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ASK THE DOCTOR • THE MILLSTONE TIMES

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YOUNG WOMEN

While breast cancer diagnosis and treatment are difficult for women of any age, younger women may find the experience overwhelming.

With youth comes the feeling of invincibility for so many people, so dealing with a cancer diagnosis can come as quite a challenge.

About 11 percent of all new cases of breast cancer in the United States are found in women younger than 45, according to the Centers for Disease Control and Prevention.

And unless they have witnessed a relative or friend go through the diagnosis and treatment process, young women can find it a shocking experience to find out they have breast cancer.

Who is at Risk?

The CDC identifies certain segments of the population to be at an increased risk of getting breast cancer at an early age compared with other women their age. Here are some factors to consider:

- You have close relatives (parents, siblings or children) who were diagnosed with breast or ovarian cancer when they were younger than 45. This is especially true if more than one relative was diagnosed or if a male relative had breast cancer.



- You were treated with radiation therapy to the breast or chest during childhood or early adulthood.

What to Do

The most crucial action you can take as a young woman with an increased risk for breast cancer is talking to your doctor. He or she may suggest ways that you can improve your chances against breast cancer and will have more information on genetic counseling that could potentially uncover mutations in your gene structure.

It also may be recommended that you receive mammograms earlier and more often than other women, or you may need other screening tests.

Cut Down the Risk

Many factors can influence your risk of getting breast cancer. They are important to understand because most women who develop the disease have no known risk factors or history of breast cancer in their families. Here are some ways to improve your chances of staying breast cancer-free:

- Maintain a healthy weight;
- Exercise regularly;
- Don't drink alcohol, or limit alcoholic drinks to one per day;
- Avoid exposure to chemicals that can cause cancer, such as the carcinogens found in cigarettes;
- Reduce your exposure to radiation during medical tests such as mammograms, X-rays, CT scans and PET scans;
- Ask your doctor about the risks of taking hormone replacement therapy or oral contraceptives; and
- Breastfeed your babies, if possible. ■



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Christopher Armento, DMD
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KNOW YOUR CHANCES

For many men and women struggling with the daily grind of breast cancer treatments, simply knowing their chance of survival is motivation enough for sticking to the plan.



The survival rates associated with breast cancer can be eye-opening and even life-changing for someone diagnosed with the disease.

It is important to realize that these statistics are just that — statistics. If you're told you have a certain percentage of a chance to overcome your breast cancer, that doesn't serve as an automatic. Taking the approach of trusting your physician's plan of action and leaning on your family, friends and faith can be an effective plan — no matter what percentage chance you are given.

It's Your Choice

Survival rates can be helpful for physicians trying to explain diagnoses and treatment options. Some patients with breast cancer may want to know their survival statistics while others may choose to go without hearing them.

We have listed the survival rates for all five stages of cancer below, so feel free to skip it if knowing about them would be discouraging to you.

How Rates Are Determined

Survival rates are based on previous

outcomes of large numbers of people. Again, they are not predictors of what will happen in a particular case.

Age, health, the presence of hormone receptors on the cancer cells and the treatment received all play into a person overcoming breast cancer.

In order to get five-year survival rates, doctors study patients who were treated at the beginning of that period. Rapid improvements in treatment since then may result in a more favorable outlook for people now being diagnosed with breast cancer.

Breast Cancer Survival Rates

Below are the various stages of breast cancer and their associated five-year relative survival rates, according to the American Cancer Society.

Stage 0: 100 percent survival rate

Stage I: 100 percent survival rate

Stage II: 93 percent survival rate

Stage III: 72 percent survival rate

Stage IV: 22 percent survival rate



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This year, a diagnosis of breast cancer will be given to over 200,000 women in the United States. While breast cancer is still one of the leading causes of death in women, there is good news. The survival rate for women who have been diagnosed early and treated, continues to improve.

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The hallmark of a good breast health program is a strong breast imaging department with a reputation for excellence. The Women's Imaging Program at AMI's Brick Women's Center is led by Dr. Kavita Peshori, a board certified, fellowship trained women's imager. The radiologists at Atlantic Medical Imaging are all board certified and committed to early and accurate detection.

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When should I start having a mammogram?

The American Cancer Society recommends that all women have a baseline screening mammogram at approximately age 35 and yearly screening mammograms after age 40. Also, your doctor may order a mammogram to determine the cause of a change in the breast, such as a new or enlarging lump, or nipple discharge.

Why can't I have an ultrasound?

Mammography is significantly more sensitive than ultrasound for the detection of early breast cancer. Ultrasound is utilized as a problem-solving tool, following an abnormal screening mammogram.

Will this break my implants?

There is a small risk of implant rupture with mammography. You will be given a form to sign which discusses this risk. Because the risk of breast cancer outweighs the risk of implant rupture most women choose to have the mammogram.

Why do I need compression?

Compression prevents motion which can degrade the mammograms similar to the way motion can ruin photographs. Compression also spreads out the breast tissue which aids in finding small breast cancers. There are other technical reasons, related to the physics of mammography machines, which require compression. Suffice it to say that compression is essential for acquiring high quality mammograms.

When will my doctor get the report?

Your doctor will usually have the official typed report within 3-4 days. If your mammogram has a significant finding, requiring further evaluation, you will be called by our office to schedule the necessary additional examinations.

How often do people get called back for extra views?

Anytime there is a suspicious finding on a mammogram the patient is called back for further images. Almost always these suspicious findings are found not to be significant. Occasionally the findings will need to be worked up further with MRI or biopsy. If you receive a phone call saying you need further images and/or ultrasound, do not be alarmed; just make an appointment as soon as possible. The results of the additional images and the ultrasound will be discussed with you prior to leaving the office.

Why do you need my previous films?

Prior studies are immensely helpful when reading mammograms. Every woman has a unique breast tissue pattern as seen on a mammogram. Almost every mammogram has an area that catches the eye of the radiologist, but most of these areas are likely present on prior studies. We consider prior studies so important that we will often delay reading mammograms until the old studies are retrieved.



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THE FIGHT GOES ON

October is Breast Cancer Awareness Month, but advocates across the globe have turned the fight against breast cancer into a daily battle.

Researchers, physicians and fundraisers aren't waiting for the fall season to do their part. They are working year-round to help put an end to breast cancer.

They do so in honor of lost loved ones and family members, as well as for the millions of women who have overcome the deadly disease over the years.

Breast Cancer Basics

According to the American Cancer Society, cancer starts when cells begin to grow out of control.

Breast cancer is a malignant tumor that starts in the cells of the breast and can invade surrounding tissues or spread to other areas of the body.

Here are some other breast cancer basics from the ACS:

- Most breast cancers are carcinomas, a type of cancer that starts in the cells that line organs and tissues;
- Breast cancers are often a type of carcinoma called adenocarcinoma — carcinoma that starts in glandular tissue;
- Other types of cancers can occur in the breast, too, such as sarcomas, another type of cancer that can occur in the breast and generally starts in the cells of muscle, fat or connective tissue; and
- There is currently no known cure for breast cancer, and its early diagnosis is critical to survival.

A Health Crisis

According to the National Cancer Institute, one in eight women will be diagnosed with breast cancer in their lifetime, making it one of the leading health issues for females in the United States.

The NCI advised women that receiving a high-quality mammogram and having a clinical breast exam on a regular basis are the most effective ways to detect breast cancer early.

The NCI urges women age 40 and older to receive annual mammogram screenings to provide early detection of breast cancer. ■





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EARLY DETECTION PLAN

While researchers continue to make strides toward more frequent early detection of breast cancer in the United States, cases in developing countries are still being diagnosed in later stages.

Research has shown that the earlier breast cancer is found, the more treatable it is.

According to the International Agency for Research on Cancer, one-third of breast cancer deaths could be decreased if detected and treated early, meaning that about 400,000 lives could be saved globally every year.

The lower survival rates in less developed countries can be explained mainly by the lack of early detection programs, resulting in a high proportion of women presenting with late-stage disease, as well as by the lack of adequate diagnosis and treatment facilities.

Why Early Detection Matters

Breast cancer begins in the breast tissue that is made up of glands for milk production, called lobules, and the ducts that connect the lobules to the nipple. The remainder of the breast is made up of fatty, connective and lymphatic tissues.

Breast cancer typically produces no symptoms when the tumor is small and is most easily cured at this stage. That's why annual

mammograms for women over the age of 40 are so important, according to the National Cancer Institute.



Don't Ignore the Signs

When breast cancer has grown to a size that can be felt, the most common physical sign is a painless lump.

Sometimes breast cancer can spread to the underarm lymph nodes and cause a lump or swelling, even before the original breast tumor is large enough to be felt.

Less common signs and symptoms include breast pain or heaviness; persistent changes to the breast, such as swelling, thickening or redness of the breast's skin; and nipple abnormalities such as spontaneous discharge, erosion, inversion or tenderness.

