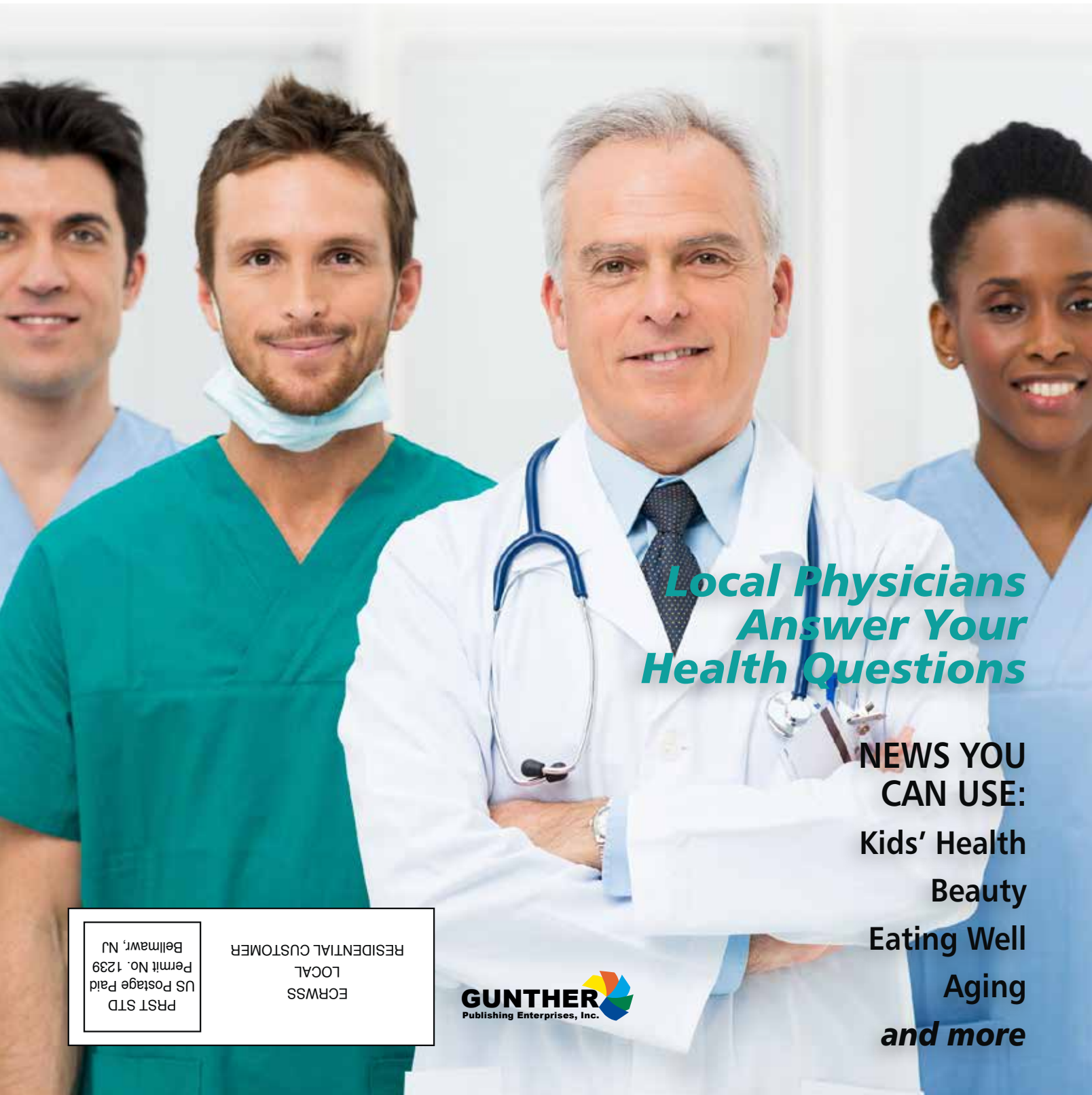


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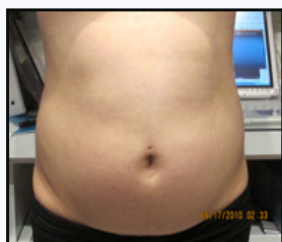
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How to Prepare For Bikini Weather in March

The below zero temperatures and icy lakes surrounding us makes it hard to imagine the warm sand around your toes, but in reality now is the time to prepare for just that! It is late winter, early spring that blossoms your beach body. There are three ways we suggest to prepare.

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Could YOU have Colon Cancer?

Tina Vazirani, M.D.

Colorectal cancer (CRC) is a common and lethal disease. Many people are unaware of the danger until symptoms show up. When this happens, the disease has progressed to a point where treatment is more difficult. As scary as this sounds, colon cancer remains treatable when caught early, thanks to a powerful screening tool – the colonoscopy. Removal of polyps during the time of the colonoscopy can prevent colon cancer and CRC-related death.

In the United States, CRC is the second leading cause of cancer death and accounted for approximately 50,000 deaths in 2013. Approximately one in three people who develop CRC die of this disease.

Screening rates for CRC, although rising in the United States over the past few years, are generally below national targets. In 2012 in the U.S., only 65.1% of adults between ages 50 and 75 years were up-to-date with CRC screening and 27.7% had never been screened.

RISK FACTORS

There are some commonly acknowledged risk factors that increase a person's likelihood of contracting colon cancer. These include the following:

1. A personal or family history of colon cancer or polyps
2. Race (risk increased in African Americans)
3. Inflammatory Bowel Disease (Crohn's disease or Ulcerative Colitis)
4. Obesity
5. Cigarette smoking
6. Lack of physical activity
7. Alcohol Abuse
8. Diabetes
9. Diet low in fruits/vegetables or high in red meat

SYMPTOMS

While advanced polyps can appear in people without symptoms, there are some warning signs that can indicate when it's time to see your doctor. Possible symptoms include the following:

1. Blood in stool
2. Anemia
3. Change in bowel habits
4. Unexplained weight loss
5. Abdominal pain

WHEN SHOULD YOU GET SCREENED?

Because the risk of colon cancer increases with age, people age 50 or older should have periodic screening for early detection of polyps and colon cancer. As the risk is increased for African Americans, colon cancer screening should start at age 45.

There are many ways to screen for colon cancers, but if any of the tests come back positive, a colonoscopy needs to be done. If a polyp is not removed, it will continue to grow larger. It usually takes several years for a polyp to change to cancer.

PROGNOSIS

For people who catch and treat colon cancer early, the 5 year survival rate is over 80%. If the cancer has reached the lymph nodes, the chance of survival drops to 65%. When the cancer has spread to distant parts of the body, like the liver or bones, the likelihood of living more than 5 years drops to about 10%.

So don't miss your colonoscopy! It just may save your life. ■

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QUESTION:

How do I choose the right physical therapist?

The key to this question is to choose the physical therapist, not the physical therapy practice. You are developing an important relationship with a healthcare provider that you may be with for an extended period of time to recover from an injury or after surgery. People are quite often referred to physical therapy for a consultation after seeing their physician or surgeon. What should you consider when choosing the right provider?



You are developing an important relationship with a health-care provider.

You need to know the credentials of the person that will be performing an evaluation and subsequent treatment. Do they have experience in your problem area? Do they have advanced skills or certifications? Will they be the only person treating you throughout the course of your recovery? When being referred to a practice but not a specific physical therapist, you risk getting anyone that is available. They may not have the experience level, advanced clinical skills or ownership in the facility. That is the most important trait since practice owners will go above and beyond in helping you recover.

Have you ever been to a dentist, veterinarian, podiatrist, or a physician that was not the owner of their practice? Unfortunately the profession of physical therapy has been ravaged by corporations or physicians that self-refer to a practice they own as profit centers. Most of those practices work under the guise of high

volume and sharing of patients between physical therapists. Is that the best environment for you to recover?

You have a choice when seeing a physical therapist. Choose wisely and remember, you always have a choice to go wherever you prefer. Get a recommendation from a friend or family member and always choose based on the credentials of the specific physical therapist that will be treating you. Can you learn about the physical therapists on the practice website? If not, the practice probably doesn't want you to know about each therapist but instead know only about the practice name. db Orthopedic Physical Therapy's two locations are only staffed by partners in the practice with advanced clinical skills. Keep us in mind for any of your rehabilitation needs. ■

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All About Age Related Macular Degeneration

By Brianna Siciliano

Age related macular degeneration (AMD) is a progressive eye condition that causes severe vision loss. AMD attacks the macula of the eye (the part of the retina that is responsible for the sharp, central vision) where our clearest vision occurs. Doing daily activities like identifying faces, safely walking up and down pathways and stairs, reading, and watching television are very challenging to do once age related macular degeneration strikes. This condition is the number one cause of vision loss and legal blindness in adults over the age of 60 in the United States, and unfortunately, more than one in three people can develop signs of age related macular degeneration.

There are two types of age related macular degeneration: wet (neovascular) and dry (atrophic). Wet (neovascular) macular degeneration refers to growth of new blood vessels in an area of the eye, usually the macula, where those blood vessels are not supposed to be. Dry (atrophic) macular degeneration is an early stage of the eye disease, and it is diagnosed when drusen

(yellowish spots) begin to show up and spread in and around the macula. Gradual vision loss may occur with dry macular degeneration,



but it is not as likely or as severe as wet macular degeneration symptoms.

Usually, macular degeneration is slow and painless when vision is lost, but in rare cases, vision loss is sudden. There are two main signs that people notice before vision loss: unusually fuzzy, distorted vision or shadowy areas in your central vision. Eye care professionals can usually detect early signs of macular degeneration in retinal

eye exams before symptoms occur, and the sooner the condition is detected, the sooner action can be taken. Sadly, there is no cure for age-related macular degeneration as of now, but some treatments may be able to delay the condition's progression, and possibly even improve vision. Treatments for macular degeneration will depend on the stage and form of a person's condition.

Because millions of people have macular degeneration, there is hope and proof that people with the eye condition are able to participate in activities they have always done. Age related macular degeneration will always leave some sight available, which means that if you have the condition, you will be able to adapt your eyes and earn to use peripheral vision (side vision) effectively. To try to prevent macular degeneration, doctors suggest maintaining a healthy diet and a healthy weight, regularly exercising, maintaining a normal blood pressure, quitting smoking, wearing sunglasses outdoors, and getting regular eye exams. ■

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-Linda A.

