & Ovens
- Outdoor Lighting | Grading and Drainage

Spring & Fall Seasonal Clean Ups

- Trimming | Hedging
- Reshaping of Landscape Beds & Shrubs
- Tree Removal and Shaping

Snow Removal Commercial only

Please ask about any services not listed

The ONE Source Solution!

Trust your lawn & garden to the PROS.



Call today for a FREE estimate!

Ask about or Refer a Neighbor Bonus Plan

10% OFF
Any Paver Job

Must Mention Coupon
Expires 10/30/15

PROSCAPE
LANDSCAPES • HARDSCAPES • GROUND MAINTENANCE

732-577-2524

Fully Insured • NJ Lic# 13VH00885600 • DEP Lic# 99199A



VISA MasterCard DISCOVER Credit cards accepted
Like us in Facebook and receive special discounts and promotions

POWER WASHING BENEFITS FOR A HEALTHY HOME

By Mia Ingui

Your home is your pride and joy, and keeping it looking as beautiful as it did when you first bought it makes you feel like a great homeowner. A clean home, inside and out, is a happy home, and so the best way to keep your house's exterior looking fresh and clean is to power (also known as pressure) wash it! When you power wash the exterior of your home, it removes grime, dirt, and other stains that could have been making your driveways, porches, and decks look subpar and filthy. Power washing has the ability to benefit the look, appeal, and resale value of your home in multiple ways.

1. Increases the value of your home- Power washing your home could add anywhere from \$10,000-15,000 on to the value of your home. It keeps the house in mint condition! Also, power washing takes preventative measure against damage from rotting or decaying of the exterior, and therefore avoiding costly repairs.

2. Increases curb appeal- Especially if you are looking to put your house up for sale, the curb appeal of your home is very important to keep in mind. The view of the outside of your house can make or break the sale, so keeping it clean is the way to go.

3. Protecting your family- Without washing the outside of your house, it will be exposed to all kinds of contaminants from the outside, such as dirt, mold, mildew, and pests. Power washing the exterior of your home prevents bacteria from growing, therefore protecting those who live in your house. ■



THE FRAMELESS SHOWER DOOR STORE

SHOWERMAN

of
New Jersey, Inc.



15 Year
WARRANTY
ONLY AT
SHOWERMAN



\$100 OFF
\$1,000 or more

Must present coupon. Not valid with any other offer.
Expires 9.30.15

\$200 OFF
\$2,000 or more

Must present coupon. Not valid with any other offer.
Expires 9.30.15

**NOT ALL
SHOWER DOORS
ARE
"CREATED
EQUAL"**

Call & Ask For The Showerman

732-303-9044

The Galleria Shopping Center • 100 Rt. 9N • Manalapan

www.showerman.com

Ask about our Starphire Crystal Glass and
Showerguard Protective Coating at Showerman

Hours: Mon-Fri 9-5 & Sat 10-4

License # 13VH07021500 • Fully Insured

HOW TO FIX A SCREEN DOOR

Many exterior doors have a screen, glass or combination door on the outside to allow air or light in if you want to leave the main door open.

These doors are generally made of aluminum and have one or two automatic closers attached to them. Over time, the automatic closer can get out of adjustment causing either the door to slam shut or worse, never close completely.

A door that won't close completely is defeating the purpose, and a door that constantly slams shut can cause other components to break or get out of adjustment.

Fortunately, adjusting these doors is fairly simple. All that is required is a screwdriver.

First, open the door all the way. On the rod that connects the closer to the door, there is a small washer. If you move the washer against the closer, it will stay open in that position. If your door doesn't have this feature, just take a pair of locking pliers and clamp them to the rod next to the closer mechanism. This will serve the same purpose.



PIN POSITION

On the other side of the closer, where it attaches to the door, there is a small pin which holds the closer in one of three positions. Try moving that pin to the other positions and see if that helps. If it is still not perfect, just leave it in the position that works the best.

ADJUSTMENT

On the end of the closer barrel, there is a small adjustment screw. Turn the screw a quarter of a turn in either direction and test the closer.

If this makes the problem better, continue making small adjustments and testing after each adjustment. If the first test is worse, then turn it back a quarter turn in the opposite direction.

Continue making small adjustments and testing until the door closes completely without slamming shut. If your door has two closers, make the same adjustments on both. ■

SAFE GARAGE, SAFE HOME

Garage security is a crucial, yet often-overlooked aspect to the overall safety of your belongings and family. Some reports have shown that experienced burglars can open a locked, yet deficient garage door in only six seconds.

And once they're in your garage, they can get away with valuable tools and toys, not to mention having easier access to the inside your home.

And with the fall season full of trips to family members' homes and the shopping mall, it's time to check all of the doors, windows and other features of your garage to measure its security level when you're away from home.

Service and Entry Doors

The side door on your garage is the most common point of entry for burglars. Why? Because many homeowners overlook the importance of have a dead-bolted door to the garage, which is just as important a feature on other exterior doors.

Install a dead bolt and heavy-duty strike plate to make forced entry a difficult task.

Lighting – Inside and Out

Bright lighting can deter a burglar – especially motion-detector lighting that not only can spook a thief, but will also be more cost-efficient for you than lighting that stays on all night.

As for the interior of your garage, think on the opposite end of bright lighting when you are away or sleeping. Cover all of your windows to keep visibility from the outside to a minimum. A crook may be more likely to pass on trying to enter if he can't see inside.

Keep the Clicker Close

If you leave your garage-door remote affixed to your sun visor, you are in danger of simply giving away access into your home. A thief who breaks in to your car – no matter where you are – can also swipe the remote for easy access into your garage.

Why not opt for a keychain remote that can be in your pocket or purse at all times? These small, handy clickers are perfect for ensuring garage security every time you leave the car. ■



ACE HOME IMPROVEMENTS

WHEN IT'S TIME TO REPLACE - CALL ACE!

FAMILY OWNED AND OPERATED SINCE 1953, Barry & Dave Fisher

Let Our Team Create Your Dream!



ASK
ABOUT
FINANCE WITH
0%
INTEREST
FOR
6 MONTHS

*Limited time only
Based on Wells Fargo
Approval*

TOTAL HOME IMPROVEMENTS:

- Windows
- Doors
- Siding & Trim
- Cultured Stone
- Roofing
- Garage Doors
- Basements
- Entry Doors
- Insulation
- Kitchen & Baths
- Stucco
- Repairs
- Fencing
- Columns & Rails
- Awnings
- Hardie Siding
- Designer Services Available
- Generators
- **AND MORE!**

www.AceHomeNJ.com

342 Route 9 North, Manalapan, NJ

Call **1-888-LET-ACE8**
or **732-617-4070**

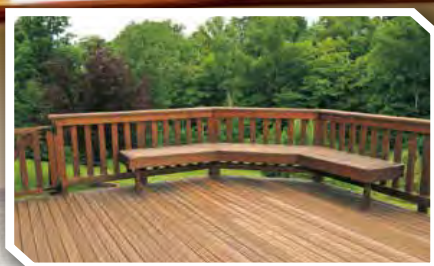
NJHIC #13VH0117400





Family owned
and operated
since 1986

Free
Estimates



Time To *Enjoy* The Interior Of Your Home

Interior Renovation • Basements And Bathroom Renovations

**Call A-Top to Schedule
Your Fall Gutter Cleaning**

*Book Your Home
Exterior Improvements
Before Winter Arrives*

Roofs • Siding • Windows / Sliding Doors

**CALL FOR YOUR FREE ESTIMATE
& CONSULTATION:**

732-446-6341

or E-Mail us: info@a-topconstruction.com



Fully Licensed & Insured
NJ HIC#13VH00532900
GAF# ME09519



QUESTION:

I put a lot of time and attention into parenting my teen, but don't seem to get the desired results. What can I be doing differently?

Many parents feel a loss of control when they are constantly battling with their teen. If you are experiencing this, you may have even thought that you should stop fighting. However, giving up the battle and just being permissive doesn't feel right either. So what's a parent to do?

It's very simple. Work on improving your relationship. Make the switch from trying to improve your teen to trying to improve your relationship with your teen. You can do this by focusing on doing and saying things that will help improve your relationship. If you don't think that something will help improve your relationship, don't do it or say it. When you make this switch, you will actually end up having more influence on the choices that your teen makes.

Think about it. Who are the people that you talk to when you have a concern? What is it about your relationship with these people that makes it easy for you to talk to them? Chances are you talk to people you are close to. You care about each other and listen to each other, and you are influenced by the people that talk to and listen to you.

You can develop the same kind of close relationship with your teen, and you can do it by using the same strategies that you would use to build a good relationship with anyone. Try the following:

- Talk to each other – avoid lecturing and scolding.

- Do things together – don't be seen as someone who does nothing but criticize and complain.
- Pay attention to how well you get along – iron out bad feelings.
- Get both of your needs met – have a discussion rather than dictate rules.