Pain or lack of pain, it is worthy of note, does not indicate the presence or the absence of breast cancer; hence, any persistent abnormality in the breast should be evaluated by a physician as soon as possible. ■

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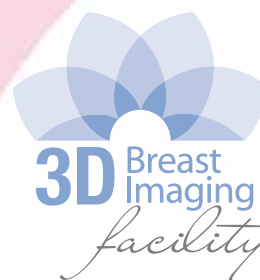
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WHAT IS RED RIBBON WEEK?

Set for October 23-31 this year, Red Ribbon Week is an annual event aimed at raising awareness about the destruction that can be wreaked on lives and communities by drug use.

The National Family Partnership organized the first Nationwide Red Ribbon Campaign, and since its beginning in 1985, the "Red Ribbon" has touched the lives of millions of people around the world.

How It Started

The movement began in response to the murder of DEA Agent Enrique Camarena in 1985, while he was on assignment in Mexico. Emboldened by the tragic event, parents and children in communities across the country began wearing red ribbons as a symbol of their commitment to raise awareness of the killing and destruction caused by drugs in America.

According to the National Family Partnership, friends and neighbors began wearing red badges of satin in honor of Camarena's memory and his battle against illegal drugs.

Parents, tired of the destruction of alcohol and other drugs, had begun forming coalitions. Some of these new coalitions took Camarena as their model and embraced his belief that one person can make a difference.

The Ribbon

These coalitions also adopted the symbol of Camarena's memory, the red ribbon.

"The Red Ribbon Campaign is a fun, powerful and effective way to deliver focused, branded, healthy, anti-drug messages to the public," says NFP President Peggy Sapp. "The winners of the National Red Ribbon Awards honor DEA Agent Kiki Camarena's legacy by helping to create a drug free America through the promotion, support and growth of the National Red Ribbon Campaign."

The Pledge

Learn and take the official Red Ribbon Pledge below:

- As parents and citizens, we will talk to our children and the children in our lives about the dangers of drug abuse.
- We will set clear rules for our children about not using drugs.
- We will set a good example for our children by not using illegal drugs or medicine without a prescription.
- We will monitor our children's behavior and enforce appropriate consequences, so that our rules are respected.
- We will encourage family and friends to follow the same guidelines to keep children safe from substance abuse. ■



QUESTION:

What is the Achilles tendon and how is it treated?

The Achilles tendon has always been a vulnerable spot in the body, especially for athletes and those more physically active. Also known as the Heel Cord, this is the tendon connecting muscle to bone at the back of the leg and the

thickest tendon in the human body. It connects the bones of your heel to your calf muscle. An Achilles tendon injury might be caused by:

- Overuse
- Stepping up your level of physical activity too quickly
- Wearing high heels, which increases the stress on the tendon
- Problems with the feet; flat feet, fallen arches or over pronation.
- Muscles or tendons in the leg that are too tight

If you feel pain in this part of the leg, it is a good idea to seek medical attention for a diagnosis and treatment options. In many cases, the injury will heal itself by resting the leg, icing, elevating and compressing

to reduce swelling. Anti-inflammatory pain killers will help. A foot and ankle specialist may suggest conservative treatments, such as heel lifts and physical therapy involving stretching, strengthening and ultrasound. Other cases may require casting or even surgical intervention.

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. ■

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Is it OK to exercise if I have a cold?

By Mia Ingui

Mild to moderate physical activity is usually OK if you have minor cold symptoms and no fever. Exercise may even help you feel better by opening your nasal passages and temporarily relieving nasal congestion.

As a general guide for exercise and illness, consider this:

Exercise is usually OK if your symptoms are all "above the neck." These signs and symptoms include those you may have with a common cold, such as runny nose, nasal congestion, sneezing or minor sore throat.

Consider reducing the intensity and length of your workout. Instead of going for a run, take a walk, for example.

Don't exercise if your signs and symptoms are "below the neck," such as chest congestion, hacking cough or upset stomach.

Don't exercise if you have a fever, fatigue or widespread muscle aches.

Let your body be your guide. If you have a cold and feel miserable, take a break. Scaling back or taking a few days off from exercise when you're sick shouldn't affect your performance. Resume your normal workout routine gradually as you begin to feel better. And check with your doctor if you aren't sure if it's OK to exercise.

Remember, if you do choose to exercise when you're sick, then reduce the intensity and length of your workout. If you attempt to exercise at your normal intensity when you have more than a simple cold, you could risk more serious injury or illness. ■

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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! ■



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NATIONAL BREAST CANCER FOUNDATION

Of the numerous breast cancer-focused organizations in the United States, one has gained a reputation for being one of the largest, most comprehensive — the National Breast Cancer Foundation.

NBCF has proven itself as one of the most recognized and respected breast cancer charities in the world. Since 2003, NBCF has received the highest four-star rating by Charity Navigator, a charity evaluator.

Each year, the foundation directs more than 80 percent of its revenue back into its life-saving programs, helping the organization grow by 20 percent each year since 2005, according to the group's website.

History of NBCF

The organization was founded in 1991 by breast cancer survivor Janelle Hail, who was diagnosed with breast cancer in 1980 at the age of 34.

According to the foundation's biography, after her treatment, Janelle made a commitment to help women around the world by educating them about breast cancer and the importance of early detection.

NBCF strives to help women of all ages by providing help and inspiring hope to those affected by breast cancer through early detection, education and support services.

NBCF Programs

The NBCF provides free mammograms to women in all 50 states through its network of hospitals.

NBCF offers free, innovative programs, including its National Mammography Program, Beyond the Shock, Early Detection Plan and Breast Health Awareness.

These programs are unique to the NBCF and form an effort aimed at helping women at various stages of breast cancer awareness and treatment.

Get Involved

Looking to volunteer your time to the NBCF? There are numerous ways to become involved with the foundation's mission. You can make a donation on the organization's website (www.nationalbreastcancer.org), which states that \$100 can help provide a mammogram for a woman in need.

From the website, you also can become a sponsor or read the foundation's blogs on latest programs, fundraisers, campaigns and stories. There is no better time than now to become involved in programs that have been proven to make a difference in the lives of so many women across the United States. ■





QUESTION:

What exactly is a cataract and what can be done to correct it?

ANSWER:

Many people suffer from an ocular condition where the lens clouds, impairing vision. In a normal eye, light passes through the transparent lens to the retina. The retina is the light-sensitive matter at the rear of the eye. Once it reaches the retina, light is changed into nerve signals that are directed to the brain. If the lens is cloudy, the image you see will be blurred.

This is called a cataract and it blocks the normal light from passing through the eye. Cataracts are primarily related to aging, and are very common in older people. In fact, by age 80, more than half of all Americans either have a cataract or have had cataract surgery. The lens is comprised of mostly water and protein. The protein is configured in a precise way that keeps the lens clear and allows light to pass through it. As we age, some of the protein may clump together and start to cloud a small area of the lens.

A cataract can occur in either or both eyes. It cannot spread from one eye to the other. In addition to age, other risk factors may be certain diseases such as diabetes,

personal behavior such as smoking and alcohol use or the environment such as prolonged exposure to sunlight.

Cataract surgery is one of the oldest surgical procedures known, first documented in the fifth century BC. The first reported surgical removal of a cataract from the eye occurred in Paris in 1748. The improvements in cataract surgery and the corresponding results over the past few decades have been astonishing.

Surgery for cataracts involves removing the natural lens of the eye that contains the cataract and either replacing it with an artificial lens called an intraocular lens implant (IOL). The alternative is to compensate for its absence with eyeglasses or contact lenses. The development of smaller surgical incisions was complemented by the development of new lens implants, which are created out of different materials (such as acrylic and silicone) that could be folded to allow the lens to be inserted through a tiny wound. At present, commercially available lenses can be inserted through wounds a little over 2 mm.

Cataract diagnosis can be done early with routine annual eye exams. The sooner they are caught, the better. 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 wonderful selection of frames should you need glasses. A visit to us may be your first line of ocular defense! ■



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QUESTION:

Dr. Rafah Salloum, MD

How To Ease Joint Pain?

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

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Breast Cancer: Know the Warning Signs

By Jessica Morton, MPH, CHES

Due to the use of regular mammography screening, most breast cancers in the U.S. are found at an early stage, before signs appear. However, not all breast cancers are found through mammography. It is important to know the warning signs, and also to contact your health care provider right away if you notice any breast changes that concern you. The warning signs of breast cancer are not the same for all women.

Breast Cancer Warning Signs

- Lump, hard knot, or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

Remember not to panic if you notice one or more of these signs, because in most cases, these changes are not cancer. For example, breast pain is more common with benign breast conditions than with breast cancer. Benign breast conditions are noncancerous conditions of the breast that can result in lumps or other abnormalities. Examples of these include cysts and fibroadenomas. However, the only way to know for sure is to see your health care provider. If you have breast cancer, it is best to find it at an early stage, when the chances of survival are highest. ■



Are all X-Rays Tricky during Pregnancy?

By Mia Ingui

Q: Is it safe to get an x-ray done if I am pregnant?