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March is National Kidney Month

By Susan Heckler

Every March is National Kidney Month! In celebration, World Kidney Day is March 14, so the National Kidney Foundation is urging all Americans to give their kidneys a well-deserved checkup.

Quick Facts on Kidney Disease:

Kidney disease is the 9th leading cause of death in the country.

More than 26 million Americans have kidney disease, and most don't know it.

There are over 95,000 people waiting for kidney transplants.

More than 590,000 people have kidney failure in the U.S. today.

Our kidneys filter 200 liters of blood daily, help regulate our blood pressure and direct red blood cell production. One out of three Americans are at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure. There are more than 26 million Americans who already have kidney disease, although most don't know it because there are often no symptoms until the disease has progressed.

The National Kidney Foundation (NKF) recommends two simple tests to check for kidney disease:

Albuminuria-to-creatinine ratio (ACR). Albuminuria occurs when there are higher amounts of a type of protein called albumin in the urine. This is a common marker of kidney damage. All patients with CKD should be tested for albuminuria at least annually. You should also get tested if you are at risk for kidney disease (have diabetes, high blood pressure, or family history of diabetes, high blood pressure or kidney failure).

Glomerular filtration rate (GFR). GFR is estimated from results of a blood-based creatinine test. It is an indication of how well your kidneys are working to remove wastes from your blood. GFR is calculated using the serum creatinine and other factors such as age and gender.

Get screened and spread the word. You yourself can learn about keeping your own kidneys healthy, share the information you have and promote screening. Awareness can save a life! ■



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Keep Your Bones Strong

When you think physical health, you may start with the skin, hair or teeth, because these are the parts of the body you can see.

But sitting beneath the surface are the vital pieces making up the ultimate structure of your body — the bones. They play many crucial roles in the body, including protection of organs, anchoring of muscles and storage of calcium.

Taking care of your bones is a practice that should start in childhood and continue throughout your life.

The Numbers

Why is bone health so important? The Office of the Surgeon General reports an assortment of statistics that call for healthier, bone-focused diets to help the country's population.

How likely you are to develop osteoporosis — a condition that causes bones to become weak and brittle — depends on a variety of lifestyle, diet and exercise factors. According to the Surgeon General:

- The risk of a fracture increases with age and is greatest in women.

In fact, roughly four in 10 Caucasian women ages 50 or older in the United States will experience a hip, spine or wrist fracture sometime during the remainder of their lives.

- Osteoporosis is the most common cause of fractures. Roughly 10 million individuals over age 50 in the United States have osteoporosis of the hip.

- By 2020, one in two Americans over age 50 is expected to have or be at risk of developing osteoporosis of the hip.

Calcium & Vitamin D

Calcium is a mineral needed by the body for healthy bones. Since the body cannot produce calcium, it must be absorbed through food or vitamins.

Good sources can include low-fat dairy products, dark green leafy vegetables and calcium-fortified products such as orange juice, cereal and bread.

The daily recommended amount of calcium varies for individuals, so check with your physician to see how much you should be taking in.

Physical Activity

Bones also can be strengthened through regular physical activity. Weight-bearing physical activities cause muscles and bones to work against gravity. This can be strenuous, so consult your physician before increasing the amount of weight-bearing exercises.

These exercises can include simple walking, jogging or running. More vigorous activities can include field hockey, hiking and weightlifting. ■



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Genetic Testing for Breast and Ovarian Cancer: *Questions for the doctor*

Genetic counseling and testing can help you understand your risk for cancer. Genetic tests help doctors look for mutations (changes) in certain genes, like BRCA1 and BRCA2.

If you have a BRCA1 or BRCA2 gene mutation, you are more likely to develop breast or ovarian cancer. Talk with your doctor about genetic testing for breast and ovarian cancer if:

- Two or more close family members (parents, sisters, or children) have had breast or ovarian cancer
- A close family member had breast cancer before age 50
- A close family member has had cancer in both breasts
- A family member has had both breast and ovarian cancer
- You are of Eastern European Jewish heritage

If genetic tests show that you are at higher risk of developing breast or ovarian cancer, you and your doctor can discuss options for lowering your risk.

The Affordable Care Act covers counseling about genetic testing for some women. Depending on your insurance plan, you may be able to get counseling at no cost to you. Talk to your insurance provider.

What do I ask the doctor?

Visiting the doctor can be stressful. It helps to have questions written down before your appointment. Print these questions and take them with you when you visit the doctor.

- What is my risk for developing breast or ovarian cancer?
- Are there warning signs I should look out for?
- Would you recommend genetic testing to learn more about my risk?
- What are the benefits and risks of genetic testing?
- What are my chances of having a mutated (changed) gene that could increase my risk for cancer?
- What would a positive or negative test result mean for me?
- If I have a mutated gene, what options will be available to me?
- If I get tested, who will be able to see my test results?
- Besides mutated genes, what other things increase my risk for breast and ovarian cancer?
- What types of cancer screenings are recommended if I decide not to do genetic testing?
- Is there information I can take with me about preventing breast or ovarian cancer?



For more information about genetic testing for breast and ovarian cancer, visit:
<http://www.cancer.gov/cancer-topics/fact-sheet/Risk/BRCA>

<http://www.genome.gov/10000507>

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:

- Neck and Back Pain
- Osteoarthritis
- Tendonitis and Bursitis
- Knee & Hip Pain
- Fibromyalgia
- Psoriatic Arthritis
- Rheumatoid Arthritis
- Lyme Disease
- Vasculitis
- Gout
- Muscle Pain
- Raynaud's Phenomenon
- Osteoporosis
- Polymyalgia Rheumatica
- Lupus



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Lung Cancer Screening: Questions for your doctor

Lung cancer is the leading cause of death from cancer in the United States. Most people who develop lung cancer (more than 8 in 10) get it from smoking. If you currently smoke, the best way to lower your risk of lung cancer is to quit.

Ask your doctor about getting screened (tested) for lung cancer if all of these apply to you:

You are age 55 to 80.

You have a history of heavy smoking. An example of heavy smoking is smoking 1 pack of cigarettes a day for 30 years – or 2 packs a day for 15 years.

You smoke now – or you quit within the last 15 years.

Your doctor may suggest that you get screened once a year with LDCT (low-dose computed tomography).

LDCT takes pictures of your lungs, which can help find lung cancer early – when it may be easier to treat.

What do I ask the doctor?

Visiting the doctor can be stressful. It helps to have questions written down ahead of time. You may also want to ask a family member or close friend to come with you to take notes.

Print out these questions and take them to your appointment.

What puts me at risk for lung cancer?

Do you recommend that I get screened for lung cancer? Why or why not?

If you recommend this screening for me, how often should I get it?

What will happen when I get screened for lung cancer? How do I prepare?

Does the screening exam have any dangers or side effects?

How long will it take to get the results?

If the results show I might have cancer, will I need more tests to be sure?

Can you suggest something to help me quit smoking?

What else can I do to lower my risk of lung cancer?



For more information about screening for lung cancer, visit: www.cancer.gov/cancertopics/pdq/screening/lungs

Knees Please

By Susan Heckler

In 2010, there were roughly 10.4 million patients visiting their doctor because of knee injuries, making knee injury one of the most common reasons people see their doctors.

The knee is a joint with three parts. The thigh bone (femur) meets the large shin bone (tibia) forming the main knee joint. This joint has an inner (medial) and an outer (lateral) compartment. The kneecap (patella) joins the femur to form a third joint, called the patellofemoral joint. All of this is surrounded by a joint capsule with ligaments strapping the inside and outside of the joint (collateral ligaments) as well as crossing within the joint (cruciate ligaments). These ligaments provide stability and strength to the knee joint.

The most common knee injuries include fractures around the knee, dislocation, and sprains and tears of soft tissues, like ligaments. Many injuries comprise more than one structure in the knee. Pain and swelling are the most common signs of knee injury. Your knee may catch, lock up, or feel weak. When the knee injury causes instability, you may feel that your knee is giving way.



- Fractures: Many fractures around the knee are caused by high energy trauma, such as falls from significant heights and motor vehicle collisions.
- Dislocation: This can be caused by an irregularity in the structure of a person's knee or by high energy trauma, such as falls, motor vehicle crashes, and sports-related contact.
- Anterior Cruciate Ligament (ACL) Injuries: Changing direction rapidly or landing from a jump incorrectly can tear the ACL. Roughly half of all injuries to the ACL occur in conjunction with damage to other structures in the knee.
- Posterior Cruciate Ligament Injuries: This is often injured from a shock to the front of the knee while the knee is bent. This often occurs in motor vehicle crashes and sports.
- Collateral Ligament Injuries: Injuries to the MCL are usually caused by a direct blow to the outside of the knee, and are often sports-related.
- Meniscal Tears: Tears in the meniscus can occur when twisting, cutting, pivoting, or being tackled.
- Tendon Tears: Falls, direct force to the front of the knee, and landing awkwardly from a jump is common causes of knee tendon injuries.

How can you avoid knee injuries?

- Keep your knees and the muscles that support them strong and flexible.
- Warm up before activities with hamstring stretches, knee-to-chest exercise, calf stretch and straight leg raises.
- Avoid actions that strain your knees, such as deep knee bends or downhill running.
- Wear shoes with good arch supports.
- Avoid high-heeled shoes.
- Wear the right shoes that are made for the surface you are playing or running on, such as a track or tennis court.
- Replace running shoes every 300 to 500 miles (480 to 800 kilometers). Experts recommend getting new athletic shoes every 3 months or after 500 miles of wear.

If you do injure your knee, seek medical attention immediately if the knee or leg bones look deformed, you can't bear weight on the leg, pain is extreme, or there is immediate swelling, tingling, or numbness below the knee.

To reduce swelling, think of the word RICE. Rest the knee, Ice the area, Compress with a wrap or elastic sleeve, Elevate the knee as much as possible. ■

QUESTION:

What's the best way to treat knee arthritis? Consider a non-surgical treatment that really works!

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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



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

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QUESTION:

My eyesight is just fine, so why do I need to see an eye doctor every other year?