Let's be clear. Building a better relationship with your teen does not mean that you are absolved of your responsibilities as a parent. Sometimes you will still have to make rules, but the key to making rules is to have a discussion about why you feel you need to have the rule. In this way, your teen will understand your reasons for the rule and you will understand how he/she feels. You can also be open to discussing the rule in the future and if possible, modifying it.

Keep in mind that there are many reasons why getting through the teen years can be challenging. Even in the best of circumstances a teen may have a rough time, and even the best parent may not know how to help. Compassionate psychological services are available. For information on counseling for children, teens, families, and adults please contact Dr. Suzette J. Sularski at Advanced Perspectives, LLC.

Dr. Suzette J. Sularski • Advanced Perspectives, LLC • 4251 Route 9 North • Building 3 • Suite F • Freehold
Call (732) 675-2230 or visit her website: www.advancedperspectivesllc.com

ADVERTISEMENT



Approachable counseling for young children, teens, families and adults

- | | |
|--------------------------|------------------------------|
| • Play Therapy | • Family Crisis/Conflict |
| • Parenting Support | • Job Related Stress |
| • Stress and Anxiety | • Self-esteem and confidence |
| • Selective Mutism | • ADHD |
| • School Refusal | • Compulsive Behaviors |
| • Divorce and Separation | • Oppositional Behaviors |
| • Grief | • Behavioral Challenges |
| • Depression | • Relationships |



SUZETTE J. SULARSKI, PSY. D.

NJ Licensed Psychologist #5444

**4251 Route 9 North • Building 3 • Suite F • Freehold
(732) 675-2230**

VACCINES AND ANTIBIOTICS- a safe combo?

By Mia Ingui

Frequently asked questions in the medical world are, "Can I take my antibiotic and get vaccinated at the same time? Is it unsafe? Will it cause unwanted side effects?"

The answer is this: although it is not known to be incredibly harmful, you can never be sure about what mixing an antibiotic with a vaccine could do to you or your child's body. So, to do so would be a bit of a risk. Sometimes, vaccines can cause side effects such as fevers or certain minor viruses like a cold, and so to get a vaccine while you are already taking antibiotics for a certain sickness could worsen or extend your illness. If you receive a vaccine while you're already under the weather, it will become difficult to differentiate if what you are feeling is a side effect of the vaccine or part of your actually illness. Actually, some vaccines contain antibiotics to help prevent bacterial contamination in the vaccine, and so if you unknowingly take a vaccine that already contains an antibiotic, you could be counteracting or negatively affecting the way your current antibiotic is working to treat you. The last thing you want to do is to mistakenly worsen your or your child's health, so your best bet is to hold off on receiving the vaccine until you are cured from your illness. But, as soon as the antibiotic is finished and you are well again, that would be the time to securely and safely receive your necessary vaccination. ■



Expect Truly Personalized Care with Every Office Visit Complimentary Orthodontic Examination

HOLMDEL ORTHODONTICS

- Convenient Office hours
- Flexible Payment Options

 **invisalign**
The Clear Alternative to Braces

 **ClearCorrect**
Smile off your braces

**723 North Beers Street
Suite 2A, Holmdel
732-847-3065
www.holmdelortho.com**



Dr. Sezer Olcay
NJ Specialty #5167

Dr Sezer Olcay specializes in orthodontics and is a member of the Northeastern and Middle Atlantic Society of Orthodontists, as well as the American Association of Orthodontists. Dr Olcay has taught on orthodontics to dental residents at Monmouth Medical Center. Her extensive experience and training allow her to be one of the best in her field.

Ajnali Verma, M.D., F.A.A.P. Specializing in Pediatrics and Adolescents



HELPING PARENTS RAISE HEALTHY & HAPPY CHILDREN
Providing Care You Can Trust

SERVICES

- Prenatal Consultation ■ Acute Illness/Sick Visits
- Immunizations ■ Preventive Care
- Sports/Camp Physicals ■ Well Child Visits

**Office Hours By Appointment
We Accept All Major Insurance**

494 ROUTE 537, SUITE 4
MILLSTONE NJ

732-961-7722

225 TAYLORS MILLS RD.
MANALAPAN TWSP, NJ

732-431-3960

www.vermapediatrics.com

VACCINATIONS REQUIRED

With the hustle and bustle of the back-to-school season, it is crucial to not overlook the vaccinations that your child needs.

All school-age children – from preschoolers to college students – need vaccines to keep them protected from serious diseases. The Centers for Disease Control and Prevention urges parents to check in with their child's pediatrician to make sure they are up to date on recommended and required vaccines.

Parents can find out which vaccines their children need and when the doses should be administered by reviewing CDC's recommended Childhood Immunization Schedule (www.cdc.gov). Different states also have specific vaccine requirements for particular grade levels.

Young Children

The CDC identifies 14 diseases that can become serious or even life-threatening to a child during the early years of life. Parents who choose not to vaccinate against them risk the disease not only for their children, but also for other children and adults throughout the entire community, the CDC says.

Preteen and Teen

As children move into the teenage years, they are more at risk for catching certain diseases, like meningococcal meningitis, according to the CDC. HPV is a vaccine built to protect against certain cancers and is recommended to be given during the preteen years. Check the CDC list for a complete immunization schedule for people ages seven through 18.

For diseases such as whooping cough, the protection from vaccine doses can wear off in the preteen years. Kids ages 11 and 12 are recommended to get the booster shot Tdap, which is a version of the protective DTaP vaccine given to infants and young children.

The Flu Vaccine

Flu vaccines are recommended for all children 6 months and older. This obviously includes kids in preschool and elementary school. If your child is afraid of shots, your family doctor may have the option of using a nasal spray instead.

The flu can be a potentially serious issue affecting your child's overall health, as well as the school attendance record. The CDC recommends adding the flu shot to your back-to-school routine every year. ■

TENDER SMILES



Dr. Max
is proud to be
on New Jersey's
referral list for
Special Needs
Dentistry



**Finally, a dentist your kids
will be excited to go to!**

Dr. Max Sula's approach to creating a healthy smile is his commitment to educating parents and children of all ages on the importance of good dental hygiene.

**FREE
Ortho Consultation**

\$149 value

**FREE
Infant Exam**

\$99 value

**\$160
New Patient Visit**

\$399 value

Bring in
this ad
for a
FREE GIFT

FREEHOLD

122 Professional View Dr.
732-625-8080

NO. BRUNSWICK

1330 How Lane
732-249-1010

EDISON

1656 Oak Tree Rd.
732-549-3773

www.TenderSmiles4Kids.com

Nasal Balloon Can Treat Youngsters For "Glue Ear"

By Mia Ingui

For kids with a common hearing problem, a simple procedure may be an alternative to antibiotics or drainage tubes.

A simple procedure using what's known as "nasal balloon" can treat hearing loss in children with a common middle-ear problem, preventing unnecessary and ineffective treatment with antibiotics, according to a new study.

Many young children develop a condition in which the middle ear fills with thick fluid -- so-called "glue ear." Often, children have no symptoms and parents seek medical help only when they notice that youngsters have hearing problems.

Dr. Jordan Josephson is an ear, nose and throat specialist at Lenox Hill Hospital in New York City. He said that kids are much more prone to glue ear because "the eustachian tube -- which is the tube that connects the ear to the back of the nose -- gets clogged," often during a sinus infection, allergy or even pollution-linked inflammation.

Right now, treatments such as "antibiotics, antihistamines, decongestants and intranasal steroids are ineffective and have unwanted effects, and therefore cannot be recommended," wrote a team of British researchers led by Dr. Ian Williamson of the University of Southampton in England.

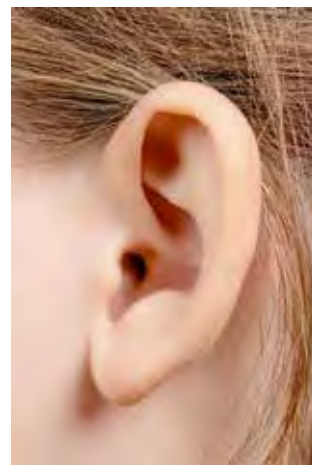
In the new study, Williamson's team assessed another glue ear treatment -- "auto-inflation" with a nasal balloon -- in a group of 320 children aged 4 to 11 years. During the treatment, the child blows through each nostril into a nozzle to inflate the balloon.

The children were randomly assigned to either use the balloon treatment three times a day for one to three months, or to undergo standard care.

Compared to those in the standard-care group, children who used the balloon treatment were more likely to have normal middle-ear pressure at one month (about 36 percent versus 47 percent, respectively), and at three months (about 38 percent versus 50 percent, respectively). They also had fewer days with symptoms, the researchers reported.

"Auto-inflation is a simple, low-cost procedure that can be taught to young children in a primary-care setting with a reasonable expectation of compliance," according to the study authors, who believe the treatment should be used more widely in children over age 4.