A: Yes, it is definitely safe to get an x-ray done while you are pregnant. But, because different x-rays have different levels of radiation that are inflicted on the body, you need to know to what extent the radiation is being given in order to ensure the safety of yourself and the fetus. Fetal exposure to radiation more than 10 rads increases the risk of mental disabilities. Rad, by the way, is the unit of measurement for absorbed radiation. But not to worry, because most x-rays never will expose you or your child to more than 5 rads. Most x-rays will not expose the reproductive organs to radiation, generally making them harmless to an unborn child. Although the risk of harmful effects due to radiation is low, most radiologists will recommend that women should hold off on any non-urgent x-rays until after they deliver their child. But even if there is a recommended x-ray for you to receive while you are pregnant, there is no reason to fret. Just let your technician know that you are pregnant so they can shield you appropriately. If you have received any x-rays or were exposed to radiation prior to becoming pregnant, there is also no need to worry, since the risk factor of complications with the fetus from this is very, very low. ■

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).

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

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

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

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

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.

EXERCISE IS KEY

The key to preventing breast cancer may be in your legs. Research has shown that regular exercise can help drastically decrease your risk of getting breast cancer.

A study published in 2011 by the U.S. National Library of Medicine found a 25 percent average breast cancer risk reduction among physically active women compared to the least active women. The study was a compilation of results from 73 others conducted across the globe.

Why the link? The study's researchers stated: "It is likely that physical activity is associated with decreased breast cancer risk via multiple interrelated biologic pathways that may involve adiposity, sex hormones, insulin resistance, adipokine and chronic inflammation."

In other words, physical activity can have a big impact on various body factors contributing to the prevention of breast cancer.

So work in that extra jog or bike ride this afternoon. Your body will thank you later.

Moderate Exercise

Activities of moderate to vigorous in nature are recommended by the American Cancer Society when it comes to working out for breast cancer prevention.

What is moderate exercise? Here are some options, as defined by the ACS:

- Walking briskly (a 15-minute mile);
- Light yard work (raking and bagging leaves or using a push lawn mower);
- Light snow shoveling;
- Actively playing with children; and
- Biking at a casual pace.

Vigorous Exercise

On the other spectrum, vigorous exercise involves quickening your heart rate and increasing your breathing. These types of workouts can include the following:

- Jogging or running;
- Swimming laps;
- Rollerblading/inline skating at a brisk pace;
- Cross-country skiing;
- Jumping rope; and
- Most competitive sports (football, basketball, or soccer). ■



BY THE NUMBERS

Breast cancer is a scary disease, no matter how you look at the numbers. The fact that each year in the United States more than 200,000 women get breast cancer and more than 40,000 die is eye opening.

These numbers, reported by the American Cancer Society, should be motivation enough for all Americans to do their part in finding a cure.

Below are some other staggering statistics regarding breast cancer from the ACS. Let them convince you to become involved.

- Most breast cancers are found in women who are 50 years old or older.
- About 11 percent of all new cases of breast cancer in the United States are found in women younger than 45 years of age.
- African-American women have the highest breast cancer death rates of all racial and ethnic groups, and are 40 percent more likely to die of breast cancer than Caucasian women.
- Breast cancer incidence rates have steadily decreased in the U.S. since 2000.
- Besides skin cancer, breast cancer is the most commonly diagnosed cancer among American women.
- In 2013, there were more than 2.8 million women with a history of breast cancer in the U.S.
- About 5 to 10 percent of breast cancers can be linked to gene mutations inherited from one's mother or father.
- About 85 percent of breast cancers occur in women who have no family history of breast cancer. ■



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QUESTION:

How can a dentist help with my snoring?

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

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

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

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

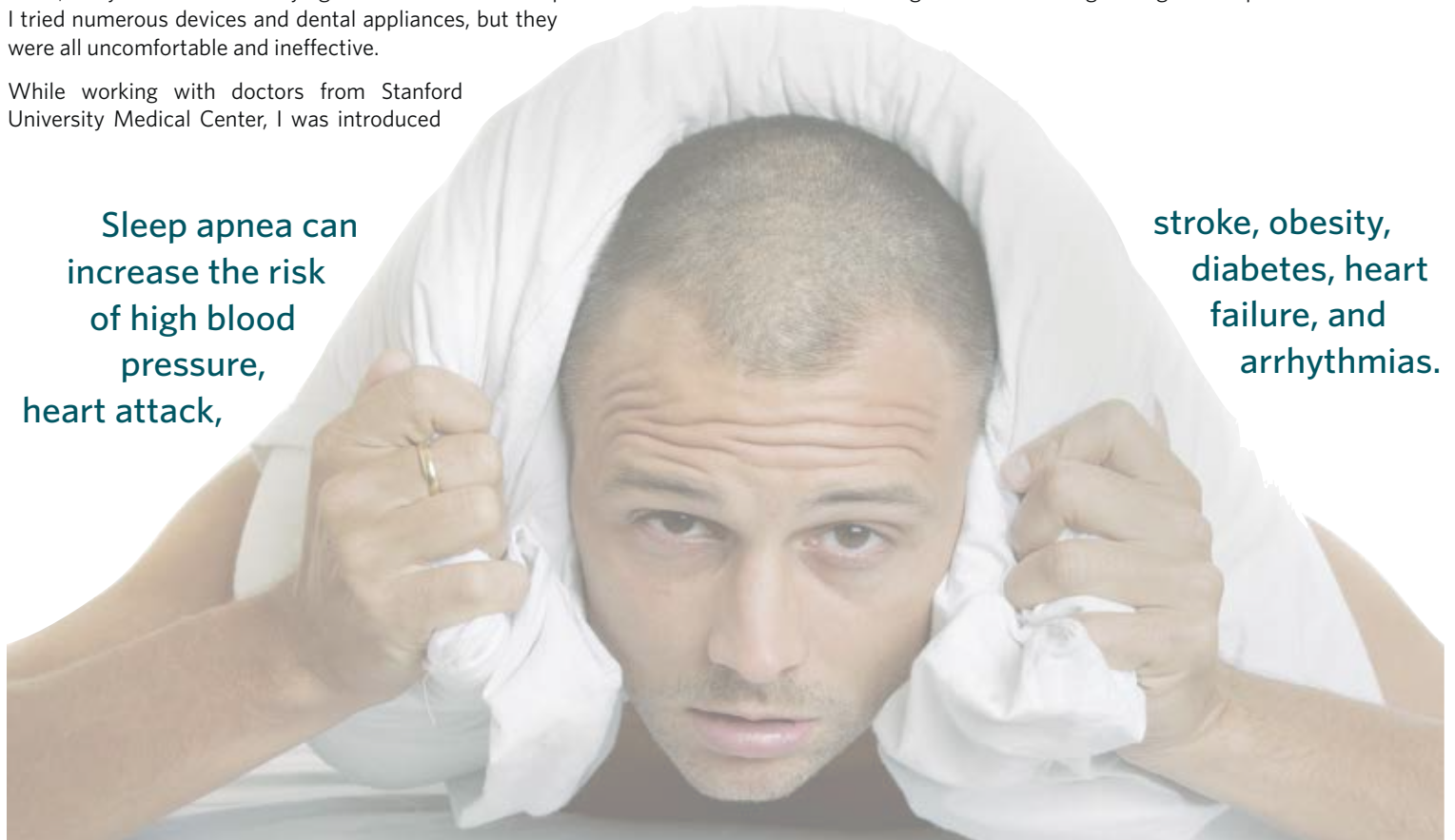
to, and now personally wear, the first dental appliance for snoring, Obstructive Sleep Apnea (OSA), and Upper Airway Resistance Syndrome (UARS). It is a perfect alternative for those who cannot tolerate their CPAP therapy. This appliance is FDA approved as a medical device in two separate classifications;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

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

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

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

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Sandy Marinko, a local permanent makeup artist is involved in programs dedicated to helping cancer survivors look and feel better about themselves, which heals their souls.

She is a facilitator for the American Cancer Society's "Look Good Feel Better" program and volunteers in the wig dept at the Manasquan office where wigs are given free of charge.

Many people don't realize how much the American Cancer Society helps victims for free. They are really very proactive in helping people get through the debilitating journey they face.

For information, go to the Look Good Feel Better Web site

lookgoodfeelbetter.org.

From the time Sandy became a cosmetologist, she realized how powerful her profession could be and how many lives can be enhanced.

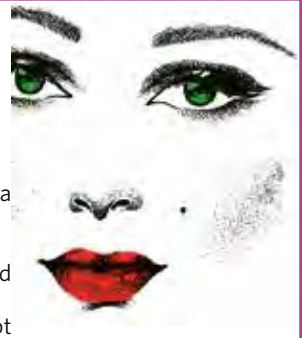
As a permanent makeup artist she can tattoo eyebrows, eyeliner and if you have had breast cancer and need restoration of your areola you will be amazed at what a skillful tattoo can do. Your scars can be camouflaged and made smaller and softer.