ANSWER:

Vision is only one piece of the puzzle your eye doctor works on when doing a routine eye exam.

Studies show only one in four adults have had an eye exam to maintain eye health within the past two years. As with your car, prevention can save you time, and with your health, can even save your life. Interestingly enough, we all take our cars in for service routinely, even though there is no specific problem.

Your eye doctor visit begins with a review of your eye exam history. This would be any visible changes in your sight, your lifestyle, and any changes in your medical condition that may affect your vision. You'll undergo a series of vision and eye tests that help determine the overall health and quality of your vision. These tests check that your current prescription glasses or contacts are still meeting your vision needs or if your vision needs correction. Your eye doctor will also check your eyes for signs of any potential vision problems or eye diseases. These eye diseases may include cataracts, glaucoma, diabetic retinopathy and macular degeneration; all of which are more successfully treated with early diagnosis.

Many people do not realize that a routine eye exam can help detect signs of many systemic diseases. Symptoms of disease may not appear until damage has already occurred. That damage is a red flag waiting to be found. Your eyes are the only place in your body where a physician has a clear view of blood vessels, arteries, and the cranial



nerve; all of which can signal health issues. Two-thirds of your brain is dedicated to some aspect of vision. Research is being done showing that scores of diseases -- from high blood pressure to certain cancers -- can show symptoms in the eye.

Examples:

- Sickle cell anemia, common in African Americans, is visible during an eye exam.
- Jaundice often is more prominent in the whites of the eyes and can tip off a doctor to liver disease.
- High intraocular pressure (IOP) can be a sign of glaucoma, an eye disease with a potential for profound vision loss unless diagnosed and treated.
- Arteries and veins in the back of the eye as a predictor of heart disease.
- Vision loss can be a sign of diabetes. Blood in the back of the eye is a sign.
- Swelling of the optic nerve can be a sign of a brain tumor.

I invite you to visit my office for an exam to discuss your eye care health and the same for your family. We take most medical insurances and have a wonderful selection of frames should you need glasses. A visit to us may be your first line of ocular defense!

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



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Monmouth Vision Associates

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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. Medical insurance will pay for this device.

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

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

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

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



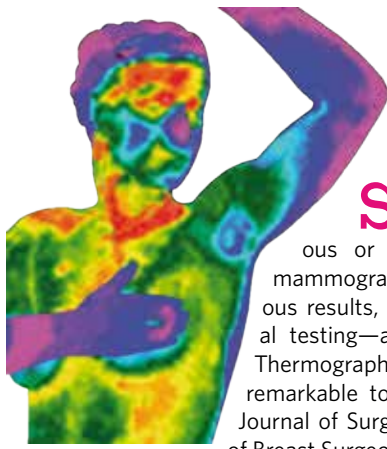
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QUESTION:

Why Is Thermography Considered the Best Breast Test?

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

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

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

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

OVERALL RESEARCH

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

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

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Sleep Disorders

By Susan Heckler

FACT; good sleep is necessary for ideal health and can affect hormone levels, moods and weight.

Sleep is divided into two types: REM sleep and non-REM (NREM) sleep. NREM sleep has four stages of increasingly deep sleep. Stage 1 is the lightest sleep while stage 4 is the deepest sleep.

Normally you cycle through these types and stages of sleep. If, for whatever reason, your sleep is repeatedly interrupted and you do not cycle normally through REM and NREM sleep, you may feel tired, fatigued, have trouble concentrating and paying attention while awake.

How do you determine if you have a sleep disorder?

Answer the following questions:

- ✓ Do you feel irritable or sleepy during the day?
- ✓ Do you have difficulty staying awake when sitting still, watching television or reading?
- ✓ Do you fall asleep or feel very tired while driving?
- ✓ Do you have difficulty concentrating?
- ✓ Do you often get told by others that you look tired?
- ✓ Do you react slowly?
- ✓ Do you have trouble controlling your emotions?
- ✓ Do you feel like you have to take a nap almost every day?
- ✓ Do you require caffeinated beverages to keep yourself going?

There are a variety of sleep disorders. Regardless of the name, you may be at risk for accidents and other medical issues. If your answers to the above concern you, seek medical attention for a remedy.

Once you get a handle on your sleep disorder, you will rest easy! ■



Keeping Kidneys Healthy

By Susan Heckler

Recent studies indicate that 26 million American adults suffer from chronic kidney disease (CKD). Who is at risk? Primarily people with diabetes, heart disease, high blood pressure, a family history of kidney failure, and over the age of 60 are at risk. Secondary risks include those with: obesity, autoimmune diseases, urinary tract infections and systemic infections.

To maintain good kidney health, partner with your healthcare provider to be checked for signs of kidney disease. A good list of suggestions would be:

- ✓ Keep your blood pressure at the target set by your health care provider
- ✓ If you have diabetes, control your blood glucose level.
- ✓ Keep your cholesterol levels in the target range.
- ✓ Take medicines as prescribed.
- ✓ Cut back on salt. Aim for less than 2,300 milligrams of sodium each day.
- ✓ Choose foods that are healthy for your heart: fresh fruits, fresh or frozen vegetables, whole grains, and low-fat dairy foods.
- ✓ Limit your alcohol intake.
- ✓ Be more physically active.
- ✓ Lose weight if you are overweight.
- ✓ Exercise regularly
- ✓ Don't overuse over-the-counter painkillers or NSAIDs
- ✓ Control weight
- ✓ Get an annual physical
- ✓ Follow a healthful diet
- ✓ Know your family's medical history
- ✓ Don't smoke or abuse alcohol
- ✓ Talk to your doctor about getting tested if you're at risk for Chronic Kidney Disease

Here's a list of the top 15 kidney-friendly super foods that are good for everyone, not just people with kidney disease:

- Red bell peppers
- Cabbage
- Cauliflower
- Garlic
- Onion
- Apples
- Cranberries
- Blueberries
- Raspberries
- Strawberries
- Cherries
- Red grapes
- Egg whites
- Fish
- Olive oil



Calcium For Every Age *The Basics*

Your body needs calcium to build strong bones when you are young and to keep bones strong as you get older.

- Kids ages 9 to 18 need 1,300 mg (milligrams) of calcium every day.
- Adults ages 19 to 50 need 1,000 mg of calcium every day.
- Adults over age 50 need 1,200 mg of calcium every day.

Everyone needs calcium, but it's especially important for women and girls. Many people, including most women, don't get enough calcium.

Calcium can help prevent osteoporosis (weak bones).

Osteoporosis ("os-tee-oh-puh-ROH-sis") is a disease that makes your bones more likely to break. Some people don't know they have it until they break a bone.

One in 2 women and 1 in 4 men over the age of 50 will break a bone because of osteoporosis.

Calcium helps to keep your bones strong and less likely to break. ■



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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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10 Easy Home Remedies

1) For indigestion...

Pour a glass of tea. Tea can help with gas, bloating or an upset stomach, especially fennel tea. You should also take care to eat slowly, chew food thoroughly and avoid drinking very cold liquids or soda with your meals, since these factors can contribute to indigestion, acid reflex and heartburn.

2) For an itchy rash...

Instead of using a steroid cream, why not try a plant-based cream or ointment like calendula? The cream works as a natural mild antiseptic and is ideal for treating burns, scrapes and irritated skin. An aloe plant is a great remedy for itchy, inflamed skin, and is also more economical than purchasing a tube of aloe from the drugstore.

3) For asthma...

Strike a (yoga) pose. While you may still need an occasional puff on your inhaler, the cobra yoga posture has been found to aid asthma sufferers by opening up breathing passages. Begin by lying on your stomach and placing the palms of your hands on the floor, under your shoulders. Inhale while you raise your head and chest by using your back muscles and hands to support you. Exhale while lowering your body. Repeat a minimum of five times.

4) For a fever...

Slip on some wet socks. Before you reach for Tylenol, try this naturopathic treatment, which could lower a fever overnight. Pour cool water onto cotton socks and place them on your feet. Then cover the wet layer with a pair of wool socks to draw your body heat down to your feet and reduce your overall temperature. It's also wise to avoid sweets, dairy, and fatty or greasy foods while suffering a fever. Eating these types of foods has been found to raise body temperature. Instead, indulge in watermelon, a fruit that's very cooling to the body.

5) For stress or anxiety...

When stress becomes exceedingly difficult to manage, try carving out time during the day for a short break. An outdoor break is ideal, since natural light, fresh air and movement can be especially restorative for your mind frame. If you can't go outside, take a five-minute time-out to do a simple stretching exercise to rev up your energy and boost circulation.

6) For a cold...

Infuse a glass of water with natural antiviral vegetables and herbs, such as garlic, fresh ginger slices, basil, green onion and cinnamon, to ward away cold symptoms. This will numb the tongue and should be taken when the early onset of cold symptoms arrive.

7) For chapped lips...

Mix equal parts beeswax and olive oil for a homemade balm that soothes cracked lips. If your lips are frequently chapped, you should also make sure you're drinking plenty of fluids, since dehydration could be the real culprit. Fish oil in liquid form can also be taken with meals to help with chapped lips and dry skin for additional relief.

8) For a cold sore...

Tackle it with tea. Pour hot water over a tea bag to moisten it slightly and then let it sit out to cool. Place the warm bag directly onto the sore for about five minutes to aid in its healing. For the best results, apply this remedy immediately after a cold sore surfaces.

9) For a cough or sore throat...

Chew a garlic clove. Raw garlic has both an antiviral and immune-stimulating effect on the body. If raw garlic is too strong for your taste, try popping it in the microwave briefly before ingesting. For a stubborn cough, also try sniffing eucalyptus essential oil, which naturally clears mucus.

10) For insomnia...

Slow down at nightfall. Quiet the mind and body several hours before you go to bed by limiting your night-time activities to relaxing pursuits like reading. To further ready yourself for bedtime, try dimming the lights and shutting off the TV and computer screen at least half an hour before hitting the hay. ■



Dr. Steven Linker, OD Monmouth Vision Associates



Dr. Steven Linker graduated from SUNY State College of Optometry in 1984 following a degree in Biochemistry from SUNY Binghamton.