The nasal balloon "has been around for decades," Josephson said. "When I treat children with these problems, I tell the parents to have the child blow up balloons and squeeze their nose and try to pop their ears," he explained. ■





Coach's Corner

By Jill Garaffa

STAYING FOCUSED ON FITNESS AT WORK

Dear Jill,

I work in a busy office setting. Every day there is food being dropped off in our break room as a gift or a "thank you" by vendors, coworkers or management. I start every morning with great intentions to eat healthy and every day, by mid-morning or afternoon I find myself so tempted by the sights & smells that I give in. How do I stay focused on my health & fitness goals with all these temptations surrounding me every day?

Signed, HW, Eatontown

Dear HW,

Great question! You just described most offices in the United States (and probably the entire planet!). This is also a common scenario when living with others (kids, spouse, room-mates, etc) that do not share your same fitness goals.

The biggest thing to remember when you are in this situation is to run your own race. To stay focused, consider your underlying reasons to get healthy, reflect on what is at stake for you (it's not just about fitting into skinny jeans or looking good for a reunion or vacation—your health matters). There was a reason you started this journey. From a coaching standpoint, I can offer you one effective strategy to handle this very common situation: Being (co-existing) with temptation rather than resisting it or avoiding it.

Resisting temptation ("willpower") is the use of strength, force or white-knuckling. This technique usually leaves you with the experience of deprivation or frustration, like you are missing out or sacrificing something. It may work occasionally, but is so exhausting that most people give in within a short time.

Avoiding temptation is a close cousin of resisting temptation. The theory is "out of sight, out of mind". Also, "You can't eat what's not there". If the food is in one room and you are in the other room, then you can't eat the food. If you are not staring at it, then the temptation is minimized. Sounds like a logical plan, right? Well, this can work in theory, and does, but not consistently. It can build negative energy and can be draining. Psychologically, you know the food is there, but are deliberately avoiding it, so it can be a set up to overeat later. Also, when you avoid temptations, your world tends to get much smaller since you avoid the people and places where you may be tempted. Not much fun.

Being with the temptation works by embracing the concept of mindfulness. This technique involves taking a conscious step back to observe yourself and how you operate under certain conditions. It is a tool of self-discovery & self-mastery that works 100% of the time when you practice it. It develops reciprocal respect & neutrality for you and the object of your desire. One where neither of you overpowers the other; you simply coexist. Pretty deep, right?

How mindfulness would work in practice: You walk into the break room and immediately notice donuts. You suddenly want one. Before you eat one, however, you stop to notice a few things about your line of thinking and get curious. You ask yourself, "Five minutes ago, were donuts even on my radar?" Probably not. Notice why you want the donuts right now. Did something just happen? Are you stressed out? Is it just because they are in front of you? Is it simply a habit? Are you genuinely hungry? Do you want to fit in because everyone else is enjoying them? Often, we mindlessly grab for food simply because it's there. Take the scenario all the way through to the very end. "How will I feel after I eat the donut?" (Probably angry with myself & distracted from the sugar induced brain-fog). Once you take a step back to notice you then are in a position to powerfully decide "it's not worth it" and choose to not eat the donut. After a while, you won't even notice the donuts at all (truly). They will not call to you or tempt you.

This scenario is multiple steps, but once practiced, it all occurs instantaneously. And, if you forget to use this strategy, the minute you find yourself eating the donut and think "How did I do this again!?" You can engage a mindfulness-based "slow-motion instant replay" technique to understand at one point your decision making started to go south.

Developing the skills of mindfulness and self talk are powerful tools to stay focused on your health & wellness goals. Learning to distinguish your goals, beliefs, thoughts and actions is something in which a life coach can support you.

Wishing you clarity, peace & power,
Jill

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

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

To Do:

- ☐ Fix Libido
- ☐ Lose Weight
- ☐ Improve Mood
- ☐ Get more Energy
- ☐ Stop Hot Flashes
- ☐ Check Hubby's Testosterone

FREE CONSULTATION



Lifestyles Medical, LLC
HEALTHY AGING & NATURAL MEDICINE

107 Monmouth Road, Suite 104, West Long Branch, NJ

732-542-2638 www.LifestylesMedical.com

SALON BELLADONNA

INTRODUCING OUR NEW STLYIST

STEPHANIE!



The Renaissance Plaza
3675 Route 9 North
Old Bridge, NJ
732-591-1300

www.SalonBellaDonna.com

Open 7 Days:

Sun, Mon, Wed, Fri, Sat 9am-6pm

Tues, Thurs 9am-9pm

7 Steps to Better Nail Care

From handshakes to high fives, our hands are some of our most important tools for human interaction.

Keeping your fingernails in good shape is crucial to your overall hand health.

Routine care can usually keep your nails maintained for many years.

Healthy fingernails and toenails are smooth, uniform in color and free of discoloration.

If your nails change colors, swell or cause pain, this can leave you less than confident about extending a hand for any type of activity. Nail issues also can lead to further health problems if not taken seriously and brought to the attention of a dermatologist.

Serious nail problems must be reported, especially if you have diabetes or poor circulation. See a dermatologist with any of the above symptoms, or if you have any other general concerns about your nail health.

Here are seven steps you can take today to make sure your nails are at their best:

1. **Clean them:** Keep nails clean and dry to prevent bacteria from growing under your nails. Wear gloves when washing dishes or cleaning, as repeated contact with water can contribute to damaged nails.
2. **Cut them:** When cutting your nails, the American Academy of Dermatology recommends that you use sharp nail scissors or clippers and round the nails slightly at the tips for maximum strength.
3. **No biting:** Do not bite fingernails or remove the cuticle. Doing so can damage the nail, and according to the Mayo Clinic, damage the skin around the nail and increase the risk of colds by spreading germs from your fingers to mouth.
4. **Foot soaks:** Regular soaks in warm salt water can help if your toenails are thick or difficult to cut.
5. **Ingrown issues:** Never try to take care of an ingrown toenail yourself, cautions the American Academy of Dermatology. Instead, see your dermatologist for treatment.
6. **The right fit:** Wear shoes that fit properly, and make sure to try on all shoes before you buy them, as sizes can seemingly range between brands and shoe styles.
7. **Protect your feet:** Always wear flip flops at the pool or in public showers to reduce your risk of fungus-induced infections. ■



WHAT IS A BROW LIFT?

By Mia Ingui



Fine lines and wrinkles be-gone! For those who are seeking smoother, more youthful looking skin on their faces, a brow lift might be the perfect solution. But, what is a brow lift? A brow lift, also known as a forehead lift, is a cosmetic procedure that treats wrinkles and fine lines on the forehead. The lift places the eyebrows back to a very youthful position and can reduce the sagging of skin on the face. There are two types of brow lifts: the classic lift and the endoscopic lift. The classic brow lift

involves making an incision beginning at ear level and going up to around the hairline. The endoscopic lift involves a couple of smaller cuts that will be made in the scalp, and after, small anchors will be used to secure the tissue. This type of procedure typically results in a shorter recovery time with less scarring. The procedure is normally done in the surgeon's office or in a hospital and will take about two hours. Recovery usually isn't too brutal. With either surgery done, (classic or endoscopic) there will be staples or stitches that will need to be removed after a couple of days. You may experience swelling or bruising in your face for about a week, and some minor pain, which the doctor will control by prescribing painkillers. But, all minor side effects should heal within 10 days, and then you can say hello to your now wrinkle-free skin! ■

Transitioning Makeup from Summer to Fall

By Mia Ingui

Oh, don't look so sad! Even though the summer is coming to a close, there is something to love about every season, and the makeup styles for the fall are definitely something to look forward to! Here are some easy ways to start transitioning your summer beauty routine to one for the fall.

Transitioning your nails: During the summer, it's all about the neon nails. The brighter, the better. But, once your tan begins to fade, those neons can become too harsh. Perfect, trendy nail colors for the fall are deep hues. Oxbloods (deep reds), jades, and plums are always elegant to try for the fall. Try OPI's We'll Always Have Paris and OPI's Jade is the New Black.

Transitioning your lip color: Similarly to your nails, the bright colors used on your lips in the summer become a bit too bold for the fall styles. Now is the time to try some darker colors, like deep reds, plums, and nudes. Try Revlon's Black Cherry lipstick or L'Oreal's Spiced Cider lipstick.

Transitioning your eyes: Now is the time to try that smoky eye! Metallic and smoky hues are huge for the fall. Creating that smoky look is simple with light and dark eye shadow colors. The Maybelline Nudes palette has the perfect fall color scheme in its shadows.

Adjusting your bronzer: Everyone wants to keep up their summer glow with self tanners and bronzers, but to adjust your glow to one more appropriate for the fall, lighten up on the bronzer and go for a contoured and highlighted look instead. ■



EAT MORE CEREAL, LIVE LONGER?

If your breakfast bowl often contains raisin bran, you may be eating your way to a longer life, two scoops at a time. A recent study has shown that cereal fiber and whole grains have a positive impact on your health.