Tattoos that have faded or were not applied properly can be corrected.

Don't hesitate to call Sandy for information on services she can supply.

There are many reasons to have your makeup tattooed; loss of motor skill, eyesight, sensitive skin allergies and a myriad of other reasons. When completed you won't have to worry about how you look.

She even does brows before chemo if your doctor permits it for a small equipment charge.



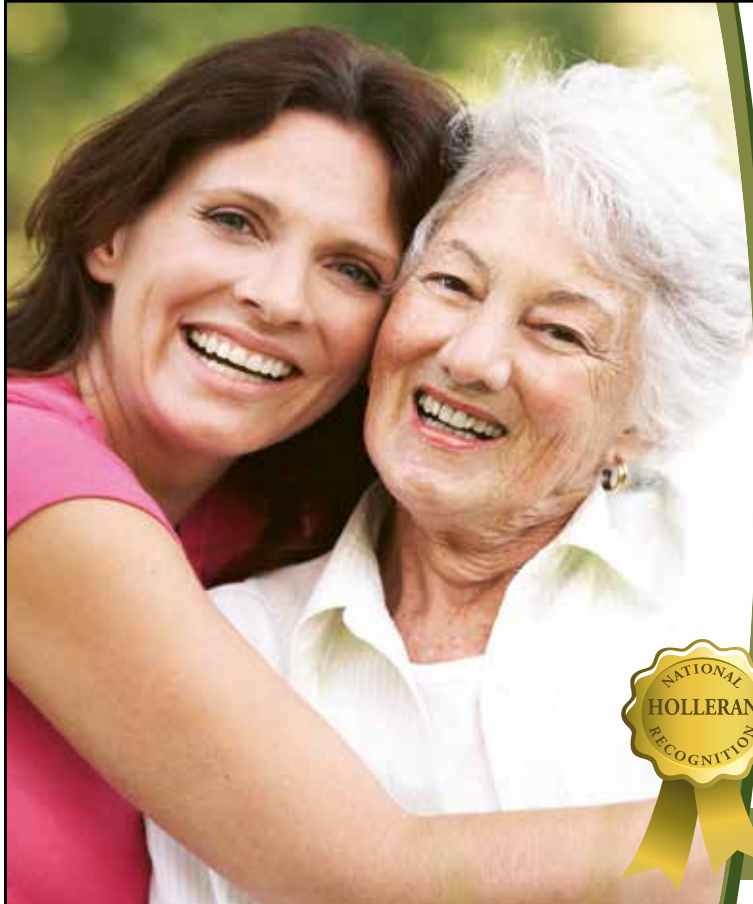
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QUESTION:

What's the best way to treat knee arthritis?

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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.

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WAYS TO LOWER TRIGLYCERIDES

By Mia Ingui

If you are someone who has been monitoring your cholesterol and your blood pressure, there is another aspect of your health that you should be paying attention to: your triglycerides. Your triglycerides are a type of lipid found in your blood and stored in fat cells. If your diet consists of lots of carbohydrates and fatty foods, your triglyceride levels may be high. Having high triglycerides is called *hypertriglyceridemia*. The risk of heart disease is greatly increased by having high triglycerides, which is why it is important to monitor them and keep the levels in the body low. Going for a simple blood test will show whether or not your triglycerides are high. If so, here are ways to lower your triglycerides to a healthy amount.

Cut down on sugar and stock up on fiber:

The AHA (American Heart Association) recommends that only 5% of your daily intake of calories should be from sugar. Lowering your sugar intake to less than 10% of your daily calories will greatly lower your triglycerides. Increasing your intake of fiber rich foods, such as leafy vegetables, fruits, and whole grains also is a healthy way to keep your triglycerides down.

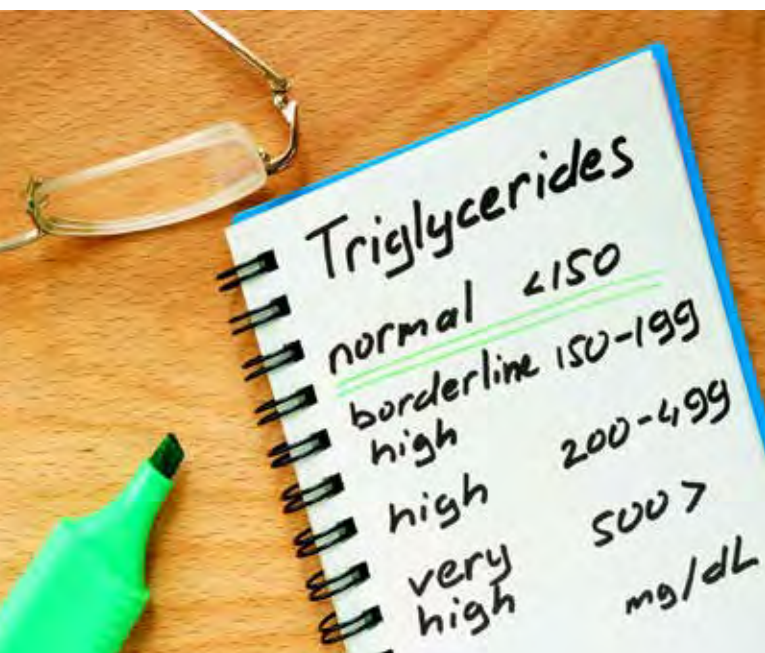
Pay attention to the types of fats you eat:

Lower your intake of saturated fats, which can be found in red meats, processed foods, cheese, and butter, and trans fats, which are found in shortening, therefore in many baked goods, and fried foods. These all are known to raise bad cholesterol.

Exercise:

If you have high triglycerides, just 30 minutes of physical activity a day can greatly reduce your levels.

Most of these are easy lifestyle changes that will pay off greatly in the long run. ■



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How does healthy eating affect mental and emotional health?

By Joely Phenés

We all know that eating right can help you maintain a healthy weight and avoid certain health problems, but your diet can also have a profound effect on your mood and sense of wellbeing. Studies have linked eating a typical Western diet—filled with processed meats, packaged meals, takeout food, and sugary snacks—with higher rates of depression, stress, bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of mental health disorders such as ADHD, Alzheimer's disease, and schizophrenia, or in the increased risk of suicide in young people.

Eating more fresh fruits and vegetables, cooking meals at home, and reducing your sugar, snack, and white carb/white flour intake, on the other hand, may help to improve mood and lower your risk for mental health problems. If you have already been diagnosed with a mental health problem, eating well can even help to manage your symptoms and regain control of your life.

While some specific foods or nutrients have been shown to have a beneficial effect on mood, it's your overall dietary pattern that is most important. That means switching to a healthy diet doesn't have to be an all or nothing proposition. You don't have to be perfect and you don't have to completely eliminate foods you enjoy to have a healthy diet and make a difference to the way you think and feel. ■



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NJ podiatrist Dr. Holli Alster graduated from the Temple University School of Podiatric Medicine in Philadelphia in 2000. She completed a highly competitive surgical reconstructive residency at Temple University Hospital and Temple Children's Medical Center, where she also served as chief resident.

Laying the groundwork for her to become the top podiatrist in NJ, Dr. Holli Alster is a

Diplomate of the American Board of Podiatric Surgeons where she achieved board certification in both foot surgery and reconstructive rearfoot and ankle surgery. Fewer than 5 percent of foot and ankle surgeons in the United States have these surgical credentials (source: American Board of Podiatric Surgery).

Dr. Alster is also a Fellow of the American College of Foot and Ankle Surgeons and the American Society of Podiatric Surgeons. Before becoming an NJ podiatrist, she was a residency coordinator and educator for young physicians, and sat on the Board of Directors for the American Society of Podiatric Surgeons. Currently, she serves on several committees for the American Society of Podiatric Surgeons.

Dr. Alster has been practicing podiatric surgery in Central New Jersey for the last seven years, and currently resides in Monmouth County as a podiatrist in Manalapan, NJ. Serving all your foot and ankle concerns, she and the highly skilled staff at Family Foot & Ankle Center of Central Jersey, provides comprehensive care for infants, children, teenagers, adults, and seniors.

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Dr. Gribbin specializes in the diagnoses, treatment and prevention of a wide variety of musculoskeletal disorders such as back pain, neck pain, medical weight loss and aesthetic medicine. She has won many awards including:

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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.

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Is Occupational Therapy Right For My Child?

By Mia Ingui

As parents, we hope to make the right choices for our children to help them to grow and flourish, and one of these choices may be to consider occupational therapy for some of our children. Occupational therapists quite simply assist people in doing useful tasks through the therapeutic use of everyday activities, or occupations. Some examples of occupational therapy include helping people recovering from injury to regain skills, support for children with disabilities to develop the skills for school and social situations, and focusing on cognitive as well as physical changes in some older adults. "A child's life is made up of different, "occupations," or daily activities," says the AOTA (American Occupational Therapy Association). These occupations include playing, learning, and socializing. Occupational therapy practitioners work with children and their families to help them succeed in these activities." Every plan is personalized to whoever is being assisted and includes customized activities to ensure that they are going to reach their goals. If you are noticing signs that your child may benefit from occupational therapy, (such as difficulty developing motor skills, difficulty playing with other children, or possibly handling transitions), you could contact an occupational therapist to see if it is right for you and your child. For more information on if occupational therapy is right for your child, visit www.aota.org. ■



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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.