He is currently a member of the New Jersey Society of Optometric Physicians and the

American Optometric Association. Monmouth Vision offers Comprehensive eye exams for children and adults, Corneal Mapping, Digital Retinal Imaging, Dry eye treatment, eye emergencies, Glaucoma testing, Low Vision treatment, Macular Degeneration Treatment, Sports and Specialty eyewear fitting and Visual field testing. His office has an on site selection of eyeglasses and sunglasses for every age and every budget.

In addition to running his busy private practice, Dr. Linker is a consultant in several nursing homes and assisted living facilities and involved in his community.

50 Route 9 North Suite 206, Morganville
732-617-1717 • www.MonmouthVisionAssociates.com

Dr. Rafah Salloum, M D Monmouth Arthritis & Osteoporosis



Dr. Salloum is board certified in Rheumatology and Internal Medicine. She completed her internship and residency in Internal Medicine at Yale University School of Medicine. After residency, she joined the Yale New Haven Hospital faculty,

and perfected her craft in internal medicine for five years. Dr. Salloum took a strong interest in the treatment of rheumatologic disorders, and went on to pursue a fellowship in Rheumatology at the renowned University of Chicago Pritzker School of Medicine. She excelled during her time there, and completed an additional year of research in the field on top of her two year fellowship.

After fellowship, Dr. Salloum moved to New Jersey to be with her family.

Dr. Salloum graduated from Damascus University School of Medicine in 1995.

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Dr. Aldredge specializes in periodontics with emphasis on dental implants, giving his patients the benefit of over fifteen years of experience in these dynamic areas of dentistry. He is Board Certified by the American Board of Periodontology.

He is also a member of the American Dental Association, American Academy of Periodontology, Academy of Osseointegration, American Board of Periodontists, Northeastern Society of Periodontists, New Jersey Society of Periodontists, International Congress of Oral Implantologists. With his prior certifications in Advanced Cardiac and Advanced Trauma Life Support, he is a qualified member of the National Emergency Medical Response Team (NEMRT) and a Police Surgeon.

Dr. Aldredge lives in Monmouth County, New Jersey with his wife and their two young sons.

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Is Your Child Getting Enough Calcium?

Calcium is the building block on which children grow strong bones, teeth and muscles, yet nearly 85 percent of girls and 60 percent of boys between the ages of 9 and 18 do not get the recommended daily amount of this essential mineral. The most effective way for children to consume calcium is through a calcium-rich-diet. Children also need vitamin D to help absorb calcium more efficiently. The recommended dose of vitamin D for children of all ages is 400 International Units (IUs) each day. Many foods, including low-fat milk, yogurt and fortified cereals, provide added vitamin D along with calcium. Vitamin D is also made by the body from exposure to the sun. Only 15 minutes a day in the sun will provide children with one day's worth of vitamin D.

EATING A DIET RICH IN CALCIUM

Drinking milk and eating dairy products such as yogurt and cheese are excellent ways to ensure children get enough calcium in their diet. However, if your child is lactose intolerant or you choose to raise your

child on a dairy-free diet, there are still ways for children to get enough calcium through other foods. Dark green leafy vegetables, broccoli, white beans, almonds and calcium-enriched cereals, soy milk, rice milk and orange juice are all good choices for adding calcium to the diet.

Other sources of calcium for families not on a restricted diet include:

- | | |
|------------------|-------------|
| - Sardines | - Spinach |
| - Tofu | - Kale |
| - Salmon | - Ice Cream |
| - Cottage cheese | - Pudding |

The amount of calcium children need on a daily basis is dependent upon their age. The Office of Dietary Supplements recommends the following:

- 0-6 months – 210 milligrams
- 7-12 months – 270 milligrams
- 1-3 years – 500 milligrams
- 4-8 years – 800 milligrams
- 9-18 years – 1,300 milligrams



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Are Head Lice Becoming Resistant to Medication?

By Brianna Siciliano

Have you noticed that when you overuse certain antibiotics, your body becomes resistant to the medication and the antibiotic stops working? The same thing has happened with certain treatment medications for lice. Although many over-the-counter treatments do their job to cure head lice, many do not.

Lice may be annoying and disturbing, but luckily they are not dangerous. Unlike other bugs (such as ticks), lice do not cause or spread diseases. This does not mean that lice do not cause any irritation or pain, however. Lice bites can make a child's scalp extremely itchy and irritated, and when the itchiness is scratched, infections can occur. It is best to treat head lice as quickly as possible once the head lice is found.

There are a few signs that can be noticed in the early stages of spotting head lice, including looking for lice eggs (nits), looking for adult lice and nymphs (baby lice), scratching, and small red bumps or sores from scratching. Head lice are highly contagious, and they mainly spread through head-to-head contact. The tiny parasites have little claws that let them crawl and cling firmly to hair, so be sure to warn your children to not share hats, helmets, brushes, combs, or clothing with others.

Many doctors recommend combing the lice out instead of drowning your children's hair in chemical products. A study completed in March 2014 found that 99 percent of the head lice that school nurses and professional lice combers collect were genetically resistant to permethrin (a common medication used to treat bugs). Instead of using creams and shampoos, researchers and doctors suggest wet-combing a child's hair with a comb while under bright lights. The first step of wet-combing is coating your child's hair and scalp with a conditioner or another lubricant. Then, use a wide-tooth comb to separate hair into very small sections. Once the hair is separated into different sections, use a metal nit comb (or a lice comb) that is thin-toothed and finely spaced to comb out the eggs and lice. After each comb-through, move the small section over to a clean side, wipe the comb on a paper towel, and inspect for lice. Seal the paper towels (with the lice) in resealable plastic bags and dispose of the bags prior to cleaning the combs in hot, soapy water.

If combing is not getting all the bugs out, consider smothering the lice with products that contain dimeticone (also known as dimethicone) or natrum muriaticum (also known as table salt). Products like LiceMD, Licefree Spray, and Vamousse are somewhat effective at killing head lice. When using any of these products, be sure to continue combing the hair daily (with a metal comb, not a plastic comb; lice combs work great). Most importantly, remind yourself that head lice will not be cured fully overnight. If you notice that there are no improvements of getting rid of the lice, call your doctor and find a more effective prescription treatment option. ■



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All About Formula Feeding

By Brianna Siciliano

Medical experts always suggest breastfeeding as the best option for mom and baby, but if breastfeeding is not the right choice for your family, don't stress! Babies who are formula fed will still grow up happy, healthy, and well-nourished, and if that isn't reassuring enough, keep in mind that some breastfeeding moms occasionally supplement breast milk with formula. Because there are so many different formulas on the market, new parents can be confused as to which formula is best for their baby.

There are three different forms of formula, including powder (which comes in either a can with a measuring scoop or pre-measured packets), concentrate, and ready-to-feed liquid. The powdered formulas require the most work but they are the least expensive, while the ready-to-feed liquids on the other hand are the easiest to prepare and the most expensive. When shopping and searching for the right formula for your baby, you will also discover that there are various types of bases for formula, including cow's milk, soy, and specialized milk. Cow milk based formulas are great for babies from birth to their first birthday; these formulas have a great source of iron and protein. Soy formulas are great for babies who are unable to digest lactose, or who are allergic to milk. Soy formulas are good sources of protein, but according to medical experts, healthy infants should only be given soy formulas when medically necessary. Specialized milk formulas are specifically manufactured for infants with particular diseases and disorders—most commonly given to babies who are allergic to both soy-based formulas and cow-milk based formulas—and should only be given to babies who medically require it. Do not feed your baby specialized formula without talking to your pediatrician first.

Another great question that new parents have: what is the difference between DHA and ARA lipids? DHA (docosahexaenoic acid) and ARA (arachidonic acid) are polyunsaturated fatty acids ("good" kinds of fat) that may be linked to nerve and brain development, and can be found naturally in breast milk, fish oils, and eggs. By putting DHA and ARA in infant formulas, manufacturers are attempting to imitate the benefits of breast milk. Medical researchers have not come to an agreement on whether adding DHA and ARA will have any long-term effects on a child's development or IQ scores, but more importantly, these medical researchers have never found any negative affects of DHA and ARA additions in the formulas. Ultimately, it is up to the parents to decide what is right for their baby: a formula with DHA and ARA, or without it.

Regardless of what formula you choose, it is important to be sure that all bottles, nipples, and other utensils used to prepare your baby's formula—or feed your baby—are clean. It is also important to store any formula that you prepare for your baby in advance in the refrigerator (but if you do not use the refrigerated formula within 24 hours, throw it away!), and equally as important to use thawed milk within four hours after reheating. Never refreeze thawed milk! ■



Ear infections

Ear infections are a serious problem for many babies and can be downright frustrating from a parent's point of view.

Pain, fevers and irritability are common indicators of an ear infection — all of which can have a major impact on both your baby and you. Watching a newborn struggle with any type of medical condition is unsettling, especially if they are experiencing pain.

Unfortunately, ear infections are a common occurrence among babies. About 62 percent of children in developed countries will have their first ear infection by their first birthday, according to the American Academy of Otolaryngology — Head and Neck Surgery.

Signs and Symptoms

The Centers for Disease Control and Prevention identifies the following as symptoms of ear infections. If you see your baby displaying any of these characteristics or indications, consult with your child's pediatrician to discuss treatment options.

- Pulling at ears
- Excessive crying
- Fluid draining from ears
- Sleep disturbances
- Fever
- Headaches
- Difficulty hearing
- Irritability
- Balance issues
- Temperature higher than 100.4
- History of ear infections

Preventing Ear Infections

While many ear infections are caused by viruses, there are some that can be avoided. The CDC recommends that you avoid smoking around your child and keep him out of areas with second-hand smoke.

The way you feed your baby also can impact ear infections. Mothers are urged to breastfeed baby for 12 months or more or to bottle-feed with your baby in the upright position. ■



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Beautiful, Elegant, and Easy Braided Up-Dos

By Brianna Siciliano

This year, braided hairstyles are the number one hairstyle trend. Braids are fun, easy, and stylish and can look good on anyone. There are tons of different braided styles available to try out; some braids look best with long hair, while others look best with short hair. The best part about styling your hair this way? Braided hairstyles are temporary! You do not have to commit to these hairstyles for long periods of time, unless you absolutely love them!

The downward milkmaid, a look that is achieved by loosely French-braiding two pigtails and crossing them across each other at the neckline, is an elegant hairstyle that can be worn with almost any clothing attire, whether you are wearing this for work or for a ladies night out. The braids that are crossing each other at the neckline can be held in place with bobby pins.