These cereals can be great tools in the fight against certain cancers, inflammation and obesity.

So spoons up to a healthier you.

Reduced Risks

Scientists at the Harvard School of Public Health published a study in a recent issue of BMC Medicine that analyzed more than 360,000 people from the ages of 50 to 71.

What they found will have you filling up your cereal bowl. A 19 percent reduced risk of death was found for people eating a diet rich in cereal fiber.

The study also found that people who ate high-fiber cereals saw reduced risk of death from specific diseases, including:

- Diabetes (34 percent lower risk);
- Cancer (15 percent lower risk); and
- All-Cause mortalities (17 percent risk).

Choose the Right Cereal

While finding high-fiber cereals should be a priority, that doesn't mean loading up your shopping cart with sugary varieties. Cereals with sugar among their top ingredients should be avoided, as they can actually do your body more harm than good when it comes to a healthy diet.

Diabetes and obesity are two of the main issues associated with the intake of too much sugar in our diets.

The Harvard researchers say to find options boasting 10.22 grams of cereal fiber per day, based on a 1,000 kcal daily diet. While that doesn't necessarily mean opting for cereals with "fiber" in the title, these will likely be your best choices.

Check the ingredients of your cereal and make sure it's giving you enough daily fiber. Your life span thanks you. ■



HEART HEALTHY DIET SPOTLIGHT: THE NUT

Unless allergic, everyone has a favorite nut. Almonds, cashews, peanuts and every nut in between each has its own distinct flavor.

While enjoyed by many people, new research shows that nut consumption is not nearly high enough when considering the positive impact nuts can have on the heart.

Nutrition experts recommend the inclusion of nuts in a heart-healthy diet, but a new study by the Centers for Disease Control and Prevention found that about 60 percent of Americans don't consume these foods on a daily basis.

The study, released in December 2014 and conducted in 2009 through 2010, highlights a major gap in the American diet that could be doing more harm than we realize.

The ideal level of consumption is about an ounce-and-a-half of nuts – equal to about 240 calories – according to the U.S. Food and Drug Administration guidelines on reducing heart disease.

The CDC study reveals that only about 14 percent of men and 12 percent of women reached that level of consumption.

The Power of Nuts

Because nuts are high in protein, small portions can be eaten as a replacement for other protein foods. Adequate consumption of nuts has been linked, the CDC reports, to decreased obesity, cardiovascular disease, metabolic syndrome and diabetes.

For the purpose of the study, the CDC definition of nuts included everything from peanuts, peanut butter and cashews to pumpkin seeds and sesame paste, among many others.

Snack Versatility

The best part about adding nuts to your regular diet is how easy and convenient it is to do so. From cashews to almonds, nuts are easy to pack and require no cooking. Throw some nuts into smoothies or salads, and watch the flavors come alive.

Nuts also are great for on-the-go snacking. You can fill up a sandwich bag with your favorite variety of nuts and dried fruit for a nutritious, heart-healthy boost. ■

Fight Fat Recipes

Eat lots of protein, fiber, and healthy carbs, which boost your metabolism and keep you feeling full all day long!

If you're not sure how to work these calorie-burning ingredients into your daily menu, start with these recipes. They all include at least one weight-loss superfood, and, best of all, they can be made in 30 minutes or less!

Green Tea Spiced Smoothie

(2 serving recipe) Only 82 Calories Per Serving!

Green tea is one of the top fat-burning foods, thanks to a metabolism-boosting compound known as EGCG. In one study, drinking four cups of green tea a day helped people shed more than six pounds in eight weeks!

INGREDIENTS

- 3/4 cup strong green tea, chilled
- 1/8 teaspoon cayenne pepper
- Juice of 1 lemon (2-3 TBSP)
- 2 teaspoons agave nectar
- 1 small pear, skin on, cut into pieces
- 2 tablespoons fat-free plain yogurt
- 6-8 ice cubes

DIRECTIONS

Put all ingredients in blender. Blend until smooth. Drink cold. This 1 serving meal has only 213 calories and 9 grams of protein. It is low in sodium and sure to target unwanted belly fat and bloat.



Spicy Black Bean Chili

This hearty soup, delivers 17 grams of protein and 13 grams of fiber per serving, is a delicious way to keep you full and satisfied.

This recipe features two types of hot pepper: chili powder and jalapeños. As with all spicy foods, eating these peppers will light a fire under your metabolism, increasing your calorie burn rate.

INGREDIENTS

- 2 teaspoons olive oil
- 1 large chopped onion (about 1 1/2 cups)
- 1 cup jalapeno, seeded and chopped
- 1 large garlic clove, finely chopped
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 4 (32 ounces) boxed roasted red pepper and tomato soup
- 2 (15.5 ounce) cans black beans, rinsed and drained
- 1/4 cup reduced-fat sour cream
- 1/4 cup chopped fresh cilantro
- 1/2 cup firm-ripe diced peeled avocado Cilantro sprigs (optional)

DIRECTIONS

Heat the oil in a large saucepan over medium-high heat; add the onion and jalapeño; cook, stirring until softened (about 3 minutes). Stir in the garlic, chili powder, and cumin; cook 1 minute. Stir in soup and black beans; simmer 5 minutes. Stir in the chopped cilantro. Ladle soup into bowls; top with 1 tablespoon of sour cream, avocado, and cilantro sprigs, if desired.



DIET LINKED TO CANCER

Eat well and exercise. How often are we advised by medical professionals that these two simple lifestyle choices can help us live longer, healthier lives?

Well, recent international research on the link between high-fat diets and breast cancer only strengthens the validity of the guidance.

The Epic Breast Cancer Study researched more than 300,000 women in 10 European countries, and its results were published in the Journal of the National Cancer Institute.

The study found that a high-fat diet increases the risk of the most common form of breast cancer by one-fifth. A 28-percent rise in risk is attached to heavy consumption of saturated fat, which is what comes from butter, lard, cuts of meat and some dairy products.

The study amplified the call for women to eat healthier to improve their odds of avoiding breast cancer.

More research is being done in the area through another study called Women's Healthy Eating and Living (WHEL), which is looking into how diets rich in fruits and vegetables and low in fat can help reduce breast cancer recurrence.

What You Can Do

If you or someone you know struggles to maintain a healthy diet, you can take these steps:

- Lower Your Fat Intake: Sounds simple, but what does it mean? Fruits and vegetables have less fat and more fiber than animal products. Most are packed with helpful nutrients, so be sure to mix them in throughout the day. If you're not likely to sit down and eat an entire carrot for a snack, chop one up and add it to your salad or spaghetti sauce.

- Variety is Key: Research has shown that the healthiest way to make sure your body is nutrient-rich is to consume a wide variety of foods. Fruits, vegetables, legumes and whole grains are all great diet options on their own, but even more effective when working together to fuel your body.

Are You Gluten Free?

CARLO'S GOURMET



732-536-6070
EXCLUSIVE PLAZA
326 Rt. 9, Marlboro
gluten free menu available at marlboro location only

- Are you tired of not being able to dine at your favorite Italian Restaurant because of your gluten intolerance?
- Are you afraid of not trusting your favorite restaurant with cross contamination concerns?

We Have the Solution!!!

Carlo's Gourmet Pizzeria, Restaurant & Caterers has an extensive gluten free Italian menu featuring gourmet pizzas, pasta, entrées, desserts and yes, catering too!!!

Because We Care!

Please visit our website for our complete Gluten Free Menus!
www.carlosgourmetpizza.com/glutenfree



Catering All Occasions

Open 7 Days • Hours - Mon- Sun- 11am-11pm






LOVE GARLIC? PLANT IT IN THE FALL

Garlic can absolutely thrive out of the garden, especially if you plant it during the fall months. It is a perennial bulb that, when planted in the fall, will root, make limited growth before the first hard freeze and produce a bountiful harvest the next summer.

The Chill Factor

What many green thumbs may not realize about garlic is that it has an internal chill requirement, according to the University of Illinois agriculture extension center. When planting it in the spring, garlic should be stored in the refrigerator for at least eight weeks prior to planting. This will ensure proper chilling.

Not as much planning is needed if you decide to plant garlic in the fall, since it will obtain its chilling directly in the soil. Fall-planted garlic will also have the advantage of gaining much earlier maturity.

Planting Your Garlic

Here are the proper planting methods for garlic, according to the University of Illinois extension:

- Soil recommendations include high organic matter levels, good



drainage and a couple of pounds of fertilizer per every 100 square feet.

- Lay out your planting rows 15 to 18 inches apart.
- Separate individual cloves from the main bulb and plant them about four to six inches apart in the row.
- Set your cloves tip up and one to two inches below the soil surface.

Weed Control

The University of Illinois identifies garlic as a "weak competitor," which explains its needs for extra help fighting against garden weeds. You shouldn't have to worry about the weeds much in the fall or winter, but

be prepared to stave them off during the spring and summer seasons.