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TIPS TO KEEP TEENS OFF DRUGS

Though parents can't be everywhere, there are some steps they can take to help keep their children off drugs.

It's okay to be the 'bad' parent

Don't let a fear of receiving a negative reaction from a child be a deterrent to talking to them about drugs. Take a strong stance on drug use and don't back down. Though this will obviously set a clear precedent for what is expected, it also can give children a natural excuse to abstain if pressured. If they know there are serious consequences at home, a teen might think twice.

Establish family rules

Set some guidelines in stone for children, so they know specifically what is expected. Some basic examples include no one under 21 years old can drink alcohol; teens are not allowed to ride with anyone who has been drinking; no parties without parental supervision; and no attending parties where alcohol or drugs are present.

Know your child's friends

Make an effort to connect with the friends children are spending time with. Make your home a safe gathering place for your child and their friends. Invite your children's friends over for dinner, and encourage your child to invite friends over. If they are spending time in a place with supervision and rules, there are fewer opportunities for alcohol or drug use.

Get to know other parents

Though getting to know the kids who are influencing your child is obviously important, it's also critical to know more about their parents and potential home life. Making connections with the

families of your child's friends can open the door for a joint effort to encourage the entire social circle to avoid alcohol and drug use.

Follow the rules

Being a good role model, and setting a good example, is one of the most obvious and easiest ways to discourage drug use. Research studies show that parents who drink alcohol or use drugs are more likely to have kids who drink or use. If you drink alcohol, do so in moderation; if you use medication, use only as directed, and do not use illegal drugs. If you host a party, always serve alternative non-alcoholic beverages and do not let anyone drink and drive.

Promote healthy, safe activities

If there do not seem to be many options for your child and their friends, help create some. Backyard sports, hikes, exercise and outdoor activities are a safe and healthy way for teens to spend time.

Also encourage teens to engage in school and community activities such as music, sports, arts or a part-time job.

Tips provided by the National Council on Alcoholism and Drug Dependence. ■



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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.

Can I Feed My Baby Honey?

By Mia Ingui

Q: Is it safe to feed my baby honey?

A: This is a very common question. Many new moms have heard that honey is unsafe for their babies to eat. This is partially true. If your infant is less than one year old, it could be unhealthy to feed them honey or any products that contain honey, and here is why. A bacterium called *Clostridium botulinum* specifically attaches itself to soil, dust, and some foods...particularly honey. If a baby consumes honey containing these bacteria, they could contract infant botulism, a rare but potentially very harmful disease. This causes breathing problems and muscle weakness in your infant, which shows through signs such as a weak cry, constipation, and decreased muscle tone. Older children better can process the bacteria, but before age 1, it is too difficult for their digestive systems to defend themselves against it. So, until after your child's first birthday, keep them away from any food products that contain honey to try and keep them at their healthiest. ■



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TALK TO KIDS ABOUT DRUGS

The most obvious way to deter drug use among youths is to speak with them openly and honestly about the inherent dangers.



Statistics show children of parents who talk to their teens regularly about drugs are 42 percent less likely to use drugs than those who don't. But, according to the National Family Partnership, just one-fourth of teens report actually having those conversations.

Risks

Using alcohol and drugs before the brain has fully developed increases

the risk for future addiction to alcohol and drugs dramatically, according to the National Council on Alcoholism and Drug Dependence (NCADD). Youths who start drinking alcohol before the age of 15 are five times more likely to develop alcohol abuse or dependence problems in the future, when compared to people who first use alcohol at the legal age.

"Talking to our children about drug use is not always easy, but it is crucial," said National Institute on Drug Abuse Director Nora D. Volkow, M.D. "You can also get involved in your community and seek out drug abuse prevention programs that you and your child can participate in together. Sometimes, just beginning the conversation is the hardest part."

Risk factors

Underage drug use can cause a variety of problems, such as impaired driving skills due to impaired reaction and judgment time; serious health problems, including liver damage or heart failure from drugs such as ecstasy and lung and kidney damage from inhalants; and psychotic behavior from chronic use of methamphetamine. Teens who use drugs also are more likely to develop drug dependence in the future.

Common risk factors for teen drug abuse include a family history of substance abuse; mental or behavioral health conditions such as depression, anxiety and ADHD; impulsive behavior; a history of traumatic events; low self-esteem; poor social skills; academic failure; and peer or parental influences who encourage drug use.

Alcohol-related accidents

According to data gathered by D.A.R.E., junior and high school students drink 35 percent of the wine coolers consumed in the U.S., while binge drinking is reported as early as the eighth grade.

Alcohol-related accidents are the leading cause of death among people 15 to 24 years of age, while half of all youthful deaths in drowning, fires, suicide and homicide are alcohol related. A U.S. Department of Health and Human Services survey of high school seniors found 2.5 million respondents did not know they could die of alcohol poisoning. ■

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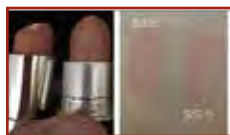
By Mia Ingui

Walking into any beauty store, like an Ulta Beauty or a Sephora, can prove to be immediate intimidation-nation. There are tons of shelves lined with lipsticks in hundreds of shades of pinks and reds, too many shampoos to count, and enough lotions and potions to keep you moisturized for months. Which products are the right ones to try and buy, and what products are comparable to higher-end products that you can get for less? I'm here to help you find out!

Let's begin with lipstick. High-end brands such as Dior, MAC, or Burberry could cost you anywhere from \$20-50, and considering most of us will just bury it at the bottom of our purses, a designer lipstick proves to be pretty impractical. So, here are some drugstore shades that are comparable to the designers, and with a much nicer price tag.



MAC Ruby Woo (\$16):
Wet N Wild
Spotlight Red (\$2.29)



MAC Crème D'Nude
(\$16): Maybelline
Blushing Beige (\$5.50)



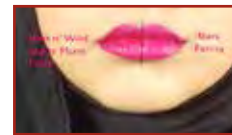
NARS Niagara (\$27):
NYX Brick (\$2.29)



MAC Snob (\$16):
Revlon Pink Pout
(\$4.79)



MAC Cyber (\$16): Wet
N Wild Vamp it Up
(\$1.99)



NARS Audacious
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There are also endless possibilities for finding an eye shadow, bronzer, or other high-end makeup dupes, such as...



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Palette (\$50): Maybelline
The Nudes Palette (\$10)



Chanel's Baked Blush
(\$45): Milani Blush
(\$7.79)



Bobbi Brown liquid
foundation (\$48):
Maybelline FITme (\$8)

Happy Shopping!!

SPICE UP YOUR FALL FASHION

By Mia Ingui

I think that the hardest part of transitioning your wardrobe from summer to fall is actually accepting that the season is now changing, and your shorts and tank tops unfortunately aren't going to keep you very warm anymore. It is now the beautiful time of the year when the leaves are falling, the Halloween decorations get put outside, and one morning, we walk outside and say to ourselves, "Oh, wow, it's a little chilly out here today!" and rush to grab a jacket. If you're anything like me, you will be deeply saddened by the change of the seasons, and will take this sudden chill as a sure sign to throw on your comfiest sweatshirt and sweatpants every day until June 1st hits. Well, news flash, even though the fall/winter months can be brutal, we don't have to live like this! There are plenty of ways to spice up your fall wardrobe to be stylish and still manage to keep warm. And believe it or not, you can incorporate your summer favorites into fresh new fall outfits.

SUMMER SAVES:



The maxi dress: So summer chic, and accessible to the fall since it is full length. Just add a cute jacket or a cardigan, and instead of sandals opt for booties.

Other summer dresses: Super simple, any dress can be worn in the fall with the addition of a cardigan or jacket, tights and or boot socks with boots.



Sandals: Until the fall chill hits too hard to wear sandals anymore, they would look great with your favorite pair of jeans and a blouse.

Scarf: Scarfs look good with everything. They just do. Try adding them to a favorite summer tee and pair with jeans.



NEW FALL FINDS:



The Blazer: A classy way to keep warm. They aren't as bulky as a full jacket; therefore they can be styled with your outfit to be worn all day! The tuxedo blazer is a hot piece for the fall.