The inverted braid is an up-do that has adds a cool twist on a normal French-braid. To achieve this look, braid three sections of hair under one other instead of over. By doing this, you are making a beautiful, exposed braid.

A braided style that is a simple and stylish way to keep your hair out of your face is the fishtail. When you are starting to form a fishtail braid, you start by splitting your hair down the middle into two sections. Take a tiny piece from the outside of the right section and cross it to the inside of the left (so, in other words, you are bringing the strand of hair over the right section and under the left section). Next, take a tiny section from the outside of the left and join the strand of hair with the inside of the right (bring the strand of hair over the left section and under the right section). Continue this process until you see the fishtail braid emerge. Tie the bottom of the braid together and enjoy this beautiful look.

With all of these up-do options available, there is no need to wear the same, boring hairstyle to every occasion. Change things up a bit and try out a braided up-do! ■

Are you bored with wearing your hair up in the back?

Try wearing a beautiful fishtail braid up-do to the side!



Options for Stretch Marks

By Susan Heckler

Stretch marks, or striae distensae, are a type of skin scarring. This is associated with pregnancy, obesity, puberty, and short-term weight gain from bodybuilding and other physical activities.

Stretch marks happen when your body grows faster than your skin can keep up with.

They form when the middle layer of the skin called the dermis (which maintains shape and elasticity) gets stretched more than it can endure. Connective fibers in the skin will eventually break. This disrupts the collagen production and causing scarring. There is no way to prevent them.

Possible causes could be:

- **Genetics:** Women are more likely to get belly stretch marks if their mother, for instance, had stretch marks after pregnancy. Significant weight gain and loss: Your skin stretches as your weight fluctuates, sometimes resulting in stretch marks. About 90% of women will get them sometime after their sixth or seventh month of pregnancy, according to the American Academy of Dermatology.
- **Puberty:** Growth spurts during puberty often result in stretch marks as the skin is unable to keep up with the body's rate of growth.
- **Bodybuilding:** Rapid development of muscle mass may stretch the skin beyond its limits.
- **Corticosteroids:** Heavy or long-term use of oral or topical corticosteroids, a widely used pharmaceutical steroid compound, can lead to stretch mark formation.
- **Ethnicity:** People with darker skin are less likely to have stretch marks.

Some stretch marks will fade to faint, silvery lines on their own. Others remain darker and more visible. The best time to treat the marks is while they're still in that reddish stage.

There are many over-the-counter creams and gels as well as home remedies that claim to reduce or remove stretch marks, but there is very little data to confirm the claims.

Dermabrasion or chemical peel can be used to address unwanted stretch marks. This type of treatment involves a hand-held device that blows crystals onto skin. These crystals gently abrade, or "polish," the skin's surface. Microdermabrasion gently removes the skin's topmost layer, prompting the growth of new, more-elastic skin. This therapy is an option for older stretch marks.

Another option is laser removal. During a laser stretch mark removal procedure, a beam of light removes thin layers of skin around the stretch marks. The excimer laser is uniquely effective for this procedure. It uses high-energy ultraviolet laser light to disrupt the molecular bonds in the skin tissue instead of burning or cutting the affected skin areas like other lasers. This causes the tissue to disintegrate in a process known as ablation. Upon completion of the laser stretch mark removal, the treated area will heal quickly. New layers of healthy skin will form. Stretch marks will have disappeared! ■



20 Quick and Easy Beauty Tricks!

- 1) White eye-shadow helps your eyes stand out. First, layer your eye lid with white eye-shadow and then add any color you want.
- 2) Before applying any eye makeup, blend a creamy concealer onto your lids and into the inner corners of your eye. This helps give your shadow a base to stick to and conceal any redness.
- 3) Brighten and open up your eyes with a dab of shimmer in the center of the lower lid.
- 4) Mascara can also be used as eyeliner. Just rub the eyeliner brush over the mascara wand and then line your upper lash with the wand. Lastly, add a nice coat of mascara on top!
- 5) After applying your coat of mascara, get a cotton swab and dip it into baby powder. Run it across your eyelashes and then apply a second coat of mascara. The powder gives lashes a longer and fuller look.
- 6) Re-define your brows with an eyebrow filler that is one or two shades darker than your hair.
- 7) Instead of applying concealer in a circular shape underneath your eyes, try applying it in a triangular shape! Dot it under your eyes and then blend it downwards into a triangle shape to prevent raccoon eyes and bags.
- 8) To get rid of split ends, twist your hair and snip the small pieces you see sticking out.
- 9) For gorgeous, long lasting waves, put your hair into small individual braids and then use the hair straightener to heat them. Keep your hair in the braids and let it cool over some time and then let it down!
- 10) For long-lasting perfume, spray it behind ears, inside wrist, base of throat, inside elbow, and behind the knee.
- 11) After painting nails, dip them in ice cold water for a few seconds to help them dry faster.
- 12) Make a lip stain by using Kool-Aid package powder and using a cotton swab and dabbing it on your lips!
- 13) Get a cotton swab and dab your bruise with mouthwash. It will help it look better then it seems!
- 14) Didn't have enough time for a full shaving session in the shower? Smooth baby oil onto your legs before taking a razor to them since the baby oil will protect your skin and leave your legs looking extra shiny.
- 15) Baby oil also helps legs look more toned. Rub a thin line of baby oil into the front of calves and thighs.
- 16) To cover-up under-eye circles, use a salmon-hued concealer.
- 17) To make your lips fuller, dot a lit, shimmery gloss in the center of your lips to create a more visible 3-D effect.
- 18) Keep your hair looking and smelling divine! Most perfumes have drying alcohol so it is best to avoid spraying your hair directly. Instead spray some into your hand and wait several seconds for the alcohol to disappear and then run your fingers through your locks.
- 19) Strike a yoga pose! Any yoga move boosts circulation to make your skin look radiant.
- 20) Shine up your nails by rubbing on a few drops of cuticle oil. ■

Acne Scars; Avoidance and Treatment

By Susan Heckler

Acne is annoying and an embarrassment to many, but it has lasting effects on many too. Although you may have outgrown your acne outbreaks, your acne scars may persist. An estimated 10 million Americans become scarred, to some extent, by acne each year. You are certainly not alone since 95% of acne sufferers will develop scarring to some extent.

In addition to scarring, there is also post-inflammatory hyperpigmentation (PIH), which is the normal remnant of the skin's inflammatory process leaving a color change on the skin. PIH can fade unassisted, usually within 6-12 months.

The earlier the acne treatment, the better the odds are that scar creation will be minor. Genetics play a certain role in the likelihood of acne severity and consequent scar formation. If it runs in the family, prevention will definitely help. Topical vitamin A creams and gels can both prevent and clear blemishes before they lead to scar formation. Many excellent prescription options are available.

All acne scars are not the same. The most common is the loss of tissue as collagen is damaged. Skin covering the collapse of the acne cyst has no support and a soft saucer-shaped depression or pock mark is formed. Less frequently is excessive scar tissue or a keloid,¹ which is formed as fibroblasts are triggered.

Once the scars appear, you have a variety of options. There is no one best option; it varies by patient as well as the location, depth, size and number of scars, all of which affect treatment decisions. Some of your options will be:

- Cortisone or fade creams can calm skin and lighten discoloration
- Ablative lasers vaporize your scar, allowing smoother skin to take its place.
- Non-ablative lasers help activate the production of collagen without damaging the surface of your skin.
- Filler treatments, which fill in the indentations left behind from deep acne scars.
- Punch Excision is a sutured closure. The dermatologist brings the dermis back together, getting rid of the ragged margins, and closing the area with a fine, uniform line.
- Subcision helps break fibrous bands of scar tissue that are creating tension between the epidermis and deeper structures and also helps induce new collagen formation.
- Dermabrasion is when the skin is anesthetized and frozen and an extremely sharp rapidly rotating blade shears away damaged tissue.
- Chemical peels involve the application of a high-potency acid upon the skin.



Your best course of action is to see a dermatologist. Their expertise allows them to recommend the best course of treatment based on your individual case. They also have prescription options that are not available without medical intervention. ■

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Apple Cider Vinegar's Beauty Effects

By Krusha Vaiyda

Never mind that it's found in the kitchen, Apple Cider Vinegar has become the moment's most obsessed about natural beauty staple. Chose to look for and buy the organic types and brands in your local store. Reaching for ACV instead of your normal go-to helpers is a natural way to get the benefits you are looking for.

- Gives your hair body and shine: after you shampoo, apply 1/2 tablespoon ACV mixed with 1 cup of water, then rinse.
- Helps Your Scalp: ACV will stimulate hair follicles, and can also treat dandruff and an itchy scalp.
- Promotes Healthy Feet: By soaking your feet in equal parts warm water and ACV. Its anti-fungal properties will keep your feet healthy, soft, and clean.
- Reduces Varicose Veins: ACV helps with varicose veins because of its high levels of vitamins, which will work to deter and reduce the veins.
- Fades Age Spots: By mixing 1 tablespoon orange juice with 2 tablespoons ACV is claimed to help fade age spots.
- Prevents Acne: The acidity in the vinegar will dry out oily skin allowing new, healthy skin to take its place.
- Soothes A Sunburn: By adding 1 cup ACV to a bath and soaking for 10 minutes helps take the stinging feeling away when skin is burned.

Helps Detox: Add 1 and 1/2 cups apple cider vinegar, 1 and 1/2 cups Epsom salts and 1/4 cup dead sea mud to your bath.

It is A Natural Deodorant: Since ACV helps adjust the skin's pH level, it helps to eliminate odor-causing bacteria. For underarms use a cotton ball to apply, for feet: Add 1/2 cup ACV to a bowl of water; soak feet.

While ACV has great benefits, it is an acid -- all vinegars are. Consume no more than a few teaspoons per day, and never drink it without diluting it with water or juice. ■

Effective 22 Minute Run

By Susan Heckler

When it comes to fitness, sometimes it isn't the amount of time you devote but how you use that time. The degree of intensity can really affect the success of your workout. Intensity is relative to your own personal norm. If you amp up what you usually do, you will see the benefits.