Since you will likely consume your garlic, avoid all chemical-based weed killers and instead opt for mulch, straw or other organic materials that can help keep weeds from taking over. Doing so directly after planting the bulbs can also help alleviate winter soil frost. ■

Dealing with the Blues

We've all had a bad day. It's how we bounce back from negative experiences that helps us move forward and achieve our life goals. And the key to bouncing back is having a strong support group around us.

People who are lonely have more physical and mental health problems than those who feel connected to others, according to a new report in Psychological Science.

The report details the importance of creating and maintaining positive relationships in the workplace, family and other social circles. Without people to interact with and vent to, we can become even more inclusive and shut ourselves out to the external world. This behavior has been proven to be harmful to our confidence levels and abilities to cope with negative situations.

The Science Behind Loneliness

Scientific research shows the positive impact that strong social lives can have on our overall health. One Colorado State University study found that the more positive social interactions people with depression had, the more improvement in the symptoms they experienced.

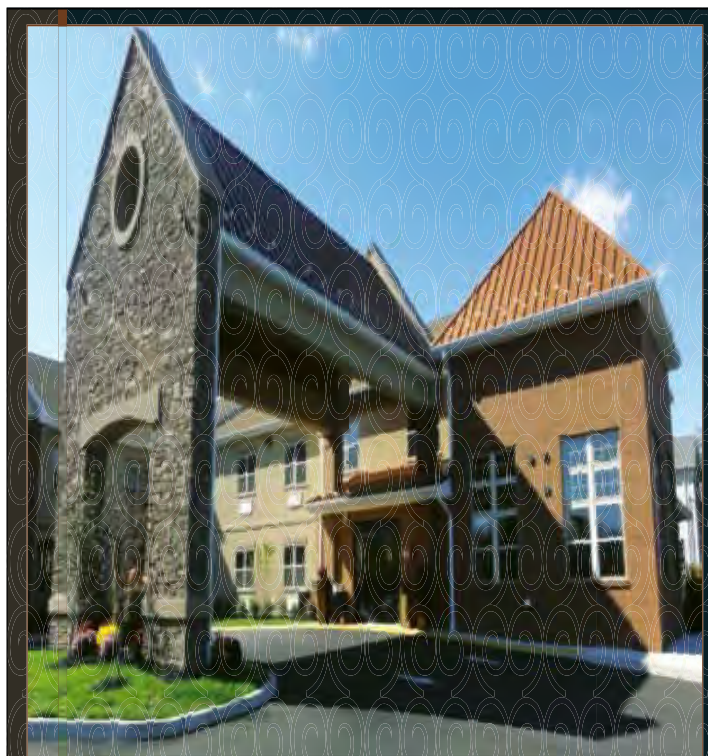
Other research in the journal Health Psychology has shown that you'll eat less healthful food if you frequently eat by yourself, and you are more likely to be physically inactive the lonelier you feel.

Make New Friends

Your community is likely ripe with opportunities to meet new people and build new relationships. Try visiting local businesses to establish rapport with business owners and workers.

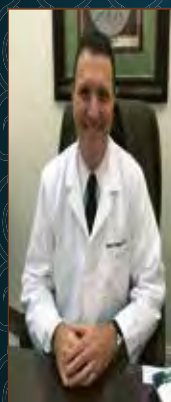
Even if you don't actually interact with these types of connections on a daily basis, the conversation and camaraderie can be enough to make you feel more comfortable in other social situations.

Other ideas for making new connections include joining a professional association, enrolling in a cooking class at your local community college or signing up for a gym membership. You will find like-minded people, leading to common ground and easy, comfortable conversations. ■



Monmouth Care Center

Is Pleased To Welcome Our New Medical Director
Dr. Sherif Malek, M.D.



Dr. Malek is an experienced highly qualified and caring individual and has been practicing internal medicine and geriatrics since 1995 and completed his geriatric fellowship in 1997. He is board certified in internal medicine since 1995. He runs a private practice at 232 Norwood Avenue in West Long Branch. We are very pleased to have him join our Monmouth family.



Select Medical Rehab
A Division Of Kessler Institute Offering
Physical Occupational &
Speech Therapy 7 Days A Week.

Our Monmouth Care Center family understands the need to focus on excellence in a facility that provides rehabilitation and long term living services. Our community, here in Long Branch, is "Building for a Better Tomorrow" with our new building and our new look. Monmouth Care Center is known as a place that "nurtures" and exceeds the expectations of our residents and their families.

www.monmouthcare.com

Address: 229 Bath Avenue, Long Branch, NJ 07740
Building Entrance: West Avenue & Cleveland Avenue
732.229.4300

WHAT IS A CATARACT?

A cataract is a clouding of the lens in the eye that affects vision. Most cataracts are related to aging. Cataracts are very common in older people. By age 80, more than half of all Americans either have a cataract or have had cataract surgery.

A cataract can occur in either or both eyes. It cannot spread from one eye to the other.

What are the most common symptoms of a cataract?

Cloudy or blurry vision.

Colors seem faded.

Glare. Headlights, lamps, or sunlight may appear too bright. A halo may appear around lights.

Poor night vision.

Double vision or multiple images in one eye. (This symptom may clear as the cataract gets larger.)

Frequent prescription changes in your eyeglasses or contact lenses.

These symptoms also can be a sign of other eye problems. If you have any of these symptoms, check with your eye care professional.

What research is being done?

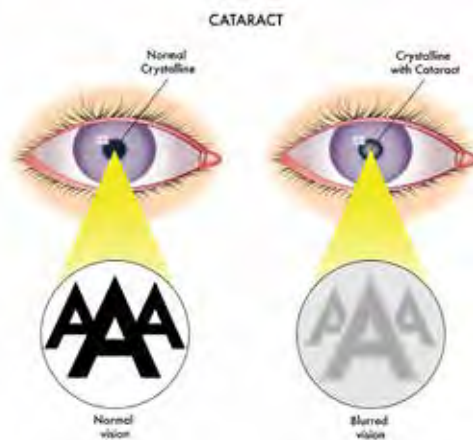
The National Eye Institute is conducting and supporting a number of studies focusing on factors associated with the development of age-related cataract. These studies include:

The effect of sunlight exposure, which may be associated with an increased risk of cataract.

Vitamin supplements, which have shown varying results in delaying the progression of cataract.

Genetic studies, which show promise for better understanding cataract development.

This online resource guide provides information about cataracts. It answers questions about causes and symptoms, and discusses diagnosis and types of treatment. More information can be found at www.nei.nih.gov. ■



Start Every Day With A Fresh Point Of View!
The Benefits of Spa and Hydrotherapy are Substantial

- Increases Circulation
- Overall Stress Relief
- Natural Pain Relief from Arthritis & Fibromyalgia
- Promotes Faster Healing
- Faster Muscle Recovery
- Deeper More Relaxed Sleep

CENTRAL JERSEY POOLS
 Celebrating Over
50 YEARS
 Quality • Service • Selection

CENTRAL JERSEY POOLS
 PATIO & MORE

732-462-5005
 4235 Rt. 9 North, Freehold, NJ 07728
 Just 1 Mile North of Freehold Raceway Mall
www.centraljerseypools.com

It's here! New Senior Living!

Comfort like you've never felt before!

Introducing
THE SOLANA MARLBORO
 Managed by **CHELSEA SENIOR LIVING**

ASSISTED LIVING • ALZHEIMER'S/MEMORY CARE • RESPITE

52 COUNTY ROAD 520 | MARLBORO, NJ 07751 | 732-536-3000
www.chelseaseniorliving.com

CELEBRATING OUR 20TH ANNIVERSARY

American Family Hearing Center

Jennifer Schaal Sampson AuD
Doctor of Audiology

NJ Audiology Lic 399 / NJ Hearing Aid Dispensers Lic 731

A HEARING AID THAT CAN DISAPPEAR?



Lyric, the worlds first and only 100% invisible, 24/7 wearable, sweat-proof, shower-proof, for-months-at-a-time* hearing device can!

\$400 OFF a 2-Year Binaural Subscription

Risk-Free Trial† • Free Consultation. Offer Expires 10/1/15

WE MOVED!

220 Monmouth Rd., Suite #2, 1st Fl. • Oakhurst, NJ 07755 • 732-517-1200

Call to make your appointment today!

www.americanfamilyhearing.com

*Individual patient needs may vary. **Lyric is water resistant, not waterproof, and should not be completely submerged under water. †Professional fees may apply. Annual subscription begins the first day of trial. Lyric is not appropriate for all patients. See a Lyric Provider to determine if Lyric is right for you. Lyric, Distributed by Phonak, LLC ©2014. All rights reserved. MS023949 NEW867

Reliable Health Solutions, LLC

Is your present plan costing you too much?

Are you a new Medicare Beneficiary?

Has your plan ended or is it about to end?