Sleeved dress: Although some of your summer sundresses will work for the fall, not all of the prints and colors are fall-appropriate. Invest in a casual dress with sleeves to pair with boots or heels! ■



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A Clever Way to Limit Your Child's Candy

By: Mia Ingui

Scenario: you have succeeded in keeping your New Year's resolution of making healthier lifestyle choices and eating clean, healthy foods. That isn't easy as is! But throw in a house full of kids committed to their own diets of sugar and salt, and it can be tough trying to run a healthy household. Then that dreaded candy filled holiday comes around, and your kids come inside after trick or treating and dump a pillowcase full of candy onto the counter. How can you keep them from overdosing on sugary sweets? There are some clever ways to monitor the candy intake in the house by you and your kids. First, the candy could become a reward and incentive for the kids. Keep it all stored away, and when the kids are on their best behaviors and are doing a good job of keeping organized and responsible, then they can indulge in their Halloween stash a bit. Or, maybe let your kids make a swap with you for some of their candy. Make a trade-off. If they give you some candy, give them a small toy or an allowance. Or, let them keep their favorite candies, but you could get rid of the excess so that there isn't any unneeded temptation in the house. Ultimately, Halloween is a night to have some fun and enjoy the huge amounts of candy, so let your child enjoy themselves, but monitoring the amount of candy they eat is key to keep them healthy. ■

Bean and Turkey, Warm and Comfy Winter Soup

The convenience of this one-dish meal is a true no-fuss hearty and healthy comfort meal.

INGREDIENTS

- 1 pound ground turkey breast
- 2 medium onions, chopped
- 2 stalks celery, chopped
- 1 clove garlic, minced
- 1/4 cup ketchup
- 1 can (14.5 ounces) unsalted diced tomatoes
- 3 cubes low-sodium chicken bouillon
- 7 cups water
- 1-1/2 teaspoons dried basil
- 1/4 teaspoon ground black pepper
- 2 cups shredded cabbage
- 1 can (15 ounces) unsalted cannelloni beans, rinsed and drained

DIRECTIONS

In a large saucepan, cook the ground turkey, onion, celery and garlic until the vegetables are softened and the turkey is cooked.

Add the ketchup, tomatoes, bouillon, water, basil, pepper, cabbage and beans.

Bring to a boil and reduce heat. Cover and simmer for 30 minutes.



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Orange Scallops and Quinoa

Serves 4

INGREDIENTS

- 1 cup quinoa
- 2 teaspoons plus 1 tablespoon olive oil
- 16 sea scallops (about 1 1/2 pounds)
- kosher salt and black pepper
- 1 orange
- 3/4 pound snow peas, halved lengthwise

DIRECTIONS

Cook the quinoa according to the package directions.

Meanwhile, heat 2 teaspoons of the oil in a large nonstick skillet over medium-high heat.

Pat the scallops dry and season with 1/4 teaspoon each salt and pepper. Cook until opaque throughout and golden brown, 2 to 3 minutes per side. Transfer to a plate and cover.

Using a vegetable peeler, remove 4 strips of zest from the orange. Thinly slice them.

Wipe out the skillet. Heat the remaining tablespoon of oil over medium-high heat. Add the snow peas, orange zest, and 1/4 teaspoon each salt and pepper.

Cook, tossing, until the snow peas are just tender, about 2 minutes. Serve with the scallops and quinoa.



Spinach and Pea Risotto

Serves 4

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 shallot, chopped
- kosher salt and black pepper
- 1/2 cup dry white wine
- 3 cups low-sodium vegetable or chicken broth
- 1 cup Arborio rice
- 1 cup frozen peas
- 4 ounces flat-leaf spinach, roughly chopped (about 2 cups)
- 1/4 cup grated Parmesan (1 ounce), plus more for serving

DIRECTIONS

Heat oven to 425° F. Heat the butter in a medium Dutch oven or ovenproof pot over medium-high heat. Add the shallot, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring often, until soft, 3 to 5 minutes. Add the wine and cook, stirring, until almost evaporated, 2 to 3 minutes. Add the broth and rice and bring to a boil.

Cover the pot and transfer to oven. Cook until the rice is tender and creamy, 20 to 25 minutes.

Add the peas, spinach, Parmesan, 1/2 teaspoon salt, and 1/4 teaspoon pepper to the pot and stir to combine. If the risotto is too thick, stir in up to 1/4 cup hot water. Sprinkle with additional Parmesan before serving.



STAY HYDRATED

Everyone knows the importance of staying hydrated. For seniors, it is vitally important. Water helps keep your temperature normal, lubricates your joints and helps you get rid of waste through perspiration and urination.

Not drinking enough water can lead to dehydration, a major issue that can lead to falls or even more serious issues for seniors.

We have a harder time retaining water as we age. In fact, seniors have 10 percent less fluid in their bodies compared to younger adults, according to the Centers for Disease Control and Prevention.

That's why staying ahead of dehydration can be so important. According to the Centers for Disease Control and Prevention, here are the most common symptoms of dehydration:

- Confusion;
- Rapid heart rate;
- Decreased urine output;
- Irritability;
- Dry skin;
- Constipation; and
- Dizziness.

Dehydration-Related Issues

Dehydration is a major issue because it can be brought on more commonly in people already suffering from other health issues. Influenza, digestive problems and high blood sugar can all cause dehydration.

Senior populations are more susceptible to these issues, underscoring the importance of practicing regular hydration.

Get More Water

Especially during the hot summer months, it is vital to keep water nearby at all times. Even if you're not outside for the majority of the day, be sure to include as much water as possible in your diet, even if you're not thirsty.

Here are some ideas from the CDC on how to incorporate more water into your daily intake:

- Freeze some freezer-safe water bottles and take one with you for ice-cold water all day long;
- Choose water instead of sugar-sweetened beverages;
- Choose water when eating out to help you save money and calories; and
- Identify and incorporate water-rich foods into your diet, such as broth soups, celery, tomatoes or melons. ■



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Is Crying Healthy?

By Mia Ingui

A part of achieving a healthy, balanced life is keeping your body and mind physically *and* emotionally healthy. A common misconception is that you are not emotionally sound if you are sad or unhappy, but that is not true. Based on psychologists' studies, is it perfectly normal and actually healthy to sometimes feel overwhelmed and upset, and even to cry. The act of crying is an emotional release of all negative feelings: anger, sadness, anxiety and stress. Without releasing these emotions, it acts as a toxin to the body, and these negative emotions tainting your body eventually will build up and greatly affect your emotional well-being. There is actually a term for the purging and releasing of pent up emotions, called *catharsis*. When you cry, you are purifying your mind while also letting your mind heal itself, making it a perfectly normal and healthy thing to do. But there are terms to define healthy crying. Some examples of a healthy cry are when you are with loved ones, after the resolution of a situation, and one in an appropriate place. Cries that aren't as good for you are the ones that take place publicly because of shame or embarrassment, or ones that reoccur because of depression or a mood disorder. Sadness is never a fun emotion to feel, but it is more than okay to let yourself cry. Most likely, you will feel much better afterwards. ■



By Jill Garaffa

Dear Jill,

I am feeling so stressed out. I have so much going on at work and at home that I don't know where to begin. My days at work are very long and then I come home and there's more work to do at home. I'm up till 2am sometimes finishing projects and I can't seem to sit still and turn my brain (and body) off from constantly being busy. I feel so exhausted and drained. How do I shift gears relax?

Signed,
Stress Head
Manalapan, NJ

Dear Stress Head,

I am hearing a value for you around accomplishment and productivity. Our values stem from our belief system and are the drivers of our actions and behaviors. While we all value many things, we generally have only a few very deep core values from which the rest of our values stem. In other words, we may keep ourselves very busy accomplishing things and checking off items on a "to do list," but the reason we do this is because our deeper values are centered on happiness and peace. We believe that if we accomplish more things it will make us happier and we will finally be at peace when everything is finally done... Except that is usually not how things turn out.

The problem with this line of thinking is it can trap us into developing long standing habits that lead us very far away from happiness & peace. We get buried under piles of projects and our calendar becomes stuffed with activities and obligations that bring us everything but happiness and peace.

From a coaching standpoint, the first question I would invite you to explore is: at the core of your being: at the end of your day, what really matters to you? At the end of your life, as you look back, what are the moments that will bring you the deepest sense of fulfillment? Steven Covey, in his best-selling book "The Seven Habits of Highly Effective People," suggests that we all "begin with the end in mind." That said, consider ultimately how you want your life to end and then plan your days accordingly. On their death bed, most people do not look back and think "Gee, if I only spent more time at work."

From a practical standpoint I'm hearing that you currently have a really busy schedule and not enough rest. I suggest taking an honest inventory of all the things that you are currently managing: appointments on your schedule, projects, emails, voice mail, and piles on your countertops and folders in your office. Ask yourself "what is producing fruit?" Any business that does not take inventory will eventually go out of business. Consider that you are the "CEO" of your life. Consider the simple things that truly bring you a sense of joy, fulfillment and happiness. Then ask yourself: What needs to go? What needs to stay?

Our days are made up of hundreds of small choices and ultimately, those choices make up the quality of our life. A life coach is someone that can help you sort through what truly matters and support you with designing a lifestyle that aligns more with your deeper values.

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

CONSIDER THE CHIROPRACTOR

Trained to carefully examine and treat muscles, joints, connective tissue and bones, chiropractors can identify and relieve the underlying causes of pain.