Check out this 22 minute running workout:

Warm-up for 5 minutes

Warm up with your normal walking/jogging pace to get your blood flowing and your muscles warmed up. A good walking speed would be between 3-4 mph and a good jogging speed would be 5-6 mph.

Interval 1 - Quick Fix in 6 minutes

Pick up speed for 30 seconds (walkers should be at 3.5-4.5 mph, runners should be at 6-7 mph). Full on sprint for 30 seconds (walkers at 4.5 mph+, runners should be 7.5 mph+). Repeat interval cycle five times and then recover for 1 minute (walking or jogging).

Interval 2 - Blast Fat for 7 minutes

Pick up speed for 30 seconds (walkers should be at 3.5-4.5 mph, runners should be at 6-7 mph). Full on sprint for 1 minute (walkers at 4.5 mph+, runners should be 7.5 mph+). Repeat interval 2 cycle four times and then recover for 1 minute (walking or jogging).

Cool-down for 4 minutes

Cool down with your normal walking/ jogging pace to get your heart rate recovered and your muscles cooling down. A good walking speed would be between 3.0-4.0 mph and a good jogging speed would be 5.0-6.0 mph.

This routine works outdoors, on an indoor track or on a treadmill. We can all spare 22 minutes to be a healthier you! ■



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30 Day Squat Challenge

By Krusha Vaidya

The king of all bodyweight exercises, is the squat. Squats are awesome because they provide a great workout for multiple muscle groups, including the butt, thighs, and core.

It's for that reason that 30-day squat challenges have become increasingly popular. This involves squatting almost every day for a month, starting at 20 reps on your first day and finishing at 50 on your last.

This kind of squat challenge will give you the best possible chance of safely getting a toned butt and thighs, along with improving your technique. Here's how it works:

Each day has a target number or reps for which you should aim. You can do them all in one go or spread them out throughout the day.

If you fail to reach the target number of reps with perfect form you must go back to the beginning of that 7 day period.

How to do them properly is explained below.

Counterbalance Box Squat:

With your feet shoulder width apart, keep your chest up and arms out in front of you as a counterbalance.

Sit back and down onto a surface, such as a chair or stool. Let your butt touch the surface, but don't sit down.

As you descend make sure your knees are tracking over your toes.

Return to the starting position by pushing through your heels and squeezing your glutes.

So what are you waiting for? Take on the challenge!

Squat Challenge Outline

Days 1,8,15,22,29 20 squats

Days 2,9,16,23 30 squats

Days 3,10,17,24 REST No Squats

Days 4,11,18,25 30 reps

Days 5,12,19,26, 40 reps

Days 6,13,20,27 50 reps

Days 7,14,21,28 REST No Squats



Coach's Corner

By Jill Garaffa

How To Start Exercising

Dear Jill:

I can't motivate myself to exercise. I used to workout, but lately, I can't seem to get off the couch. I set the alarm in the morning and then hit snooze. At night, my intentions are great, but I'm just too tired. I have all the "stuff". I own work-out DVDs; I have weights & own a treadmill. I even have a gym membership. I have everything I need to exercise and yet, can't manage to get myself to actually do anything. I have a long commute, work very long hours and am exhausted at the end of the day. The last thing I want to do is move. How do I break out of this rut & get motivated again?

Signed,
Couch Potato

Dear Couch Potato:

Thanks for writing in with your question. You sound really tired & drained. It would make sense that you have no energy left for exercise at the end of your day given your work hours, commute & level of exhaustion. Of course you can't get off the couch! The term "Work-Out" contains the word "work" and that's probably the last thing you want after a long day!

The first thing I want to acknowledge is your commitment to fitness and health. The fact that you're writing in is a sign of strength. Also, the fact that your sedentary lifestyle is bothering you is actually a good thing. It means you hold yourself to a higher standard. You own all of the necessary products & have a gym membership, so clearly you are someone, on some level, committed to your health.

To break out of the "exercise-avoidance rut" requires a few tools, some of which are counterintuitive. If your day is very out of balance & your energy level is low, the first question to ask yourself is "What do I really need?" (Hint: it's not to beat yourself up because you haven't exercised). Often, your body's first need is not to exercise (shocker!). It is rest. Consider a day off; (or a few hours) to yourself in solitude & quiet. Consider a full night's sleep. This often can re-set your clarity level & motivation.

Next, take a look at all the things that are draining your energy. They may be large, like dissatisfaction in your career or they may be small, like that messy closet or broken doorknob you've been meaning to fix. Little things can drain energy like holes in a boat. Then, we wonder why we are so tired all the time.

Last, try "Baby Steps". If your context for exercise is "all or nothing" this can be a set up for failure and keep you in a perpetual state of inertia. What is the smallest possible action you can take that will move you forward? If thinking about exercise is the best you can do, then do that. Imagine yourself exercising (do this in a vivid manner, like a meditation). Then, perhaps put on some work-out clothes. Watch a DVD. Then, consider a 5 minute routine or a 10 min walk. Start small and build from there.

Finally, give some thought to "What motivates you?" We are all inspired and motivated by something. Where else in your life were you successful in climbing out of a rut & what worked for you then? Your answer is inside you if you look closely.

Wishing you the best,
Jill



Jill Garaffa, OTR/L, PCC, ELI-MP is a Licensed Occupational Therapist and Professional Certified Life Coach providing Health & Wellness Coaching for individuals and organizations.

For more information, please visit www.seedsofchangeoaching.com or call 732-859-6962.

Fitness Tracking Bands

FitBit, Misfit and Jawbone may sound like names for underground punk rock bands, but they are actually at the forefront of the health revolution.

These and many other athletic brands have carved out a niche in the fast-growing segment of wearable fitness-tracking devices becoming popular with people looking to gauge their exercise, eating and sleeping habits.

Designed to be worn like watches or simply stowed away in your pocket, wearable devices are your new workout partner, helping you count calories, steps and other metrics throughout your day. Each brand has a different take on its approach to fitness tracking, so do a little research before purchasing a new device, some of which can cost hundreds of dollars.

The Trend

Fitness trackers are the hottest wearable devices on the market, accounting for 72 percent of all digital fitness device sales, according to the Consumer Electronics Association. The numbers only look to increase as companies use consumer feedback to refine their products.

The wearable technology in these devices is the catalyst behind the segment's growth, as people can more accurately than ever record what is happening with their bodies. Walking, running, eating and sleeping habits are all measurable with the devices, which also can send you daily, weekly and monthly breakdowns of your performance.

Motivation

Consumers are buying wearable devices for many reasons. One of the most prevalent is the motivation they can provide for more beneficial workouts, better eating and healthier sleep. With the versatility of the devices – some brands are even waterproof – you can track your workout activities from running and tennis to basketball and swimming.

There's a wearable fitness product for almost every budget. While the top-tier products can range into the \$200 to \$300 range, many basic fitness trackers begin around \$30.

Personal style also is a driving factor behind the sales of fitness bands, as companies have worked to improve the aesthetics of their products with smaller sizes and more modern colors.



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Dealing with the Blues

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

People who are lonely have more physical and mental health problems than those who feel connected to others, according to a new report in Psychological Science. The report details the importance of creating and maintaining positive relationships in the workplace, family and other social circles. Without people to interact with and vent to, we can become even more inclusive and shut ourselves out to the external world. This behavior has been proven to be harmful to our confidence levels and abilities to cope with negative situations.

The Science Behind Loneliness

Scientific research shows the positive impact that strong social lives can have on our overall health. One Colorado State University



study found that the more positive social interactions people with depression had, the more improvement in the symptoms they experienced. Other research in the journal, Health Psychology has shown that you'll eat less healthful food if you frequently eat by yourself, and you are more likely to be physically inactive the lonelier you feel.

Make New Friends

Your community is likely ripe with opportunities to meet new people and build new relationships. Try visiting local businesses to establish rapport with business owners and workers. Even if you don't actually interact with these types of connections on a daily basis, the conversation and camaraderie can be enough to make you feel more comfortable in other social situations.

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



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On Mothers

By Susan Heckler

No matter how old we get, having a mother in our lives is always wanted and needed. Relationships between mothers and daughters really run the gamut and are the subject of many couch conversations at psychologist's offices.

It is important that your loved ones know they are loved unconditionally. So many people send mixed messages that are well intended but received differently. Watch how you word your thoughts and how they are delivered. Understand your recipient and how your message may be received.

Allow your daughter to be an individual. You may hope they will be your clone but they were born to be their own person and you need to respect that while, at the same time, guide them into adulthood.

What is some sage wisdom to consider passing down to the next generation of women?

- ✓ It is okay to say no... respect your instincts and listen to your inner voice.
- ✓ Find something you are passionate about and let it fuel you.
- ✓ Envy is a natural but wasted emotion unless it makes you inspired or motivated.
- ✓ Take pride in your character, beauty is inside in addition to your appearance.
- ✓ Not everyone is nice, choose your friends wisely. When you find a great friend, hold on to them.
- ✓ Don't pass judgment; you never know what happens in a person's life. Keep an open mind and get to know people.
- ✓ Treasure your grandparents, they will not be around forever so love them and learn from them while you have them.
- ✓ If you don't love and respect yourself, no one else will.
- ✓ You will not get respect if you don't give it.
- ✓ Slow down on decisions and actions, it is okay to stop and think.
- ✓ Keep your world in perspective, how does your problem rate in the big scheme of things?
- ✓ Don't settle in relationships, find the person you love 'as is' because people do not change. If you try to change them, they will resent you.
- ✓ It is okay to be intelligent and have an opinion but organize your thoughts and feelings before speaking.
- ✓ You are loveable as you are.
- ✓ Keep your interests, friends and alone time, no matter how much you love your partner.
- ✓ Use the right reasons to enter into and stay in a relationship. Stay true to what you know, want and need.
- ✓ There is a lesson to be learned in everything.

And when it is your daughter's turn to be a mother, hopefully you have taught her to mother and not smother. ■

Dealing with Stress

As many new parents can attest, long nights with little sleep can have an impact on mood and overall happiness.

Before you can sufficiently care for your infant, you need to make sure your health and well-being are at full strength, as well. This includes keeping your stress level low. Your irritability can lead to impatience with your baby, which is not healthy for your relationship.

Try finding some extra time for yourself, and don't be afraid to reach out for help from friends or family members. Your baby's care may depend upon it.