Health & Life Insurance Plans

- Health Insurance
- Senior Solutions
- Part D Prescription Drug Plans
- Long Term Care Insurance
- Dental, Vision & Travel Insurance
- Individuals and Small Groups
- Social Security Planning



Phoebe Shagan RN, CCM
An Independent Insurance Broker

"Always an answer, Never a fee."

<http://www.rhsinsurance.com>

FREE CONSULTATION AND LEARN ABOUT ALL YOUR OPTIONS

Licensed in NJ, NY, NH, DE, PA, FL, NC and AZ



732-784-7017 • 866-699-1906

732-534-6446 Fax

19 North County Line Road

Jackson, NJ 08527

phoebe@reliablehealth.net



Dr. Alexander Goldberg



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

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

Have You Seen Us Lately?

COME SEE:

- Our newly renovated resident rooms featuring custom colored painted walls with crown mouldings, wood floors, ceramic tile bath rooms, 26" Flat Screen TV's and Wireless Internet
- Our State-of-the-Art Rehab Center with enclosed glass atrium offering excellent individualized and compassionate physical, occupational and speech therapy.
- Our enclosed and secure Outdoor Courtyard
- 24 Hour video surveillance and secure Wanderguard System at all exits.

COME MEET: Our dedicated, compassionate and experienced staff

NOW OFFERING: A secure dementia/memory unit

AT PINE BROOK CENTER... WE CARE!!

CALL FOR A PERSONAL TOUR

732-446-3600

www.pinebrookcare.com

104 Pension Road

Englishtown, NJ 07726



SEPTEMBER IS HEALTHY AGING MONTH

Tips for Reinventing Yourself And Aging Healthy & Happy


By Mia Ingui

Healthy Aging® Month is an annual observance month designed to focus national attention on the positive aspects of growing older.

Think it's too late to "reinvent" yourself? Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive director of Healthy Aging®, it's never too late to find a new career, a new sport, passion, or hobby. Worthington is the creator of September is Healthy Aging® Month, an annual health observance designed to focus national attention on the positive aspects of growing older.

To get you started on reinventing yourself, here are some ideas from the editors of Healthy Aging® Magazine (www.healthyaging.net). Maybe they will help you think outside the box:

1. Be positive in your conversations and your actions every day. When you catch yourself complaining, change your inner voice and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).
2. Have negative friends who complain all of the time? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.
3. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
4. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
5. Find your inner passion and do it! Take a music class or art class! ■



K Dental Smiles PC

DR. AMI KHETANI

NEW PATIENT SPECIALS

\$60
Child Patient
Includes Exam,
X-rays, Cleaning

\$80
Adult Patient
Includes Exam,
X-rays, Cleaning

\$200
Adult Patient
Zoom Whitening
(\$400 Value)

\$50 OFF
Adult Patient
Dental Treatment

All offers good after initial new patient visit including exam, X-rays and cleaning. No cash value. Cannot be combined with other offers.

82 Helen Ave., Freehold | 732-845-2273 | www.kdentalsmiles.com

MAKING HEADS OR TAILS OUT OF INSURANCE COVERAGE

By Susan Heckler

In 2010 many changes regarding health insurance were signed into legislature affecting everyone regardless of age or who pays the premiums.

Many people are fortunate enough to receive their benefits from employers and others have to research their options on their own and self-pay. With employer subsidized benefits, you need to understand your options and how they best work. For your own plan, are you knowledgeable enough to sort through all the options and nuances available? Making the decisions without the advice of a knowledgeable broker can end in a costly decision for an entire year.

Open enrollment dates: Medicare related insurances is October 15-December 7th, Individual health insurance is November 1 until January 31st.

There are many knowledgeable brokers but Phoebe Shagan from Reliable Health Solutions, LLC has a different approach, and she listens. Phoebe has been a nurse for over 50 years and has a better understanding of the healthcare system than most brokers. Additionally, with over 10 years as an independent broker, she is not tied to any one company with an obligation to push their product and she is well versed in all competitive plans.

RHS, LLC works with individuals and small businesses to find the most appropriate and cost effective plans. Phoebe is licensed to offer plans throughout the metro area and many other states across the country. A simple call to 866-699-1906 or 732-784-7017 for a free consultation can provide you with the right answers.

What kind of help can you expect?

- Individual and Small Business Health and Life Plans
- Senior Solutions
- Part D Pharmacy Plans
- Long Term Care Plans
- Critical Illness and Disability Plans
- Final Expense (Burial Insurance)
- Travel Plans when leaving home for a trip
- College Fund Saving Plans



Dr. Aldredge was recently installed as President Elect of the American Academy of Periodontology



Confident Beautiful Smiles

Dedicated To Patient Comfort

Experienced & Trusted Dental Care

Dental Implants and Gum Treatments

Holmdel
Periodontics & Implant Dentistry

999 Palmer Ave Suite 1
Holmdel, NJ 07733
www.isaveteeth.com
732-671-7100



PARKER
at Monroe

Long-Term Living Community
395 Schoolhouse Road, Monroe Township



Uniquely Designed Specialized Skilled Nursing Care Community

Skilled nursing care, including memory care services for individuals with all stages of dementias, who may also have complex physical needs

Call 732-992-5200
www.FrancisEParker.com



DOGS LOVE US BECAUSE WE LOVE DOGS

Day Care • Pet Boarding • Grooming
Dog Imports • Aquatic center
Obedience & Specialized Training

WWW.GREENLEAFPETRESORT.COM | 732.845.3787
23 BURNT TAVERN ROAD, MILLSTONE TWP 08510



Is your dog a Chubba Wubba?

By Susan Heckler

When The Green Leaf Pet Resort built their state of the art facility two years ago, they included an indoor pool both for dogs at the resort to enjoy but also to give dog owners an additional way to exercise their dogs. During the cold winter and hot summer months it can be uncomfortable for owners and dogs alike to go for walks, so the pool is the perfect solution!

As our pets become more and more a part of the family, it's easy to spoil them in ways that are not always in their best interest health-wise. A few treats here and there can really add up over time. Obesity in dogs is becoming more prevalent more than ever before as well as other health concerns such as cancer and diabetes. Having an overweight dog can lead to an array of health issues and possibly a shorter life span than that of a fit, healthy dog.

It is for this reason The Green leaf Pet Resort has introduced their weight loss program for dogs.

The program runs for 4 weeks at a time, 2 sessions per week. Over the course of the four weeks there are weekly weigh-ins to keep track of progress and the lucky pups will each receive a free Kong toy, courtesy of Kong for extra pool time fun.

Why choose swimming your dog?

The benefits of swimming for dogs are similar to those for humans:

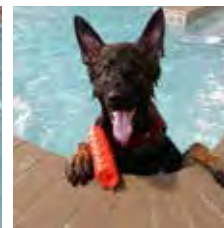
- Increases muscle strength and tone, endurance, flexibility, balance and coordination
- Encourages healthy cardiovascular & respiratory systems
- Offers an excellent, low-impact aerobic workout
- Lessens stress on joints & ligaments

Stars of the program:

Abby & Cody are three year old Yellow Labs. They first learned how to swim with the instructors at The Green Leaf Pet Resort as puppies. After reviewing and adjusting their diet, they began the weight loss program on March 19, 2015. Abby's starting weight was 89 pounds and after a few months of doggy paddling with Talina, the instructor, she is a trimmer 82.2 pounds. Cody's starting weight was 109.8 pounds and currently weighs 101.6 pounds. Both dogs have lost the equivalent of an Oven Stuffer and have overall improved health and fitness after three four-week rounds of the program. The loving owners are thrilled with their progress and have signed them up for a fourth round as well as exercising the pups at home.

If your dog has never swam in a pool Talina will be more than happy to evaluate your pup in the pool.

For more information on the weight loss program, or for information on swimming in general, give Green Leaf a call at 609-259-1500 or stop in for a tour at 23 Burnt Tavern Road in Millstone. ■



HEALTH SPOTLIGHT: Psoriasis

Psoriasis is a common skin condition that changes the life cycle of skin cells, causing them to build up rapidly on the skin's surface. The condition is a chronic one, with persistent and sometimes painful symptoms.

More than 7.5 million Americans have psoriasis, according to research by the National Psoriasis Foundation.

Psoriasis Basics

Psoriasis is not contagious but may run in families. Its occurrence can range from mild cases with small areas of rash to larger, more inflamed areas of raised red areas. Symptoms can oftentimes go into remission, even without treatment, and then return without notice.

Experts with the National Psoriasis Foundation identify many external factors as contributing to flare-ups, including cold and dry climates, infections, stress, dry skin and taking certain medications.

In some cases, psoriasis can cause joints to become swollen, tender and painful. Labeled psoriatic arthritics, this affliction also can affect the fingernails and toenails.

Treating Psoriasis

A doctor can diagnose psoriasis by studying the patches on the skin, scalp or nails. Most cases are mild in terms of symptoms and require common skin care.