Chiropractic specialties can vary across practices, but most professionals are focused on alternatives to drugs or surgery, restoration of nervous system functions, pain relief, pediatric care solutions, massage therapy and relief of headaches, digestive issues, insomnia and asthma.

How do you know if a visit to the chiropractor is right for you? Chiropractors can offer treatment to alleviate pain, whether you were hurt in a vehicle accident or have recently been experiencing painful symptoms caused by some other source.

What Does a Visit Cost?

Visits vary by practice but can actually save you money in the long run, depending on your medical conditions. That's because chiropractors don't prescribe medications or perform expensive surgeries.

Chiropractic care also can help you minimize or avoid the need for lengthy or costly physical therapy. By making adjustments or offering alternative solutions, a chiropractor may be able to keep you out of the operating room.

Call around to different chiropractors in your area to ask about rates and find out if your issue can be treated in their offices.

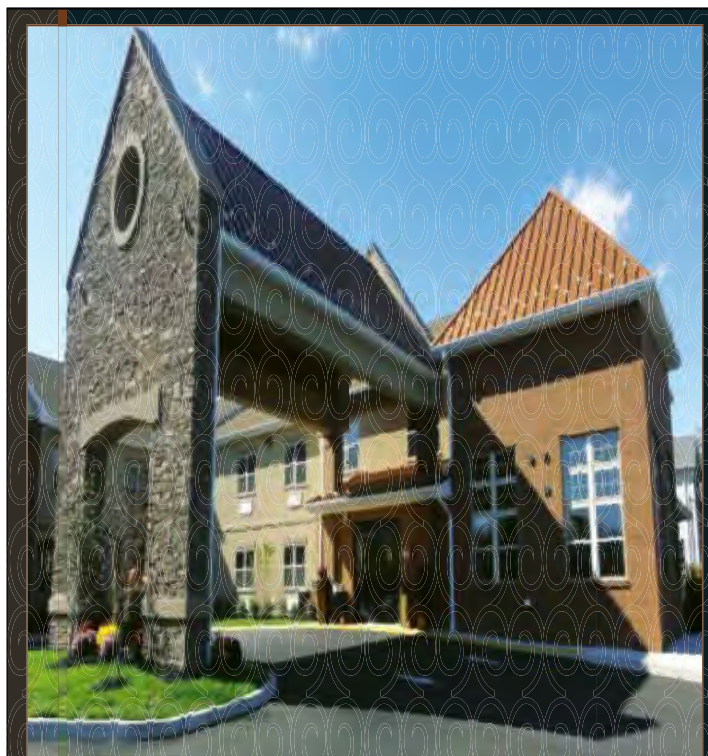
More than Pain Relief

Many chiropractors offer health and wellness programs that focus on not only your physical health but your mental and psychological health, as well.

Most chiropractors encourage you to make lifestyle changes that will improve your health, which in turn can decrease your susceptibility to injury and pain.

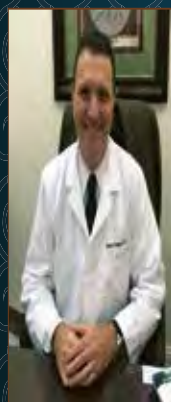
Everyone knows that people who are more physically active generally have less stress and anxiety in their lives.

Because chiropractors encourage exercise and increased physical activity to help alleviate pain, visiting one can lead to positive changes that contribute to an overall better quality of life. ■



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BENEFITS OF READING

How do you like to pass the time? Recent research shows that reading may be your best bet for improving your cognition, memory and overall health.



Take a seat and flip open your favorite book, magazine or newspaper. Your body and mind will thank you.

Memory Benefits

A recent study of 294 seniors published in Neurology magazine uncovered slower rates of memory decline for people who engaged in mentally stimulating activities such as reading.

The study found that later-in-life reading can reduce the rate of memory loss by about 32 percent. Why the connection between reading and memory health? Experts say that reading exercises your memory, which helps boost your short-term recall of everyday events.

Better Decision-Making

Reading also can improve the analytical abilities in seniors, which can lead to better decision-making processes in stressful situations.

The last thing you want to happen when facing a problem is to be unable to come up with an effective solution. Regular reading can strengthen the cognitive functioning that goes into identifying, analyzing and translating situational needs into solutions.

Alzheimer's and Dementia

In an article published by USA Today, the Alzheimer's Association reported that brain-challenging activities build a reserve of neuronal connections. This can lengthen the time it takes for Alzheimer's to emerge.

A recent study from the Rush University Aging and Memory Project found that more frequent mental activities, including reading, help preserve brain structures important to cognition in late life.

Better Sleep

The Mayo Clinic states that creating a bedtime ritual, such as reading, signals the body that sleep is near. Sleep experts recommend reading a book before bed instead of watching TV or looking at electronic devices.

These activities have been proven to either keep people awake longer or disrupt sleep patterns. So the next time you lay your head down to rest, opt for a new book instead of the remote control or your mobile device. ■

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FIGHT AGE DISCRIMINATION

You're a professional with more than 25 years of successful work experience. So why will no one hire you? This is an issue that senior job-seekers are facing across the country.

Age discrimination in the employment world is real. Companies may think that senior-level employees will be too costly to on-board or may be too stuck in their ways to integrate into a workplace. It's up to you to prove them wrong.

Fortunately there are ways to get around the age discrimination challenge during your job search.

Be Honest

Many job-seekers may consider hiding their age on their resumes by omitting the dates of employment for past employers. Although this will hide your age from hiring managers and recruiters, it also can serve as a red flag.

Reviewers want to know if you've held steady employment over the years or if your resume contains many job gaps. Try listing start and end dates for the past 15 years of employment and create an "Early Career History" section for previous employment without any dates.

This gives hiring managers a detailed look of your most recent experience and provides good interview material should you make it past the initial hiring process.

Rely On Connections

When it's time to dust off the resume and find a new career opportunity, it's also time to rely on previous connections. Many job-seekers will update their resume, post it on a highly visible job board and wait for results to come to them.

This is not an effective job search strategy. Candidates of all ages must be proactive in their search, and this starts with reaching out to previous employers and peers to let them know you're back on the employment market.

Even if you're not interested in rejoining a previous company, you never know what kinds of connections your colleagues may have fostered along the way. ■



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SENIOR NUTRITION

*Nutrition is important to all age groups,
especially to the elderly.*

*Seniors need specific nutritional
regimens to stay in optimal health.*

As people age, their diets generally need to change. Physicians recommend balance in the diet of seniors that include a variety of fruits, vegetables, proteins and whole grains to maintain and improve overall health.

According to the American Dietetic Association, in addition to eating a healthful variety of foods, there are specific things a caregiver can incorporate into their loved one's diet to boost health.

Add the Right Nutrients

Some of the most important nutrients to incorporate into your diet are Omega 3 fatty acids. These inflammation-reducing nutrients have been proven to help prevent heart disease, cancer and arthritis.

So where do you find them? They are in flaxseed and flaxseed oil, walnuts, canola oil and different types of fish. Physicians recommend eating foods rich in Omega 3 fatty acids at least twice a week. There also are supplements on the market that may be beneficial.

As always, check with your physician for the best plan of action.

Boost Calcium

It's no secret that as people age, calcium becomes a critical necessity of their diets. Calcium helps preserve bone health and lower blood pressure — two health benefits specifically important to senior citizens.

The World Health Organization recommends that adults over the age of 50 get at least 1,200 milligrams per day of calcium. This amount is equal to about 4 cups of fortified orange juice, dairy milk, or fortified non-dairy milks such as almond or soy, says the WHO.

Limit Sodium

Many seniors suffer from hypertension, also known as high blood pressure.

Overcoming this condition requires a reduction of sodium in the diet.

This can't be achieved solely by reducing the amount of table salt added to food.

Processed and restaurant foods are typically extremely high in sodium, and should be only a small part of a senior's diet. Instead, opt for fresh fruits and vegetables, unsalted nuts and grains to help meet dietary needs without the risks of added salt. ■



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HOW TO QUIT

The American Lung Association offers a free online smoking cessation program.

The American Cancer Society also has a quit smoking program. You also can call the American Cancer Society at 800-ACS-2345 to get support and free advice on how to stop smoking from trained counselors.

Below are some of the most effective ways to quit smoking. Always ask your physician first before starting a new program or strategy.

- Medicines to help you quit are available by prescription
- Nicotine replacement products can be taken as a pill, chewed as gum, or worn as a patch on the skin.
- Acupuncture and meditation have been reported to help ease cigarette cravings.
- Cold laser therapy is a safe, non-invasive and effective way to stop smoking with just one visit.
- Find a friend who is also attempting to quit, and share stories, challenges and motivational support.
- Check out the breastcancer.org discussion board, or other similar forums, such as nicotine-anonymous.org and quitnet.com, for support groups.



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Pro Sports Lend a Hand

Professional sports organizations such as the National Football League and Major League Baseball have stepped up in big ways for the fight against breast cancer.

Athletes in each league have not been afraid to sport some pink to achieve awareness goals.