Healthy Eating Habits

Parents of newborns need extra vitamins and protein to keep their bodies moving and minds sharp. Trade in the bottle of soda for water, and the cheeseburger for a grilled chicken salad. Healthier eating and drinking habits will help you see immediate improvement to your energy level, which can lead to a healthier, happier you.

Go with the Flow

Babies are unpredictable. Some flow right into a structured routine, while others adhere to no rules or expectations. Be ready for the roller coaster. Be patient with your new baby as he or she adapts to life outside of the womb. If you decide to take a day trip with your newborn, give yourself plenty of time to leave so you're not stressed if you are a tad behind schedule.

Long-Term Impacts

Extreme amounts of stress on parents can have a detrimental impact on children for years to come. The transfer of stress can start as early as 2 years old, according to recent nursing research. So start controlling your stress now before your baby grows to a more susceptible age. Displaying a calm demeanor instead of a stressed one can have long-lasting impacts on your baby during the developmental phases, and even much later into life. ■



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Green Beans and Poppy Seed Dressing

Nutritious, low in fat food doesn't have to mean low in flavor. Adding ingredients like a low fat dressing and toasting poppy seed to your favorite vegetable offers an exciting alternative to green-beans. Toasting the poppy seeds brings out their nutty flavor too!

INGREDIENTS

1 teaspoon poppy seeds
2 tablespoons extra-virgin olive oil
1 tablespoon white-wine vinegar, or rice-wine vinegar
1 teaspoon Dijon mustard
1/2 teaspoon honey
1 tablespoon minced shallot
1/8 teaspoon salt, or to taste
Freshly ground pepper, to taste
1 pound green beans, stem ends trimmed



PREPARATION

To prepare dressing: Heat a small dry skillet over medium-low heat. Add poppy seeds and toast, stirring, until fragrant, about 1 minute. Transfer to a small bowl (or jar) and let cool. Add oil, vinegar, mustard, honey, shallot, salt and pepper; whisk (or shake) until blended.

To prepare beans: Cook beans in a large pot of boiling water until just tender, 5 to 7 minutes. Drain. Warm the dressing in a large skillet over medium heat. Add beans and toss to coat.

No-Cook Stuff Your Own Recipe

This recipe involves no cooking! It is easy, healthy and lots of fun too. This can be served as a family dinner, lunch buffet for the kids and great for entertaining as well.

Hummus Stuffed Pitass

Serves 4

INGREDIENTS

1 (8-ounce) container plain hummus (choose your favorite brand)
4 (6-inch) whole-wheat pitas or Ezekiel bread pitas, halved
4 large butter green leaf lettuce leaves, halved
1 1/4 cups thinly sliced cucumber
3/4 cup thinly sliced radishes
1/3 cup thinly sliced red onion
1/2 cup crumbled feta cheese
1 1/2 cups shredded rotisserie chicken
2 1/2 cups chopped ready to eat shrimp
1/4 cup cherry tomatoes, halved
1/4 cup each green and black organic olives
Freshly ground black pepper



PREPARATION

After preparing the ingredient list, serve buffet style so each person can create their own stuffed pita. Make sure to divide hummus mixture evenly among 8 pita halves (about 1 1/2 tablespoons each) and place the pitas as part of the buffet.

Steak and Red Onion Marmalade

Eating "clean" has never been easier and tastier than this! This makes a great weeknight meal the whole family will enjoy. Serve with baked sweet potatoes and some steamed veggies and your family will be asking for this quite often!

INGREDIENTS

Cooking spray

1 large red onion, sliced and separated into rings (about 2 cups)

2 tablespoons red wine vinegar

2 tablespoons honey

1/2 teaspoon salt, divided

1 teaspoon dried thyme

1/4 teaspoon freshly ground black pepper

4 (4-ounce) beef tenderloin steaks, trimmed (about 1 inch thick)



PREPARATION

1. Preheat broiler.
2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion to pan. Cover and cook 3 minutes. Add vinegar, honey, and 1/4 teaspoon salt to pan. Reduce heat, and simmer, uncovered, 8 minutes or until slightly thick, stirring occasionally.
3. Sprinkle remaining 1/4 teaspoon salt, thyme, and pepper evenly over beef. Place beef on a broiler pan coated with cooking spray; broil 4 minutes on each side or until desired degree of doneness. Serve with onion mixture.

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Is Greek Yogurt Really a Healthier Choice?

By Brianna Siciliano

Discovering which foods are the healthiest options is not always easy, and we often rely on the word of others to sway our decisions. Recently, Greek yogurt's popularity has skyrocketed nationwide, leaving us all asking the same question: is Greek yogurt the better option? Texture wise, regular and Greek yogurt are definitely different. Greek yogurt is much creamier and thicker than regular. Why? Because in the process of making yogurt, Greek yogurt is strained extensively to remove liquid whey and lactose, while regular yogurt is not.

Putting texture differences aside, there are also some nutritional differences between the two yogurts. Non-fat Greek yogurt has almost double the protein of regular yogurt. Greek yogurt also contains about half the sodium of regular yogurt and contains roughly half of the carbohydrates contained in regular yogurt.

If you prefer to see the significant numerical difference between the yogurts, check this out: one cup of non-fat regular yogurt contains 137 calories, 0 grams of total fat, 189 milligrams of sodium, 19 grams of total carbohydrates, 19 grams of sugar, 14 grams of protein, 488 milligrams of calcium, and 625 milligrams of potassium. On the other hand, one cup of non-fat Greek yogurt contains 133 calories, 0 grams of total fat, 81 milligrams of sodium, 8 grams of total carbohydrates, 7 grams of sugar, 23 grams of protein, 248 milligrams of calcium, and 317 milligrams of potassium.

The bottom line is that both yogurt options are healthy choices, filled with protein and calcium to fuel your body. If you are looking for the BEST option, non-fat Greek yogurt is the way to go. The tangy taste is not a favorite for everyone, so if you give the yogurt a try and do not like it right away, don't give up! Add some fresh fruit (berries are always a great option) and enjoy your tasty, healthy yogurt. ■



Grilled Chicken, Roasted Kale & Red Potatoes

INGREDIENTS

- 1/2 pound small red-skinned potatoes, cut into 1/2-inch pieces
- 2 tablespoons extra-virgin olive oil, plus more for brushing
- 1 large bunch kale, stems removed, leaves torn (about 10 cups)
- 3 cloves garlic, thinly sliced
- Kosher salt and freshly ground pepper
- 2 large skinless, boneless chicken breasts (about 1 1/2 pounds)
- 4 cups mixed salad greens
- 1/2 cup cherry tomatoes, halved
- 1/3 cup grated parmesan cheese
- 1 tablespoon fresh lemon juicer



PREPARATION

Preheat the oven to 425 degrees F. Toss the potatoes with 1/2 tablespoon olive oil on a rimmed baking sheet; spread in a single layer and roast 5 minutes. Toss the kale in a large bowl with the garlic, 1/2 tablespoon olive oil, 1/4 teaspoon salt, and pepper to taste. Add to the baking sheet with the potatoes and toss. Roast until the kale is crisp and the potatoes are tender, stirring once, 15 to 20 minutes.

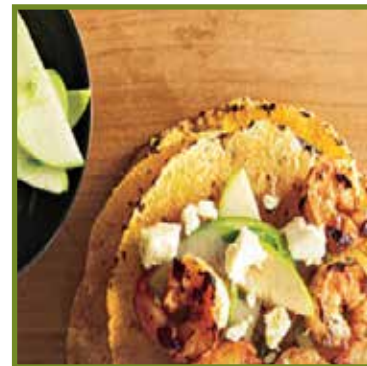
Meanwhile, preheat a grill or grill pan to medium and brush with olive oil. Slice the chicken breasts in half horizontally to make 4 cutlets. Coat evenly with 1/2 tablespoon olive oil and season with salt and pepper. Grill the chicken until well marked and cooked through, 2 to 4 minutes per side. Transfer to a plate.

Toss the kale, potatoes, the remaining 1/2 tablespoon olive oil, the salad greens, tomatoes, parmesan, lemon juice, and salt and pepper to taste in a large bowl. Divide the chicken among plates and top with any collected juices. Serve with the kale salad.

Green Apple Salsa & Shrimp Tacos

INGREDIENTS

- 1 1/2 tablespoons olive oil, divided
- 4 teaspoons fresh lime juice, divided
- 1/4 teaspoon ground cumin
- 1/4 teaspoon hot smoked paprika
- 1/4 teaspoon ground red pepper
- 1 pound medium shrimp, peeled and deveined
- 1/3 cup sliced green onions
- 1/4 teaspoon salt, divided
- 1/2 teaspoon grated lime rind
- 1 Granny Smith apple, thinly sliced
- 1 minced seeded jalapeno pepper
- 8 (6-inch) corn tortillas
- 1 ounce crumbled queso fresco



PREPARATION

1. Combine 1 tablespoon olive oil, 2 teaspoons lime juice, cumin, paprika, and red pepper in a small bowl. Combine shrimp and spice mixture in a zip-top plastic bag, and seal. Let stand 15 minutes.
2. Combine 1 1/2 teaspoons oil, 2 teaspoons juice, onions, 1/8 teaspoon salt, rind, apple, and jalapeño; toss.
3. Remove shrimp from bag; discard marinade. Heat a grill pan over medium-high heat. Sprinkle shrimp with 1/8 teaspoon salt. Arrange half of shrimp in pan; grill 2 minutes on each side or until done. Remove from pan; keep warm. Repeat procedure with remaining shrimp. Toast the tortillas in grill pan, if desired. Place 2 tortillas on each of 4 plates, and divide shrimp evenly among tortillas. Divide salsa evenly among tacos, and top with queso fresco.

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Breaking Down the Nutrition Facts Label

Do you ever find yourself in a grocery aisle staring at the back of food labels to make sure you're bringing home a healthy option?

There are serving sizes, percentages and sometimes ingredients you've never heard of. Before you know it, you're settling for something without even truly understanding what is in it.

The U.S. Food and Drug Administration recommends getting to know how the back of your labels are structured. That way, you can make informed choices about not only purchasing certain foods, but how much you're eating, too.