In terms of dealing with the condition, the National Psoriasis Foundation recommends a balanced diet to be fit and maintain a healthy weight.

Avoiding certain foods may help ease psoriasis symptoms. This may require some trial and error throughout your life, so be sure to log what you've eaten following a particularly notable flare-up.

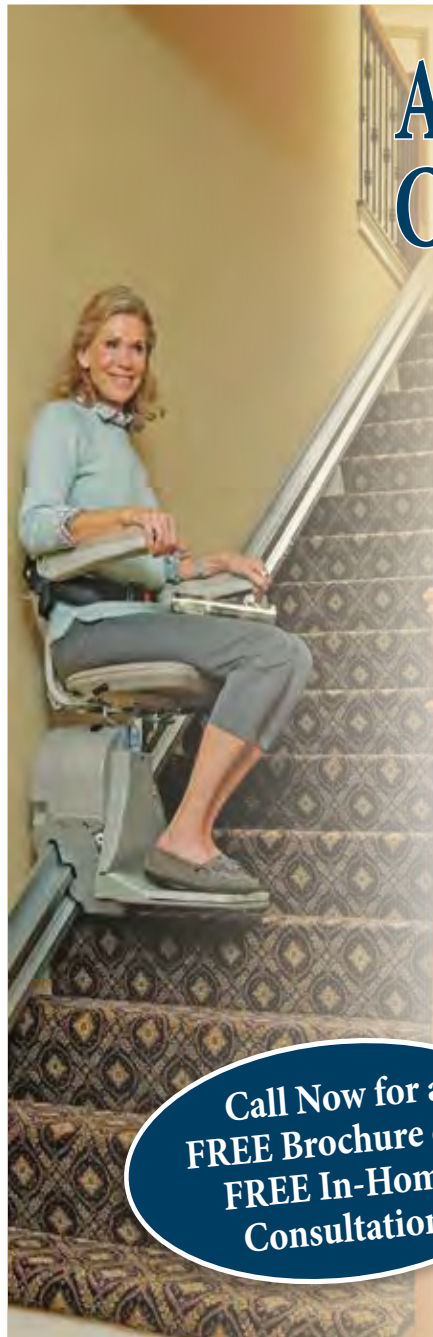
In treating psoriasis, the primary goal is to stop the cells from growing so quickly. Treatment cannot fully cure psoriasis, but there are many options that can provide significant relief. Some of the most basic forms include:

- Common skin creams or lotions
- Baths or soaks to keep the skin hydrated
- Aloe vera
- Non-prescription cortisone cream
- Exposing skin to small amounts of natural sunlight ■



Tired of Climbing Stairs?

A Stairlift Can Help



- Enjoy the freedom to go up & down stairs whenever you like
- Outdoor units available
- Rentals and rent-to-purchase plans available
- Reconditioned units available
- Visit our showroom
- Curved & narrow stairway specialists
- Wheelchair ramps (sales & rentals)

Call Now for a
**FREE Brochure or a
FREE In-Home
Consultation**

Call 908-322-7070

\$100 OFF
Any New Stairlift

With this coupon. Cannot be combined with any other offer or discount. Excludes rent to purchase option.

Williams
Lifts
Family Owned for 3 Generations

We've Moved! Visit Our New Showroom at
24 South Ave., Fanwood, NJ
908-322-7070 | www.williamslifts.com

NJ Lic. #13VH04221500

Lyme Disease Tick Borne Illness

Question and Answer

Will you always get a bulls eye rash?

Lyme Disease is not always associated with a bulls eye rash. In fact 40% of infections do not have the rash to identify the illness.

I tested negative but I feel achy all over, tired and everything hurts?

The standard testing by Lab Corp or Quest misses 50% of Lyme Disease cases. There is newer testing available to diagnose those cases. Many doctors do not test for co-infections. The tick could carry Lyme and Bartonella or Babesia infections. These are separate tests and often are very difficult to detect in standard labs.

I took 3 weeks Doxycycline, felt a little better, then felt sick again when I stopped the medication?

Often 3 weeks wont clear the infection and it returns again as the infection is in the bloodstream and also has cystic forms which the Doxycycline will not help. Newer protocols use more than just Doxycycline as well as treating any co-infections.

Dr Lisa Zimmermann has over 20 years of experience as an internist. Her daughter had multiple tick borne infections and required newer protocols to get better. Dr Zimmermann trained with ILADS, the International Lyme Association Disease Specialists, to learn all the newest information to get her daughter better after a long battle with this illness. Dr Zimmermann's new practice is dedicated to helping the patient identify the cause of their chronic fatigue and to finally get better. **Call for consultation and finally begin to get better.**

**Call our office to for a consultation
with Dr. Zimmermann TODAY!
Finally begin to GET BETTER!**



(732) 440-4782
Lisa Zimmermann, MD

<http://chronicfatigueandlymenj.com/>

Internal Medicine & Lyme/Chronic Fatigue Practice
776 Shrewsbury Ave, Suite 103 • Tinton Falls, NJ 07724

OPTIMISM HELPS YOUR HEART

Smiling, laughing and simply being happy can make all the difference for our hearts. In fact, new research shows that people with higher levels of optimism may be less at risk for heart failure than those who are more pessimistic.

And with the breadth of heart failure's effect on the nation – about 5.1 million Americans are afflicted ever year according to the Centers for Disease Control and Prevention – a little extra optimism is surely needed.

Heart Failure Statistics

Other eye-opening statistics from the CDC include:

- One in nine deaths include heart failure as a contributing cause.
- About half those who develop heart failure die within five years of diagnosis.

Heart failure costs the nation about \$32 billion worth of health care services, medications and missed days of work annually.

The main behaviors that can increase your risk for heart failure are, the CDC reports:

- Smoking tobacco.
- Eating foods high in fat, cholesterol and sodium.
- Not getting enough physical activity.
- Being obese.

Positivity Study

In the study linking happiness to heart health, optimism was defined as “an expectation that positive things will happen.” Researchers from the University of Michigan and Harvard University analyzed the linkage between optimism and heart failure diagnoses in older adults, since statistics show that people ages 65 years and older are most prone to heart failure diagnoses.

Researchers gathered, analyzed and translated data of more than 6,800 older adults, including health history, background information and psychological data over the course of four years. They also took into account factors that could affect heart failure risk, such as chronic illnesses and demographic factors.

The findings, published in the journal “Circulation: Heart Failure,” showed that the adults who had higher levels of optimism reduced their risk of heart failure by 73 percent. Researchers deduced that staying positive may lead people to making healthier lifestyle choices, therefore reducing their risk for heart failure. ■





AFRAID OF THE DENTIST? SEDATION DENTISTRY IS FOR YOU!!

Fear
Bad Past Experience
Anxiety
Hectic Schedule

THOMAS F. FRISCIA
DDS, FAGD
General Dentist
Fellow Academy of
General Dentistry
Sedation Permit #045

Modern Advances: We now can offer our patients safe, success proven procedures, to sedate you comfortably while you have your dentistry done.

Fear of the Dentist: No need to fear the dentist anymore. Our safe and caring environment makes it easy for you.

Embarrassed to Smile: You will never be judged or embarrassed at our office. We can change your smile in as little as one visit.

Difficulty Getting Numb: No problem with sedation dentistry. Sensitive Gag Reflex: Gagging is no longer an issue for you.

FIRST STEP: This is usually the hardest step! We make this as simple as possible. Simply call or Email us.

SedationDentistNJ.com
732-970-0900 • drfriscia@aol.com
4002 Route 9 South • Morganville, NJ
Corner of Texas Rd behind CVS Use Old Bridge for GPS

Call Now! For a FREE Consultation



Providing On-Demand Technology Support

Dependable
Experienced
Affordable

Back Up & Disaster Recovery
Monthly All Exclusive Management Services
Onsite Management Professional Services
Managed Security
IT Consulting
Cloud Computing
VoIP Services

For A Free Consultation
Call 732.705.5057

www.amrcon.com

Also mention Free network audit to bench mark where you are and make recommendations.

Let us help you manage and support your work stations. We are HIPPA compliant and have 10 years experience working along side EMR Companies. We have deployed major EMR conversions with ongoing technical support. We maintain on-site network and are a liaison with EMR software provider.

PREVENTIVE TESTS FOR MEN

The words “men” and “doctor” don’t always fit in the same sentence, but they should. Screening tests can find potentially harmful diseases early on, when they’re easiest to treat. This can mean more years of enjoying time with your family and friends, as opposed to fighting illness or worse.

The U.S. Department of Health and Human Services recommends the following screenings for men:

Body Mass Index

BMI is a measure of your body fat based on your height and weight. It is used to screen for obesity and can serve as a helpful measurement to keep you on track with your diet and exercise plan.

Cholesterol

Once you turn 35 years old, have your cholesterol checked regularly. High blood cholesterol is one of the major risk factors for heart disease. Catching it early can lead to effective treatment and better heart health.