Utilizing their international forums and passionate fan bases, the NFL and MLB are leading the way in fostering a positive partnership between professional sports and high-visibility breast cancer awareness groups.

With the amount of money and publicity their efforts have raised to this point, this looks to be the beginning of some great relationships.

NFL: A Crucial Catch

The NFL launched its Crucial Catch campaign to help the American Cancer Society fight back against breast cancer. It is a month-long breast cancer awareness campaign that takes place in October and is focused on raising awareness and funds for breast cancer causes.

Each October, NFL players and officials don pink-hued gear in support of the partnership's primary goal: to promote the ACS's recommendation that women 40 and over to get screened annually for breast cancer.

According to the NFL, much of the apparel worn at games by players and coaches, along with special game balls and pink coins, are used to raise money through NFL Auction, with proceeds benefiting the ACS's Community Health Advocates implementing Nationwide Grants for Empowerment and Equity (CHANGE) program.

MLB: Going to Bat Against Breast Cancer

On the baseball diamond, Major League Baseball partners with the Susan G. Komen foundation for its annual Going to Bat Against Breast Cancer initiative.

Each year, the MLB's Honorary Bat Girl contest takes place, encouraging

fans to share personal stories for a chance to be on various fields across the nation during Mother's Day celebrations.

The project helps raise awareness about breast cancer while also raising funds for Komen. One person is chosen for each MLB team in the contest.

Both the NFL and MLB make it easy for volunteers to get involved with their efforts, so reach out to your local team's communications department for more information. ■



WEIGHT GAIN DURING CANCER TREATMENT

By Brianna Sciallano

Although people more commonly lose weight during cancer treatment, some people gain weight. Slight increases in weight during cancer treatment are generally not problematic. However, significant weight gain may affect a person's health and ability to undergo treatment.

Weight gain is an especially important health issue for women with breast cancer because more than half experience weight gain during treatment. Reports have shown that weight gain during treatment is linked to a poorer prognosis, which is the chance of recovery. Being overweight before treatment begins also increases the risk of serious health conditions, such as high blood pressure, diabetes, and heart problems.

Relieving side effects—also called symptom management, palliative care, or supportive care—is an important part of cancer care and treatment. Talk with your health care team about any symptoms you experience, including any new symptoms or a change in symptoms.

If weight gain becomes a concern, talk with your doctor or a registered dietitian (RD) before starting a diet or changing your eating habits. They can help find out the possible cause of the weight gain and the best way to manage it. In addition, an RD can provide nutritional guidelines or a customized diet plan.

Consider the following ways to address weight gain through diet and physical activity:

- Eat plenty of fruits, vegetables, and whole grains.

- Limit fat, sugar, and refined flour.

- Drink plenty of water.

- Try to use healthier cooking methods whenever possible, such as steaming instead of frying.

- Evaluate everyday eating habits, and try to identify behavior patterns that lead to overeating and inactivity. It may be helpful to meet with an RD to help you with this.

Find cardiovascular physical activities, such as walking or bicycling, that you enjoy, and do strength building exercises if you have lost muscle. However, check with your doctor before beginning a new type of exercise or increasing your amount of physical activity.

Managing fluid retention-related weight gain

It is important to call your doctor immediately if you experience any of the following signs of fluid retention:

- Skin that feels stiff or leaves small indentations on the skin after pressing on the swollen area

- Swelling of the arms or legs, especially around the ankles and wrists

- Rings, wristwatches, bracelets, or shoes that fit tighter than usual

- Decreased flexibility in the hands, elbows, wrists, fingers, or legs

The following tips can help you manage fluid retention:

Ask a doctor about prescribing a medication that increases urination, called a diuretic, to rid the body of excess water.

- Lower the amount of salt in your diet.

- Avoid standing for long periods, and elevate your feet as often as possible.

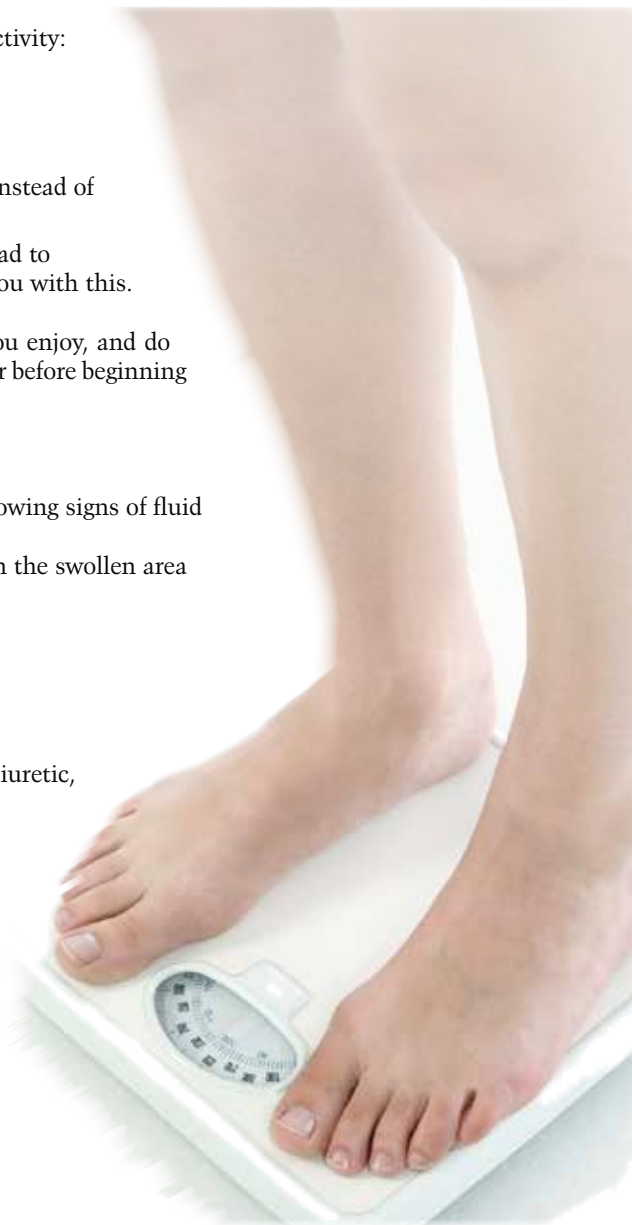
- Avoid crossing your legs, which restricts blood flow.

Weigh yourself at the same time each day, and keep a log of your daily weights.

Be sure to bring this log with you to appointments so your health care team can evaluate them.

Avoid tight clothing and footwear.

Ask your health care team if wearing support or compression stockings may help. ■



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CKO Kickboxing was originally formed in Hoboken, NJ as "Take It To The Max" in November, 1997 by Joseph Andreula. Joseph designed and created the intense workout, which was the first of its kind. CKO became so popular in Hoboken, that by 2004, nine additional locations opened throughout NJ and NY and today has over 65 locations!

One of those 65 locations is the CKO Freehold location which was opened in January 2013 by best friends Anthony Cangialosi, Matthew Cangialosi and Michael Sclafani. Anthony, a personal trainer of 10 years and Matt having always been into fitness and all different kinds of workouts both fell in love with the CKO Kickboxing concept after only taking one class. Mike, a former member of the CKO Hoboken location, lost close to 40lbs by committing to a workout regimen of 3 to 4 classes a week. When the Freehold location first opened, the 3 taught almost every class on the schedule and since then have expanded by opening locations in Marlboro Township and Wall Township with friends Peter DiCataldo, Brian Glazer and Joseph Sciarra and now currently employ over 30 Trainers and Sales Associates. These CKO locations have changed the lives of 1,000's of Monmouth County Residents!

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GET INVOLVED

If you think one person can't make a difference in the battle against breast cancer, think again. Your effort could be a driving force in finding the cure or helping friends and family members affected by the disease.

By getting involved with research studies, you can make a difference through work that is personally rewarding. Consider enrolling in a study or serving as an advisor in an advocacy group to make your presence felt.

Clinical Trials

There are many clinical trials available to breast cancer survivors. Some research studies analyze various treatments while others take a look at post-treatment health issues. Both areas are important to improving our ability to overcome the short- and long-term effects of cancer.

Reach out to a local health care provider today to find ways you can help. One national organization — Susan G. Komen — offers a custom matching service in collaboration with BreastCancerTrials.org. The program can align your interests with the trial that fits your needs.

Advisor Roles

Some organizations that fund or conduct research are known as advocate groups. As an advocate who is involved in such an entity, your roles may include reviewing grant proposals for research funding or working with researchers to implement research within your community.

Within Susan G. Komen, The Komen Advocates in Science program will train you to become involved in different types of research programs.

Again, start with your physician or public health institution to get more information.

Government Volunteering

Some state and federal agencies feature volunteer programs to benefit people living with cancer. If you're a breast cancer survivor or have a passion for the cause, you can find great opportunities within these organizations to make a difference.

To find out how to get involved, visit the National Cancer Institute's website at www.cancer.gov. ■





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