Calories

The calories line of a nutrition label is where you'll find the number of calories per serving and the calories from fat in each serving.

Let's say the label says one serving equals 10 crackers and 100 calories. If you eat 20 crackers, you've quickly consumed two servings and twice the number of calories and fat. If you do this multiple times throughout the day with different food choices, you can see how quickly the calories can add up.

Remember that fat-free doesn't mean calorie-free. Items with low fat content can have just as many calories as full-fat ones.

Key Nutrients

The FDA reports that many Americans aren't getting enough vitamins A and C, potassium, calcium and iron. Look for these key nutrients when you're reading the back of labels to make sure you're choosing options with high percentages in these areas.

The % Daily Value

You will see the "% DV" designation on food labels. It is a general guide to help you link nutrients in a serving of food to your total daily diet. If a food contains only 5 percent of an important nutrient, it is giving you only a mere contribution. Aim for foods with 20 percent or higher contributions of key nutrients.

You can use the % DV to make dietary trade-offs with other foods throughout the day, but remember that the * is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, depending on your diet.



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Eye Problems in Seniors: What to Look Out For

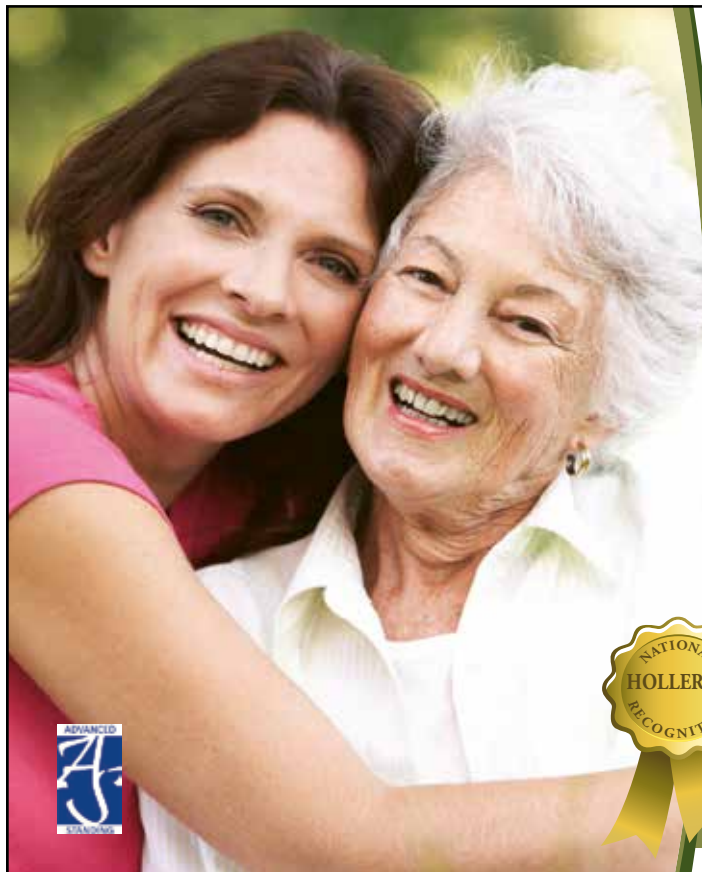
By Brianna Siciliano

Eyesight is not something to mess with. Each day you get older and older, as do your fragile eyes. Having your eyes regularly checked by an eye care professional—whether you see an optometrist or an ophthalmologist—is a great investment. As a matter of fact, people 65 or older are recommended to have their eyes checked and dilated yearly.

During your yearly dilated eye exam, an eye care professional should put drops in your eyes that will dilate (widen) your pupils so that he/she can look at the back of each eye. By doing this, your eye care professional will be able to diagnose common eye diseases that you may suffer from, even diseases that lack early signs or symptoms. Your annual eye appointment is very important because the later a disease is diagnosed, the harder it is to treat. If you notice other issues with your eyes, like for instance you have eye pains, if you experience double vision, if you have redness or swelling in your eyes or eyelids, if you suddenly cannot see, or if your eyes see everything blurry, see an eye care professional right away. Do not delay making any appointments.

Some problems that you may suffer from are common, like tearing, eyelid problems, floaters, or presbyopia. They can be easily treated, thankfully, unless they lead to more serious issues. Eye diseases and disorders, however, are not always easily treated. Some eye conditions can lead to vision loss and blindness, including cataracts (cloudy areas in your eye's lens that cause blurry or hazy vision), corneal diseases and conditions (can cause redness, watery eyes, pain, problems with your vision, and possibly make you see things that appear to have an aura of light around them), dry eye (when your tear glands do not work well and fail to produce enough tears), glaucoma (when there is too much fluid pressure in the eye), and retinal disorders (disorders that are leading causes of blindness, including Age-related macular degeneration, diabetic retinopathy, or retinal detachment). These issues may have a few signs and early symptoms, but more times than not, there are none.

The best protection from eye issues and conditions are regular eye exams. When your eyes function properly, your life can be lived to the fullest. Live each and every day with a smile on your face and make sure your eyes are healthy enough to see that smile in the mirror. ■



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Aging and Smell Loss

By, Krusha Vaiyda

Problems with smell increase as people get older, and they are more common in men than women. In one study, nearly one-quarter of men ages 60–69 had a smell disorder, while about 11 percent of women in that age range reported a problem.

Many older people are not even aware that they have a problem with their sense of smell because the changes occur gradually over several years. They may not even notice that they are experiencing a loss of smell until there is an incident in which they don't detect food that has spoiled or the presence of dangerous smoke.

Problems with our chemical senses may be a sign of other serious health conditions. A smell disorder can be an early sign of Parkinson's disease, Alzheimer's disease, or multiple sclerosis. It can also be related to other medical conditions, such as obesity, diabetes, hypertension, and malnutrition.

Getting a diagnosis early will help an individual deal better with the underlying condition or disease.

If you think you have a problem with your sense of smell, see your doctor. ■

Older Adults & Shingles

Almost 1 out of 3 people in America will develop shingles during their lifetime. Your risk of shingles increases as you get older. About half of all shingles cases occur in people age 60 years or older.

Shingles is also known as herpes zoster. It causes a painful, blistering skin rash that can last 2 to 4 weeks. The pain can last for months or even years after the rash goes away. This is called postherpetic neuralgia or PHN. It is the most common complication of shingles. The risk of shingles and PHN increases as a person gets older.

People have described pain from shingles as excruciating, aching, burning, stabbing, and shock-like. This pain can cause depression, anxiety, difficulty concentrating, loss of appetite, and weight loss. Shingles can interfere with activities of daily living like dressing, bathing, eating, cooking, shopping, and travel. Shingles can lead to other serious complications, including eye complications that can result in vision loss.

Vaccination is the only way to reduce your risk of shingles. CDC recommends adults age 60 years or older receive a single dose of shingles vaccine. Zostavax® is the only shingles vaccine currently available. It is available by prescription from a healthcare professional. Talk with your doctor or pharmacist if you have questions about shingles vaccine.

People who have a weakened immune system may have to wait to get vaccinated, or should not get vaccinated at all. See Who Should NOT Get the Vaccine on www.cdc.gov/shingles.

CDC does not have a recommendation for routine use of shingles vaccine in people 50 through 59 years old. However, the vaccine is approved by FDA for people 50 and older. ■

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Oral Health For Older Adults

You can prevent mouth problems like toothaches, cavities, and tooth loss by taking care of your teeth and gums. Having a healthy mouth also makes it easier for you to eat well and enjoy food.

Oral health is important for people of all ages. Taking care of your teeth and gums is especially important if you have a health condition like diabetes or heart disease – or if you are taking medicines that can cause oral health problems.

Follow the steps below to keep your teeth and gums healthy as you get older.

Brush and floss your teeth every day.

Brushing and flossing helps remove dental plaque, a sticky film of bacteria (germs). If plaque builds up, it can cause cavities (tooth decay) or gum disease.

Brush your teeth with fluoride toothpaste twice a day. Brush after breakfast and before bed.

Floss between your teeth every day. If flossing is hard for you, ask a dentist about using a special brush or pick instead.

Watch for changes in your mouth.

Your risk of getting oral cancer increases as you get older. If you see any changes in your mouth, it's important to get them checked out.

See a doctor or dentist if you have any of these symptoms for more than 2 weeks:

A spot in your mouth, lip, or throat that feels uncomfortable or sore

A new lump or thick area in your mouth, lip, or throat

A white or red patch in your mouth

Difficulty chewing, swallowing, or moving your jaw or tongue

Numbness or swelling in your mouth

Pain in one ear without hearing loss



Talk to your doctor about dry mouth.

Dry mouth means not having enough saliva (spit) to keep your mouth wet. Dry mouth can make it hard to eat, swallow, or talk. It can also lead to cavities (tooth decay) or infection.

If you have dry mouth, you don't have to live with it. Talk with your doctor or dentist and ask what you can do. ■

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Sharing Health Data

Are you concerned with where your healthcare data is ending up?

If you're like most Americans, the answer to that question is no. An NPR-Truven Health Analytics Health Poll found that data privacy didn't appear to bother most respondents. The study found that privacy concerns were highest regarding information held by health insurers, but even then only 16 percent of people expressed any real worry about how that information may be used.

The study interviewed thousands of people by cellphone, landline and online. A majority of the people asked (53 percent) said they would be willing to share information anonymously with health care researchers.

Who's Using Your Data?

Researchers in government, universities, drug companies or consulting firms are a few examples of potential landing spots for your medical data. Here's what the NPR-Truven Health Analytics poll found regarding who could be using your data:

- Comfort with researchers possessing critical data ran between 87 and 92 percent
- Ninety-five percent of sharing-inclined people under 35 were OK with giving anonymized data to professors, while only 74 percent of people 65 and older were

What to Do About It

If you are concerned about where your data is being distributed, you, as a consumer, have the right to raise questions. Most information about the use of your data can be found within the privacy policy provided your insurance, physician's office or hospital.

If you're still confused about the process after reading through the privacy policies, here are some questions you can ask your provider.

- Will I be notified every time you share information about me?
- Is my medical information available to anyone other than my medical providers and insurance companies?
- What will health insurers do with my records? Can companies other than my policy provider access my records?
- Is my data used for any purpose other than to provide my medical information to my providers? ■



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