Blood Pressure

High blood pressure increases your chance of getting heart or kidney disease, and is recommended to be checked every two years.

Cardiovascular Disease

Beginning at age 45, you should ask your doctor about incorporating a daily aspirin to help reduce your risk of a heart attack. A special screening will help your doctor make the decision.

Cancers

Men ages 50 and above should be tested for colorectal cancer.

How often you are screened depends on your risk factors, and you may need to be checked before age 50. Also ask your physician about testing for other cancers, including prostate, lung, oral or skin.

Depression

If you have felt “in the dumps” during the past couple of weeks, you may need to speak with your doctor about depression. It is a treatable illness, and keeping it in check can help you maintain interest in the hobbies and activities that you enjoy.

Diabetes

If your blood pressure is higher than 135/80, ask your doctor to test you for diabetes. High blood sugar can cause problems with your heart, eyes, feet, kidneys, nerves and other body parts. ■



HEALTHY MOUTH: The Early Years

Caring for your teeth and gums is a lifelong journey that begins shortly after birth. Dental professionals urge parents to bring their child in for a visit whenever the first primary tooth is visible.

This recommendation, which used to define 3 as the starting age, has shifted over the years as the science related to oral hygiene has improved.

What's behind the change? The importance of baby teeth now carries more weight than ever before. The American Dental Association says that properly caring for those mini-pearly whites that begin popping up through the gums at around 6 months is crucial in keeping space in the jaw for adult teeth.

Parent Education

A child's first trip to the dentist can be an educational experience for parents. Dental professionals will show you how to properly clean your baby's teeth and recognize trouble signs in the mouth, which are critical health tips not usually doled out during pregnancy or within parenting magazines.

Dentists can also explain baby-specific concerns regarding dental health, which include baby bottle tooth decay. Avoiding this potentially damaging issue is simple: The ADA recommends wiping your baby's mouth with a clean gauze pad to help remove plaque that can harm erupting teeth. Gentle brushing with a toothbrush and water should begin as soon as you start seeing teeth.

Dental Emergencies

Once more teeth start showing up, the risk for dental emergencies increases. Accidents happen, but knowing how to react in such situations can be the key to retaining your child's oral health. Here is how the ADA recommends you act in a dental emergency:

- Keep a knocked-out tooth moist at all times. If you can, place the tooth back in the socket without touching the root and call your dentist right away.
- For a cracked tooth, immediately rinse the mouth with warm water to clean the affected area. Look out for facial swelling and treat appropriately with cold compresses. ■



© FOTOLIA

HEAR *in the comfort of your* HOME

- In-Home Hearing Testing
- In-Home Hearing Aid Consultation
- Individual In-Home Hearing Aid Fitting
- Demo Hearing Aids in Natural Environment
- State-of-the-Art Equipment
- Schedule Flexibility



Dr. Justin Lipp, Au.D.
Doctor of Audiology

AUD LIC: 41YA00079600

HAD LIC: 25MG00126500

jlipp@thevisitingaudiologists.com



at-home personalized service

201-364-9210

Administrative Office • 300 Craig Road • Suite 205 • Manalapan

www.TheVisitingAudiologists.com

 Like us on Facebook | TheVisitingAudiologistsOfNJ

RISK FREE Trial Period

Call today for details

*Schedule
your
FREE
IN-HOME
VISIT
7 days a
week!*

Call today to inquire about our

FREE

IN-HOME HEARING EVALUATION

OFFER EXPIRES 10/31/15

HEALTHSOUTH

Rehabilitation Hospital of Tinton Falls

CELEBRATES NATIONAL REHABILITATION WEEK

September 20-26, 2015

TINTON FALLS, New Jersey – HealthSouth Rehabilitation Hospital of Tinton Falls will join facilities nationwide from September 20 through the 26 in celebration of National Rehabilitation Week, which recognizes the positive effects of rehabilitation, applauds the accomplishments of people with disabilities and appreciates the contributions of the hospital rehabilitation staff.

National Rehabilitation Week was established in 1976 to create awareness of people with disabilities and the positive impact of rehabilitation. In 1991, a presidential proclamation designated the third week of September as National Rehabilitation Week, which has grown to include more than 7,000 organizations.

Most people never think about rehabilitation until they are personally facing an illness, accident or injury. The goal of rehabilitation is enable people to live up to their greatest potential. HealthSouth

Rehabilitation

Hospital of Tinton Falls is a 60-bed acute rehabilitation specialty hospital offering state-of-the-art technologies, comprehensive inpatient and outpatient services and an interdisciplinary team approach to treatment. The hospital offers several Disease Specific Specialty Certifications from the Joint Commission in Stroke, Brain Injury, Cardiac, Pulmonary Rehab and Hip Fracture. The hospital is conveniently located in Monmouth County, near Garden State Parkway exit 105 and Route 18 at: 2 Centre Plaza, Tinton Falls, NJ.

HealthSouth is one of the nation's largest providers of inpatient rehabilitative hospitals nationwide. For more information about the variety of services offered HealthSouth Rehabilitation Hospital of Tinton Falls, please visit www.rehabnj.com or call (732) 460-5320. ■



2 Centre Plaza, Tinton Falls, NJ 07724 • <http://www.rehabnjtintonfalls.com/en/our-hospital>

Phone Main hospital number: 732 460-5320 • Inpatient referral number: 732 460-5323 • Outpatient referral number: 732 460-5384

OUTSIDE SALES REPRESENTATIVE POSITIONS

Monmouth, Ocean, Middlesex

If you are Hardworking, Ambitious, Ethical,
and have a Positive Attitude, WE WANT YOU!



Gunther Publishing offers exceptional career paths
and long term opportunities.

- VERY HIGH EARNING POTENTIAL
- BEST in MARKET COMMISSION and BONUSES
- No Commute/No Office Hours

Work From Home – FT or PT
WORK-LIFE BALANCE GUARANTEED

Advertising Sales EXPERIENCE NECESSARY

Please contact: TMFT@optonline.net or (732) 995-3456



A GREAT TEAM TO WORK WITH!
Targeted Publications That Get Results



Camelot

Pediatric & Adult Physical Therapy

Neurological & Orthopedic Rehabilitation

PHYSICAL THERAPY REHABILITATION

- Certified in Neuro-Developmental Treatment for Neurologically impaired patients
 - Cerebral Palsy
 - Stroke
 - Hemiparesis
 - Brain Injury
- Specializing in Adult and Pediatric Orthopedic Care
 - Osteoarthritis
 - Neck and Back Pain
 - Patellofemoral Disorders
 - Rotator Cuff Tendonitis/Tears
 - Balance Problems
 - Sports Injury
- State of the Art Facility with separate Orthopedic and Neurological Treatment Gyms and Private treatment rooms.

Kathryn M. Shapiro, P.T., C/NDT

656 Shrewsbury Avenue, Suite 102, Tinton Falls, NJ 07701

Phone (732) 747-2300 • Fax (732) 747-2334

kshapiro@camelotrehab.com

www.camelotrehab.com

Getting You Back to Independence Is What We Do Best

At HealthSouth Rehabilitation Hospital of Tinton Falls, we're committed to one thing—getting you back to what you love after an illness, injury or surgery. That's why we're dedicated to bringing a higher level of care in everything we do. Our ongoing commitment drives us to offer the newest technologies, experienced specialists and customized programs, earning The Joint Commission Disease-Specific Care Certification in:

- Brain Injury Rehabilitation
- Cardiac Rehabilitation
- Fractured Hip Rehabilitation
- Pulmonary Rehabilitation
- Stroke Rehabilitation

Ask your doctor for a direct referral to HealthSouth Tinton Falls for rehabilitation that gets you back to independence. Call 732 460-5320 to learn more.



The Joint Commission Disease-Specific Care Certification in Brain Injury Rehabilitation, Cardiac Rehabilitation, Hip Fracture Rehabilitation, Pulmonary Rehabilitation and Stroke Rehabilitation

A Higher Level of Care®

HEALTHSOUTH
Rehabilitation Hospital of Tinton Falls

2 Centre Plaza • Tinton Falls, NJ 07724
732 460-5320 • Fax 732 460-7446

rehabnjtintonfalls.com



CKO kickboxing®

Back to SCHOOL SPECIAL!

Expires
10/15/15

**FREE WEEK
OF UNLIMITED CLASSES
WITH THIS COUPON!***



STUDENT DISCOUNTS AVAILABLE!

Kids Classes every Saturday at 12pm for ages 5-11

CKOFreehold.com • 610 Park Ave/Rt 33 • 908-415-5622

Check out our other locations | CKOWall.com | CKOMarlboro.com

*Offer valid for first time CKO guests at Freehold and Wall locations only. Must present ad & valid ID to redeem. Cannot be combined with any other offer. Boxing gloves are required for our classes. If you don't have gloves, they are available for purchase at the gym. Offer expires 10/15/15 CKOFranchising.com